



# N TIME

PARKINSON'S SUPPORT PROGRAM

# Newsletter

Volume: 7



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

## WHAT IS ON TIME?

On Time is a FREE program that consists of resources such as Support Groups, coordinating health fairs and Symposiums, newsletters, Trials, specialized training programs for Parkinson's, and coordinates annual support group luncheons.

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

For more information  
Or to enroll into  
"On Time" Call  
(714) 732-6039



## How to Make Exercise a Daily Habit

The problem with trying to make exercise a habit, and it's something that we've all faced, is that you usually try to exercise 3 or 4 times a week ... and that makes creating a new exercise habit difficult. The reason is that the more consistent an action is, the more likely it is to be a habit.

If you're going to make this a habit, do a 30-day Challenge, and by the end of the challenge your habit should be pretty well ingrained. Here are some practical suggestions I've learned along the way to help make exercise a daily habit:

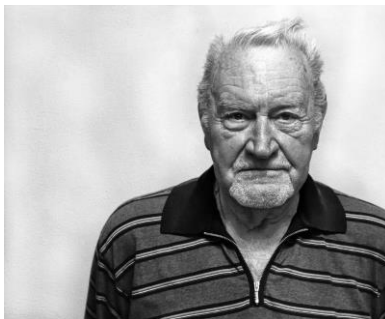
- 1) **Set a time.** Decide whether you're more likely to stick with it in the morning or lunchtime or evening, and stick with that time.
- 2) **Send yourself a reminder.** I use Memo to Me, but there are a number of ways to send yourself an email or text reminder, so you'll never forget.
- 3) **Start small.** This is perhaps the most useful suggestion of all. When I start exercising, I always start with lots of energy, enthusiasm and ambition. I think I can do more than I can. However, doing too much in the beginning leads to burnout, which leads to quitting your habit.
- 4) **Progress later.** Once your body is used to daily exercise, you can slowly start to increase the amount and intensity of your exercise. Wait at least two weeks before starting to increase
- 5) **Make it pleasurable.** If you associate a habit with pain, you will shy away from it. But if it's fun, you'll look forward to doing it.
- 6) **Lay out your gear.** The fewer obstacles and less friction there is in forming your new habit, the more likely you are to be successful.
- 7) **Have a relative rest day.** Again, recovery is very important. Which is why you need to give your body a chance to rest.
- 8) **Don't skip a day.** It's easy to say, "No problem, I've been doing it for five days ... I'll just skip today!" But that will make your habit formation harder. Consistency is key

## Operation Motivation

No matter how dysfunctional your background, how broke or broken you are, where you are today, or what anyone else says, YOU MATTER, and your life matters!"

— Unknown

# What Is 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.

## Respite Care Costs

Respite services charge by the hour or by the number of days or weeks that services are provided. Most insurance plans do not cover these costs. You must pay all costs not covered by insurance or other funding sources. Medicare will cover most of the cost of up to 5 days in a row of respite care in a hospital or skilled nursing facility for a person receiving hospice care. Medicaid also may offer assistance.

*\*\*To Learn More About Respite Care Our Very Own Gerontologist at ON TIME can assist\*\**

*(714) 732-6039*

# Bulletin Board

## WHAT'S NEW?

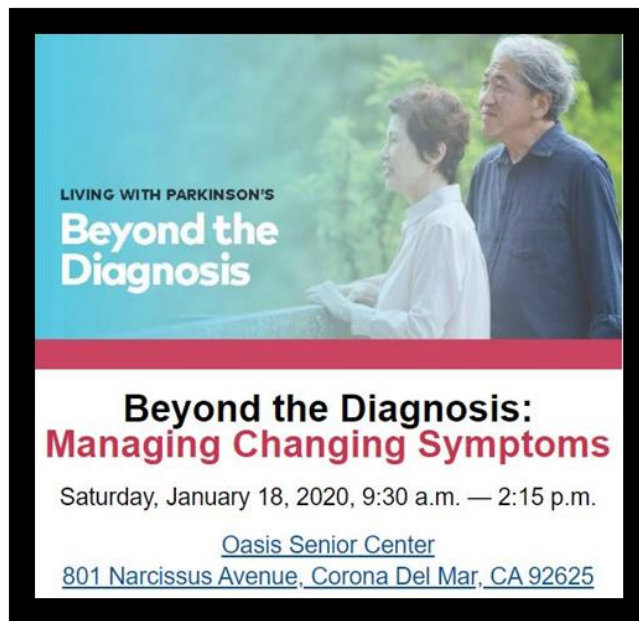
- I am in the process of collaborating with a well-known Doctor in the area to help bring resources to you!
- Interested in a Walk / Fundraiser? That's in the works too!
- Keep your calendar open for early next year for a town hall educational forum.
- Mark Your Calendars for the 2020 Care Summit on Saturday May 16<sup>th</sup>!
- We are looking for people who have DBS and who are willing to share their experience.



WANT ON TIME MAILED? SIMPLY ASK

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

Have an interesting article or topic? Email to [Kyle@horizonsupportservices.com](mailto:Kyle@horizonsupportservices.com)



After several years of good symptom management, controlling Parkinson's disease may become more challenging. Join the Parkinson's Foundation to learn about these changes and strategies to help manage symptoms. In addition to presentations, this program will feature practical workshops and information about resources to cope with new challenges. See full agenda here (subject to change).

People with Parkinson's, their family, care partners, and anyone serving the Parkinson's community are welcome to attend. Lunch is provided. Parking is complementary.

*There is no charge to attend, but registration is required. For more information about this program, call 661-384-6139 or email [aramirez@parkinson.org](mailto:aramirez@parkinson.org)*



## Today's Term: Lewy bodies

Lewy bodies are abnormal protein deposits found in the brain. Researchers do not know exactly why Lewy bodies form or what role they may play in Parkinson's disease, but they seem to be linked to certain types of dementia associated with both PD and Alzheimer's disease.

