

2018 Parkinson's Events - 12-2-18 ^{# 243}



Dr. Niklas Ignasiak, BSPT, MS, Ph.D will be Speaking about a Chapman University Clinical Study based upon Testing our Stride / Gait
Wednesday, December 5th - 10am to 11:15am
Anaheim Senior Center - 250 E. Center St. - Anaheim CA
Questions: Joan or Lou - 714 - 827-2808



Saddleback Parkinson's Support Group Annual Christmas Luncheon

Claim Jumper - 27845 Santa Margarita Pkwy. - Mission Viejo
Wed. Dec. 5th - 11:30am - RSVP - Nancy or Lee: (949) 293-8250

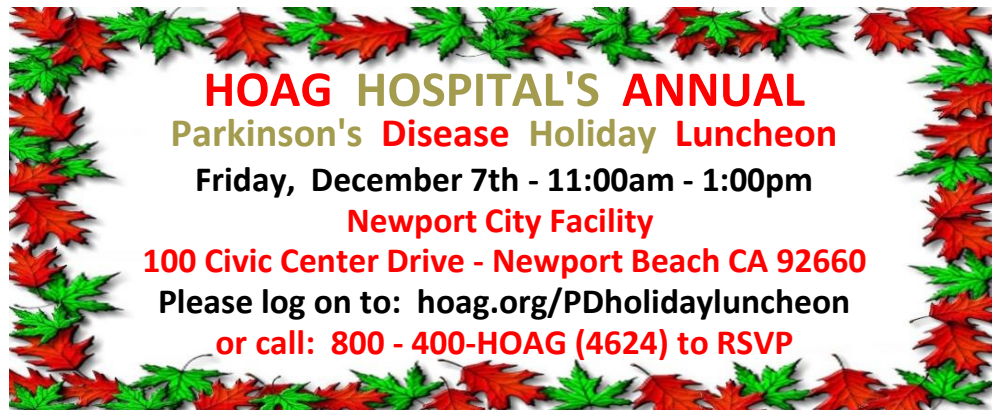
Meet Dr. Ronak Vora, D.O.

Thur., Dec. 6th - 4 to 6pm
Movement Disorder Specialist
Presentation: 4 - 5:00pm
Info: www.socpsg.com



So. OC Park. Sup. Group

Norman Murray Sr. Cntr.
24932 Veterans Way
Mission Viejo CA 92692
Q & A: 5 to 6:00pm



HOAG HOSPITAL'S ANNUAL Parkinson's Disease Holiday Luncheon

Friday, December 7th - 11:00am - 1:00pm
Newport City Facility
100 Civic Center Drive - Newport Beach CA 92660
Please log on to: hoag.org/PDholidayluncheon
or call: 800 - 400-HOAG (4624) to RSVP



HO HOLIDAY CONCERT HO

OC Tremble Clefts and Music Ministry

Sun., Dec. 9th @ 3:00pm
Karen M. Skipper, MT-BC
Laguna Country United
Methodist Church
24442 Moulton Pkwy
Laguna Woods CA 92637
Refreshments will be
served after the Concert



Parkinson's Explorers Support Group
Dr. Nicolas Phielipp, MD - U. C. I. Neurologist to Speak on:
 Parkinson's Updates and Informal Discussion
Saturday, December 8th - 10:00am to Noon
 Claremont Senior Program - 660 N. Mountain Ave.
 909 - 399-5488 - Claremont CA 91711 - www.clarermonta.org



Like My New Picture?

