

# The Good Start Program

3/1//2023

PARKINSON'S ASSOCIATION OF SAN DIEGO


[WWW.PARKINSONSASSOCIATION.ORG](http://WWW.PARKINSONSASSOCIATION.ORG)



# WELCOME TO THE GOOD START PROGRAM

Parkinson's Association of San Diego is pleased to offer our Good Start Program (GSP), designed for recently diagnosed patients and their care partners, but also for anyone who would like more information about Parkinson's. The program will provide participants with information on PD and on available resources in San Diego County.

This presentation represents the curriculum that is provided in the live program; the content will be discussed in more detail by qualified Parkinson's experts during live presentations



The program covers an overview of the complex nature of Parkinson's and treatment options. Topics of discussion include the importance of exercise, a review of medications, treatments and therapies, the importance of selection of the correct physician, and more to assist you on your journey and finding your best path to living your best life with Parkinson's. Each person with PD is different; you'll need to develop your own specific treatment plan in concert with your movement disorder specialist and/or neurologist.

## HONORING KATHY BRUYERE

In September 2020, Kathy, a long-time PASD Board member, Good Start program champion and tremendous Parkinson's community advocate, passed away.

The PASD Board adopted a resolution honoring her and named its Annual Award for outstanding commitment to our Parkinson's Community in her memory.



# ACKNOWLEDGEMENT OF DIAGNOSIS, ADJUSTMENT & MOVING THROUGH GRIEVING STAGES

After your diagnosis you may be feeling afraid, anxious and even depressed. Acknowledging these feelings is important.



# MOVING FORWARD ON YOUR JOURNEY WITH HOPE TO LIVE YOUR BEST LIFE WITH PARKINSON'S DISEASE

Recognize that it's okay to have these feelings...  
know that it's not the end of the road, it's just a different path.



# MAINTAINING A POSITIVE ATTITUDE

There is nothing healthier than a positive mindset.

Positivity can lower rates of stress and depression.



# MAINTAINING A POSITIVE ATTITUDE

Gratitude helps our brain scan for positivity; we can focus on the good things around us and go into the day with a feeling of happiness and gratefulness.



# MAINTAINING A POSITIVE ATTITUDE

Remember that everyday  
may not be great...

but acknowledging that  
there is something good in  
every day makes all the  
difference.



# MAINTAINING A POSITIVE ATTITUDE

Staying positive  
gives you control  
over your life!

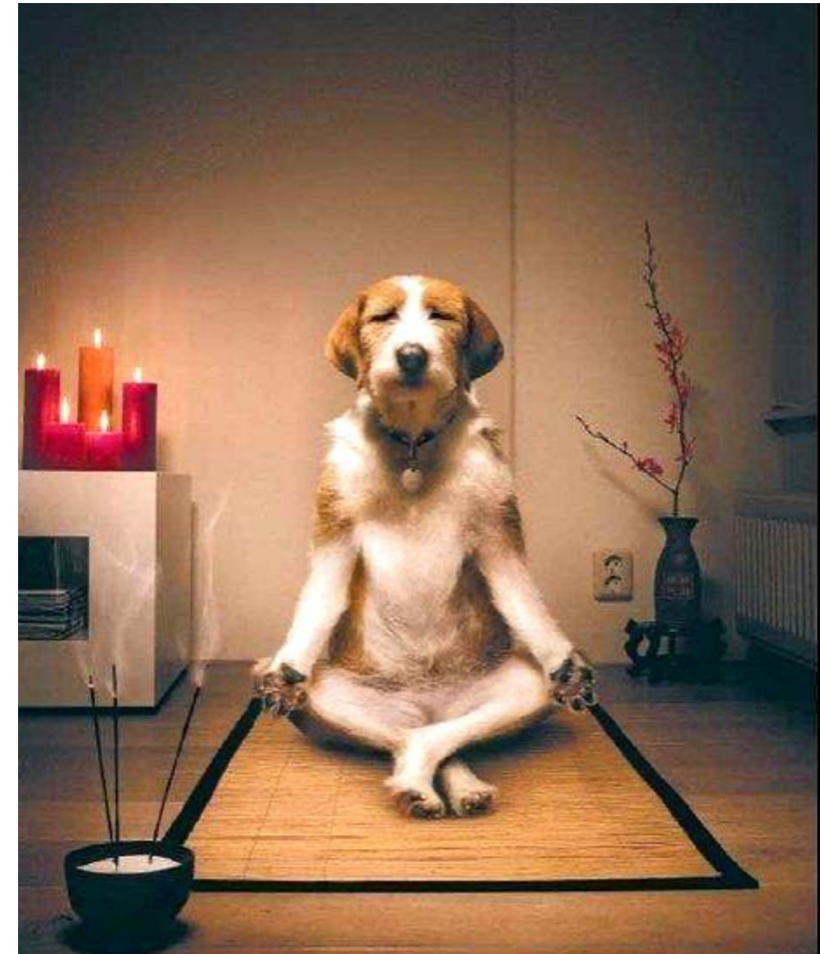
Every morning  
starts a new page  
in your story.  
Make it a great one today.

