

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

May 2024

[www.NCPSG.org](http://www.NCPSG.org)



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



## NCPSG 6-Day Cruise on Holland America *Koningsdam*

Twenty support group attendees, care partners and friends from Fallbrook, Oceanside, and Rancho Bernardo met each other at embarkation, but not all are pictured.

**Organized by Irene Miller**, the cruise was booked through Lilliana at AAA Travel who did an outstanding job planning embarking in San Diego, sailing to Ensenada, San Francisco, Santa Barbara, and back to San Diego. Excursions were available at each port.

**Vacations** are at least as significant for people with Parkinson's as for anyone else. Research has shown as many as 44.9% of participants experienced symptom improvement while on vacation.

**NCPSG best experience:** *"Getting to know each other better, making new friends."* The opportunity to take advantage of knowing other PwPs and not staying home, being isolated. *"Being taken care of and not having to do housework."* "Enjoying a bottle of wine on the balcony, getting a glance of a pod of whales." *"Seeing the Golden Gate Bridge at dawn and passing underneath."* "Dancing and making new friends, having fun with old friends."

**Special needs and accessibility** were fully accommodated. The crew went the extra mile in terms of service. An example: the room concierge storing a wheelchair every night and placing it by the door in the morning, without asking.

**A City on the Sea** presentation informed us about the *Koningsdam*, 2,600 passengers and 968 crew of 27 nationalities. Environmentally friendly, the ship has a waste treatment plant, and saltwater desalination. The culture is one of inclusion; the uniform shirt has a button on one side of the collar and a buttonhole on the other, symbolizing unity.

**The food was exceptional.** There were many choices; room service, fine dining, a food court open until 11:30 p.m. The dinners were gourmet with attractive presentation and a different menu each night. Their impeccable friendly service enhanced the dining experience. **Entertainment was fabulous.** The World Stage had performances of Dance, Comedy, and Magic. There were two lounges with exceptional bands, dancing every night, a casino, fitness center, sports court and pool.



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## Support Group Meetings

### RANCHO BERNARDO

**NOTE: Meeting on Tuesday, not usual Monday**

**Tuesday, May 7, 10:00 AM to noon**

Speaker: **Dr. Cheng** from Scripps

Topic: "Sleep"

**San Rafael Catholic Church** 17252 Bernardo

Center Road, San Diego, 92128

Host: Brigit King [bkicedancer@gmail.com](mailto:bkicedancer@gmail.com).

858-354-2498

### LA COSTA CARLSBAD

**Wednesday, May 1, 1:00 PM to 3:00 PM**

Speaker: **Dr. Kory Langwell**

Topic: "PWR! Moves For Parkinson's Wellness Recovery"

**Christ Presbyterian Church**

7807 Centella St. Carlsbad 92009

Host: Sam Cooper [NCPSGLC@gmail.com](mailto:NCPSGLC@gmail.com)

or 520-820-0339

### OCEANSIDE

**Wednesday, May 8, 1:00 PM to 3 PM**

Speaker: **Ben/Oom Yung Doe**

Topic: Tai Chi for Parkinson's

**Oceanside First Presbyterian Church** 2001 S. El Camino Real, Oceanside 92054, at Fire Mountain Rd

Host: Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com)

or 760-497-1200

### FALLBROOK

**Friday, May 24, 10 AM to Noon**

Speaker: **Jake Sanchez, CHP Public Safety Officer**

Topic: "Age Well: Drive Smart"

**Fallbrook Wellness Center** 1636 E. Mission Rd,

Fallbrook 92028

Host: Irene Miller [NCPSGF@gmail.com](mailto: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](mailto:scprphd@gmail.com) or 520-820-0339.

Summer Social, Saturday, June 15, Shadowridge Golf Club. Ticket form attached.

Fall Social Potluck Monday, September 16

## NCPSPG Board of Directors

**Wednesday, May 15, 1- 3 PM** The Board meets online on the third Wednesday of the month.

Contact Sam Cooper [NCPSGLC@gmail.com](mailto: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](http://NCPSPG.org)*

### Personally Fit (NCPSPG Scholarships Available)

In-person and Zoom classes for Parkinson's.

[Personallyfitonline.com](http://Personallyfitonline.com) or contact Doris Flood, PT at [dflood@personallyfitonline.com](mailto:dflood@personallyfitonline.com)

### LifeSpan Health (NCPSPG Scholarships Available)

Drug-free program to enhance a healthy life span.

<https://lifespanhealth.me/>

### NeuroLab 360 (NCPSPG Scholarships Available)

Neurologic physical therapy & wellness.

[www.neurolab360.com](http://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. <https://www.rocksteadyboxing.org/>

**RX Ballroom Dance** - Dance therapy, the best therapy for mitigating and reversing symptoms of brain deterioration. Classes in Oceanside, Fallbrook, Rancho Bernardo. (no charge) Details at <https://www.rxballroomdance.com/> or call Erin Angelo 310-938-1620

## Vocal Exercise

**Tremble Clefs** -Therapeutic Singing & Socializing.

*Inland Chapter (Rancho Bernardo)*

Wednesdays at 10:00 AM no charge

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](mailto:matt.sdtrembleclefs@gmail.com)

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

**Parkinson Voice Project** - Speak Out home practice exercise Monday - Friday 8 AM PST online at [www.parkinsonvoiceproject.org](http://www.parkinsonvoiceproject.org)

### 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](http://MusicWorx.com).

**Cassandra Richtsmeier** 858-457-2201 or [crichtsmeier@musicworxinc.com](mailto:crichtsmeier@musicworxinc.com)

## Passings

- Nico Stamos
- Jack Jenks

Our thoughts & prayers go out to family & friends

## In Focus: Len Berg

By Sam Cooper



"I was born in Staten Island, New York, and grew up in New York City until I was 17 when my family moved to Florida where I finished high school. I earned a full football scholarship to Western New Mexico University and then to Florida State University my junior and senior year. I had a rewarding 42 year career in Application Software. My wife, Laura, and I have been married for 29 years. We have a blended family with five wonderful adult children and three delightful grandchildren. Our family is very close and very important to me. Through the years I remained athletic and enjoyed outdoor activities including skiing, biking, running, and swimming. I also played the guitar and sang.