Private Practice Offices
 359 San Miguel Dr. St. 105
 Newport Beach CA 92660
 Education: UCLA - UCI - Lom. Linda



Cedars-Sinai Medical Offices
 8631 W. 3rd St. Ste. 1030
 Los Angeles CA 90048
 English - Persian - Spanish

Dr. Farzin Benjamin Pedouim, MD
 For Appointments: Mary 949 - 239-4410

Mission Heritage Medical Group
 26800 Crown Valley Parkway
 Suite 385
 Mission Viejo CA 92691
 Affiliated with: Dr. Gee and Dr. Nik



Educational Background:
 Movement Disorder Specialist
 U. C. L. A.
 Muhammad Ali Parkinson Center
 at Barrow neurological Institute

Available for Appointments

Dr. Ronak Vora, D.O.
 Call for Appointments
(949) 542-8002

and Speaking Engagements

Jim's Concierge Caregiving & Advocacy
 Serving So. Orange County
 Professional English Speaking Caregiver
 Certified, Bonded, Licensed, and Insured
 Office (949) 424-8888 ext 101
 Cell: (714) 290-5434
 Jim Jenkins
 Owner
 (email) jimsconciersecaregiving@outlook.com

"Specializing in peoples with Parkinson and Alzheimer's"
Jim's Concierge Caregiving
 "Improving The Quality Of Life"
 By Appointment Only

90% of People with Parkinson's Experience CONSTIPATION!!!

One Solution: 1/3 Apple Sauce - 1/3 Prune Juice - 1/3 Bran (any source)
Blend together with equal parts per volume and Drink Plenty of Water - Water - Water
Exercise - Get Moving so your body gets moving inside



Emily &
The
Dynamic
Duo



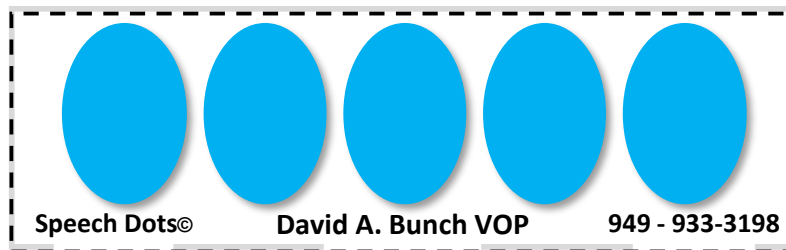
Jessica

Great Selection - Pricing and Service
If they don't have it - They will Order it!
They Deliver - Drop in and Say "Hi"

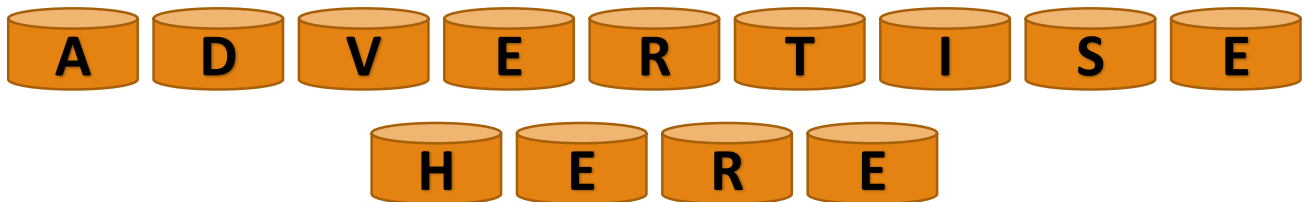


333 E. 17th Street - Suite 23 - Costa Mesa - CA - 949 - 722-1128 - medicalstorecostamesa.com

What are Speech Dots® - How do they Help with Stuttering?



Speech Dots® may help with Stuttering - Enunciation and Low Volume
As you speak, put a finger on a Blue Oval for each word you intend to speak
As you speak each word, touch the next Blue Oval. Enjoy!
I have no idea how they work, but in most cases they do...
Mississippi = one word - Can be laminated at Office Max / Depot



Check out the
Speech Dots---
They Work!!!

David A. Bunch VOP
The Voice of Parkinson's
949 - 933-3198



Want PD Info:
www.CalPD.info
Created by: Sue Buff

Great Resource
socalparkinsons@gmail.com
Great Job Sarah!!!

Great web site
www.socpsg.com

O. C. Office on Aging - 800 - 510-2020
www.officeonaging.ocgov.com
Council on Aging - 714 - 479-0107
www.coasc.org

Drug Cost Too Much - Check out this Info:
The Assistance Fund: www.tafoares.org
57 Programs - Manage 30+ Funds
Since 2009 - 855 - 421-4608