



Parkinson's Orange County Resource Guide

Support Groups

In Person Groups

Please contact group leader to verify days and times of meetings before attending.

Location	Details	Contact Info
Capriana Senior Living 460 La Floresta Brea	Third Monday at 3:30 For People with PD and Care Partners	Connie Anderson focusonfitness@att.net (714) 315-2025
Coastal Heights Senior Living 2283 Fairview Rd. Costa Mesa	Second Wednesday at 1:30 For People with PD and Care Partners	Becky Kohl becky@onthemendmedical.com
Vivante Senior Living 640 Monrovia Costa Mesa	2nd Monday at 2:00 For People with PD and Care Partners	Tina Darsow (714) 809-2441 activities@vivanteliving.com
Orange Coast Medical Center 18255 Brookhurst Suite 102B Fountain Valley	Third Thursday at 10:00 For People with PD and Care Partners	Theresa Stern tstern@memorialcare.org (714) 378-5022
Orange Coast Medical Center 18255 Brookhurst Suite 102B Fountain Valley	2nd and 4th Wednesday at 11:30 For Care Partners Only	Theresa Stern tstern@memorialcare.org (714) 378-5022
Fullerton Senior Center 340 W. Commonwealth Fullerton	2nd Friday at 3:30 For People with PD and Care Partners Korean Speaking	Livia Kim jliviakim@gmail.com (714) 317-7484
Evangelical Free Church 240 N. Brea Blvd Fullerton	1st Monday at 10:00 For People with PD & Care Partners Faith Based	Karen Eckberg skesa@aol.com (714) 270-0029
Evangelical Free Church 2904 N. Brea Blvd Fullerton	3rd Thursday at 10:00 Faith Based For Care Partners Only	Victoria Michaels waterwizard1@icloud.com (714) 931-8253

continued on next page



Support Groups

In Person Groups

Please contact group leader to verify days and times of meetings before attending.

Location	Details	Contact Info
Northwood Community Center 4531 Bryan Ave Irvine	1st Sunday at 1:00 YOPD Young Onset Group	Joanie Rollins joanierollins@gmail.com
I AM Movement 17775 Main St. Suite E Irvine	2nd Tuesday at 2:15 For Care Partners/ Dementia Care	Phyllis O'Neal phylloneal@yahoo.com
Woodbridge Irvine Terrace 1 Witherspoon Irvine	Every Tuesday at 10:30 For People with PD and Care Partners	Lisa Colavita lisa.doyle00@gmail.com (949) 426-1598
Florence Sylvester Center 23721 Moulton Pkwy Laguna Hills	1st and 3rd Wednesday at 10:00 Informal Coffee chat	David Salahi dsalahi@pep4u.org
Watermark Senior Living 27762 Forbes Rd. Laguna Niguel	2nd Thursday at 2:00 Open to the public For People with PD and Care Partners	Lauren Simmons Lauren@parkinsonsoc.org Jodi Kanter Jodi@parkinsonsoc.org
Saddleback Church 1 Saddleback Pkwy MO#127 Lake Forest	For People with PD and Care Partners (also online) 2nd Monday at 1:00 Faith Based	Manny Johnston pdwarriorsforchrist@gmail.com (949) 331-3176
Saddleback Church 1 Saddleback Pkwy MO#127 Lake Forest	3rd Monday at 1:00 (also online) Faith Based Care Partners Only	Hazel McKinney hmac22591@yahoo.com
Norman P. Murray Center 24932 Veterans Way Mission Viejo	First Thursday at 4:00 For People with PD and Care Partners	Lauren Simmons lauren@parkinsonsoc.org



Support Groups

In Person Groups

Please contact group leader to verify days and times of meetings before attending.

