

NORTH COUNTY PARKINSON'S SUPPORT GROUP

October 2023
www.NCPSG.org



A NEWSLETTER FOR EVERYONE AFFECTED BY PARKINSON'S IN NORTH SAN DIEGO COUNTY

Rancho Bernardo Hosts Annual Fall Social Potluck

They came from near and far... from our four North County chapters and beyond. Happy socialites enjoyed a wonderful buffet, prepared by their own hands, and a song-fest by members of Tremble Clefs from the Encinitas, RB, and Allied Gardens groups. By far the best part was meeting with 99 folks from around our area, and learning about their travels, grandkids, and lives. Our thanks to the Rancho Bernardo chapter for hosting this fun event.



Parkinson's Association of San Diego Empowerment Day November 29

An important event for everyone in our Parkinson's community, the annual **Empowerment Day** is sponsored by San Diego Parkinson's Association. More than sixteen speakers, experts in their fields, will discuss all things related to PD. In addition, representatives from 40+ service providers will be available to talk about their services and how you can access them. A light breakfast and catered lunch gives you a chance to make new friends as we travel along the Parkinson's road together. Marina Village Conference Center, Mission Bay SD, 8:45 – 3:45 – REGISTRATION REQUIRED – space is limited – cost: \$20 (scholarships available). Register online: <https://ParkinsonsAssociation.org> or by phone 858-215-2570.

Free Parkinson's Exercise Classes are at Tri-City Hospital, 4002 Vista Way, Oceanside, on Thursdays from 3 to 4 PM. The class began small, but is anticipated to grow to its pre-pandemic size!

The NCPSG Board made a small contribution to the class to help pay for exercise equipment.



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Support Group Meetings

RANCHO BERNARDO

Monday, October 2 10:00 AM

Speaker: Doris Flood, DPT, Personally Fit, RB

Topic: "Exercise & Falls"

San Rafael Catholic Church 17252 Bernardo Center Road, San Diego, 92128

Host: Brigit King bkicedancer@gmail.com.

858-354-2498

LA COSTA CARLSBAD

Wednesday, October 4, 1:00 PM

Speaker: Sherrie Gould, NP, Scripps Clinic

Topic: "DBS Programming from Your Home to the Clinic"

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday, October 11, 1:00 PM

Speaker: Chris Buscher Executive Director PASD

Topic: "Guided Tour of Most Comprehensive Resource Website EVER!"

Oceanside First Presbyterian Church

2001 S. El Camino Real, Oceanside 92054, at Fire Mountain Rd

Host: Paul Dawson paul@video-fire.com

or 760-497-1200

FALLBROOK

Friday, October 27, 10:00 AM

Speakers: Dr. Anabel de la Garza, Director of Medical Affairs, and Dr. Eugene Brandon, Chief Development Officer, BrainXell Therapeutics

Topic: "Advancing Parkinson's Research"

Fallbrook Wellness Center 1636 E. Mission Rd, Fallbrook - Host: Irene Miller NCPSGF@gmail.com

or 760-731-0171

Social Groups

If you are interested in joining our small groups, please contact Sam Cooper at scprphd@gmail.com or 520-820-0339. Watch for RSVP form next month for December Holiday Luncheon.

PASD Empowerment Day-See page 1

Save the Date - Wednesday, November 29, for one of the best ways to spend a day learning more about everything Parkinson's including local, helpful resources

<https://raceroster.com/events/2023/79640/2023-empowerment-day>

NCPSP Board of Directors

Wednesday, October 18, 1- 3 PM The Board meets online on the third Wednesday of the month.

Contact Sam Cooper NCPSGLC@gmail.com

or 520-820-0339.

Physical Exercise

*In-person or On-line Options. Fees May Be Charged.
For more information on Scholarships see NCPSPG.org*

Personally Fit (NCPSPG Scholarships Available)

In-person and Zoom classes for Parkinson's.

Personallyfitonline.com or contact Doris Flood, PT at dflood@personallyfitonline.com

LifeSpan Health (NCPSPG Scholarships Available)

Drug-free program to enhance a healthy life span.