~ Doe Zantamata



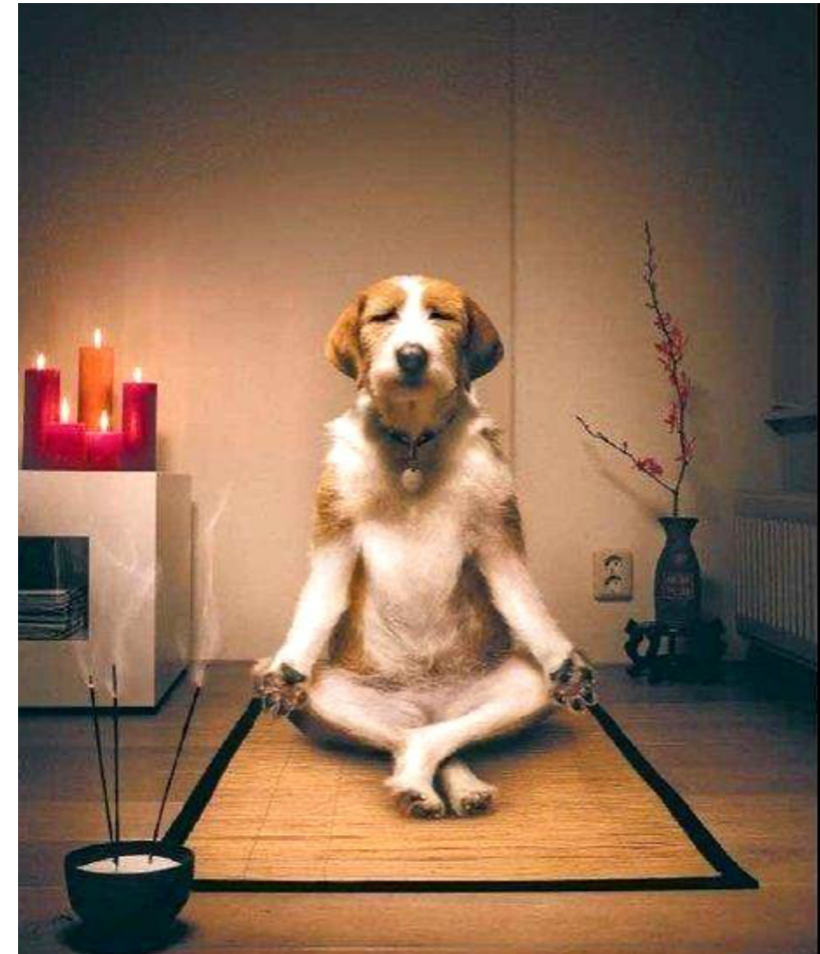
# POSITIVE THINKING = POSITIVE OUTCOME

Meditation: You can change the pattern of your thinking by adding positive daily reflections and affirmations



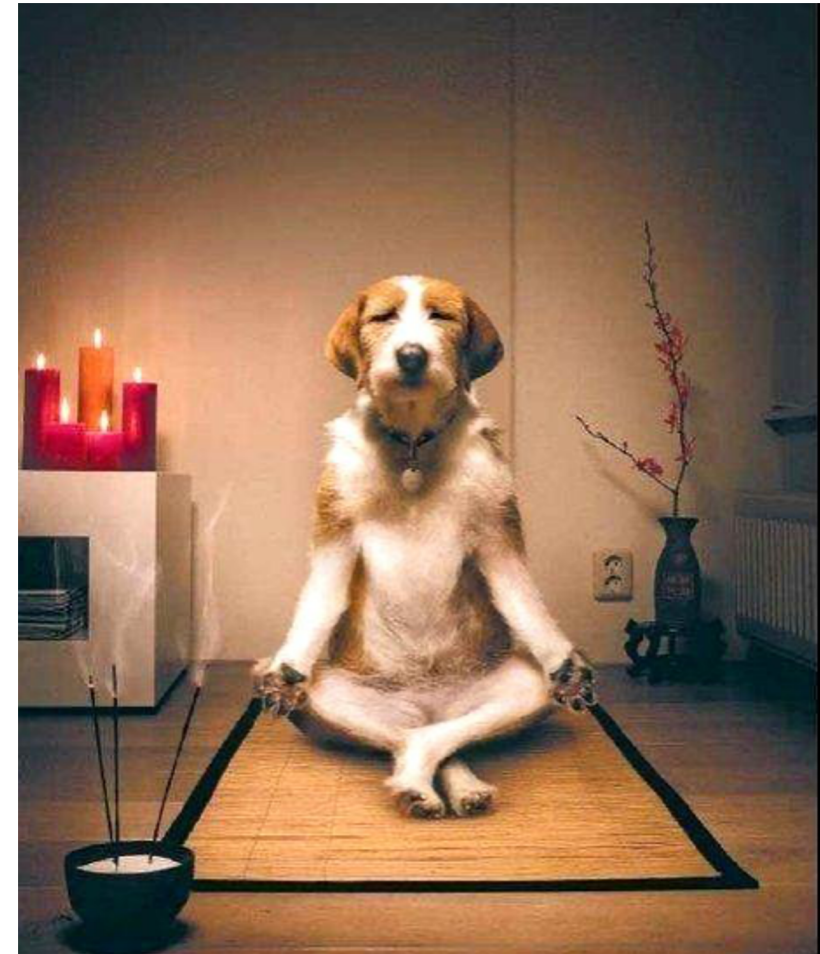
# POSITIVE THINKING = POSITIVE OUTCOME

Deep Breathing: Change your brain waves by spending 10 minutes a day doing breathing exercises



# POSITIVE THINKING = POSITIVE OUTCOME

Visualize Positive Situations:  
The brain doesn't know what  
reality is and what's imaginary



## WHAT IS PARKINSON'S DISEASE?

- Parkinson's disease is a disorder of the central nervous system that results from the loss of cells in various parts of the brain, including a region called the substantia nigra.

(Michael J. Fox Foundation)

## WHAT IS PARKINSON'S DISEASE?

- The substantia nigra cells produce dopamine, a chemical messenger responsible for transmitting signals within the brain that allow for coordination of movement.

(Michael J. Fox Foundation)

## WHAT IS PARKINSON'S DISEASE?

- Loss of dopamine causes neurons to fire without normal control, leaving patients less able to direct or control their movement.

(Michael J. Fox Foundation)

# FACTS OF PARKINSON'S DISEASE

Progressive Neurodegenerative Disease

Affects 1.2 million people in US. Incidence expected to double by 2030; approximately 10,000 in San Diego County

Age of onset typically between 50 and 65

10% of people diagnosed with PD are Young Onset; diagnosed between ages 20-50

# FACTS OF PARKINSON'S DISEASE

Caused by loss of dopamine producing cells (80% loss before first symptom)

Loss of cells begins 20-30 years prior to first symptom

Genetics? Environmental causes? Combination of both?

No two people with PD have same disease, symptoms or progression of the disease.

# THE PARKINSON'S JOURNEY IS DIFFERENT FOR EVERYONE

Progression differs from person to person

Symptoms vary; not everyone experiences the same symptoms.

While the following information is representative of PD symptoms, the presence of such symptoms varies from person to person

Work with your Movement Disorder Specialist to best manage your symptoms, progression and journey with PD

# Parkinson's

*what people see*

tremors

*what people don't see*

anxiety  
bladder issues  
central pain  
cognitive issues  
constipation  
depression  
difficulty sleeping  
fatigue  
involuntary movement

loss of smell  
muscle spasms  
restlessness  
sciatica  
sexual dysfunction  
skin cancer  
slowed movement  
speech changes  
stiff muscles

my**parkinsons**team

# PRODROMAL (PRE-DIAGNOSIS) SYMPTOMS

Symptoms can begin 10-20 years before diagnosis

Loss of Sense of Smell; Taste may be impacted

Constipation

REM Sleep Behavior Disorder

Tremor

Soft or Low Voice

Dystonia

Masked Face

Trouble Moving and Walking

Small Handwriting

Mood Disorders, including depression and anxiety

## MOTOR SYMPTOMS & MANIFESTATIONS

Tremor

Rigidity (stiffness)

Bradykinesia (slowness of movement)

Postural Instability

Difficulty rising from a chair  
Masking of face  
Decreased blinking  
Decreased or no arm swing  
Small and/or illegible  
handwriting  
Generalized Pain  
Shoulder or calf pain

# NONMOTOR SYMPTOMS

Constipation and/or Irritable  
Bowel Syndrome  
Urinary frequency/urgency  
Dyphagia (difficulty swallowing)  
Fatigue  
Sleep Disorders  
Neurogenic Orthostatic  
Hypotension

Dementia - ~30-50%  
Cognitive changes  
Executive function changes  
Pain  
Mood Disorders -depression, apathy,  
anxiety

# NEUROLOGIST VS MOVEMENT DISORDER SPECIALIST

Neurologists are specialists who treat diseases of the brain and spinal cord, peripheral nerves and muscles. They complete a three year neurology residency

Movement Disorder Specialists are neurologists who complete an additional movement disorders fellowship.

