



N TIME

PARKINSON'S SUPPORT PROGRAM

Newsletter

Volume: 4

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

Seven Tips for Better Sleep

To have a good night's sleep, we should work to create healthy habits and a sleep routine. Just as you brush your teeth to maintain good dental health, there are things you can do to improve nighttime sleep and daytime alertness.

1. Set a schedule

Set a specific time to go to bed. Making this a habit will help you keep track of the hours you sleep and maintain a schedule.

2. Limit naps

If you nap, try to do so at the same time every day, for no more than an hour, and not after 3 p.m.

3. Spend time in natural light

Light helps set our internal clock. Studies have linked daytime exposure to natural light with sounder sleep.

4. Exercise

For people with Parkinson's, exercise can help maintain balance, mobility and activities of daily living.

5. Avoid caffeine nicotine and alcohol

While coffee can help with daytime sleepiness, caffeine and nicotine are stimulants that can cause insomnia. Avoid them in the afternoon or at night.

6. Relax

Getting in a relaxed mood can reduce anxiety and lead to better sleep.

7. Regulate the bedroom temperature

A cooler temperature is better for sleep but try to avoid temperature extremes.

WANT ON TIME MAILED?

SIMPLY ASK

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



PARKINSON'S SUPPORT PROGRAM

Operation Motivation

Whether you think you can or you think you can't, you're right.

- Henry Ford

Cold Weather and Parkinson's Symptoms



If you find your Parkinson's disease symptoms are worse in cold weather, you're not alone. Many members on MyParkinsonsTeam note greater stiffness, pain, and other symptoms during the winter months. Parkinson's disease (PD) impacts a person's ability to regulate body temperature, which makes some people with PD more sensitive to hot or cold temperatures.

Winter weather is extremely unpleasant for some members on MyParkinsonsTeam. "This winter when the temperature dropped to [below zero], I experienced greater pain, stiffness, freezing, and slowness," one member posted. "It was so overwhelming I could not find any remedies except five blankets. The pain was surprising."

Several other members mentioned that cold temperatures can cause or worsen pain related to Parkinson's disease. "I get cold very easily and I shiver," a member wrote. "Because I am stiff it actually hurts to be cold." Others agreed, "My back and neck are excruciatingly painful, more so than usual."

Cold weather can also exacerbate Parkinson's tremors. One member commented, "I have found that my shivering to stay warm makes my tremors worse." Another MyParkinsonsTeam member added, "I also struggle with the cold now. It brings on my tremor, so I always have to stay warm."

Some MyParkinsonsTeam members didn't know about the impact of cold on PD until other members raised the issue. "I thought I was alone with my symptoms," a member wrote in response to a question about cold weather.

Members on MyParkinsonsTeam share tips for dealing with cold weather. Their suggestions include:

Dressing in layers: "I have to remember to dress appropriately for the weather and dress in layers," shared a member who struggles with cold temperatures. Another member suggests thermal underwear for the colder months.

Pockets: "I usually wear a sweatshirt with front pockets to keep both hands warm," wrote a member whose hands are always chilly.

Electric blankets: "I cover up with electric blankets for the warmth," one member recommended. A caregiver suggests turning on an electric blanket before it's needed: "I try to remember to preheat the bed with the electric blanket about 30 minutes before he goes to bed."

Reusable heat packs: "I would heat up one of those therapy bags (with rice in them) and put it under my feet," a member suggested to another struggling with icy feet.

Hot bath or swimming pool: One member recommends hot baths for combatting cold, "I get into a hot tub of water when I really get to hurting [from cold]." Another recommends swimming in a heated pool, "I am able to go to a 90-degree (Fahrenheit) pool year-round and swim or exercise."

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.

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.

* 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!!

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>

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

Today's Term: Respite Care

Respite care provides short-term relief for primary caregivers. It can be arranged for just an afternoon or for several days or weeks. Care can be provided at home, in a healthcare facility, or at an adult day center.