**JAN 28** Meaningful Activities at Home  
 Public · Hosted by Alzheimer's Orange County

★ Interested    ✓ Going    Share    ...

Tuesday, January 28, 2020 at 10 AM – 12 PM

Villagio at Capriana - Brea  
 454 S La Floresta Dr, Brea, California 92823    Show Map



**Contact Us**  
[www.OnTimePD.com](http://www.OnTimePD.com)  
 (714) 732-6039

# 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:

**Parkinson's disease is only seen in people of advanced age.**

Answer at End



Alzheimer's ORANGE COUNTY

## **POLST in Skilled Nursing Facilities: Pearls and Pitfalls**

*You're invited to an important educational presentation for Nurses, Social Workers, Social Services Designees, Case Managers, Discharge Planners, and Skilled Nursing Facility Staff*



**Speaker: Karl Steinberg, MD, CMD, HMDC**

Dr. Steinberg is a nationally recognized hospice and skilled nursing facility medical director and attending physician in North San Diego County. He is a past chair of the Coalition for Compassionate Care of California, current Vice President of AMDA - The Society for Post-Acute and Long-Term Care Medicine, Vice President of National POLST Paradigm, and past president of the California Association of Long-Term Care Medicine. However, his main claim to fame is that he takes his adorable dogs with him on patient care rounds almost every day.

**Friday, January 31, 2020**

**Registration and refreshments— 9:30 am**

**Program— 10:00 am-12:30 pm**

**Alzheimer's | ORANGE COUNTY**

**2515 McCabe Way, Irvine, CA 92614**

**First Floor, Event Conference Room**

**RSVP by January 29** : Call (949)855-9444 ext. 113 or email [jessica.reyes@alzoc.org](mailto:jessica.reyes@alzoc.org)  
*There is no charge to attend.*

**Refreshments provided courtesy of:**



Alzheimer's Orange County | 2515 McCabe Way, Suite 200, Irvine CA 92614 | 949-955-9000 | [www.alzoc.org](http://www.alzoc.org)

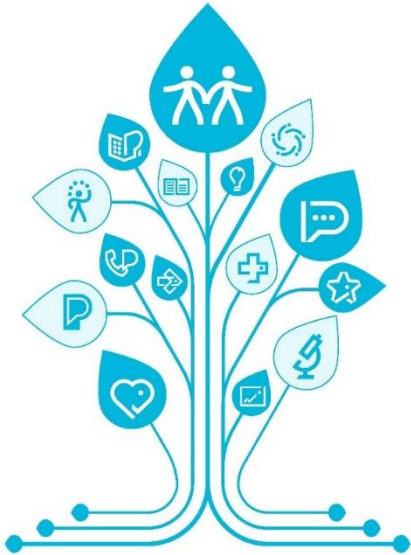
## Feeling Lost or Stuck?

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**



## Care Partner Summit

Saturday, May 16, 2020

### Cumbre Para Cuidadores

Presenting sponsor:  ACADIA<sup>®</sup>  
Pharmaceuticals

## WANT TO ATTEND A VIEWING PARTY?

Respond to this email or call Kyle at (714) 732-6039 to Register



## 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 **Fullerton**. 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:

Website: [pep4u.org](http://pep4u.org)

Email: [info@pep4u.org](mailto:info@pep4u.org)

Phone number: 949-264-3341

949-697-3104 (Ernie Seidel)



# CALENDAR OF EVENTS!

| January, 2020                           |   |  |  |  |  |           |
|---|---|--|--|--|--|-----------|
| Sun                                     | Mon   | Tue  | Wed  | Thu  | Fri  | Sat       |
|   |   | <b>31</b><br>Coffee & Chat<br>Atria Woodbridge<br>10:30AM-Noon | <b>1</b><br>Anaheim Senior Center<br>Support Group<br>10AM-11:15AM | <b>2</b><br>Orange Coast<br>Memorial Support<br>Group<br>6PM-7:30PM    | <b>3</b>   | <b>4</b>  |
| <b>5</b>                                | <b>6</b><br>Faith Based Fullerton<br>Support Group<br>Evangelical Church<br>10AM-11AM | <b>7</b><br>Coffee & Chat<br>Atria Woodbridge<br>10:30AM-Noon  | <b>8</b><br>Fullerton Support<br>Group<br>4PM – 5:30 PM            | <b>9</b>   | <b>10</b><br>Korean Fullerton Group<br>Fullerton Senior<br>Center<br>10AM-Noon | <b>11</b> |
| <b>12</b>                               | <b>13</b>   | <b>14</b><br>Coffee & Chat<br>Atria Woodbridge<br>10:30AM-Noon | <b>15</b><br>Brea Baptist Church<br>Support Group<br>11AM-12Noon   | <b>16</b><br>Orange Coast<br>Memorial Support<br>Group<br>10AM-11:30AM | <b>16</b>  | 17        |
| <b>18</b><br>O: Beyond the<br>Diagnosis | <b>19</b>   | <b>20</b><br>Coffee & Chat<br>Atria Woodbridge<br>10:30AM-Noon | <b>21</b>  | <b>22</b>  | <b>23</b>  | <b>24</b> |
| <b>25</b>                               | <b>26</b>   | <b>27</b><br>Coffee & Chat<br>Atria Woodbridge<br>10:30AM-Noon | <b>28</b>  | <b>29</b>  | <b>30</b>  |           |



Want an Event Published?

Send Inquire to [Kyle@HorizonSupportservices.com](mailto: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:**

**FALSE**

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

To Enroll visit [www.OnTimePD.com](http://www.OnTimePD.com)