This type of fellowship is generally 1-2 years long and focuses on Parkinson's Disease and related disorders

## MOVEMENT DISORDER SPECIALIST

- Additional experience in prescribing PD-specific medications
- Extra proficiency at managing medication side effects
- Added skill at non-motor symptom management.
- Additional experience in botulinum toxin injections
- Training in deep brain stimulation (DBS) management
- Training in clinical trial methodology, as well as recruitment for and conducting of PD clinical trials

# MEDICAL MANAGEMENT OF SYMPTOMS

## Medications

- Levodopa/Carbidopa (Sinemet, Stalevo)
- Mono-Amine Oxidase Inhibitors (Azilect, Zelapar)
- Dopamine agonists (Mirapex, Requip)
- Anticholinergics (Artane, Cogentin)
- Amantadine (Symmetrel)
- Beta-blocking agents

# MEDICAL MANAGEMENT OF SYMPTOMS

## Medications

- COMT Inhibitors (Tasmar, Comtan)
- Rytary
- SSRIS
- Duopa
- Nuplazid (pimavanserin)

## OTHER TREATMENTS/INTERVENTIONS FOR PD SYMPTOMS

Deep Brain Stimulation (DBS) - implantation of leads to targeted areas (usually STN or GPi in brainstem)

Duopa (continuous dopamine infusion through the intestine)

Subcutaneous Duopa delivery

Focused Ultrasound (minimally invasive targeted treatment to brain) has recently received approval for use in both tremor dominant PD and in advanced PD

# ALTERNATIVE THERAPIES

Complementary and alternative therapies are broad and can include:

Chiropractic methods

Homeopathy

Music

Acupuncture

Naturopathy; nutritional and herbal supplements

# YOUNG ONSET VERSE OLDER ONSET: POSES DIFFERENT CHALLENGES

Financial Issues

Work

Raising Children

Dating

Disability



# RESEARCH

Add [www.clintrials.gov](http://www.clintrials.gov)

PPMI 2.0 through UCSD

Clinical trials through Neurology Center

FoxFinders.com

Clinical studies through San Diego VA hospital

Clinical trials through UCSD (on movement disorders clinic website)



## Neuro Palliative Care Program(s)

Neuropalliative care is a medical specialty that aims to improve the quality of life for patients and families facing serious, life-limiting neurological illnesses. Our team uses a comprehensive, whole-person approach that addresses not only a person's medical issues, but also their emotional, spiritual and social needs. Neuropalliative care can begin at any time during your Parkinson's journey.

# DEVELOP YOUR INDIVIDUAL CARE AND SUPPORT TEAM

**YOU** ARE AT THE CENTER OF YOUR CARE



Positive Attitude

Find Purpose

Mindfulness

Exercise

Socialize



- Your Care Partner
- Family
- Movement Disorder Specialist
- Nurse Practitioners
- Primary Care Physician
- Physical Therapist
- Occupational Therapist
- Speech & Language Pathologist
- Exercise Physiologist/Trainer
- Registered Dietitian
- Pharmacist
- Social worker, counselor, psychologist
- Psychiatrist
- Support Groups
- Mentors

## ROLES OF YOUR TEAM

## ROLE OF A CARE PARTNER

Establish a partnership — a mutual understanding of what kind of help with daily tasks and emotional support the person with Parkinson's wants and needs as the disease impacts your routines and lives.

Educate yourself on Parkinson's

Volunteer to help out with shopping, cooking, cleaning, etc.

Listen —be their shoulder to cry on

Look for worsening symptoms

Be patient with them as their symptoms worsen

# TAKE CARE OF YOUR OWN HEALTH SO YOU CAN TAKE CARE OF YOUR LOVED ONE

Make your health a priority.

Eat healthy and get enough sleep.

Reserve enough time for your own interests.

Stay social and enjoy time with friends.

Recognize that emotions such as guilt and resentment are normal.

Be aware of signs of depression and get help.

Attend support groups to discuss problems – PASD can refer you to the available support groups in San Diego County.

Learn about the available resources that may help you and your loved-one.



# Caregiver/CarePartner Resources

Helping You Care: Comprehensive Family Care Givers Resource

<http://www.helpingyoucare.com/3236/>

in-home-care-agency-what-to-ask Southern CA Caregiver

Coalition <https://www.caregivercoalitionsd.org/>

<https://tlcsenioradvisors.com/> Seniors Helping Seniors

<https://www.seniorhelpers.com/ca/san-diego/county>

Jon Schwartz – Partners in Aging

<https://partnerinaging.com/about/>

Caregiver Resource and Magazine <https://www.caregiver.com>

# Caregiver / Care Partner Resources cont.

## PASD Caregiver Training

<https://parkinsonsassociation.org/courses/parkinsons-care-partner-training-program/>

The screenshot displays the Parkinson's Association of San Diego (PASD) website. The header features the organization's logo and a navigation menu with links: HOME, MENTOR PROGRAM, ABOUT US, LIVING WITH PARKINSON'S, NEUROLOGISTS, SUPPORT GROUPS, YEAR END GIVING, and DONATE. The main content area is titled "Care Partners - The People with Angel Wings" and includes a video player showing a woman speaking. Below the video, there is text explaining the program's purpose and a link to "Care Partner Education and Resources". The footer mentions sponsorship by Supernus Pharmaceuticals.

