

NORTH COUNTY PARKINSON'S SUPPORT GROUP

March 2023
www.NCPSG.org



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



Board tribute

Thank you, Paul

By Sam Cooper

After leading our North County Parkinson's Support Group Board for some eight years, Paul Dawson is scaling back his responsibilities for some well-deserved rest.

Paul's leadership has been significant to our North County community. During his tenure we became a 501c3 non-profit, established a fourth support group in Rancho Bernardo, helped establish an inland Tremble Clefs, and created a Scholarship Program which gives folks the opportunity to try one of the many Parkinson's programs in North County.

As incoming Board President, Sam Cooper, noted "Perhaps most significantly, Paul's leadership not only kept us intact during the pandemic, but also we thrived."

No one should worry about Paul leaving, Cooper said "we wouldn't let Paul leave even if he tried." He will stay on the Board, continue to lead our Oceanside chapter support group, and staff our Events booth. He also plans to remain on Parkinson's Association of San Diego Board as well as help in their outreach programs, organize the annual walk, oversee ongoing NCPSG special projects, and the Scholarship Program which he initiated.

Thank you for the memories, Paul. Put your feet up a bit, but don't get too comfortable. We still need you and there is still lots to do!

Spring Social

Social gatherings are an important part of staying active and involved. NCPSG hosts four large gatherings a year - Spring, Summer, Fall and Winter. Small gatherings happen in most alternate months. Our Spring Social this year will be on March 20 with a lunch at the Broken Yolk restaurant in Oceanside. A reservation form and meal selection is the final page of this newsletter. Please mail your reservation in early!

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Support Group Meetings

Attendance at NCPSG 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 March 1, 1:00 PM

Speaker: Paul Dawson

Topic: "Your NCPSG Scholarship Program"

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

RANCHO BERNARDO

Monday March 6, 10:00 AM

Speaker: **Tremble Clefs**

Topic: Therapeutic Singing & Socializing

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

Matt Ignacio for details. matt.sdtrembleclefs@gmail.com

Hosts: Brigit King & Carol Maher hcmaher@cox.net or 760-749-8234

OCEANSIDE

Wednesday March 8, 1:00 PM

Speaker: Tracy Park, PT, Tri-City Medial Center.

Topic: Fall Recovery Strategies and Fall Prevention

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 March 24, 10:00 AM

Speaker: Kindra French, CASS, SHSS

Topic: Mobility aids and home safety

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 group, please contact Sam Cooper at scprphd@gmail.com or 520 820 0339.

See the reservation form on page 5 for our Spring Social on March 20.

Summer Social: Saturday, June 17 Shadowridge Golf Club

-Fall Social: Rancho Bernardo, Monday, September 18

-Winter Social: Shadowridge Golf Club, Saturday, December 2

"Exercise and Socialize"

In-person or on-line options. Fees may be charged. For more information on Scholarships see NCPSG.org

Personally Fit (NCPSG Scholarships Available) In-person and Zoom classes for Parkinson's. Personallyfitonline.com or contact Doris Flood, PT at dflood@personallyfitonline.com

LifeSpan Health (NCPSG Scholarships Available) Drug-free program to enhance a healthy life span <https://lifespanhealth.me/>

NeuroLab 360 (NCPSG 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, and Tuesday & Thursday 1pm Fallbrook Regional Wellness Center (no charge) Erin Angelo 310-938-1620 www.RxBallroomDance.com

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 A. 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 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



In Focus:

Andy Chung

By Sam Cooper

“I was born and raised in San Francisco where I spent my adolescence in the 50’s and 60’s in Chinatown. It was a close knit community and a place where we developed lifelong friendships. My wife, Linda, and I met in high school. I graduated from Galileo High School which is located close to what was the Ghirardelli Chocolate factory facing San Francisco Bay.

“I went to college and earned a B.S. in Business Administration with a concentration in accounting. After that I was accepted into a two year Financial Management Training program with the U.S. Navy. I started the program at the China Lake Naval Weapons Center. The training program took me to other sites in Washington D.C. and San Diego. After the program ended, I got a permanent position at the Naval Electronic Laboratory Center in Point Loma as an Accountant. During my career I worked in various financial analyst positions for the Navy.

