

# 2018 Parkinson's Events - 4-30-18

# 213

A Creative Mess is better than Tidy Idleness!



**Dr. Megan Gomez has Invited Jody Hould**  
of Long Beach Rock Steady Boxing as the Speaker

Sat., May 5th - 1:00 to 2:30pm

V / A Parkinson's Support Group - Bldg. 164 - 3rd Floor

Long Beach V/A - 5901 E. 7th Street - Long Beach 90822

Info: Dr. Megan Gomez - 562-706-0740



**Andie Squires with C-TAP\* will Speak @ Atria**

C-Tap has some of the most Modern Phones

Tuesday, May 8th - 10:30am - Noon

Atria Sen. Care - #1 Witherspoon - Irvine - 3rd Floor

Andie will be testing some new Technology

\* California Telephone Access Program



**Parkinson's Movement and Disorder Alliance**

**FREE Group Leaders Conference FREE**

May 10th: 2-6:00pm & 11th: 8:30am - 2:00pm - Tempe AZ

Embassy Suites Phoenix-Tempe - 4400 Rural Rd., Tempe AZ

PMDA has done so much for the Parkinson's Community in One Year

The wonderful Ladies to the Left are Responsible and Awesome

Every time they come to So. Cal., they bring something New and Special



A Walk for Parkinson's

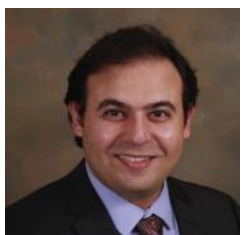
**Moving Day Orange County - Saturday, June 9, 2018**

Seegerstrom Center for the Arts - Argyros Plaza

www.MovingDayOrangeCounty.org or Call: 949-398-2676

**PEOPLE WHO MOVE CHANGE THE WORLD**

## ANNOUNCEMENT



**Dr. Farzin Benjamin Pedouim, MD**

**359 San Miguel Dr., Suite 105 - First FL.**

with Luz Elena Cano MD

Newport Beach CA 92660

For Appointment: Mary 949 - 239-4410

Appointments: Wednesdays & Saturdays

**Speaks: Persian**  
English and Spanish

**Specialties:**  
Movement Disorders  
V/A & Loma Linda

**Education: UCLA - UCI**  
Mt. Sinai - Loma Linda

**Horizon Senior Services**

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Personal Care: Bathing - Hygiene - Grooming  
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April 30, 2018

ALZHEIMER'S  
 ARTHRITIS  
 ASTHMA  
 BACKACHE  
 BLOOD PRESSURE PROBLEMS  
 BRAIN CLAIRITY  
 CIRCULATORY PROBLEMS  
 C. O. P. D.  
 DEPRESSION  
 DIABETES  
 DIABETIC BLINDNESS  
 DIGESTION  
 ECZEMA  
 EXHAUSTION / FATIGUE

**Having Problems with Any of These?**

**I have an Answer for most  
 of these Problems!**

**Technology is on our side.**

**Call me and we can discuss  
 some Alternatives to having  
 to 'put up' with pain or the  
 embarrassment of these  
 listed items. Call Me:**

**David A. Bunch VOP**

**949 - 933-3198**

EDEMA  
 FIBROMYALGIA  
 HEADACHES / MIGRAINES  
 MUSCLE TENSION  
 NEURPATHY  
 OSTIOPEROSIS  
 PARKINSON'S SYMPTOMS  
 PROSTATE PROBLEMS  
 POST OPERATIVE RECOVERY  
 RHEUMATISM  
 SHINGLES  
 SLEEP DISORDERS  
 SWELLING IN THE LIMBS  
 TITTITUS



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Parkinson's  
 and VOXX:

- Better Balance
- Gait Control
- Muscle Control
- Range of Motion
- Better Sleep
- Less Pain
- Reduces Falls
- Greater Stability
- Strength  
and Stamina

If this Interests  
 YOU - Call Me:  
**David A. Bunch VOP**  
 949 - 933-3198  
[macbunch@hotmail.com](mailto:macbunch@hotmail.com)

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 Multiple Sclerosis  
 Neuropathy  
 Parkinson's  
 Symptoms  
 Stability  
 Tremors  
 Vertigo  
 Walking

**90% of People with  
 Parkinson's  
 Experience  
 CONSTIPATION!!!**

**One Solution: 1/3 Apple  
 Sauce - 1/3 Prune Juice -  
 1/3 Bran (any source)**

**Blend together with equal  
 parts per volume and Drink  
 Plenty of Water - Water -  
 Water**

**Exercise - Get Moving so your  
 body gets moving inside**



**David A. Bunch VOP**  
 The Voice of Parkinson's  
 949 - 933-3198

**Want PD Info: Go to:  
 www.CalPD.info  
 Created by: Sue Buff**

**Great web site  
 www.rsmgpdsg.com**