



Community Resources

San Luis Obispo County

CENTRAL COAST PARKINSON ASSOCIATION (CCPA) www.myccpa.org/

Facebook page: Central Coast Parkinson Association www.facebook.com/myccpa.org/

Contact info/Newsletter sign up: myccpa@yahoo.com; 805-944-0425

Educational Meetings – see web page and Facebook for dates

Morro Bay/Los Osos/San Luis Support Group (2nd Thursday) 10:00 - 11:30 am at Morro Bay Senior Center, 1001 Kennedy Way, Morro Bay. Contact Claudia Gahafer at 805-528-2064 or gahafers@gmail.com

Pismo Beach/Arroyo Grande IN PERSON Support Group (1st Thursday) 11:00 am at New Life Church Care Center, 990 James Way, Pismo Beach. Contact Rick Jenne at 805-801-9839.

South County Caregiver Support Group (Last Wednesday) 10:00 to 11:30 on Zoom. Contact CCRC at 805-569-8950 or ccrc@sbch.org (sponsored by Coast Caregiver Resource Center) This group is for Care Partners/Caregivers only.

Santa Barbara County

Lompoc Support Group (last Tuesday) 3:30 to 5:00 at 600 E. Central (behind the School District Office – follow the signs) Contact Jody Larson at 805-717-3280.

PARKINSON'S ASSOCIATION SANTA BARBARA (PASB) www.mypasb.org

Contact Kitty Bell, Office Manager, Phone: (805) 683-1326 or Email: mypasb@gmail.com

Mailing Address: PASB, P. O. Box 6254, Santa Barbara, CA 93160-6254

SANTA BARBARA MONTHLY MEETINGS AND CLASSES

Monthly Speaker Meeting: Second Wednesday of most months 1:00 to 2:15 pm via Zoom

Care Partner Support Group: Every Tuesday at 1:00 pm

Chat Group: Fourth Tuesday at 2:15 pm

We Are Not Alone Support Group: First Tuesday at 2:15 pm

Move to Connect Exercise: Every Tuesday and Thursday at 1:00 pm

Spanish Language Exercise Class: Fridays at 1:00 FaceBook Live facebook.com/parkinsonassociationsb

Early-Stage Parkinson's Support Group: Third Sunday at 3:00 pm

CAREGIVING RESOURCES:

Coast Caregiver Resources Website: www.cacrc.org Email: ccrc@sbch.org

National Support Groups

- **Parkinson Foundation** Miami Office: 200 SE 1st Street, Suite 800, Miami, FL 33131; New York Office: 1359 Broadway, Suite 1509, New York, NY 10018. Contact our toll-free Helpline at 1-800-4PD-INFO (473-4636) or helpline@parkinson.org; www.parkinson.org
- **American Parkinson Disease Association** 135 Parkinson Avenue, Staten Island, NY 10305 Phone: 800-223-2732 apda@apdaparkinson.org www.apdaparkinson.org
- **The Michael J. Fox Foundation for Parkinson's Research** Grand Central Station, P.O. Box 4777, New York, NY 10163-4777; 1-800-708-7644 www.michaeljfox.org
- **Davis Phinney Foundation** 1722 14th St., Suite 150, Boulder, CO 80302 1-866-358-0285 www.davisphinneyfoundation.org
- **The Parkinson Alliance** (research) www.parkinsonalliance.org
- **Parkinson and Movement Disorder Alliance (PMD Alliance)** www.pmdalliance.org

Movement Disorder Specialists

Movement disorder specialists are neurologists with additional training in movement disorders, especially Parkinson's disease as well as other movement disorders. The benefit of seeing a movement disorder specialist is that they are usually on the cutting-edge of knowledge and treatment of PD and other movement disorders and are often best equipped to tailor a plan of care for you and your specific needs.

A movement disorder specialist will work closely with your neurologist or current doctor to help ensure your needs are met. A movement disorder specialist is also likely to have relationships with other specialists and allied care professionals who could help provide a more holistic, or complete, level of care.

MOVEMENT DISORDER NEUROLOGISTS

- **Dr. David Hardesty, MD**; Arroyo Grande Specialty Center, 805-547-2224
- **Dr. Jeri Yvonne Williams, MD**; Movement Disorders Neurology, Bakersfield, 661-679-3590
- **Dr. Bradley Hiner, MD**; Oxnard; Dignity Health Oxnard, 805-790-9827
- **Dr. Salima Brillman**, Parkinson's Disease & Movement Disorders of Silicon Valley, 650-847-1498
- **Dr. Peter Lin** and **Dr. Neng Huang**, Valley Parkinson Clinic, Los Gatos, 408-376-0316

MOVEMENT DISORDERS CENTERS

- UCSF Parkinson's Disease and Movement Disorders Clinic, San Francisco, (415) 353-2273
- Stanford Movement Disorders Center, Stanford, CA (650) 723-2116
- UCLA Movement Disorders Program, Los Angeles (310) 206-9799
- University of Southern California Los Angeles, (323) 442-5728
- Cedars-Sinai Medical Center, Los Angeles, CA (310) 423-1320

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