

N TIME

PARKINSON'S SUPPORT PROGRAM

Newsletter

Volume: 3

FREE COPY!!!!!!!!!!!!



WHAT IS ON TIME?

On Time consists of resources such as Support Groups, coordinating health fairs and Symposiums, email newsletters, specialized training programs for Parkinson's, and coordinates the annual support group luncheon.

On Time is a program through Horizon Support Services. Horizon Provides professional caregivers for the elderly to remain safe at home.

For more information about "On Time" Call (714) 732-6039

Emotional Well-Being

Just as the right diet and medications are key to living well with Parkinson's disease (PD), maintaining emotional health is essential to your physical health. A person diagnosed with Parkinson's often feels a flood of emotions, as do their loved ones.

Accepting and successfully navigating those feelings, whether anger, sadness, grief or even denial, is important. Stress can make PD symptoms worse. By focusing on your strengths, nurturing caring relationships, sharing your concerns, embracing healthy behaviors and your spirituality, you can better cope with the potential challenges of PD.

Working Through Feelings

PD symptoms and treatments can affect your mood. Depression and anxiety affect up to 50 percent of people living with PD. These mood changes can bring on worsening function, leading to a decreased quality of life. Tending to your emotional health keeps this cycle at bay. Tell your doctor, who can recommend the right medical treatments. But also consider counseling, for you, and your loved ones if necessary, and a local or online PD support group.

Counseling sessions — alone, as a couple, family or in a group — can provide support, understanding and education. A PD support group can offer a venue to share your experience with those on a similar journey. This can lift stress, foster new friendships and prevent isolation.

CONTINUED ON PAGE 4

Operation

Motivation

"If you can dream it, you can do it. Always remember that this whole thing was started with a dream and a mouse."

— Walt Disney



WANT ON TIME MAILED?

SIMPLY ASK

We can deliver bulk publications to your home or office too!

Anxiety and Parkinson's Disease

Like people with other chronic diseases, people with Parkinson's disease (PD) often struggle with mental health. While the illness is known to impair many aspects of movement, research from the Parkinson's Outcomes Project has found that two non-motor symptoms — depression and anxiety — play a key role in the disease and on people's quality of life.

Forms of Anxiety

Generalized Anxiety Disorder (GAD) is characterized by feelings of nervousness and recurring thoughts of worry and fear. Physical symptoms that may accompany these feelings include butterflies in the stomach and nausea, trouble breathing or swallowing, racing of the heart, sweating and increased tremors.

Anxiety Attacks, or panic attacks usually start suddenly with a sense of severe physical and emotional distress. Individuals may feel as if they cannot breathe or are having a heart attack. These episodes usually last a few minutes to an hour, particularly when associated with "off" periods, though they can last for longer periods of time.

Social Avoidance, or social anxiety disorder, involves avoiding everyday social situations because of a fear of embarrassment caused by having Parkinson's symptoms, such as tremor, dyskinesias, or noticeable trouble walking in public.

Obsessive-Compulsive Disorder (OCD) may cause persistent, unwelcome thoughts or images (obsessions), and by the urgent need to engage in certain rituals (compulsions) to try to control or rid themselves of these thoughts.

Causes of Anxiety

Psychological Factors - Common fears and worries that go along with PD may trigger anxiety. One is a fear of being unable to function independently, particularly during a sudden "off" period (the time of day when medication is not working).

Biological Factors - Many of the brain pathways and chemicals affected by Parkinson's are the same as those affected by anxiety and depression. In some cases, anxiety is directly related to changes in motor symptoms. Specifically, people who experience "off" periods can develop severe anxiety during these states, like anxiety attacks.

Treating Anxiety?

There are two main types of treatment options for anxiety: medications and psychological counseling (psychotherapy). Depending on the severity of symptoms, psychotherapy can be used alone or combination with medication. Care should be tailored to each person's individual needs.

Tips for Living with Anxiety

- ✓ Educate yourself about PD and its symptoms, including anxiety.
- ✓ Keep a diary of your moods, medications and PD symptoms.
- ✓ Figure out what triggers your anxiety.
- ✓ Talk with your doctor about anxiety.
- ✓ Tell your care partner and family members how you are feeling, so they can understand your emotions better and help you cope.
- ✓ Find a support group for people with PD.
- ✓ Be flexible in your approaches to coping with anxiety; try different approaches.
- ✓ Understand that symptoms change; if a coping strategy stops working, try a new approach.
- ✓ Know that everyone experiences anxiety differently.

