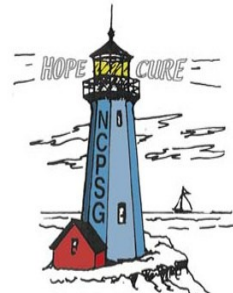


NORTH COUNTY PARKINSON'S SUPPORT GROUP

April 2023
www.NCPSG.org



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

April is Parkinson's Awareness Month and Our NCPSG Annual Donation Drive



PASD Step-by-Step 5K Walk

It's a GREAT day! More than a thousand participants "Fighting Parkinson's Step-by-Step" at Liberty Station San Diego! You can walk the whole 5K taking as many shortcuts as you like, or just enjoy the 50+ exhibitors, face-painting for kids, the young-at-heart Tremble Clef singers, and CBS News 8's Carlo Cecchetto as MC. We have NCPSG teams from all over North County. Join them, or cheer them on.

Go online to ParkinsonsAssociation.org or sign-up on site. Your donation helps fund services like Empowerment Day, the Mentor

program, the amazing resources and lists on the PASD website, and the Good Start program.

Spring Social March 20 at Oceanside Broken Yolk

Social gatherings are an important part of what we do to stay active and involved. NCPSG hosts four large gatherings a year in Spring, Summer, Fall and Winter. Small gatherings happen in most alternate months.



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Support Group Meetings

Attendance at NCPSTG in-person events requires full vaccination or natural immunity (recovered from infection) against COVID-19. Attendance constitutes your certification of full vaccination or natural immunity.

Chapter Meetings

LA COSTA CARLSBAD

Wednesday, April 5, 1:00 PM

Speaker: Emory Dandrea

Topic: "LSVT eloud

Telepractice Outpatient Program For Parkinson's"

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

RANCHO BERNARDO

Tuesday April 11 10:00 AM

Speaker: Pat McDonnell

Topic: Deep Brain Stimulation

San Rafael Catholic Church 17252 Bernardo

Center Road, San Diego, 92128

Hosts: Brigit King & Carol Maher hcmaher@cox.net

or 760-749-8234

OCEANSIDE

Wednesday April 12, 1:00 PM

Speaker: Dr. Ben-Haim, MD, neurosurgeon, UCSD, and Pat McDonnell, Medtronic

Topic: "Deep Brain Stimulation overview and Live Remote DBS Programing" 2 of a 3-part series.

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 April 28, 10:00 AM

Speaker: Martin Nguyen, **PT, DPT, CAFS**

Topic: Rise Physical Therapy w/ HAL Hybrid

Assistive Limb - Improving PWP gait & balance

Fallbrook Wellness Center 1636 E. Mission Rd,

Fallbrook 92028

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.

NCPSTG Board of Directors

Wednesday, April 19, 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 NCPSTG.org

Personally Fit (*NCPSTG Scholarships Available*)

In-person and Zoom classes for Parkinson's.

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

LifeSpan Health (*NCPSTG Scholarships Available*)

Drug-free program to enhance a healthy life span

<https://lifespanshealth.me/>

NeuroLab 360 (*NCPSTG Scholarships Available*)

Neurologic physical therapy & wellness.

www.neurolab360.com

Rock Steady Boxing - 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/>

Cerebral Motion Specialized personal training for PD. Cerebralmotion.com or contact Mickey Burke MS at mickey@cerebralmotion.com

RX Ballroom Dance - Dance therapy, the best therapy for mitigating and reversing symptoms of brain deterioration Tuesday & Thursday 11:15am McCann Studio Oceanside. (no charge) Erin Angelo 310-938-1620

Vocal Exercise

Parkinson Voice Project - Speak Out home practice exercise Monday - Friday 8 AM PST @ www.parkinsonvoiceproject.org

Tremble Clefs -Therapeutic Singing & Socializing.

North 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, in the Youth Multi Use Center, 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!



Born in Orange, California, Jeff Cole was raised in Santa Ana, California, on a ranch with 500,000 chickens. “After high school I tried studying Business at Menlo College, but I just wasn’t interested. The pull of the oval race track was just too strong.” And Jeff answered that call. He is a legend in the motorcycle industry and spent his life designing unique frames for racing, co-founding C & J Racing Frames. His designs won 20 American Motorcycle Association National Championships in the 1970’s and 1980’s. He designed the rocket for his most famous client, Evel Knievel’s failed attempt to soar over Idaho’s Snake River Canyon in 1974. In 2016, Jeff was inducted into the AMA Motorcycle Museum Hall Of Fame. “That was certainly an honor,” he notes, “but it’s the respect of the engineers and the racers themselves that means the most.”

“Some days are better than others, but you have to keep a positive attitude. You have to stay involved. You have to keep moving.”

Jeff and his wife, Jill, raised their two children in Fallbrook. “I wanted the kids to have a country experience like I did.” Diagnosed with Parkinson’s in 2016, Jeff struggles with balance, gait, and posture. “I do a one-on-one yoga class with Leslie Salmon here in Fallbrook and that helps.” He also spends time reading, playing Sudoku, and walking. He and Jill attend the Fallbrook chapter support group and find the speakers and breakout group “very helpful. We have a second home in Baja where we spend a couple of months at a time. I really enjoy fishing. Some days are better than others, but you have to keep a positive attitude. You have to stay involved. You have to keep moving.”

NCPSPG 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 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.

Our 2023 Budget

In prior years, our Board of Directors has made available a summary of our annual budget. Our fiscal year is the calendar year. We are a 501(c)3 non-profit and truly appreciate your donations.

Mailing address :

NCPSG
PO Box 230566
Encinitas CA 92023

Website: (Donations accepted)

NCPSG.org

Passings

Jerry Gaylord

Our thoughts & prayers go out to family & friends

Scholarship Opportunities

We offer scholarships so you can try several fee-based services, and then decide if you want to continue at your own expense. See our website **NCPSG.org** for the current options and the application form.

Parkinson's Mentorship Program

Need help dealing with diagnosis or care giving? Find help by watching this video from the Parkinson's Association Mentor Program

<https://mentors.parkinsonsassociation.org/>

Use the search filters to choose mentors who work with people with Parkinson's or who work with care partners. Click on the mentor's photo to read their bio. Everyone brings something a little different to the table, so take your time choosing. All mentors have completed the PASD Mentor Training.

Directory

If you want a PDF of our Directory, please make sure our Corresponding Secretary, **Micheline Allen**, has your current information. 760-631-0649 or ncpsgcs@gmail.com

Newsletter

We recognize that some readers may have no internet access. In that case, please contact **Micheline Allen** at 760-631-0649 or ncpsgcs@gmail.com for a printed copy. Otherwise, the newsletter will be available on our website. To update or remove your contact information, contact **Micheline**.

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Every 6 Minutes Someone Will Be Diagnosed With Parkinson's Disease



DONATE @NCPSG.ORG

2023 NCPSG Annual Fundraiser



With Your Help We Can Do More!

Donate by Check

Mail your check made payable to North County Parkinson's Support Group to NCPSG,
P.O. Box 230566 Encinitas, CA 92023.

Donate through Facebook

No fees!! Your full donation goes to the cause.

<https://www.facebook.com/northcountyparkinsonssupportgroup>

Donate through PayPal

Less fees!

More of your donation goes to the www.paypal.me/ncpsg To make a Memorial Donation be sure to use the notes field to let us know who your donation is in memory of or in honor of.

NCPSG is a 501c3 and your contribution is tax deductible