The screenshot displays the "Category Content" section of the Parkinson's Association of San Diego website. It shows a list of 13 topics related to caregiver training, each with a radio button for selection. The topics are:

- Care Partners and the Newly Diagnosed with Dr. Abigail Lawler
- Care Partners Taking Care of Themselves with Jessie Agrimis, DPT
- Parkinson's Association Mentor Program
- Fall Prevention and Home Safety with Paige Hargis
- Entering a Hospital if You Have Parkinson's with Dr. Abigail Lawler
- Parkinson's Training - Sleep Disfunction with Sherrie Gould, NP
- Parkinson's Training - Driving Issues with Kathy Huynh, NP
- Exercise and Covid with Sherrie Gould, NP
- Downsizing with Jonathan Schwartz of Partner in Aging
- Care Partners and Dementia with Dr. Abigail Lawler
- Parkinson's Training - Palliative Care vs. Hospice Care with Sherrie Gould, NP
- The PASD Resource Center
- PASD Good Start Program with Executive Director Chris Buscher

# GRAPES



## Gentleness

Be gentle with your self and with your expectations

## Relaxation

Do something relaxing for yourself - hot bath

## Accomplishment

Tap into your gifts and your accomplishments. Do Something!

## Pleasure

Movie with a friend

## Exercise

Do 30+ minutes of exercise – cardio – increase dopamine and endorphins

## Social

Interact with people with positive attitudes!

# BENEFITS OF JOINING A SUPPORT GROUP

Being able to talk openly and honestly about your feelings is helpful.

Feeling less lonely, isolated or judged.

Reducing distress, depression, anxiety or fatigue.

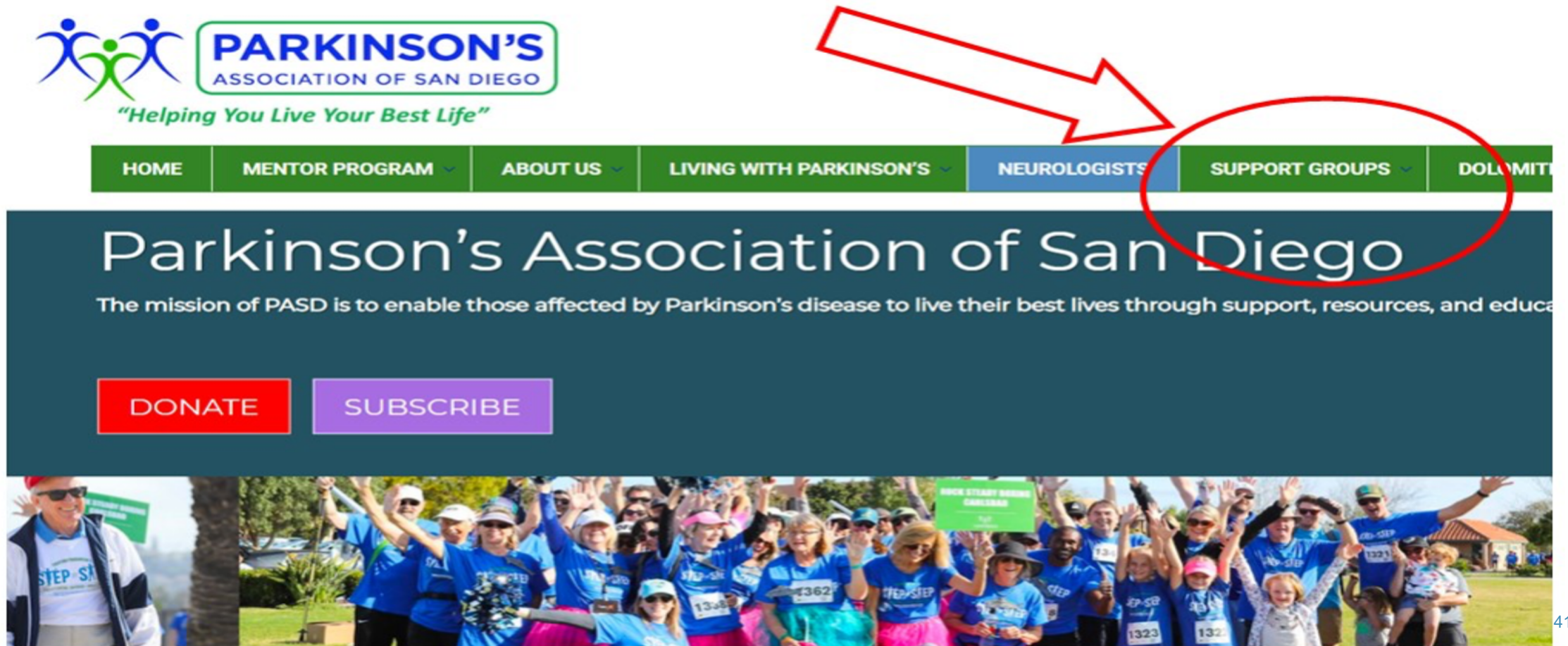
Celebrating successes, big and small.

Improving skills to cope with the challenges of living with PD.

Staying motivated to manage PD symptoms and stick to treatment plans



# FIND SUPPORT GROUPS ON PARKINSON'S ASSOCIATION WEBSITE





# SUPPORT GROUPS



SEARCH FOR SUPPORT GROUPS

16 Categories 16 Locations Search

 <b>Atypical PD</b> Atypical Parkinson's Support Group - 1st Monday, 1pm [Map] [Info]	 <b>Atypical PD for Caregivers</b> Atypical Parkinson's Support - Caregiver Only - 1st Wednesday, 7pm [Map] [Info]	 <b>Chula Vista</b> UCSD Parkinson's Support Group - 1st Wednesday, 11am [Map] [Info]	 <b>Do You Duopa?</b> SD Central County Parkinson's Support Group - 1st Saturday, 10am [Map] [Info]	 <b>Park's in the Park</b> Young/Adult Support Group - Meeting in parks around San... [Map] [Info]	 <b>Parkinson's Care Partners</b> SD Central County Parkinson's Support Group - 1st, 2nd, 3rd... [Map] [Info]	 <b>People with Parkinson's</b> SD Central County Parkinson's Support Group - 1st Wednesday, 1pm [Map] [Info]	 <b>Point Loma</b> SD Central County Parkinson's Support Group - 1st Wednesday, 10am [Map] [Info]
 <b>East County</b> SD Central County Parkinson's Support Group - 2nd Wednesday, 12-1pm [Map] [Info]	 <b>Español - Chula Vista</b> Compañeros de Parkinson (Spanish) - 1st Thursday, 7pm [Map] [Info]	 <b>Fallbrook</b> North County Parkinson's Support Group - 1st Friday, 10am [Map] [Info]	 <b>Keamy Mesa</b> Care Partners for Latin/Bach/Chinese Only - 1st Wednesday... [Map] [Info]	 <b>Poway</b> Poway Support Group Meeting - 1st Friday, 3:30pm [Map] [Info]	 <b>Rancho Bernardo</b> North County Parkinson's Support Group - 1st Monday, 10am [Map] [Info]	 <b>Speaker Series</b> SD Central County Parkinson's Support Group - 2nd Wednesday, 1pm [Map] [Info]	
 <b>La Costa</b> North County Parkinson's Support Group - 1st Wednesday, 1pm [Map] [Info]	 <b>Living in the Solution</b> SD Central County Parkinson's Support Group - 3rd Wednesday, 1pm [Map] [Info]	 <b>Murrieta</b> Morongo Support Group Meeting - 1st Wednesday, 1pm [Map] [Info]	 <b>Oceanside</b> North County Parkinson's Support Group - 2nd Wednesday, 1pm [Map] [Info]				