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:

What year was DBS First Approved?

Answer at End



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!



Looking for Interested Participants

Parkinson's Exercise Program for You, (PEP4U) is a very successful free group exercise program in South Orange County at the YMCA in Laguna Niguel. We offer multiple exercise classes: Yoga for PD, Multitasking and Coordination, Strength and Cardio, Boxing and Cycling for PD. We are looking to expand, so we can serve the Parkinson's community county wide.

If Interested, please contact them at:

Tel: (949) 788-2933

Email: PEP4UGym@Gmail.com




Parkinson's Disease Symposium 2019

At our annual Parkinson's Disease Symposium, patients and caregivers can learn about the latest therapies for Parkinson's disease, from behavior to movement.

Date: Saturday, Nov. 23, 2019 8 a.m. to 1 p.m.


Location: UCI Student Center Pacific Ballroom; 311 W. Peltason Drive, Irvine, CA 92697

Free parking is available in the Student Center parking structure.

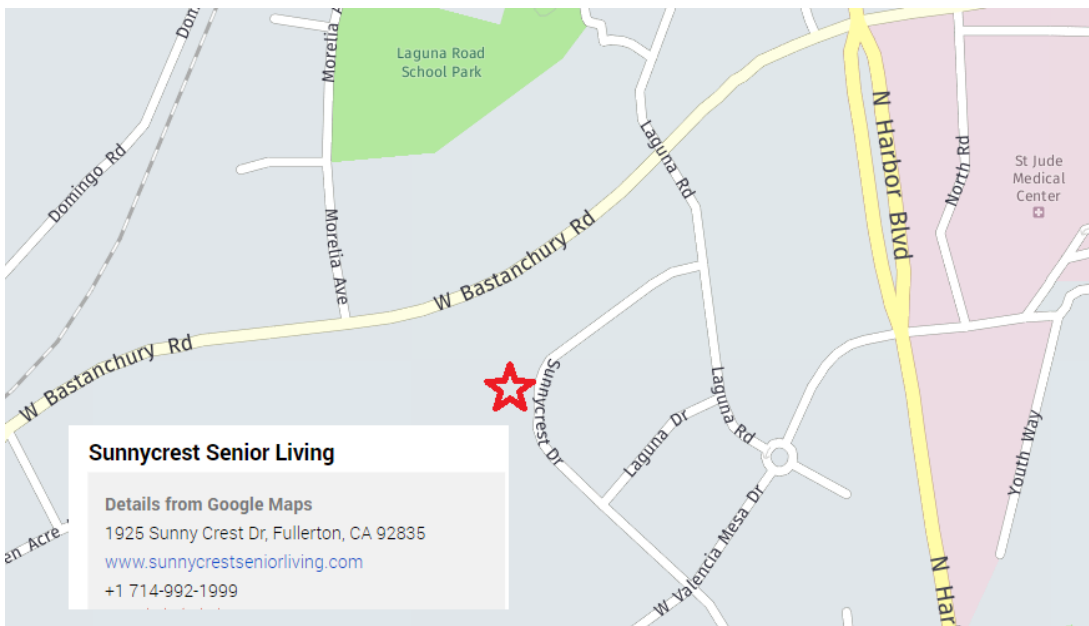


ALL NEW PROGRAM!
Getting Real™
Going Beyond the Basics

Straight talk about difficult symptoms and future care. A unique opportunity for care partners and adult children.



ARCADIA, CALIFORNIA
December 6, 2019 from 1-4 p.m.



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	14 Orange Coast Memorial Support Group 10AM-11:30AM	15	16
17	18	19 Coffee & Chat Atria Woodbridge 10:30AM-Noon	20 Fullerton Support Group 4PM – 5:30 PM	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!



Did you know that NeuroLife Online® has a new mobile App?!



With the app, it's easier than ever to connect to any one of our live streams. Download for free and start connecting today! Powered by Yipkos.



Trivia Answer:

1997

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