Non-Conventional Therapies for Anxiety

- Relaxation techniques
 - Massage therapy
 - Acupuncture
 - Aromatherapy
 - Meditation
 - Music therapy

Parkinson's IQ + You, Southern California

Join us in Southern California on December 14, 2019, for this free educational event designed for Parkinson's patients, their families and care partners. The event features a program with sessions on understanding Parkinson's, managing care and learning about research participation. The accompanying Partner Expo includes information on treatment options and local resources for the Parkinson's community.

Event Details

Date and Time: December 14, 2019, 8 am - 3 pm
Registration and Partner Expo open at 8 am; program begins at 9 am.

Venue: [Hilton Anaheim](#)
777 West Convention Way, Anaheim, CA 92802

Parking: Parking is complimentary for all attendees in the Hilton Anaheim Parking Garage. Please bring parking tickets to registration and a staff member will provide a sticker for validation. The garage is located on the west side of Hotel Way directly behind the hotel. The 5th floor will be designated for our event with 20 handicap spaces (additional parking and handicap spaces are available on floors 2, 3, and 4). All floors have access to the elevators that lead to the event.

Accessibility: The event will take place on the second level in and around the Pacific Ballroom. Escalators and elevators are available from the ground level entry of the hotel and directly from the parking garage on all levels.

Meals: Registered participants will enjoy complimentary breakfast and lunch. We will make every effort to accommodate dietary restrictions.

Feeling Lost or Stuck?

Not Sure What Resources are out there?

Call our very own Aware & Care Ambassador to speak to her. She has connected seniors with many resources and assistance programs that many are not aware of. Even outside of Parkinson's.



Michele White
(714) 356-3343



Stanton
HONORING ALL WHO SERVED
**VETERANS DAY
CEREMONY**
MONDAY, NOVEMBER 11, 2019
9-10 AM



Liked by nocchamber and 10 others

cityofstanton Save the date! We will be hosting our Veterans Day Ceremony on November 11 from 9-10 AM. Help us in honoring our past and current servicemen and servicewomen at the Veterans Memorial Park (10970 Cedar St). For more info please call (714) 890-4270.

Bulletin Board

WHAT'S NEW?

-I am in the process of collaborating with a well-known Doctor in the area to help bring resources to you!

- Interested in a Walk / Fundraiser? That's in the works too!

-Keep your calendar open for early next year for a town hall educational forum.

-Interested in a fundraiser? LET'S MAKE IT HAPPEN!!

-Check out our website to learn more about On Time

<https://horizonsupportservices.com/ontime>

CONTINUED

Embracing Hope

Taking a deep look at the positive aspects of your life and nurturing them so that they grow, can change your emotional outlook. Embracing these positives — family, friends or a new or favorite hobby — can offer respite when things are difficult.

Trust yourself to handle any challenges that a PD diagnosis may bring.

Build a Network

Do not underestimate the impact of a strong support network. It is important to share your feelings and needs. Family, friends and neighbors often want to help, but may need your direction. The bigger your aid network, the better. Having people and groups to emotionally support you and those who can help with basic needs, such as transportation or meal preparation, prevents any one person from taking on too many responsibilities and becoming overwhelmed.

Diet & Exercise

Healthy behaviors, including attention to diet, meal planning and regular moderate exercise also can improve emotional well-being. The foods you eat and when you eat them, can impact how you feel. Having a meal plan in place can reduce worry and ensure healthy eating. Regular exercise, including yoga, Tai Chi | An ancient Chinese martial art and exercise characterized by gentle, flowing movement couple with breathing. Has been shown to improve symptoms of PD.] and boxing, can improve PD symptoms and mental health.

AWARE & CARE

The Parkinson's Foundation

launched the Aware in Care campaign in 2011 to help people with Parkinson's disease (PD) get the best care possible during a hospital stay. Research has found that three out of four people with Parkinson's do not receive medications on time when staying in the hospital, and that people with PD in the hospital have a 1 in 4 chance of complications because of medication errors. With more frequent hospital visits and a high sensitivity to the timing and dosing of PD medications, people with Parkinson's face great risks in the hospital.

