

North County Parkinson's Support Group



September Speakers and Topics

Here are additional details about our September programs at our four chapters.

All are meeting in-person! We require that everyone attending be fully vaccinated for COVID 19, and all wear masks while indoors. (Masks outdoors are optional at our events.)

You are always welcome to attend any or all our chapter meetings. Just arrive a little early to sign in.

La Costa Chapter Wednesday September 1 1pm

Christ Presbyterian Church 7807 Centella Street, Carlsbad 92009

Speaker: Lindsey Unger, MS CCC-SLP, Speech – Language Pathologist

Topic: **"Converse with Confidence" LSVT and Speak Out Therapy**

Lindsey will discuss why speech can become quieter and harder to understand with PD, how that can affect confidence and swallowing, and what can be done about it through voice therapy.

Rancho Bernardo Chapter **TUESDAY (!)** September 7 10am (date change due to Labor Day)

San Rafael Catholic Church 17252 Bernardo Center Road, San Diego (Rancho Bernardo) 92128

Speaker: Sherrie Gould, MS CCC-SLP, NP, Scripps Clinic Center for Neurorestoration La Jolla

Topic: **"Parkinson's Medications"**

Sherrie will talk about current medications for PD, how they work on the symptoms of PD, and a new therapy.

Oceanside Chapter Wednesday September 8 1pm

Oceanside First Presbyterian Church 2001 S. El Camino Real, Oceanside 92054

Speaker: Padma Mahant, MD, neurologist/MDS, Muhammad Ali Parkinson Center, Phoenix

Topic: **"Managing Return of PD Symptoms"**

Dr. Mahant will discuss "OFF" times in Parkinson's, and a new inhaled therapy, *Inbrija*, a treatment for a return of symptoms between regular carbidopa levodopa doses.

Meeting will be held in the church, immediately adjacent to our regular meeting room.

Fallbrook Chapter Friday September 24 10am

Fallbrook Wellness Center 1636 E. Mission Road, Fallbrook 92028

Speakers: Jessie Agrims & Kristine Negrete, CPT

Topic: **"Exercise is Medicine"**

Jessie and Kristine will talk about the critical importance of exercise for holding back the progression of PD symptoms and lead the group in several exercises. Before the recent PASD Walk they led the pre-walk stretching exercise.