



# **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 <b>Brea</b>	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. <b>Costa Mesa</b>	Second Wednesday at 1:30 For People with PD and Care Partners	Becky Kohl becky@onthemendmedical.com
Vivante Senior Living 640 Monrovia <b>Costa Mesa</b>	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 <b>Fountain Valley</b>	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 <b>Fountain Valley</b>	2nd and 4th Wednesday at 11:30 <b>For Care Partners Only</b>	Theresa Stern tstern@memorialcare.org (714) 378-5022
Fullerton Senior Center 340 W. Commonwealth <b>Fullerton</b>	2nd Friday at 3:30 For People with PD and Care Partners <b>Korean Speaking</b>	Livia Kim jliviakim@gmail.com (714) 317-7484
Evangelical Free Church 240 N. Brea Blvd <b>Fullerton</b>	1st Monday at 10:00 For People with PD & Care Partners <b>Faith Based</b>	Karen Eckberg skesa@aol.com (714) 270-0029
Evangelical Free Church 2904 N. Brea Blvd <b>Fullerton</b>	3rd Thursday at 10:00 <b>Faith Based</b> <b>For Care Partners Only</b>	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 <b>Irvine</b>	1st Sunday at 1:00 YOPD <b>Young Onset Group</b>	Joanie Rollins joanierollins@gmail.com
I AM Movement 17775 Main St. Suite E <b>Irvine</b>	2nd Tuesday at 2:15 <b>For Care Partners/ Dementia Care</b>	Phyllis O'Neal phylloneal@yahoo.com
Woodbridge Irvine Terrace 1 Witherspoon <b>Irvine</b>	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 <b>Laguna Hills</b>	1st and 3rd Wednesday at 10:00 <b>Informal Coffee chat</b>	David Salahi dsalahi@pep4u.org
Saddleback Church 1 Saddleback Pkwy MO#127 <b>Lake Forest</b>	For People with PD and Care Partners (also online) 2nd Monday at 1:00 <b>Faith Based</b>	Manny Johnston pdwarriorsforchrist@gmail.com (949) 331-3176
Saddleback Church 1 Saddleback Pkwy MO#127 <b>Lake Forest</b>	3rd Monday at 1:00 (also online) <b>Faith Based Care Partners Only</b>	Hazel McKinney hmac22591@yahoo.com
Norman P. Murray Center 24932 Veterans Way <b>Mission Viejo</b>	First Thursday at 4:00 For People with PD and Care Partners	Lauren Simmons lauren@parkinsonsoc.org
Hoag 520 Superior Ave 1st floor Exercise Room <b>Newport Beach</b>	1st Friday at 10:30 For People with PD and Care Partners	Joey Nesler joey.nessler@hoag.org (949) 764-8835

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
Hoag 520 Superior Ave 1st floor Exercise Room <b>Newport Beach</b>	2nd Friday at 10:30 For People with PD and Care Partners	Joey Nesler joey.nessler@hoag.org (949) 764-8835
Hoag 520 Superior Ave 1st floor Exercise Room <b>Newport Beach</b>	3rd Friday at 10:30 <b>Care Partners Only</b>	Joey Nesler joey.nessler@hoag.org (949) 764-8835
Clearwater Assisted Living 101 Bayview Place <b>Newport Beach</b>	2nd Wednesday at 3:30 For People with PD and Care Partners	Becky Kohl becky@onthemendmedical.com
Delice Brenton Cafe 31451 Rancho Viejo Rd <b>San Juan Capistrano</b>	Every Tuesday at 11:30 For People with PD and Care Partners	Rudy Garcia (949) 276-7776 angel1437@att.net
Leisure World Seal Beach Optum Conference Room <b>Seal Beach</b>	3rd Tuesday at 2:00 <b>Leisure World Residents Only</b>	Becky Kohl becky@onthemendmedical.com Robann rarshat@lwsb.com
Tustin Senior Center 200 S. C Street <b>Tustin</b>	1st and 4th Monday at 1:00 For People with PD and Care Partners	Patricia Ellis petals50@att.net