# SUPPORT GROUPS



February 2023

Parkinson's Association Of San Diego  
powered by [Keep & Share](#)

19	20	21	22	23	24	25
	<p>1:00pm NORTH COUNTY PARKINSON'S SUPPORT GROUP--Small Social Group welcomes both People with Parkinson's and Care Partners. <a href="#">Contact Info</a></p> <p>1:00pm ATYPICAL PARKINSON'S DISEASE (PSP, MSA, CBD, LBD, VP) SUPPORT GROUP: On line or via Phone. <a href="#">Zoom</a></p>	<p>3:00pm CENTRAL COUNTY VIRTUAL PARKINSON'S CARE PARTNER SUPPORT GROUP - an SDCCPSG Chapter: A focused discussion for care partners. Online or via phone. <a href="#">Flyer</a> <a href="#">Zoom</a></p>	<p>3:00pm CENTRAL COUNTY VIRTUAL PEOPLE WITH PARKINSON'S SUPPORT GROUP - an SDCCPSG chapter: A focused discussion for people with Parkinson's. Online or via phone. <a href="#">Flyer</a> <a href="#">Zoom</a></p>		<p>10:00am NORTH COUNTY PARKINSON'S SUPPORT GROUP--Fallbrook Chapter: Speakers and discussion for People with Parkinson's and their care partners. <a href="#">Click here</a></p>	
26	27	28	1	2	3	4
	<p>10:00am CENTRAL COUNTY LIVE PT. LOMA PARKINSON'S SUPPORT GROUP - an SDCCPSG Chapter: For people with Parkinson's and their care partners. Location: Point Loma Café-4865 N. Harbor Drive, SD 92106. Space</p>	<p>11:00am ATYPICAL PARKINSON'S DISEASE (PSP, MSA, CBD, LBD, VP) CAREGIVER-ONLY SUPPORT GROUP: On line or via Phone. <a href="#">Zoom</a></p> <p>1:00pm NORTH COUNTY PARKINSON'S SUPPORT GROUP--La Costa</p>				

# WHY IS EXERCISE SO IMPORTANT

Exercise is important for people with Parkinson's disease because it helps maintain balance, mobility, and the ability to perform daily routines. Exercise and physical activity can improve many PD symptoms. It helps stimulate the release of dopamine in the brain. These benefits are supported by research.



# FOUR CATEGORIES OF EXERCISE THAT ARE IMPORTANT FOR SOMEONE WITH PD

- Aerobic Training
  - Walking
  - Swimming
  - Running
  - Cycling
- Strength Training
  - Postural muscles
  - Hip extensors
  - Calves
- Flexibility Training
  - Hamstring Stretching
  - Hip Flexor Stretching
  - Chest Stretching
- Neuromotor Training – Balance, agility, dual task training
  - PWR Moves!
  - Balancing on varied surface
  - Boxing
  - Multi-directional stepping

## OTHER TYPES OF EXERCISE:

Dance  
Yoga  
Pilates  
Tai Chi  
Playing Sports  
Water Exercise  
Take the Stairs



# BENEFITS OF EXERCISE

Exercise creates brain change

Decreased stiffness

Better posture

Reduces pain

Improves bowel function

Improves motion of joints

Improves muscle tone

Enhances quality of life



NO "EXERCISE PRESCRIPTION" IS CORRECT FOR EVERY PERSON  
WITH PARKINSON'S DISEASE BUT DOING NOTHING IS NOT THE  
ANSWER.



Rock Steady Boxing



Coach Me Strong



Dance for PD

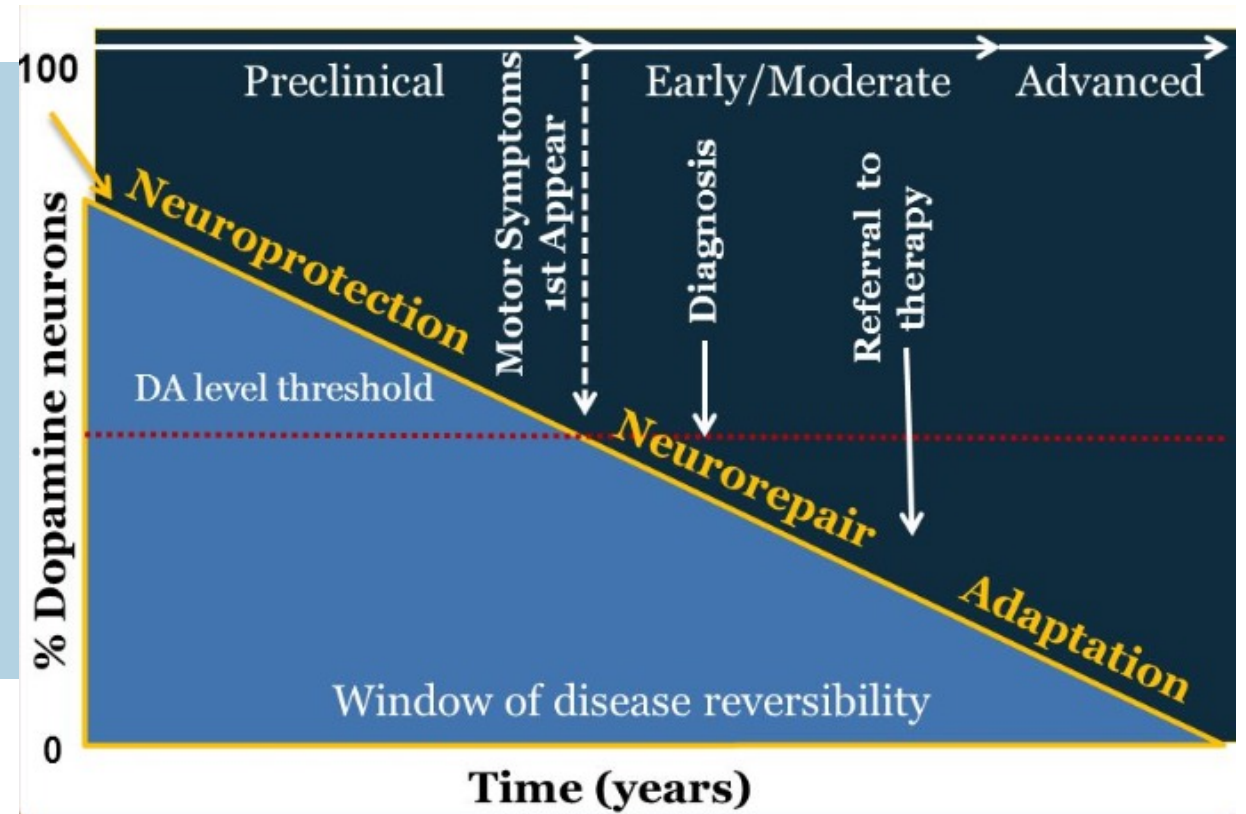


NeuroLab 360

# PHYSICAL THERAPY

Physical Therapy has been shown to help slow disease progression based on the UPDRS Motor Subscale.