In my career, I completed a Masters in Ministry Leadership and was ordained in 2012. I served as an Assisting Pastor for several years.

"I was diagnosed with Parkinson's in January, 2022, but had to wait a frustrating 5 months to see my neurologist again and be prescribed medication. My current symptoms are stiffness, a slower gait, tremor in my left leg, balance issues, and mild cognitive impairment. I sometimes struggle with anxiety. I try to go to the gym three times a week and remain involved in our church. The probiotic Neuralli, which I take daily with Sinemet, helps with constipation. We have been attending the La Costa chapter support group since October, 2022. We were invited by Art Braun who told us he wished he and his wife, Sherrie, had started attending long before they actually did. We are glad to be part of this group and have learned so much about Parkinson's. We have met the most wonderful people and are beginning to develop meaningful friendships, too. The breakout group is particularly helpful. We haven't been able to attend any of the social activities yet, but look forward to doing so in the future.

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"Parkinson's requires an active lifestyle and keeping the best possible attitude. I choose to do that because God gives me the strength. Parkinson's is a marathon, not a sprint. I want to thank everyone who is involved in making our support group possible. We really don't feel alone on our Parkinson's Journey."

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### 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.

### NCPGS 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](mailto:ncpsgNL@gmail.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!**

## Call For Articles

Our North County Parkinson's Support Group is all about supporting each other on our Parkinson's Journey. We do this through our four support group chapters, sponsored activities, and social opportunities communicating through our website, [ncpsg.org](http://ncpsg.org) and our monthly newsletter.

We are inviting you to write an article for our newsletter sharing some aspect of your Parkinson's Journey. Tell us about your experience traveling with Parkinson's, flying, driving, or taking a cruise. Maybe you could share how Parkinson's is impacting your daily life and what strategies you are using to cope. How has Parkinson's impacted relationships in your life with family, friends, or co-workers. Maybe you are no longer able to do something like you could before. What are you doing instead? How are you exercising? Share your experience with becoming part of a research project. What is something you would like to share with our North County community?

Articles should be about 450 words long. Don't worry about trying to make it perfect. Please send a draft and a portrait style cell phone picture to our Publisher, Paul Dawson, [paul@video-fire.com](mailto:paul@video-fire.com)

## NCPSTG "Business Cards" for You to Give

We have prepared simple card handouts the size of business cards which you could carry and hand to someone you know or meet who is dealing with Parkinson's: as a person with the disease, a care partner, or others affected by PD. It includes a list of our NCPSTG services and the date, time and address of each of our chapter meetings. It's a low-key way to let them know that there are resources that they would find valuable – as we "*Fight Parkinson's Together!*" Contact your group leader to get your cards.

Our mailing address :

**NCPSTG**  
**PO Box 230566**  
**Encinitas CA 92023**

Our Website: (Donations accepted)

[NCPSTG.org](http://NCPSTG.org)

**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!**

## NCPSTG OFFICERS, DIRECTORS, LEADERS

<b>Rancho Bernardo Co- Leaders</b>	<a href="mailto:ncpsgRB@gmail.com">ncpsgRB@gmail.com</a>
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## Newsletter Published Online

Our monthly NCPSTG Newsletter is available on our website [www.NCPSTG.org](http://www.NCPSTG.org). It is posted about one week before the end of the month. Archived editions are also available there. Challenged by computers? Lack online access? Speak with your Support Group leader or **Micheline Allen**.

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

[ncpsgCS@gmail.com](mailto:ncpsgCS@gmail.com)



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**SUMMER SOCIAL**  
**SATURDAY, JUNE 15, 2024, 11:30**  
**CHECK-IN 11:00**  
**Shadowridge Golf Club**  
**1980 Gateway Drive, Vista**

**\$22.00 per ticket**

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Includes coffee, iced tea, water and rolls with butter  
Prime Rib French Dip Sandwich with fries or chips  
Classic Chicken Cobb Salad  
Vegetarian

Number of tickets ordered \_\_\_\_\_

Name

Menu Choice

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\_\_\_\_\_

\_\_\_\_\_

Your phone number \_\_\_\_\_

**We must receive your ticket form by Monday, June 10, 2024**

**Write your check payable to North County Parkinson's Support Group and mail to:**

**NCPSC**  
**P.O.Box 230566**  
**Encinitas, CA. 92023**

## Photo Story of the NCPSTG Cruise



Rx Ballroom Dancers



Golden Gate Bridge and  
San Francisco docking



First class entertainment:  
Comedy,  
Magic Shows,  
Afternoon Tea,  
Special Lunch at Pinnacle Grill,

**Thank You Irene**

*“You organized an amazing trip.”*

*“We know how much planning there was.”*

*“So much appreciated.”*