# Support Groups

## Virtual Groups

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

Host	Details	Contact Info
<b>Donna Clervi</b>	Every other Monday at 3:00 pm PDT <b>Care Partners Only</b>	Donna Clervi donnaclervi@gmail.com
<b>Give for A Smile</b>	Every Saturday 10-11:30 PDT <b>Spanish Speaking</b>	Adriana Jimenez ajimenez@giveforasmile.org
<b>Luis Torrez</b>	Every Monday 12:00 pm PDT <b>Men with PD Only</b>	Luis Torrez luis@mycaremybrain.org
<b>Memorial Care</b>	1st Thursday at 6:00 pm PDT <b>YOPD-Young Onset Group</b>	Theresa Stern tstern@memorialcare.org (714) 378-5022
<b>Parkinson's Orange County</b>	3rd Thursday at 12:00 pm PDT <b>DBS Corner-For anyone with DBS or considering DBS and Care Partners</b>	Erin Angelo info@parkinsonsoc.org
<b>PEP4U Tremble Clefs</b>	Every Wednesday at 4:30 <b>Informal "Happy Hour"/ Casual Conversation</b>	Karen Skipper kskipper@pep4u.org
<b>UCI</b>	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	<a href="#">Website.</a> (714) 880-7812
Kaiser	Dr. Amir Besharrat D.O. MDS	<a href="#">Website</a> (833) 572-2466
Bixby Medical Group	Dr. Mindy Bixby D.O. MDS	<a href="#">Website.</a> (949) 397-9205
Newport Neurology	Dr. Nita Chen M.D. MDS	<a href="#">Website.</a> (949) 593-6843
UCI	Dr. Clair Henchcliffe M.D. MDS	<a href="#">Website</a> (714) 456-7720
Hoag	Dr. Neal Hermanowicz M.D. MDS	<a href="#">Website</a> (949) 764-7363
UCI	Dr. Ann Ly M.D. MDS	<a href="#">Website</a> (714) 456-7720
OC Neuropain	Dr. Kenneth Martinez MD	<a href="#">Website</a> (949) 305-7122
Hoag	Dr. Anna Morenkova M.D. Ph.D, MDS	<a href="#">Website</a> (949) 764-7363
UCI	Dr. Nicolas Phielipp M.D. MDS	<a href="#">Website</a> (714) 456-7720
UCI	Dr. Ravi Rajmohan M.D. PhD. MDS	<a href="#">Website</a> (714) 456-7720
UCI	Dr. David Swope M.D. MDS	<a href="#">Website</a> (714) 456-7720
OC Parkinson's Specialists	Dr. Sandeep Thakkar D.O. MDS	<a href="#">Website</a> (714) 602-9891
PMDI	Dr. Daniel Troung M.D. MDS	<a href="#">Website</a> (714) 378-5062
Providence	Dr. Ronak Vora D.O. MDS	<a href="#">Website</a> (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.	<a href="#">Website</a> (714) 829-2378
Hoag	Dr. Christopher Duma M.D	<a href="#">Website</a> (949) 642-6787
UCI	Dr. Frank Hsu	<a href="#">Website</a> (714) 456-3656
Hoag	Dr. Tim Lucas Jr. M.D.	<a href="#">Website</a> (949) 764-4500
UCI	Dr. Michelle Paff M.D.	<a href="#">Website</a> (714) 456-3656
Providence	Dr. Alexander Taghva	<a href="#">Website</a> (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
<b>Seeds of Change Integrative Neurology Practice</b>	Dr. Tanya Denne ND	<a href="#">Website.</a> (619) 483-1141