The goal of physical therapy is to keep you active and independent.



# PHYSICAL THERAPY

Focuses on the physical rehabilitation of people with the goal of restoring mobility.

Physical therapists educate people on managing their condition to maintain long-term benefits.

Improves gait, balance, posture, flexibility, strength and endurance.

Reduces Pain

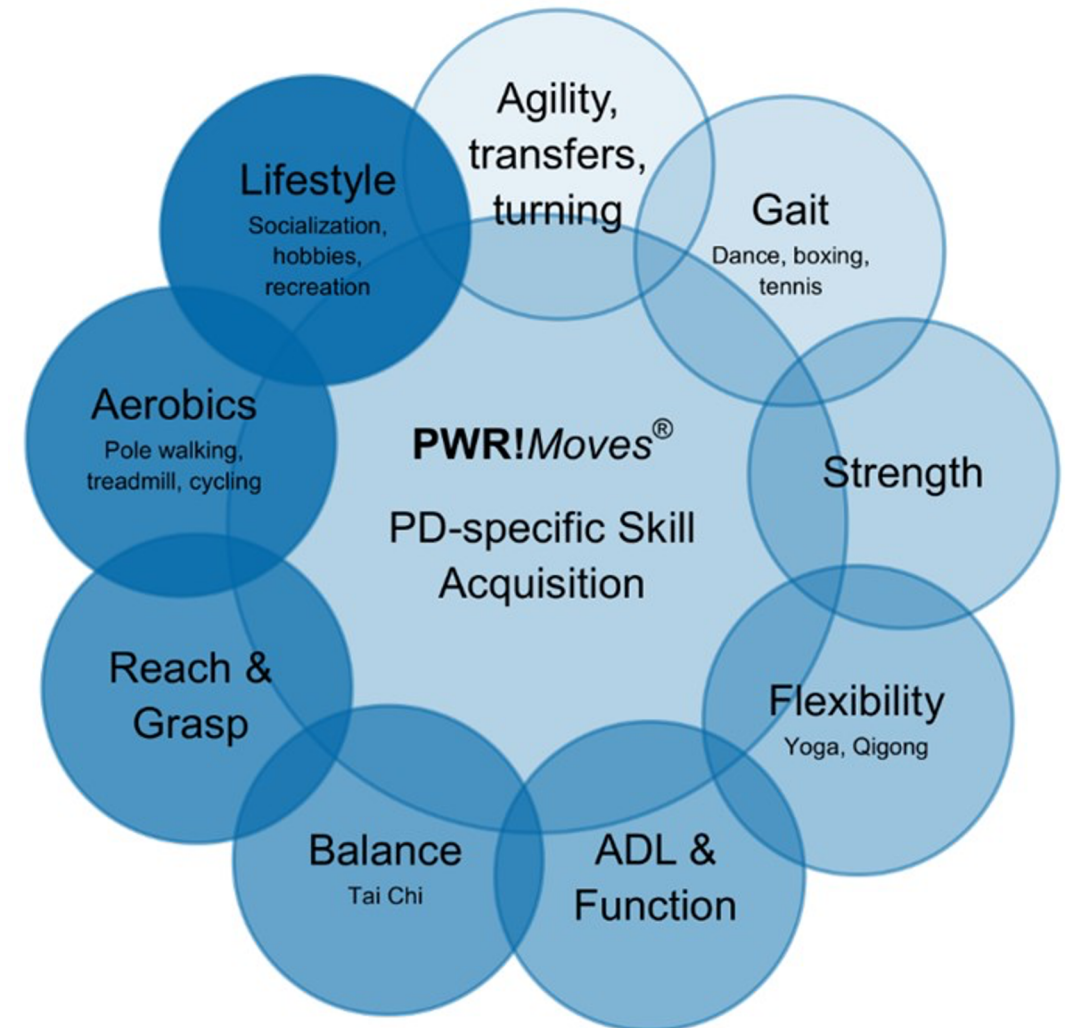


# PWR! MOVES

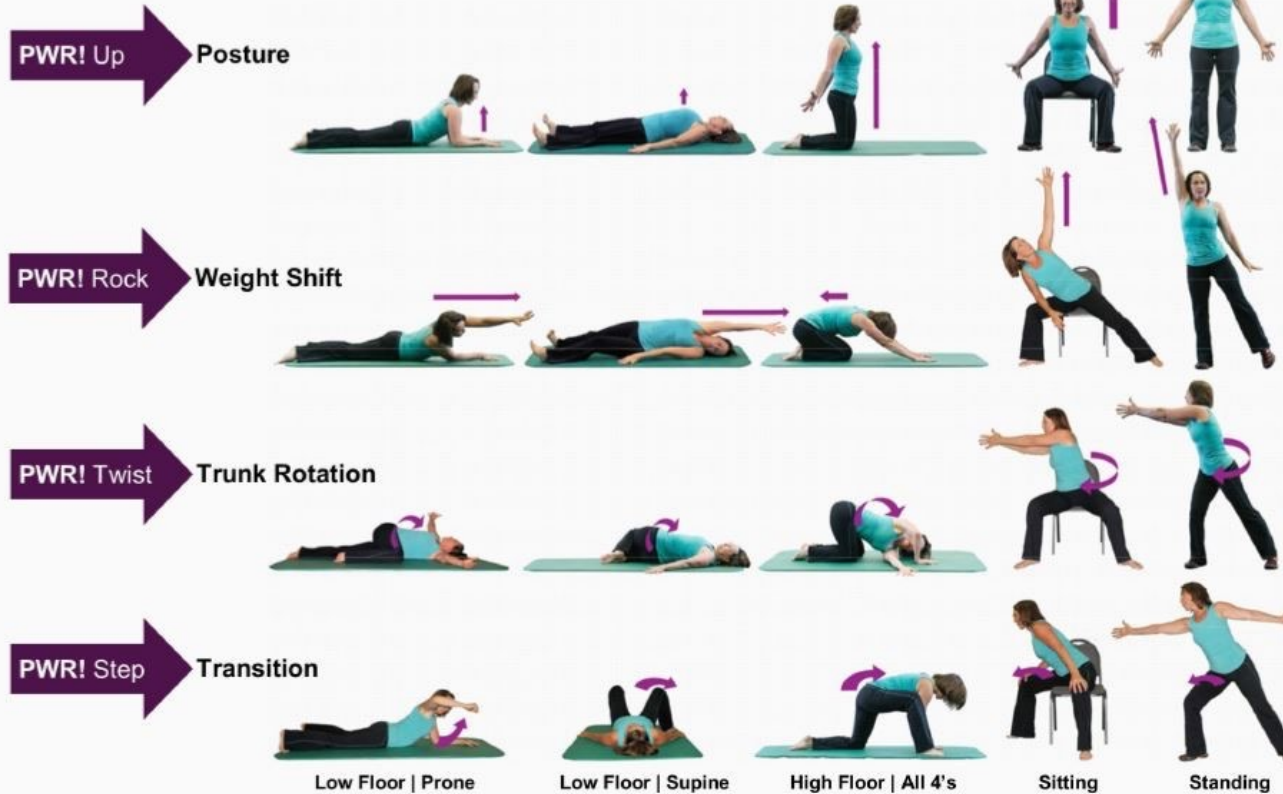
Parkinson's-specific exercise program that works to improve neuroplasticity and slow the progression of Parkinson's Disease.

