

## SD Parkinson's Community Annual Events

- April **Parkinson's Association of SD 5K Walk/Run** & Health Expo
- April **SDCCPSG Spring Luncheon**
- August **SDCCPSG Summer Potluck**
- October **PASD Gala**
- November **PASD Empowerment Day**
- December **SDCCPSG Holiday Potluck**

## Member Reflections

*"The support group is amazingly informative, helpful, supportive and friendly."*

*"It's always providing very valuable and pertinent information regarding this challenge. This meeting is worth its weight in gold!"*

- Anonymous

*"It is an honor to discuss things with such intelligent, caring people. It makes me feel secure."*

- Hasmig S.

*"Group participation has taught me the ins-and-outs of living with Parkinson's."*

*"The support group is family to me and, in being a participant, I am not alone."*

- John F.

SDCCPSG is proud to partner with the



## SD Central County Parkinson's Support Group

### Our Purpose

To improve the quality of life of all participants by:

- Providing information to People with Parkinson's (PwP), their care partners, families, friends, and the public.
- Encouraging participants to share their challenges and successes as they learn to live well with Parkinson's.
- Acquainting participants with community resources.
- Supporting scientific research and participation to find a cure for Parkinson's.
- Offering social support and fellowship to all those participating.

**Our History** We began as three independent support groups, **Pt. Loma**, founded in 2002 by Donne Willett and Lester Cohen, both persons with Parkinson's (PwP), **Minds in Motion (MIMO)**, begun in 2010 by Jim Paterniti and Lester Cohen, also PwPs, and the **Veterans**, started by neuropsychologist Vincent Filoteo, PhD, in 2012.

With a vision of greater resource and service potential, and the North County Parkinson's Support Group as a model, the three groups formed the San Diego Central County Parkinson's Support Group in 2018. The original purpose of the groups remains unchanged.

As SDCCPSG, our support of the Parkinson's Association of San Diego has continued. To become financially self-sufficient, we became our own independent non-profit. We support the work of the Parkinson's Association as a resource to the Parkinson's community throughout the county.

SDCCPSG is a 501(c)(3) non-profit; donations are greatly appreciated and may be deductible.

Welcome to

## SD Central County Parkinson's Support Group



## Come join us!

- ♦ Educational and motivating programs
  - ♦ Sharing of successes and strategies
  - ♦ Offering exercise opportunities
  - ♦ Social events - large and small
- ... a caring community

[info@SDCCPSG.org](mailto:info@SDCCPSG.org)

[www.SDCCPSG.org](http://www.SDCCPSG.org)

# San Diego Central County Parkinson's Support Group

## Support Group Chapters

SDCCPSG offers a monthly Speakers' Series covering topics of interest presented by experts in the field to help us learn how to live well with Parkinson's.



Monthly chapter meetings include a community update followed by time for care partners and people with

Parkinson's to share challenges, strategies and successes. Chapters are highly interactive and organize educational, exercise and social events throughout the year. Support Group meetings not only provide a forum for sharing strategies for coping with Parkinson's, but support research and clinical trials, and promote friendships to help us on our Parkinson's journey.

### • **Speakers' Series**

**Second Wednesday of each month**

6:00 - 8:30pm

**County of SD Health & Human Services**

3851 Rosecrans Street, San Diego 92110  
*San Diego Room*

### • **Veterans'**

This group is changing location. Check our website for updates.

### • **Pacific Beach**

**Third Wednesday of each month**

1:00 – 3:00pm

**Oakmont of Pacific Beach**

955 Grand Avenue, Pacific Beach 92109  
*Activity Room*

### • **Point Loma**

**Fourth Monday of each month**

10:00am - Noon

**County of SD Health & Human Services**

3851 Rosecrans Street, San Diego 92110  
*San Diego Room*

### • **Do You Duopa?**

**Fourth Saturday of odd months**

2:00 – 4:00pm

**Bayside at the Embarcadero**

1325 Pacific Hwy, San Diego 92101  
*3<sup>rd</sup> Floor Lounge*

## Physical Exercise Programs

Exercise is critical for a Person with Parkinson's (PwP) in order to maintain both physical and mental fitness. Following are exercise programs available to our Parkinson's community.

### **Big**

Scripps Physical Rehabilitation Services–800.727.4777

UCSD Movement Disorder Rehabilitation–858.543.0333

### **Parkinson's Group Exercise Class**

Mission Valley YMCA – 619.298.3576

### **Parkinson's "Keep Moving" Exercise Class**

Scripps Shiley Sports & Fitness Center–858.554.3488

### **Movement Foundation Exercise Class**

St. Peter's by the Sea Lutheran Church

1371 Sunset Cliffs Blvd., Lizbeth Garces–619.971.3904

### **Rock Steady Boxing Downtown**

4101 30<sup>th</sup> St., Unit B, Mike Reeder–310.923.5535

### **SDSU Adaptive Fitness Clinic**

5400 55<sup>th</sup> St., Matt Soto, BS, RKT–619.594.2017

## Therapeutic Voice Programs

PwPs often experience an ever-quieter voice, difficulty with enunciation and with swallowing. There are several therapeutic voice programs for PwPs and their care partners.

### **Loud**

Scripps Center for Voice & Swallowing

858.626.4444

### **MusicWorx**

Harmonica, AudAbility, Piano, Mindfulness

Lindsay Zehren, MT – 858.457.2200

### **Speak Out**

UCSD Movement Disorder Rehabilitation Team

855.543.0333

### **Tremble Clefs**

Melodi Denton – 619.363.0814

## Newsletter

Our monthly **Newsletter** keeps you up to date on recent events, future programs, medical advances, and exciting research. Each month we offer a Parkinson's Life Hack, Good Read, and In-Focus article on a person in the Parkinson's community. Available by mail or email.



## Resource Guide

Our **Resource Guide** provides important contacts and scheduled events throughout the year. We also publish an annual **Directory**, available to those who wish to be listed.

## SDCCPSG Board of Directors

**Second Monday of each month**

10:00 am - Noon

**County of SD Health & Human Services**

3951 Rosecrans Street, San Diego 92110  
*San Diego Room*

## Contacts

email: [info@SDCCPSG.org](mailto:info@SDCCPSG.org)

website: [www.SDCCPSG.org](http://www.SDCCPSG.org)

*Nancy Floodberg, Board President*

*Support Group leader*

[president@sdccpsg.org](mailto:president@sdccpsg.org)

619.857.6638

*Jim Paterniti, Board Vice-President*

*Support Group leader*

[vice-president@sdccpsg.org](mailto:vice-president@sdccpsg.org)

858.203.3232