

NORTH COUNTY PARKINSON'S SUPPORT GROUP

August 2022

www.NCPSG.org



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

NCPSPG's Scholarship Program

Program Overview

There are several programs in North County that can assist the Parkinson's family as therapies, social and exercise opportunities, or caregiver respite. Although some programs are free, many are fee based. How do you know which are right for you? NCPSPG's scholarship (subsidy) program allows you to sample the fee-based programs. You may then continue the program at your own expense if the program is a good fit.

Eligibility

Each program is different, and has specific requirements and limitations

- You must be diagnosed with Parkinson's disease by a physician.
- Must live in a north San Diego County Zip Code as defined by our Board of Directors.
- Must not have previously applied for a Scholarship with this service provider.
- Must pass service provider's evaluation criteria and follow their process.
- Must immediately notify NCPSPG and the service provider if, after approval, you decide to drop out of that program.
- You do NOT have to be a member of NCPSPG.
- Program opportunities may be suspended or terminated when funding is no longer available, or for other reasons. Individual participation may be suspended for cause.

Programs Available

A list of active scholarships and their locations will be maintained on our website, NCPSPG.org. Look for Scholarship Opportunities under Programs. The programs fall into three broad categories: Exercise, Therapeutic Singing and Music, and Day Care/Respite. We are currently finalizing two exercise programs which will be published soon. Therapeutic Singing programs include AudAbility (see more on Page 2). Day Care and Respite include The Fallbrook Foundation for Senior Care, with additional candidates under consideration for future inclusion. See the website for the latest programs. And if you are aware of programs that we should consider, please let us know.

How to Apply

Complete the Application form that is available on our website: NCPSPG.org and submit electronically (PDF format) to: Info@NCPSPG.org. We will also have program fliers available at our Support Group meetings. You may submit the application by U.S. Mail to *NCPSPG Scholarships, P.O. Box 230566, Encinitas CA 92023*.

Thanks!

The generosity of the Parkinson's community, particularly those who have included NCPSPG in their will and trusts, have enabled us to initiate programs to benefit the North County Parkinson's family. (Thank you!) Please explore these opportunities and take advantage of what's out there!

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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 at an in-person event constitutes your certification of full vaccination or natural immunity.

Chapter Meetings

RANCHO BERNARDO

Monday August 1, 10:00 AM

Speaker: Catherine Sandoval and Cheyenne Smith, Palomar Health

Topic: The "Big and Loud" exercise and voice program

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

Hosts: Brigit King & Carol Maher

hcmaher@cox.net or 760-749-8234

LA COSTA CARLSBAD

Wednesday August 3, 1:00 PM

Speaker: Marty Acevedo, PASD

Topic: "Parkinson's and Nutrition"

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSTGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday August 10, 1:00 PM

Topic: "NCPSTG Scholarship Program In-Depth"

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 August 26, 10:00 AM

Speaker: Dr. Sandeep K. Thakkar, D.O.

Topic: "Non Motor Symptoms of Parkinson's"

Fallbrook Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSTGF@gmail.com

or 760-731-0171

Social Groups

If you are interested in a No Host small group lunch, please contact Sam Cooper at scprphd@gmail.com or 520-820-0339

NCPSTG Board of Directors

Wednesday August 20, 1 - 3 PM Board meets online on the third Wednesday of the month.

Paul Dawson 760-497-1200

Physical Exercise

(Contact Provider for In-person or On-line Options. Fees May Be Charged)

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/>

PERSONALLY FIT - In-person and Zoom classes for Parkinson's.

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

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

COACH ME STRONG A one-on-one exercise coaching program. See Coachmestrong.com

SmartXPD Online Exercise with Patrick

An online/video exercise community. See

SmartXPD.com or email patrick@smartxpd.com

Don Skaggs Total Healthworks: Evidence based online fitness program. See totalhealthworks.com

Vocal Exercise

Tremble Clefs -Therapeutic Singing and 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/> Facebook:

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

AudAbility - Professional music therapy program for People with Parkinson's.

Check the website to see if you are eligible for special subsidies for North County residents for this program.

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!



Leslie Salmon is a Fallbrook wife, mother, and grandmother. And a yoga teacher. “I have been a yoga teacher for 20 years and in 2020 completed the 4 year, 800 hour Yoga Therapy Program at Loyola Marymount University in Los Angeles. I see clients individually and in classes at my office, North County Yoga Therapy, in Bonsall. I also teach 4 public classes a week at Sage Yoga in Fallbrook and Bonsall.”

“Yoga therapy is good for everyone, but it is particularly helpful for Parkinson’s. It reduces and helps manage symptoms that cause suffering and improves overall function

optimizing our ability to handle life’s challenges. I have been working with students who have Parkinson’s since 2019 and see results after 3 or 4 lessons. Yoga therapy improves strength, flexibility, and balance and helps to avoid falls.”

Leslie has presented at both the Fallbrook chapter support group and the La Costa chapter support groups where her exercise program was well received. “I am currently working to create online classes specifically directed at those challenged with Parkinson’s and other movement disorders. Yoga therapy is not magic, but it is a valuable tool.”

“I often tell my students to ‘lift your breastbone’ and pretend to be one foot taller. This will not only improve posture, but will allow for easier breathing. The benefit of movement is well documented for the Parkinson’s community. ‘Motion is lotion’ as they say. I have also begun to emphasize the benefits of singing and humming to strengthen speech and swallowing muscles and improve overall mood.”

“The power of breath is critical for everyone. Inhale and exhale through your nose slowly deepening with each breath. Breath awareness is beneficial to both Persons with Parkinson’s and their Care Partners.”

“I have been very impressed with the opportunity for information and support of the Parkinson’s community afforded by the North County Parkinson’s Support Group. I have heard this many times and it is very true. You really don’t have to do this alone.”

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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.

Did you know?

If you are receiving this newsletter electronically you can click on the links and be taken directly to the resource. To switch to electronic delivery contact Micheline at ncpsgcs@gmail.com or Caryl at carylparish@gmail.com. If you find a broken link, contact Rex at ncpsgnl@gmail.com.

PASD's Care Partner Program

Care partners are critical players in the Parkinson's journey. But we sometimes forget that they also require support themselves. First, they must learn the information and skills they need to properly address the needs of their partner. But they also must remember to care for themselves. The Parkinson's Association of San Diego has created an online audio course to help you learn what you need to know to be a great care partner.

There are thirteen presentations, each presented by a subject matter expert. They are short, so they don't require a lot of time out of your busy schedule. You can listen in any order you see fit and return any time. The topics available include:

- Care partners and the newly diagnosed
- Care partners taking care of themselves.
- PASD's mentor program
- Fall prevention and home safety
- Entering a hospital if you have Parkinson's
- Sleep dysfunction
- Driving issues
- Exercise and COVID
- Downsizing – moving to a smaller space
- Care partners and dementia
- Palliative care vs hospice care
- The PASD Resource Center
- The PASD Good Start Program

For more information see:

<https://parkinsonsassociation.org/>. The link to the Care Partner Program is right there on the first page

Passings

- Gene Gerow
- Ronald Evans
- John Chaffin
- Dean Hluchen

Our thoughts & prayers go out to family & friends

To update or remove your contact info, please

let **Micheline Allen** know. 760-631-0649

ncpsgcs@gmail.com

Our mailing address :

NCPSG

PO Box 230566

Encinitas CA 92023

Our Website: (Donations accepted)

NCPSG.org

Our Facebook page: (Donations accepted, no fees)

<https://m.facebook.com/NorthCountyParkinsonsSupportGroup/>

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