Location	Details	Contact Info
<p>Hoag 520 Superior Ave 1st floor Exercise Room Newport Beach</p>	<p>1st Friday at 10:30 For People with PD and Care Partners</p>	<p>Joey Nesler joey.nessler@hoag.org (949) 764-8835</p>
<p>Hoag 520 Superior Ave 1st floor Exercise Room Newport Beach</p>	<p>2nd Friday at 10:30 For People with PD and Care Partners</p>	<p>Joey Nesler joey.nessler@hoag.org (949) 764-8835</p>
<p>Hoag 520 Superior Ave 1st floor Exercise Room Newport Beach</p>	<p>3rd Friday at 10:30 Care Partners Only</p>	<p>Joey Nesler joey.nessler@hoag.org (949) 764-8835</p>
<p>Clearwater Assisted Living 101 Bayview Place Newport Beach</p>	<p>2nd Wednesday at 3:30 For People with PD and Care Partners</p>	<p>Becky Kohl becky@onthemendmedical.com</p>
<p>Sunrise Senior Living 1301 E. Lincoln Ave Orange</p>	<p>1st Thursday at 1:00 Open to the public For People with PD and Care Partners</p>	<p>Patricia Ellis petals50@att.net or Maria Mercado at Sunrise (714) 450-4645</p>
<p>Capo Boxing Gym 31531 Rancho Viejo Rd San Juan Capistrano</p>	<p>Every Tuesday at 11:30 For People with PD and Care Partners</p>	<p>Rudy Garcia (949) 276-7776 angel1437@att.net</p>
<p>Leisure World Seal Beach Optum Conference Room Seal Beach</p>	<p>3rd Tuesday at 2:00 Leisure World Residents Only</p>	<p>Becky Kohl becky@onthemendmedical.com Robann rarshat@lwsb.com</p>
<p>Tustin Senior Center 200 S. C Street Tustin</p>	<p>1st and 4th Monday at 1:00 For People with PD and Care Partners</p>	<p>Patricia Ellis petals50@att.net</p>



Support Groups

Virtual Groups

Please contact group leader to verify days and times of meetings and to get Zoom links.

Host	Details	Contact Info
Donna Clervi	Every other Monday at 3:00 pm PDT Care Partners Only	Donna Clervi donnaclervi@gmail.com
Give for A Smile	Every Saturday 10-11:30 PDT Spanish Speaking	Adriana Jimenez ajimenez@giveforasmile.org
Luis Torrez	Every Monday 12:00 pm PDT Men with PD Only	Luis Torrez luis@mycaremybrain.org
Memorial Care	1st Thursday at 6:00 pm PDT YOPD-Young Onset Group	Theresa Stern tstern@memorialcare.org (714) 378-5022
Parkinson's Orange County	3rd Thursday at 12:00 pm PDT DBS Corner-For anyone with DBS or considering DBS and Care Partners	Erin Angelo info@parkinsonsoc.org
PEP4U Tremble Clefs	Every Wednesday at 4:30 Informal "Happy Hour"/ Casual Conversation	Karen Skipper kskipper@pep4u.org
UCI	Every 2 months on 3rd Thursday 5:00 For those with PD and Care Partners	parkinsonsgroup@hs.uci.edu



Neurologists Specializing in Parkinson's

If you have Parkinson's Disease, finding a doctor who specializes in Movement Disorders can transform your journey. The Michael J. Fox Foundation emphasizes that a Movement Disorder Specialist (MDS) is a neurologist with exceptional training in this area. These experts not only excel in treating Movement Disorders, but they're also on the cutting edge of the latest treatments, medications and clinical trials.

This list is provided as a resource to the local Parkinson's community only. We do not endorse any particular provider.

Practice	Name	Contact Info
UCI	Dr. Sanaz Attaripour M.D. MDS	Website. (714) 880-7812
Kaiser	Dr. Amir Besharrat D.O. MDS	Website (833) 572-2466
Bixby Medical Group	Dr. Mindy Bixby D.O. MDS	Website. (949) 397-9205
Newport Neurology	Dr. Nita Chen M.D. MDS	Website. (949) 593-6843
UCI	Dr. Clair Henchcliffe M.D. MDS	Website (714) 456-7720
Hoag	Dr. Neal Hermanowicz M.D. MDS	Website (949) 764-7363
UCI	Dr. Ann Ly M.D. MDS	Website (714) 456-7720
OC Neuropain	Dr. Kenneth Martinez MD	Website (949) 305-7122
Hoag	Dr. Anna Morenkova M.D. Ph.D, MDS	Website (949) 764-7363
UCI	Dr. Nicolas Phielipp M.D. MDS	Website (714) 456-7720
UCI	Dr. Ravi Rajmohan M.D. PhD. MDS	Website (714) 456-7720
UCI	Dr. David Swope M.D. MDS	Website (714) 456-7720
OC Parkinson's Specialists	Dr. Sandeep Thakkar D.O. MDS	Website (714) 602-9891
PMDI	Dr. Daniel Troung M.D. MDS	Website (714) 378-5062
Providence	Dr. Ronak Vora D.O. MDS	Website (949) 542-8002