Focuses on large movements, PWR!

Moves targets four critical skills the disease attacks: antigravity extension, weight shifting, axial mobility, and transitional movements.



# PWR! Moves® At a Glance



# LSVT BIG

LSVT BIG, an intensive therapy program, helps patients with Parkinson's disease reduce their symptoms and slow the progression of the disease.

The specially designed program helps you improve your balance, move faster and make larger motions.

## LSVT BIG® MAXIMAL DAILY EXERCISES



1. Floor to Ceiling



2. Side to Side



3. Forward Step and Reach



4. Sideways Step and Reach



5. Backward Step and Reach



6. Forward Rock and Reach



7. Sideways Rock and Reach

# OCCUPATIONAL THERAPY

Focuses on enabling people to engage in daily activities as seamlessly as possible.

- Bathing and Dressing
- Eating and Drinking
- Toileting
- Hand Strength and Writing
- Meal Preparation
- Performing Housework
- Having the ability to continue to engage in hobbies like gardening, sewing, painting, etc.



# SPEECH THERAPY

Speech disorders in individuals with Parkinson's Disease are known as Hypokinetic Dysarthria; speech that is slow, slurred or difficult to understand due to muscle weakness.

Almost 90% of individuals with PD will have a speech disorder.

Deteriorating Speech Clarity

Decreased Voice Volume

Flat/Monotone Voice

Hoarse Voice

Reduced Breath

Lessened Facial Expression



# EARLY INTERVENTION IS KEY FOR RETAINING SPEECH

## LSVT (LOUD)

An effective treatment to improve vocal loudness in patients with PD.

Patients attend 16 sessions over the course of 1 month.

LSVT improves vocal loudness, vocal clarity and breathing.

Patients are trained to focus on voice volume and clarity, as well as, the physical requirements of improving their speech.

# EARLY INTERVENTION IS KEY FOR RETAINING SPEECH

## Parkinson's Voice Project (SPEAK OUT!)

Preserves the voices of individuals with Parkinson's through intensive speech therapy and follow-up support.

2-3 sessions per week for a total of 12 sessions

Emphasizes the use of intentional speech rather than automatic speech.

# NUTRITION

## Antioxidant and Mediterranean Diet

Berries

Cranberries

Pomegranate

Grapes

Yellow and dark green leafy vegetables

Red wine

Dark Chocolate

Green tea

Foods containing higher levels of omega-3 fatty acids like salmon, halibut, herring, mackerel, sardines, tuna and nuts.

### Mediterranean Diet Pyramid

*A contemporary approach to delicious, healthy eating*

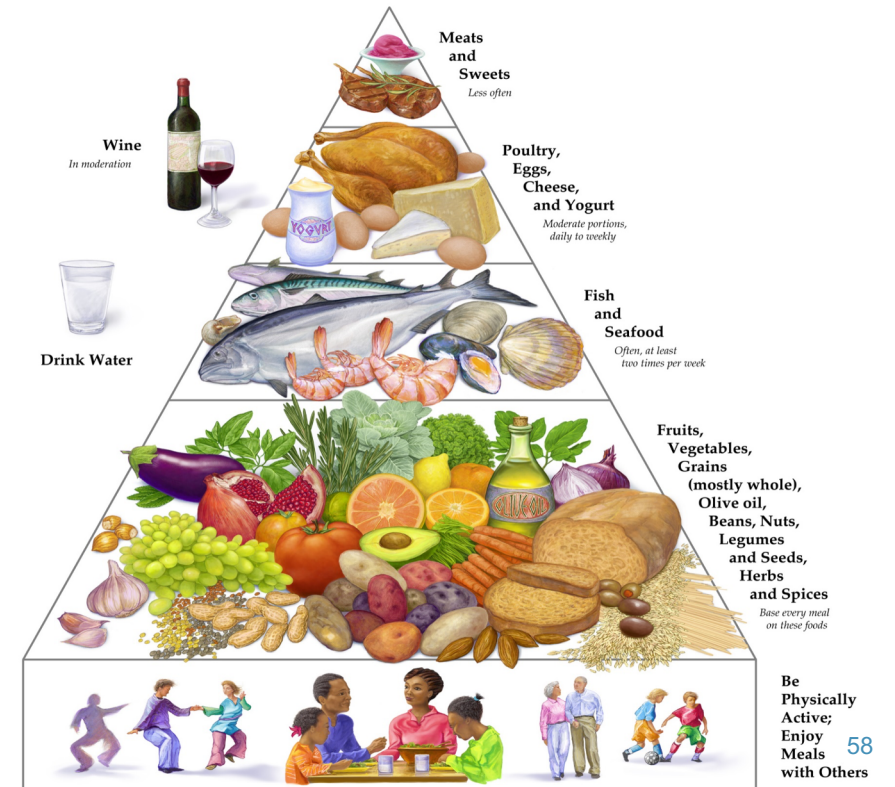


Illustration by George Middleton

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# AWARE IN CARE KIT



Materials designed to help people with PD and Care Partners educate and advocate for better care in the hospital

- Online Download (Free)
- Aware in Care Packet (Free)
- Aware in Care Kit (\$8 Shipping charge)

