

NORTH COUNTY PARKINSON'S SUPPORT GROUP

June 2023

www.NCPSG.org



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

Why I Stayed With NCPHG by Art Braun



Art Braun

My wife, Sheri, and I met in high school. She was the love of my life. We were married for 58 years. She was diagnosed with Parkinson's in 2007, but we didn't start attending a support group meeting until early 2017. To this day I regret not attending earlier. She died very suddenly in September 2019. After Sheri's death I was devastated. I was her Care Partner 24/7 and now had no purpose. I didn't care if I lived, or died. And I certainly didn't even want to hear the word "Parkinson's" again.

Several months later, Madonna (Bingham) asked if I could help distribute the newsletter again. You can't say no to Madonna. I found I enjoyed driving to the various locations as it reminded me how much fun Sheri and I had when we did it together. But I wasn't prepared to help at any of our meetings. Sam (Cooper) and I had met for breakfast occasionally to share our grief. His wife, Ruth, died a year and a day before Sheri. When Sam became the La Costa group leader, I committed to helping at one meeting. That's when I realized I wanted to be part of helping families on their Parkinson's Journey. Why did I have a change of heart? First, my Christian faith spoke to me about serving God

by serving others. I couldn't think of a better way to serve than paying it forward. I am now co-leader of our La Costa group, a PASD Mentor, a Board member, and our NCPHG compliance officer for 501(c)(3). I want to spend however many days I have left on this earth helping others in our North County Parkinson's community paying it forward and honoring Sheri's legacy.

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Summer Social" "Our Summer Social is Saturday, June 17, 11:30 A.M. at Shadowridge Golf Club in Vista, California.

Cruise opportunity March, 2024. Details at IMiller4jc@gmail.com

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

Monday, June 5, 10:00 AM

Speaker: Erin Angelo

Topic: "Ball Room dance exercise"

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, June 7, 1:00 PM

Speaker: Dr. Thakkar

Topic: "Kyowa Kirin, Off Time Medication Option"

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com or 520-820-0339

OCEANSIDE

Wednesday, June 14, 1:00 PM

Speaker: Matt Ignacio, Tremble Clefs Director

Topic: "Vocal Exercise And Socialization"

Oceanside First Presbyterian Church

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

Host: Paul Dawson paul@video-fire.com or 760-497-1200

FALLBROOK

Friday, June 23, 10:00 AM to Noon

Speaker: Dr. Dashport -Neurologist at Loma Linda Medical Center

Topic: "I Brake for Moments not Parkinson's"

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, June 21, 1 - 3 PM The Board meets online on the third Wednesday of the month.

Contact Sam Cooper NCPSGLC@gmail.com or 520-820-0339

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.

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://lifespanhealth.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!



Wayne Zych

Wayne Zych grew up in St. Petersburg, Florida. “During one Spring Break I visited my grandparents and cousins in San Diego. I went to a dance where I met Cathy. Shortly after we were married, I was drafted by the Army. After two years, I returned to college at San Diego State. I was an insurance agent with State Farm for 37 years. I retired seven years ago. My wonderful wife, Cathy, and I have two children and five grandchildren. I have played golf since I was 14.”

“I was diagnosed with Parkinson’s in April of last year. I have muscle weakness and some memory issues. I go to the gym twice a week and golf whenever I can.

“Attending the support group meeting makes me feel like we really aren’t alone and are part of a strong, caring community.”

Cathy and I attend the La Costa chapter support group where she brings snacks

and I facilitate our Persons With Parkinson’s breakout group which is a powerful opportunity for sharing ideas and support. The informational speakers are very helpful. I have already learned a great deal about Parkinson’s and look forward to learning a great deal more. Attending the support group meeting makes me feel like we really aren’t alone and are part of a strong caring community.

We really enjoy the social activities and have hosted our small group. I have made several new friends and feel their true concern and friendship. I very much appreciate all of our volunteers and thank them all. Everyone I know, family and friends, check on me to see how I’m doing. That just feels good.”

“I would share with others who have Parkinson’s to learn as much as you can. Information will help you deal with your symptoms. Get involved with our North County Parkinson’s Support Group. Exercise and eat a healthy diet. Get out of the house. Socialize. Most of all, Parkinson’s has given me a perspective on what’s really important in life.”

NCPSPG Notices

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

Our 2023 Budget

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 :

**NCP
PO Box 230566
Encinitas CA 92023**

Website: (Donations accepted)

NCP.org

Passings

Moreno White
Louis Dellios

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 **NCP.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

A pdf version of the Directory will only be emailed to those members who signed up to be included. Please make sure our Corresponding Secretary, Micheline Allen, has your current information. 760.631.0649 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**.

CONTACTS

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North County Parkinson's Support Group
Summer Social
Saturday, June 17, 2023, 11:30
Check-in 11:00

Shadowridge Golf Club
1980 Gateway Drive
Vista

\$21.00 per ticket

- Includes coffee, ice tea, water, rolls with butter
- *Prime Rib French Dip with fries
- *Classic Chicken Cobb Salad
- *Vegetarian

NCPSG requires attendees at all our events to be Covid vaccinated or naturally immune having recovered from Covid.

Please initial Acknowledged _____

Number of Tickets ordered _____

Name	Menu Choice
_____	_____
_____	_____
_____	_____

Your phone number _____

We must receive your reservation by Monday, June 12, 2023

Mail this form and your check to:
NCPSG
PO Box 230566
Encinitas, CA 92023

Mail this form and your check payable to NCPSG



Tremble Clefs® San Diego Inc.



"GETTING TO KNOW YOU"



SAVE THE DATE!

SATURDAY AUGUST 19, 2023

FRIENDS & FAMILY EVENT

**FEATURING OUR FIRST EVER
FABULOUS FLEA MARKET!**

San Rafael Parish, Rancho Bernardo
1-3 p.m. Doors Open at 12:30

Please mark your calendars for Tremble Clefs San Diego's annual Friends and Family Event. Of course, Tremble Clefs will be performing their latest and greatest songs! There will be light refreshments and a Fabulous Flea Market consisting of unique items that represent the talents, hobbies, and interests of Tremble Clefs members.

We are also inviting YOU, members of our wider community of supporters and partners to contribute gift baskets, retail gift certificates, and your business goods and services items, priced and ready to sell. All proceeds will go to help support Tremble Clefs, a FREE therapeutic singing program for people living with Parkinson's and their care partners. Watch for forthcoming donation details.

Tremble Clefs San Diego Inc

6549 Mission Gorge Rd
San Diego, CA 92120

[View it in your browser](#)