Neurosurgeons Specializing in Parkinson's

Deep Brain Stimulation and Focused Ultrasound surgery are procedures that some people with Parkinson's might choose. It is important to find a surgeon skilled in the procedure and that you trust. Your Movement Disorder Specialist is a good place to start when looking for a referral.

This list is provided as a resource to the local Parkinson's community only. We do not endorse any particular provider.

Affiliation	Name	Contact Info
MemorialCare	Dr. Devin Binder M.D.	Website (714) 829-2378
Hoag	Dr. Christopher Duma M.D	Website (949) 642-6787
UCI	Dr. Frank Hsu	Website (714) 456-3656
Hoag	Dr. Tim Lucas Jr. M.D.	Website (949) 764-4500
UCI	Dr. Michelle Paff M.D.	Website (714) 456-3656
Providence	Dr. Alexander Taghva	Website (949) 229-4876



Naturopathic Medicine

Some people find it helpful to consult with a Naturopathic Physician in addition to their Movement Disorder Specialist.

This list is provided as a resource to the local Parkinson's community only. We do not endorse any particular provider.

Practice	Name	Contact Info
Seeds of Change Integrative Neurology Practice	Dr. Tanya Denne ND	Website. (619) 483-1141
Seattle Integrative Medicine	Dr. Sam Evans	Website. (206) 525-8012



Exercise and Wellness Programs

Studies are showing that exercise is beneficial for people with Parkinson's. Not only can it make you feel better physically, but it can help boost your mood, give you energy and build your confidence. With that said, you need to be safe and choose an exercise program that best fits your abilities. It also needs to be enjoyable so choose a program that you like. If you enjoy it, you are more likely to continue going back. It is always best to check with your doctor before beginning any exercise program.

This list is provided as a resource to the local Parkinson's community only. We do not endorse any particular provider.

Free Programs

Program	Address	Contact Info
Cognitive Care Solutions Brain Games	online see website or call	Website (714) 545-3390
Hoag Tai Chi Classes	520 Superior Ave Suite 140 Newport Beach, CA 92663	Website (949)764-8835
Memorial Care Steps Forward Exercise Class	18255 Brookhurst St. Suite 102B Fountain Valley, CA 92708	Website (714) 378-5022
Hoag Painting for Parkinson's Art Therapy	Hoag Sand Canyon Rd. Irvine, CA	Website (949) 764-8835
PEP4U Yoga, Tai Chi, Boxing, ...	Multiple locations- see website	Website (949) 264-3341
PEP4U Trembleclefs Music Therapy	Multiple locations- see website	Website (949) 264-3341
Rx Ballroom Dance Dance Therapy	Multiple locations- see website	Website (310) 938-1620



Exercise and Wellness Programs

Fee Based Programs

This list is provided as a resource to the local Parkinson's community only. We do not endorse any particular provider.

Program	Address	Contact Info
Golf Therapy for Parkinson's Good Life Therapy Services Blake Lord OT	Email Blake Lord OT for details goodlifetherapyservices@gmail.com	(970) 485-1779
Ready to Fight Boxing Capistrano Boxing Gym	31531 Rancho Viejo Rd. San Juan Capistrano, CA	Website (714) 931-3814
Rock Steady Boxing HB Built to Last Boxing	15531 Computer Lane Huntington Beach, CA	Website (714) 349-3759
Rock Steady Boxing Irvine I AM Movement	17775 Main St. Suite E Irvine, CA	Website (949) 783-9803
Rock Steady Boxing Rockhaus Fitness	901 Portola Oaks Rd Unit J Lake Forest, CA	Website (714) 342-4702
Rock Steady Boxing North OC Fanatics Athletic Club	22222 La Palma Yorba Linda, CA	Website (714) 315-2025
Rock Steady Boxing OC Ballard Boxing & Fitness	30332 Esperanza Rancho Santa Margarita, CA	Website (714) 914-3316
Rogue PT & Wellness Rock Steady Boxing Rogue	18030 Magnolia Fountain Valley, CA	Website (714) 276-3992
St. Jude Wellness Program Let's Be Big	2767 E. Imperial Hwy Brea, CA	Website (714) 578-8770
UCI Parkinson's Wellness Program	200 Manchester Ave Orange, CA	Website (714) 456-7283