At the Parkinson's Foundation, it is our mission to help people with Parkinson's disease live better lives, and that includes staying safe while in the hospital. We want to help people affected by PD to be "Aware in Care"



To Contact our Aware & Care Rep or to get your own free kit, Please Call Michele White at (714) 356-3343

Trivia:

True or False

Caregivers often get sicker than the one's they are caring for.

Answer at End

Getting Real!™: Arcadia, CA

Straight talk about difficult symptoms and preparing for what's ahead

While everyone experiences a different path for PD and PSP, the reality is there are some aspects of the advancing disease that are generally experienced by most people. Information gives people power. Care partners and adult children often feel powerless and desperately need to and want to plan. They have different needs, questions and concerns. The disease is hard. To avoid hard conversations does not serve our community.

We have designed a FREE workshop focused on activities of daily living and common symptoms that accompany disease progression. This workshop includes an intimate conversation with three movement disorder physicians, tools to aid in communication about the disease progression and ensuring that people are able to continue to live their very best life, in spite of PD or PSP.

Attendance is limited to 50 care partners, adult children, family or friends of people with Parkinson's and PSP.

* AGENDA HIGHLIGHTS *

In One End -Out the Other: Swallowing, Digestion, Medication Failure

When Sleep Becomes Madness: Sleep Disorders

Moving Less, Hurting More: Changes in Motor Function & Pain

Mind Matters: Cognitive Changes in Attention, Word Finding, and Problem Solving

Details:

Friday, December 6, 2019: 1:00 pm - 4:00 pm

Location: Embassy Suites Arcadia: 211 E Huntington Dr. Arcadia, CA 91006

FREE! All Care Partners, Adult Children, Family or Friends of People with
Parkinson's and PSP are Welcome! Space is Limited!!



Announcing the PMD Alliance Birthday Match

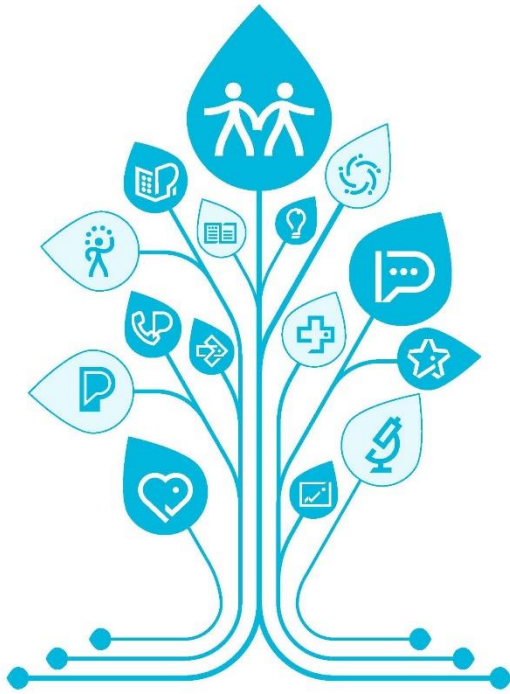
By: Maureen Simmons, PMD Alliance



PMD Alliance relies on the generosity of individuals like you. This year, thanks to two generous community members, we are celebrating our birthday with a challenge match. Every gift – up to \$25,000 – will be matched dollar for dollar this month. What does this mean to you? If you make a \$10 gift, PMD Alliance will receive \$20. If you make a \$500 gift PMD Alliance will receive \$1,000!

Today's Term: OFF TIME:

"Off-time" refers to periods of the day when the medication is not working well, causing worsening of Parkinsonian symptoms. In contrary, the term "on-time" refers to periods of adequate control of PD symptoms. "Wearing-off" episodes may occur predictably and gradually, or they may emerge suddenly and unexpectedly. Patients should pay close attention to the frequency and timing of these wearing-off periods, and discuss them with their physician.