# 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
<b>Cognitive Care Solutions Brain Games</b>	online see website or call	<a href="#">Website</a> (714) 545-3390
<b>Hoag Tai Chi Classes</b>	520 Superior Ave Suite 140 Newport Beach, CA 92663	<a href="#">Website</a> (949)764-8835
<b>Memorial Care Steps Forward Exercise Class</b>	18255 Brookhurst St. Suite 102B Fountain Valley, CA 92708	<a href="#">Website</a> (714) 378-5022
<b>Hoag Painting for Parkinson's Art Therapy</b>	Hoag Sand Canyon Rd. Irvine, CA	<a href="#">Website</a> (949) 764-8835
<b>PEP4U Yoga, Tai Chi, Boxing, ...</b>	Multiple locations- see website	<a href="#">Website</a> (949) 264-3341
<b>PEP4U Trembleclefs Music Therapy</b>	Multiple locations- see website	<a href="#">Website</a> (949) 264-3341
<b>Rx Ballroom Dance Dance Therapy</b>	Multiple locations- see website	<a href="#">Website</a> (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
<b>Golf Therapy for Parkinson's Good Life Therapy Services Blake Lord OT</b>	Email Blake Lord OT for details goodlifetherapyservices@gmail.com	<a href="tel:(970)485-1779">(970) 485-1779</a>
<b>Ready to Fight Boxing Capistrano Boxing Gym</b>	31531 Rancho Viejo Rd. San Juan Capistrano, CA	<a href="#">Website</a> (714) 931-3814
<b>Rock Steady Boxing HB Built to Last Boxing</b>	15531 Computer Lane Huntington Beach, CA	<a href="#">Website</a> (714)349-3759
<b>Rock Steady Boxing Irvine I AM Movement</b>	17775 Main St. Suite E Irvine, CA	<a href="#">Website</a> (949) 783-9803
<b>Rock Steady Boxing Rockhaus Fitness</b>	901 Portola Oaks Rd Unit J Lake Forest, CA	<a href="#">Website</a> (714) 342-4702
<b>Rock Steady Boxing North OC Fanatics Athletic Club</b>	22222 La Palma Yorba Linda, CA	<a href="#">Website</a> (714) 315-2025
<b>Rock Steady Boxing OC Ballard Boxing &amp; Fitness</b>	30332 Esperanza Rancho Santa Margarita, CA	<a href="#">Website</a> (714)914-3316
<b>Rogue PT &amp; Wellness Rock Steady Boxing Rogue</b>	18030 Magnolia Fountain Valley, CA	<a href="#">Website</a> (714) 276-3992
<b>St. Jude Wellness Program Let's Be Big</b>	2767 E. Imperial Hwy Brea, CA	<a href="#">Website</a> (714) 578-8770
<b>UCI Parkinson's Wellness Program</b>	200 Manchester Ave Orange, CA	<a href="#">Website</a> (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	<a href="#">Website</a> (949) 866-5299
Hoag Outpatient Rehab	Irvine and Newport Beach	<a href="#">Website</a> . (949) 764-5645
Kaiser Permanente Irvine	17775 Main St. Suite E Irvine, CA	<a href="#">Website</a> . (833) 572-2466
LSVT Big and Loud California Therapy Solutions	Multiple locations- see website	<a href="#">Website</a> (714) 722-5054
LSVT Big and Loud Memorial Care	Multiple locations- see website	<a href="#">Website</a> (877) 696-3622
Memorial Care/Orange Coast	18111 Brookhurst Suite 2400 Fountain Valley, CA	<a href="#">Website</a> (714) 378-5095
Providence/Mission Hospital Speak Out program	26732 Crown Valley Mission Viejo, CA	<a href="#">Website</a> (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
<b>Complete Balance Solutions</b>	Multiple locations-See website	<a href="#">Website</a> (949) 866-5299