Speech Therapy Services

It is not uncommon for those with Parkinson's to need the assistance of a Speech Pathologist sometime along their journey for speech and/or swallowing therapy. Please check with each provider regarding insurance coverage.

This list is provided as a resource to the local Parkinson's community only. We do not endorse any particular provider.

Program	Address	Contact Info
Complete Balance Solutions	Multiple locations-See website	Website (949) 866-5299
Hoag Outpatient Rehab	Irvine and Newport Beach	Website . (949) 764-5645
Kaiser Permanente Irvine	17775 Main St. Suite E Irvine, CA	Website . (833) 572-2466
LSVT Big and Loud California Therapy Solutions	Multiple locations- see website	Website (714) 722-5054
LSVT Big and Loud Memorial Care	Multiple locations- see website	Website (877) 696-3622
Memorial Care/Orange Coast	18111 Brookhurst Suite 2400 Fountain Valley, CA	Website (714) 378-5095
Providence/Mission Hospital Speak Out program	26732 Crown Valley Mission Viejo, CA	Website (949) 364-9637



Physical & Occupational Therapy

Physical and Occupational Therapist can assist with balance and mobility challenges as well as activities of daily living. Please check with each provider regarding insurance coverage.

This list is provided as a resource to the local Parkinson's community only. We do not endorse any particular provider.

Program	Address	Contact Info
Complete Balance Solutions	Multiple locations-See website	Website (949) 866-5299
Forever Young Physical Therapy	Mobile therapy- At home services	Website (949) 272-3325
Hoag Outpatient Rehab	Irvine and Newport Beach	Website (949) 764-5645
Kaiser Permanente Irvine	17775 Main St. Suite E Irvine, CA	Website. (833) 572-2466
Memorial Care Outpatient Rehab	Mutiple locations - see website	Website. (714) 378-5095
Move-Meant PT & Wellness Rebecca York PT, DPT	In home services	Website (248) 231-5237
OC Neuro Rehab	18030 Magnolia Fountain Valley, CA	Website (949) 307-6065
The OCOT/Leann Vitale OT	18030 Magnolia Fountain Valley, CA	Website (714) 406-3447

continued on next page



Physical & Occupational Therapy

Continued

This list is provided as a resource to the local Parkinson's community only. We do not endorse any particular provider.

Program	Address	Contact Info
Reneu Health/Christel Mitrovich	Mobile therapy- At home services	Website (949) 245-6239
Renew You Physical Therapy Darla Capa PT, DPT	See Website	Website . (949) 232-0231
Rogue PT & Wellness Claire McLean PT, DPT, NCS	18030 Magnolia Fountain Valley, CA	Website (714) 276-3992
St. Jude's Wellness	2767 E. Imperial Highway Brea, CA	Website (714) 578-8720



Mental Health and Cognitive Therapy

Anxiety, depression, apathy and cognitive changes are common symptoms of Parkinson's. It is important to discuss these symptoms with your doctor and request a referral for counseling or cognitive services if needed.

Please check with each provider regarding insurance coverage.

This list is provided as a resource to the local Parkinson's community only. We do not endorse any particular provider.

