

NORTH COUNTY PARKINSON'S SUPPORT GROUP

January 2023

www.NCPSG.org



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

Ending the Year with a Song!



Sam Cooper, event chair, welcomes us. Thanks Sam!

Seventy-one revelers joined us for our Winter Social at the Shadowridge Golf Club on Saturday, December 3rd. It was such a big crowd that they opened up the entire ballroom for us. As usual the food and service were great. But even better was the chance to visit with our fellows. To renew friendships and make new ones. Paul Dawson, our Board President, acknowledged our volunteer staff with some cute reindeer noses. And he ended up the party with the best rendition of "12 Days of Christmas" ever!



Yes, it was a BIG party!



Paul leads us in the traditional "12 Days"



♪ Five Golden Rings ♪

Newsletter Mass Mailings Suspended

NCPSG has long received the generous support of the North County Parkinson's community. We have a duty to be a good steward of both the financial support and the volunteer hours donated to us. Our single most expensive budget item has always been the physical printing and mass mailings of this newsletter. It is also a significant administrative burden for our volunteers. Effective with our next edition, February 2023, we will no longer be mailing a hard copy of our newsletter unless you request it. The newsletter will continue to be posted on our website at NCPSG.org monthly. The link is front and center on the first page. You may receive an email notification that the month's issue is available by requesting it at info@ncpsg.org. But whether you receive the notification or not, the latest and past issues will always be available on the website.

We recognize that some readers may have no internet access. In that case, please contact our Corresponding Secretary at 760-631-0649 or our President at 760-497-1200 for options. Otherwise, the newsletter will be available on our website. Thank you for your cooperation and understanding.

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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

RANCHO BERNARDO

Tuesday January 3, 10:00 AM

Note date change due to holiday!

Speaker: Kristen Rigsbee, SD County Ombudsman

Topic: "How to get services using an Ombudsman"

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 January 4, 1:00 PM

Speaker: Officer Hunter Gerber, CHP

Topic: "Driving And Parkinson's"

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSTGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday January 11, 1:00 PM

Speaker: David Kunkel, MD, UCSD

gastroenterologist

Topic: "Constipation and Parkinson's— Its not just prunes and fiber "

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 January 27, 10:00 AM

Speaker: Erin Angelo - Exec Director RX Ballroom

Topic: Neurological & Physical Benefits of Dance

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 January 18, 1 - 3 PM The 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. 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. Tues & Thurs 11:15 McCann Studio Oceanside. 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!



Anne Lee grew up an only child in post war England emigrating to the U.S. as a Trans World Airline hostess. “I spent four years of exciting travel living in New York. I met my husband, a pilot, and settled into the life of a suburban housewife, mother of two. After the marriage ended, I moved to California with my two year old and five year old to pursue a Clinical Psychology degree at UCSD where I met my second husband. Our family grew to five children and over the next 30 years we lived in many different places eventually ending up south of San Luis Obispo where my husband had a Veterinary practice and I worked in organization development, project management, and consulting.”

“I attend the Fallbrook chapter support group benefiting a great deal from the speakers and breakout group which provides a wonderful opportunity to share with peers.”

“I also enjoy the many North County social activities.”

“My horizons have shifted, but I am grateful for each day and have acquired a sense of peace. We must all continue to participate in Life.”

“When the children left home, I knew it was time to leave a loveless marriage and pursue my love of travel. I volunteered with a women’s organization in Nepal. I walked on the pilgrimage El Camino de Santiago, a journey of 23 days of solitude. I then spent the next 3 years house sitting in Australia and England, volunteering in Israel, and 6 months studying at a Buddhist retreat center in England. In 2008 I joined the Peace Corps and spent 2 years in Botswana and a year in Malawi.”

“When I returned from the Peace Corp in 2011, I chose to live in Fallbrook as my best friend has been here since the 1970’s. I enjoyed hiking in the area and decided to take the Sierra Club Wilderness course in preparation for a trek in the Annapurna’s, Nepal. A long time practitioner of yoga, I became a yoga teacher graduating in 2018, but soon after began experiencing pain and a lack of mobility which three orthopedic doctors couldn’t explain. My voice became softer and I developed tremors. I was diagnosed by a neurologist with Parkinson’s in 2020.”

“I am blessed to have many resources to help. I have a wonderful family, many friends, and the Fallbrook yoga community. I attend the Fallbrook chapter support group benefiting a great deal from the speakers and breakout group which provides a wonderful opportunity to share with peers. Irene Miller provides excellent leadership and has become my mentor. The Tremble Clefs exercises on Sound Cloud have improved my voice tremendously. I also enjoy the many North County social activities.”

“I believe my many life transitions have provided the resilience I need to cope with my Parkinson’s. I am now on a journey that does not require transportation. It is a voyage of acceptance. My horizons have shifted, but I am grateful for each day and have acquired a sense of peace. We must all continue to participate in Life.”

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 ncpsgn@gmail.com.

Our 2023 Social Calendar

We have the dates for our large social events this year. So look at your calendars and save the dates!

- Spring Social - Monday March 30 at the Oceanside Broken Yolk.
- Summer Social - Saturday June 17 at the Shadowridge Golf Club, Vista.
- Fall Social - Monday September 18 at San Rafael Catholic Church in Rancho Bernardo. This one is a Potluck!
- Winter Social - Saturday December 2 at the Shadowridge Golf Club in Vista.

Look for details in upcoming issues of the newsletter.

And don't forget that we also get together in small groups in most months that we don't have a large social. In 2023 we will be meeting in people's homes again, now that we are past COVID restrictions. If you want to be placed on the notification list for the small groups, contact our Social Chair, Sam Cooper at scprphd@gmail.com.

Passings

- Frank Hartog

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 :

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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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Serving San Diego County with four locations:
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760-631-3000