<https://lifespanshealth.me/>

NeuroLab 360 (NCPSPG Scholarships Available)

Neurologic physical therapy & wellness.

www.neurolab360.com

Rock Steady Boxing (NCPSPG Scholarships available for some affiliates)

Improve Parkinson's quality of life through non-contact boxing-based fitness curriculum. In-gym and online classes available. Find a class at:

<https://www.rocksteadyboxing.org/>

Rx Ballroom Dance - Dance therapy, the best therapy for mitigating and reversing symptoms of brain deterioration.

Oceanside, Fallbrook, Rancho Bernardo, Temecula. (no charge)

<https://www.rxbalroomdance.com/classes> or Erin Angelo 310-938-1620

Vocal Exercise

Parkinson Voice Project – SPEAK OUT! online home practice exercise Monday - Friday 8 AM PST at www.parkinsonvoiceproject.org

Tremble Clefs -Therapeutic Singing & Socializing.

Inland Chapter (Rancho Bernardo)

Wednesdays at 10:00 AM

San Rafael Catholic Church in the Parish Hall, 17252 Bernardo Center Road, San Diego 92128

North Coastal Chapter (Encinitas)

Tuesdays at 1:00 PM

Bethlehem Lutheran Church, 925 Balour Dr, Encinitas, CA 92024

In-person participants should be fully vaccinated, or attend via Zoom. Contact Matt Ignacio for details.

Email: matt.sdtrembleclefs@gmail.com

Website: <https://www.trembleclefs.com/>

MusicWorx for Parkinson's (Formerly AudAbility)

Music therapy is the use of clinical, evidence-based interventions to achieve clients' non-musical goals. See MusicWorx.com. Or **Cassandra Richtsmeier** 858-457-2201 or crichtsmeier@musicworxinc.com

Christ Presbyterian Church La Costa, Oceanside First Presbyterian Church, Fallbrook Wellness Center, and San Rafael Catholic Church, RB provide their facilities at no charge. We Thank You!



Dan Sweiger and his wife, Susie, are both from Minnesota. “I completed my MBA and spent 20 years leading brand management and marketing for Fortune 500 corporations. At Kellogg’s, my team developed Low Fat Pop Tarts. I later went into hotel hospitality. These years were rewarding financially, but I had a sense there was something more meaningful I could do than promote products.”

“When Susie’s dad developed some serious medical issues, I watched her step up to develop the support system he needed. I was very touched by this. It was literally life changing for me. We decided to bring our professional background to empowering seniors and others with medical challenges to live their best lives and remain at home longer. In the Fall of 2019, we opened BrightStar Care of Carlsbad and have built a team of nurses and caregivers.”

We decided to bring our professional background to empowering seniors and others with medical challenges to live their best lives and remain at home longer... The informational speakers are very valuable and the separate breakout groups for people with Parkinson’s and their Care Partners are truly special.

“Two years ago I noticed more and more of our clients had Parkinson’s. I started attending the monthly chapter support group meetings at Oceanside and La Costa in order to learn more about this population. I have been very impressed by the North County Parkinson’s Support Group. The informational speakers are very valuable and the separate breakout groups for people with Parkinson’s and their Care Partners are truly special. I also have attended most of the large and small group socials. All of this has been a great opportunity to get to know people in North County and learn about their special care needs.”

“As a vendor, I am very grateful for the privilege of being allowed into these events and activities. I have always tried to be respectful and shut off the “salesman” to focus on what matters, helping others on their respective Parkinson’s Journey. I have come to understand that everyone’s journey is unique. The North County Parkinson’s Support Group is an impressively managed support organization that makes a very real difference. It is an amazingly gracious group of people. I very much appreciate the opportunity to become a part. Healthcare is a complicated web of resources and support. But there is help available. Education+Support+Exercise+Socialization = A Vibrant Parkinson’s Community. As I have heard said many times at North County Parkinson’s Support Group events and activities, you are not alone on your Parkinson’s Journey.”

NCPSEG Notices

We provide information in our newsletter and chapter meetings on a broad array of Parkinson’s-related topics and perspectives. ***A presentation should not be interpreted as our endorsement.*** Do your own research, and talk with your neurologist before taking action.

We take photos and videos at our meetings and events and may use them in our newsletter and promotional materials. Please tell the event leader if you do not want your image to appear.