**To Download or Order Kit Materials, visit:**

**[Parkinson.org/AwareinCare](https://Parkinson.org/AwareinCare)**

## PASD SERVICES

Comprehensive website: [parkinsonsassociation.org](http://parkinsonsassociation.org)

Live phone contact: 858-999-5671

Good Start Program / Empowerment Day

Reference sources

Educational events, podcasts webinars

## PASD SERVICES

Locally produced educational short videos

Support groups coordination

Hispanic Community Outreach

Mobility and other devices available

Step by Step Walk and Golf Tournament

National resources / AIRPO

## Additional Resource Organizations for Parkinson's Disease

Davis Phinney Foundation for  
Parkinson's

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

Michael J Fox Foundation for  
Parkinson's Research

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

Parkinson's Foundation  
[www.parkinson.org](http://www.parkinson.org)

APDA [www.APDA.Parkinson.org](http://www.APDA.Parkinson.org)

PMDA (Parkinson's & Movement  
Disorders Alliance)

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

PD Avengers

[www.pdavengers.com](http://www.pdavengers.com)

Parkinson's World Congress

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

## PARKINSON'S ASSOCIATION MENTOR PROGRAM

Are you trying to find your way as a **newly diagnosed** person with Parkinson's?

Are you **struggling with Parkinson's** and need someone to talk to?

Are you a **care partner** who needs someone to talk to? Someone who has "been there/done that?"

**Then the PASD Mentor Program is the perfect place for you.**

Find a mentor, set up a call, and get guidance from someone who has walked in your shoes.



*"I remind myself every morning: Nothing I say this day will teach me anything. So if I'm going to learn, I must do it by listening. I never learned anything while I was talking."*

Larry King

[SEARCH FOR A SAN DIEGO CO. MENTOR](#)

[SEARCH FOR A NORTHERN NEVADA MENTOR](#)

Or Call Us at 619-373-5476

### What the Mentees are Saying























*I highly recommend Colonel Bob Foltyn. He is warm and receptive, sensitive and caring. He made me feel welcome immediately. He's lived through 21 years of PD and therefore has a wealth of wisdom to share and yet does not overwhelm with information. He answers questions as they arise and makes it clear that I can call 24/7.*

Richard Moore

*This program offers support and resources, in my case, for the recently diagnosed. Irene is compassionate and experienced. She has given me a sense of normalcy; I'm still me in spite of Parkinson's.*

Anne Lee

One of the mentors listed below will follow up with each participant within one week of this meeting:

 <p><b>WAYNE LABEL</b> MENTOR FOR PEOPLE WITH PARKINSON'S I have been a teacher all my professional life and...</p>	 <p><b>TOM JOHNSON</b> MENTOR FOR NEWLY DIAGNOSED PEOPLE WITH PARKINSON'S Born in 1947 in Glens Falls, NY College Graduate from...</p>	 <p><b>SUSAN RUBIO</b> MENTOR FOR NEWLY DIAGNOSED PEOPLE WITH PARKINSON'S I was first diagnosed September 2014, I didn't know...</p>	 <p><b>STEPHEN LESTER</b> MENTOR FOR PEOPLE WITH PARKINSON'S I have been with Parkinson's since my diagnosis in 2013...</p>	 <p><b>LARRY ROSEN</b> MENTOR FOR NEWLY DIAGNOSED PEOPLE WITH PARKINSON'S I was diagnosed with Parkinson's in August 2018 and work...</p>	 <p><b>KIMBERLY FOWLER</b> MENTOR FOR NEWLY DIAGNOSED PEOPLE WITH PARKINSON'S As a PWP I feel that I can...</p>	 <p><b>IRENE MILLER</b> MENTOR FOR PEOPLE WITH PARKINSON'S AND CARE PARTNERS I have been a primary Care Partner for myself...</p>	 <p><b>ELAINE BROWNING</b> MENTOR FOR CARE PARTNERS OF PEOPLE WITH PARKINSON'S After my retirement, my husband was diagnosed with Parkinson's, with...</p>
 <p><b>SAM COOPER</b> MENTOR FOR CARE PARTNERS OF PEOPLE WITH PARKINSON'S Sam has been on the North County Parkinson's Support Group...</p>	 <p><b>PAUL KAUFMAN</b> MENTOR FOR PEOPLE WITH PARKINSON'S My father had Parkinson's and was diagnosed at age 86...</p>	 <p><b>PAUL DAWSON</b> MENTOR FOR CARE PARTNERS OF PEOPLE WITH PARKINSON'S Paul is the North County chapter of North County Parkinson's Support...</p>	 <p><b>PAT COUGHLIN</b> MENTOR FOR PEOPLE WITH PARKINSON'S I have had Parkinson's Disease for over eight years I...</p>	 <p><b>EDNA CULP</b> MENTOR FOR CARE PARTNERS OF PEOPLE WITH PARKINSON'S Edna Culp from San Diego, CA is an Advance Practice...</p>	 <p><b>DIANE BELCHER</b> MENTOR FOR NEWLY DIAGNOSED PEOPLE WITH PARKINSON'S The doctors started screaming out of the blue, the diagnosis...</p>	 <p><b>BRANDON LASCORAIN</b> MENTOR FOR PEOPLE WITH YOUNG ONSET PARKINSON'S I was diagnosed with advanced stage YOP at age 35...</p>	 <p><b>BOB FOLTYN</b> MENTOR FOR NEWLY DIAGNOSED PEOPLE WITH PARKINSON'S Retired Marine Corps flight pilot, diagnosed with Parkinson's disease in...</p>
 <p><b>MICHAEL WALSH</b> MENTOR FOR PEOPLE WITH PARKINSON'S 64 years old, recently retired a successful 33 year career...</p>	 <p><b>MAXINE BAKER</b> MENTOR FOR NEWLY DIAGNOSED PEOPLE WITH PARKINSON'S I was diagnosed with PD in August 2016. Here's my...</p>	 <p><b>MARTY ACEVEDO</b> MENTOR FOR PEOPLE WITH PARKINSON'S AND CARE PARTNERS Marty was diagnosed with essential tremor in 2006 and has...</p>	 <p><b>LISA TATAFRYN</b> MENTOR FOR NEWLY DIAGNOSED AND CARE PARTNERS Lisa is a retired nurse and has Parkinson's and her work...</p>	 <p><b>BILL FARRINGTON</b> MENTOR FOR PEOPLE WITH PARKINSON'S I met my wife when we were both Cleveland employees...</p>	 <p><b>ART BRAUN</b> MENTOR FOR CARE PARTNERS OF PEOPLE WITH PARKINSON'S My wife Elsie and I moved from Milwaukee to San Diego...</p>		

# PASD is here to help throughout your journey!



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



Thank you for attending the Good Start Program