Program	Address	Contact Info
Brain Wellness Institue	940 South Coast Dr. Suite 225 Costa Mesa, CA	Website (949) 743-1457
Allyson Lehrich LCSW Cognitive Care Solutions	1526 Brookhollow Dr. Suite 73 Santa Ana, CA	Website (714) 545-3390
Kaiser Permante Irvine	6640 Alton Pkwy Irvine, CA	Website. (833) 572-2466
Dr. Megan Gomez. PSY	see website	Website. (562) 746-4005
OC Neuro Pain Allison Smith LMFT	5 Journey Suite 210 Aliso Viejo, CA	Website (949) 305-7122
Dr. Kent Peppard PhD	113 Waterworks Wy. Suite 330 Irvine, CA	Website (714) 734-3449
Orange County Health Psychologists	15635 Alton Pkwy Irvine, CA	Website (949) 528-6300
Renee Marsh. LMFT	Online therapy services	Website (304) 245-9016



For Care Partners

Parkinson's does not just affect the person with the diagnosis. It affects the whole family. The needs of the care partner may sometimes be greater than the needs of the patient and can not be ignored. These organizations may help.

Program	Address	Contact Info
Caregiver Resource Center	130 W. Bastanchury Rd. Fullerton, CA	Website (714) 446-5030
Council on Aging So California	31531 Rancho Viejo Rd. San Juan Capistrano, CA	Website (714) 479-0107
PMD Alliance	online	Website (800) 256-0966
Well Spouse Association	online	Website (732) 577-8899



Financial Help Patient Assistance Programs

Having a chronic condition like Parkinson's can be quite expensive. Even with good insurance, co-pays may be very high for specialty drugs and there may be treatments that insurance does not cover. The organizations below may help pay some of those expenses. Qualifications and grant amounts differ per organization.

[The Assistance Fund](#)

[The Healthwell Foundation](#)

[The Heslin Foundation](#)

[Cure PSP Respite Grant \(for PSP, MSA, CBD\)](#)

[The PAN Foundation](#)

[The Parkinson's Wellness Fund](#)

Tips:

Some of these organizations may help pay for medications (generic and brand name) and other necessities.

If an organization has run out of funding, ask to be put on their waitlist.

You may need to renew your application with an organization each year.

Some organizations have more funding early in the year and run out by year end so it is beneficial to get your application in early.



ParkinsonsOC.org

Pharmaceutical Assistance Programs

Many brand name drugs are prohibitively expensive. Some of the pharmaceutical programs offer financial assistance. Every program is different and some are dependent on financial or insurance information.

This list is provided as a resource to the local Parkinson's community only. We do not endorse any particular provider.

Company	Parkinson's Drug
<u>Abbvie</u>	Vyalev
<u>Acadia</u>	Nupalzid
<u>Amneal</u>	Rytary, Crexont, Ongentys
<u>Lundbeck</u>	Northera (Droxidopa)
<u>Merz</u>	Inbrija
<u>Supernus</u>	Gocovri, Xadago
<u>UCB</u>	Neupro Patch



Helpful Links

Orange County Resources

[Agewell Senior Services](#)

[Caregiver Resource Center OC](#)

[Orange County](#)

[Council on Aging Southern California](#)

[Hoag Movement Disorders Program](#)

[Memorial Care Music Therapy for Parkinson's](#)

[On the Mend Medical Equip and Supplies](#)

[Orange County Health Care Services](#)

[Orange County Office on Aging](#)

[Outside Orange County](#)

[Parkinson's Association San Diego](#)

[Parkinson's Community Los Angeles](#)

Transportation Services

[Go Go Grandparent](#)

[Orange County Paratransit Service](#)

[TRIPS- City of Irvine](#)

[Mission Viejo Senior Transportation Program](#)

Driving Assessment Programs

[Adaptive Driving Center](#)

[Hoag Hospital](#)

[St. Jude's](#)

[California Drivers Advocates](#)



Helpful Links continued

National Organizations

[American Parkinson's Disease Association](#)

[Brian Grant Foundation](#)

[Davis Phinney Foundation](#)

[Michael J. Fox Foundation](#)

[National Council for Aging Care](#)

[Parkinson's Disease.net](#)

[Parkinson's Foundation](#)

[Parkinson's Voice Project](#)

[Parkinson Movement Disorder Alliance](#)

[Parkinson's Wellness Fund](#)

[PD Avengers](#)

Other

[Grants for Seniors](#)

[Micrographia Help \(small handwriting\)](#)

[Senior Planet](#)