<b>Forever Young Physical Therapy</b>	Mobile therapy- At home services	<a href="#">Website</a> (949) 272-3325
<b>Hoag Outpatient Rehab</b>	Irvine and Newport Beach	<a href="#">Website</a> (949) 764-5645
<b>Kaiser Permanente Irvine</b>	17775 Main St. Suite E Irvine, CA	<a href="#">Website.</a> (833) 572-2466
<b>Memorial Care Outpatient Rehab</b>	Mutiple locations - see website	<a href="#">Website.</a> (714) 378-5095
<b>Move-Meant PT &amp; Wellness Rebecca York PT, DPT</b>	In home services	<a href="#">Website</a> (248) 231-5237
<b>OC Neuro Rehab</b>	18030 Magnolia Fountain Valley, CA	<a href="#">Website</a> (949) 307-6065
<b>The OCOT/Leann Vitale OT</b>	18030 Magnolia Fountain Valley, CA	<a href="#">Website</a> (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
<b>Reneu Health/Christel Mitrovich</b>	Mobile therapy- At home services	<a href="#">Website</a> (949) 245-6239
<b>Renew You Physical Therapy Darla Capa PT, DPT</b>	See Website	<a href="#">Website</a> . (949) 232-0231
<b>Rogue PT &amp; Wellness Claire McLean PT, DPT, NCS</b>	18030 Magnolia Fountain Valley, CA	<a href="#">Website</a> (714) 276-3992
<b>St. Jude's Wellness</b>	2767 E. Imperial Highway Brea, CA	<a href="#">Website</a> (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
<b>Brain Wellness Institue</b>	940 South Coast Dr. Suite 225 Costa Mesa, CA	<a href="#">Website</a> <a href="tel:(949)743-1457">(949) 743-1457</a>
<b>Allyson Lehrich LCSW Cognitive Care Solutions</b>	1526 Brookhollow Dr. Suite 73 Santa Ana, CA	<a href="#">Website</a> <a href="tel:(714)545-3390">(714) 545-3390</a>
<b>Kaiser Permanente Irvine</b>	6640 Alton Pkwy Irvine, CA	<a href="#">Website.</a> <a href="tel:(833)572-2466">(833) 572-2466</a>
<b>Dr. Megan Gomez. PSY</b>	see website	<a href="#">Website.</a> <a href="tel:(562)746-4005">(562) 746-4005</a>
<b>OC Neuro Pain Allison Smith LMFT</b>	5 Journey Suite 210 Aliso Viejo, CA	<a href="#">Website</a> <a href="tel:(949)305-7122">(949) 305-7122</a>
<b>Dr. Kent Peppard PhD</b>	113 Waterworks Wy. Suite 330 Irvine, CA	<a href="#">Website</a> <a href="tel:(714)734-3449">(714) 734-3449</a>
<b>Orange County Health Psychologists</b>	15635 Alton Pkwy Irvine, CA	<a href="#">Website</a> <a href="tel:(949)528-6300">(949) 528-6300</a>
<b>Renee Marsh. LMFT</b>	Online therapy services	<a href="#">Website</a> <a href="tel:(304)245-9016">(304) 245-9016</a>



# 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	<a href="#">Website</a> (714) 446-5030
Council on Aging So California	31531 Rancho Viejo Rd. San Juan Capistrano, CA	<a href="#">Website</a> (714) 479-0107
PMD Alliance	online	<a href="#">Website</a> (800) 256-0966
Well Spouse Association	online	<a href="#">Website</a> (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
<a href="#"><u>Abbvie</u></a>	Vyalev
<a href="#"><u>Acadia</u></a>	Nupalzid
<a href="#"><u>Amneal</u></a>	Rytary, Crexont, Ongentys
<a href="#"><u>Lundbeck</u></a>	Northera (Droxidopa)
<a href="#"><u>Merz</u></a>	Inbrija
<a href="#"><u>Supernus</u></a>	Gocovri, Xadago
<a href="#"><u>UCB</u></a>	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](#)



**ParkinsonsOC.org**

# 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](#)