Care Partner Summit

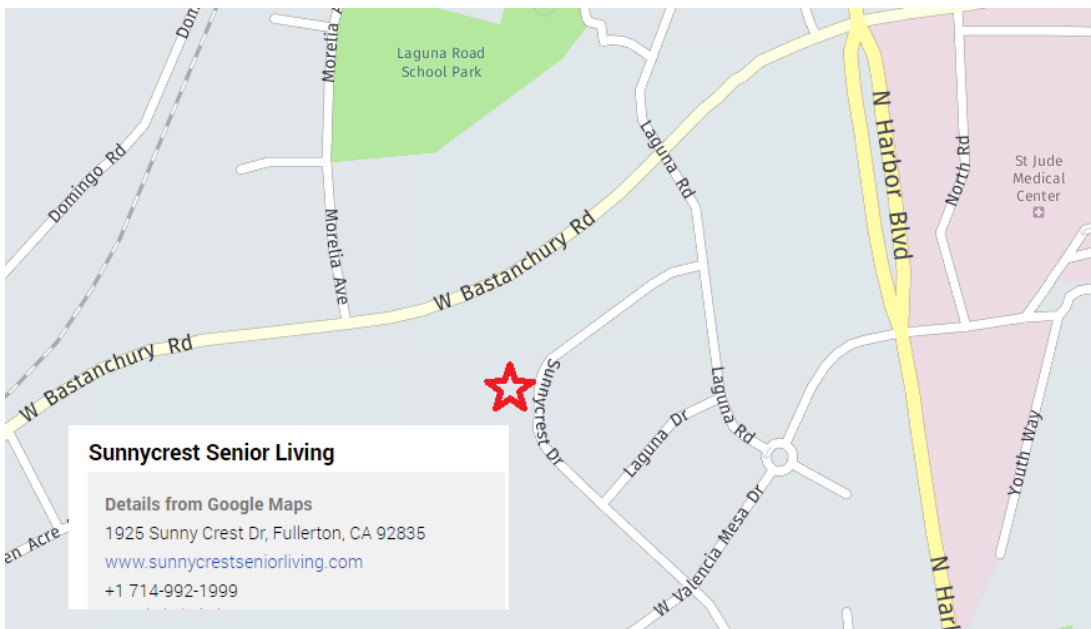
Saturday, May 16, 2020

Cumbre Para Cuidadores

Presenting sponsor:  ACADIA[®]
Pharmaceuticals

WANT TO HOST A VIEWING PARTY?

Respond to this email or call Kyle at (714) 732-6039 to Learn More!



Parkinson's Support Group

The mission of our support group is to provide community fellowship for those with Parkinson's disease, and their families by sharing interests, experiences, knowledge, helpful information, mutual support and resources.

When: 2nd WEDNESDAY OF EVERY MONTH

Time: 4:00 PM TO 5:30 PM
(same time every month)

Location: Sunnycrest Senior Living
1925 Sunnycrest Dr. Fullerton, CA

RSVP with Kyle at (714) 732-6039

Rock Steady Boxing is coming to Anaheim Hills! Freeway close!

Now taking names of interested Parkies. We are slated to start sometime between late *November 2019* and *January 2020*.

If interested contact Connie at 714-315-2640 or

focusonfitness@att.net



CALENDAR OF EVENTS!

~ NOVEMBER 2019 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		29 Coffee & Chat Atria Woodbridge 10:30AM-Noon	30 Anaheim Senior Center Support Group 10AM-11:15AM	31 Orange Coast Memorial Support Group 6PM-7:30PM	1	2
3	4 Faith Based Fullerton Support Group Evangelical Church 10AM-11AM	5 Coffee & Chat Atria Woodbridge 10:30AM-Noon	6 What's new with DBS Talk: Anaheim Senior Center 10AM-11:15AM	7	8 Korean Fullerton Group Fullerton Senior Center 10AM-Noon	9 OC Mix & Mingle 6:30-9PM
10	11	12 Coffee & Chat Atria Woodbridge 10:30AM-Noon	13 Brea Baptist Church Support Group 11AM-12Noon Fullerton Support Group 4PM – 5:30 PM	14 Orange Coast Memorial Support Group 10AM-11:30AM	15	16
17	18	19 Coffee & Chat Atria Woodbridge 10:30AM-Noon	20	21 PD and its Therapeutic Approach 6PM-7PM Newport Beach	22	23 UCI Annual Parkinson's Symposium Irvine 8am-1pm
24	25	26 Coffee & Chat Atria Woodbridge 10:30AM-Noon	27	28	28	29

Want an Event Published?

Send Inquire to Kyle@HorizonSupportservices.com
to have it published!



Trivia Answer: True

The emotional and physical stress can be very overbearing.



PMD Alliance
Parkinson & Movement Disorder Alliance



To Inquire more about *On Time* or any of the content included in this letter please contact Kyle Vanderheide at (714) 732-6039