You may ***click the links*** in this newsletter to be taken directly to the referenced resource. If you find a broken link, contact the editor at ncpsgNL@gmail.com.

Parkinson's Association of San Diego Mentor Program

Dealing with a PD diagnosis or being a caregiver can be very challenging. Someone who's been on the same road can provide you with insights, or just be available to talk. Learn more about the program and choose a mentor at

<https://mentors.parkinsonsassociation.org>

Mentors work with you, one-on-one, to help you negotiate the challenges. People with Parkinson's are mentored by a person with Parkinson, and care partners mentored by care partners. Every mentor brings something a little different to the table, so take your time choosing. All mentors have completed the PASD Mentor training.

Passing

◆ Bob Mailloux

Our thoughts & prayers go out to family & friends

Coasting up California!

There's still time to join a cruise up the California coast on Holland American Line sailing from San Diego March 30, 2024 to April 5. Enjoy our coast from a different perspective. Get to know others in our Parkinson's community on a mini-vacation. For details and to reserve your spot, contact Liliana by email: almeida.liliana@ace.aaa.com or phone 619-397-6434.

PASD's Care Partner Training Program

In this education and resource program, specifically for care partners, PASD offers information on Parkinson's disease but, more importantly, guidance for care partners on taking care of themselves. We encourage you to use this content to help you stay educated, stay strong, stay healthy, and always to strive to find the positive in everything.

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

Volunteer!

All Board members, officers, support group leaders are volunteers as are our greeters, refreshment team, sound folks, and breakout facilitators. Is there a way you could help? Volunteering benefits our members; it's a fun and rewarding way to contribute to our Parkinson's community.

Newsletter Published Online

It is on our website www.NCPSG.org. Challenged by computers? Speak with your Support Group Leader or **Micheline Allen**.

**We are a 501(c)3 non-profit organization, dedicated to serving the Parkinson's community.
Your donation of funds and of volunteer service are truly appreciated! Thank You!**

NCPSG OFFICERS, DIRECTORS, LEADERS

Rancho Bernardo Co- Leaders	ncpsgRB@gmail.com
Carol Maher	hcmaher@cox.net ..760-749-8234
Brigit King.....	bkicedancer@gmail.com ..858-354-2498
La Costa Leader	ncpsgLC@gmail.com
Sam Cooper.....	scprphd@gmail.com ..520-820-0339
NCPSG Board President	
La Costa Co-Leader	
Art Braun.....	artibraun@hotmail.com 760 550-0508
Oceanside Leader	ncpsgO@gmail.com
Paul Dawson.....	paul@video-fire.com ..760-497-1200
NCPSG Past President - PASD Board member	
Oceanside Co-Leader	
Madonna Bingham.	granny6mb@gmail.com 760-757-7564
Fallbrook Leader	ncpsgF@gmail.com
Irene Miller.....	imiller4jc@gmail.com ..760-731-0171
NCPSG Board Vice President	
Fallbrook Co-Leader	toddandlorie@yahoo.com
Lorie & Todd Frame.....	760-453-3045
Treasurer, Recording Secretary, Webmaster	
Caryl Parrish... ..	carylparish@gmail.com ..760-753-5004
Corresponding Secretary	ncpsgCS@gmail.com
Micheline Allen... ..	760-631-0649
Librarian	
Madonna Bingham.....	760-757-7564
Social Director	
Sam Cooper	scprphd@gmail.com ..520-820-0339
Video Media	
Art Bierle.....	arthurbierle@gmail.com .. 760-749-2182
Board Director Emeritus	Thelma Balbes
Newsletter Publisher	paul@video-fire.com
Paul Dawson.....	760-497-1200
Newsletter Editor	ncpsgNL@gmail.com
Joan Anderson	
Newsletter FOCUS Reporter	scprphd@gmail.com
Sam Cooper	520-820-0339
Newsletter Mailing – Database	ncpsgCS@gmail.com
Micheline Allen.....	760-631-0649

Our mailing address :

**NCPSG
PO Box 230566
Encinitas CA 92023**

Our Website: (Donations accepted)

NCPSG.org

To update or remove your contact info, please let **Micheline Allen** know. 760-631-0649
ncpsgCS@gmail.com