“I retired from government service in 2011 after 39 years. I also served for six years in the Army Reserve and National Guard from 1971 to 1977. Hobbies include golfing, hiking, cycling, skiing, photography, gardening, and cooking. I love traveling as well.

“Linda and I have been involved with the North County Parkinson’s Support group since 2016. We attend the Rancho Bernardo group. The informational speakers are very helpful and the Care Partner breakout group gives participants a chance to air their concerns and frustrations and gain information from the other members on how they are dealing with tough issues. It is a real community that also gives us a chance to socialize. I meet with a Rock Steady Boxing Care Partner group once a month for lunch. I also participate with the Tremble Clefs and research other sources including the PMD Alliance and Michael J. Fox Foundation. The role of Care Partner is a very important one. As we know, Parkinson’s is a degenerative disease and my job is providing whatever support my partner needs. I know the job will get tougher as the disease progresses.

“Our family and friends are a huge help. Once they found out about my wife’s disease, they were quick to offer whatever support that might be needed. They have also supported many of the Parkinson’s organizations we are involved with including the 5K Walk.

“Living with Parkinson’s doesn’t have to be a drowning experience. Your PwP partner can still live a wonderful life with your support. Life is precious. Being a Care Partner can bring out the best in a relationship. Do your best to provide the love and care your partner needs. Don’t give up. And make sure you take time to care for yourself so you can sustain the support your partner needs.”

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!

Passings

- Betty Byrd
 - Walter Liu
 - Derek Tatum, caregiver to wife, Ann Margaret
 - Jonathan J. Anderson
- Our condolences and prayers to families and friends

Tribute: Betty Byrd

Betty Byrd was a long time Board member serving as Treasurer for many, many years. She is remembered fondly for being old school and meticulously writing the Treasurer's Report by hand on green ledger sheets. Betty was also responsible for the exercise class at the Encinitas Elk Club which benefited our North County community tremendously. For more information on Betty, go to our website to see her May, 2018, "In Focus".

Register now for April 1 Step-by-Step 5K walk

Parkinson's Association of San Diego's major fundraiser, the Step-by-Step 5K Walk, is April 1 at Liberty Station, Point Loma.

<https://parkinsonsassociation.org/> select a team from our NCPSPG group, or form your own.

Registration fees: February 1 –to April 1, 2023:
Adults 18 and older \$50 – Youth 12-17 years \$10
Children under 12 are FREE, but a donation is suggested. Dogs are FREE too!

The Walk offers a great opportunity to meet folks from around the Parkinson's community county-wide, visit with providers of services and support organizations, to do as much or as little exercise as you want (lots of shortcuts), and be part of a friendly team competition among our NCPSPG chapters and others around the County.

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 NCPSPG.org for the current options and the application form.

To update or remove your contact info, let Micheline Allen know. 760-631-0649 ncpsgcs@gmail.com

Newsletter editor Joan Anderson is a native of Vista and has been literally "Swimming in the Electronic Sea of Words" since Academia first allowed college English teachers and their students online in 1990. For five years she taught journalism at CSUSM and has been retired since 2019. She serves as Clerk of Session for Oceanside First Presbyterian Church and as Stephen Ministry Intake Coordinator.

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Facebook page: (Donations accepted, no fees)

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

North County Parkinson's Support Group

Spring Social

Monday, March 20 11:30

Check-in 11:00

Oceanside Broken Yolk

2434 Vista Way, Oceanside

\$16.50 per ticket

Menu Choices:

Drinks: hot tea/cold tea, coffee, soda, lemonade

- ◆ **Hamburger** with choice of French fries, onion rings or side salad
- ◆ **Club Sandwich** with choice of French fries, onion rings or side salad
- ◆ **Grilled Chicken Caesar Salad**
- ◆ **Veggie Wrap** with choice of French fries, onion rings or side salad

NCPSPG requires all attendees be COVID vaccinated or naturally immune (recovered from COVID).

I/ We acknowledge _____ Please initial

Number of tickets ordered _____

Please Print	MENU CHOICE
Name(s) _____	_____
_____	_____
_____	_____
_____	_____

Your Phone Number (____) _____

We must receive your reservation by March 15.

Mail this form and check made out to **NCPSPG** to:

**NCPSPG
PO Box 230566
Encinitas CA 92023**