

NORTH COUNTY PARKINSON'S SUPPORT GROUP

May 2021
www.NCPSG.org



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

PASD Honors Our Own

The Parkinson's Association of San Diego has acknowledged the contribution of two of our long-standing volunteers to the greater San Diego Parkinson's Community. Madonna Bingham will be honored with a plaque acknowledging her amazing fund-raising efforts over the years. Through calls, letter-writing, and participating in events such as the annual Walk, Madonna has raised over \$100,000 for PASD programs. And she has done it with a bright smile and infectious cheerful disposition. By the way, she is also an NCPSG Board member, and is responsible for assembling and stuffing the physical edition of this newsletter. We all owe her our thanks.



Paul Dawson is the first annual recipient of the Kathy Bruyere Outstanding Achievement Award. Paul is not only our NCPSG Board President, he is also a member of the PASD Board. He was the chair of the successful PASD 2020 Step by Step Walk, which was a major challenge in this time of pandemic. He has even volunteered to be the chair of the 2021 Walk! This award is named for long-time PASD Board member Kathy Bruyere, who recently passed away. Her advocacy for the San Diego Parkinson's community was boundless, and to be the recipient of the first award presented in her name reflects Paul's spirit of commitment to those affected by Parkinson's. Kathy would be proud!

PASD Announces New Mentor Program

Parkinson's Association of San Diego, with guidance from the PD community and movement disorder clinicians in San Diego County, is pleased to announce that its Parkinson's Mentor Program is now open and accepting mentor and mentee applications. The official roll-out of the program was on April 11, 2021 - World Parkinson's Day. The program matches mentors (people who have PD or are or have been care partners for someone with PD) with mentees. A mentee might be someone who is newly diagnosed, struggling with symptoms or progression, someone with questions about what it's like to have DBS or Duopa, etc. A mentee might also be someone who has a partner living with PD - carepartners have their own particular concerns and often find help and ideas when speaking with another care partner. Mentors listen, provide resources, listen some more, and provide support and encouragement. Mentors do not provide medical advice or give opinions about treatment regimens. PASD's Mentor Program is seeking mentors with experience with the journey with PD as a PwP or a care partner. PASD is also now available for mentees, who will select a mentor from our vetted list. See <https://parkinsonsassociation.org/mentor-home/> for information.

Save the date! It's Time for a Summer Social

As restrictions are eased for social events it seems probable that we will be able to meet for our annual Summer Social this year! So save the date: July 28, 2021, 11:30 AM at the Shadowridge Golf Club. Yes, that's the same place we also hold the Holiday Luncheon. We are planning a no-host meal at a cost of \$16 per person. We will monitor which health protocols, such as vaccinations that may be required. Final plans will be announced in the June newsletter, along with sign-up forms. Cross your fingers!

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Support Group Meetings

Note: NCPGS Chapter in-person meetings are suspended until further notice. If you wish to attend any of the virtual meetings, contact the host for a Zoom invitation.

Chapter Meetings

RANCHO BERNARDO - Online meeting May 3, 10:00 AM *Speaker:* Laurie Dunne, Canine Companions Independence. *Topic:* Service dogs for function & companionship. Hosts: Carol Maher & Brigit King hcmaher@cox.net or 760-749-8234

LA COSTA CARLSBAD - Online meeting May 5, 1:00 PM *Speaker:* Gus Fernandez, Senior Helpers *Topic:* "Coping skills for family caregivers" Host: Sam Cooper NCPSGLC@gmail.com or 520-820-0339

OCEANSIDE - Online meeting May 12, 1:00 PM *Topic:* Parkinson's progression marker research. Host: Paul Dawson paul@video-fire.com or 760-497-1200

FALLBROOK - Online Meeting May 28, 10:00 AM *Speaker:* Rachel Schade M.S. UCSD Research Coordinator *Topic:* Parkinson's Research "Participating in the Cure" Host: Irene Miller NCPSGF@gmail.com or 760-731-0171

Breakout Groups

People with Parkinson's: two options; New attendees: Please email the host to request the Zoom "Invite" details.

- Monday May 10, 10am, Bill Farrington, host email: billfarr48@gmail.com
- Thursday May 13, 10am, Paul Dawson, host email: paul@video-fire.com

Care partners: Two options; New attendees: Please email the host to request the Zoom "Invite" details.

- Monday May 10, 10am, Carol Maher, host. Email: hcmaher@cox.net
- Friday, May 28, 2pm, Sandy Miller, host email: sandy@greensails.net

Small Social Groups

Virtual Meetings 3rd Mondays at 1:00 PM
Monday May 17, 1pm. Our small social groups are meeting online until restrictions on gatherings are lifted. Contact Social Chairperson **Sam Cooper** scrphd@gmail.com or 520-820-0339

NCPGS Board of Directors

Wednesday May 19th 1 - 3pm Board meets on third Wednesday. Board meetings are conducted online.
Paul Dawson 760-497-1200

Physical Exercise

(Contact Provider for in-person Options)
(Fees May Be Charged)

ROCK STEADY BOXING - Virtual Programs available Check their website for more information.
<https://www.rocksteadyboxing.org/>

ONLINE EXERCISE CLASS - Classes for strength, agility and balance. Yadinneurowellness.com or Christina Dinh cdinh@yadinneurowellness.com

PERSONALLY FIT ONLINE Zoom classes for PD. 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. Coachmestrong.com

SmartXPD Live Online Exercise with Patrick
An online exercise community. See SmartXPD.com or contact patrick@smartxpd.com

Dance For Parkinsons Online classes combining music and dance for PD. DanceforPD.org

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

Vocal Exercise

Tremble Clefs -Therapeutic Singing with chapters in Encinitas and Rancho Bernardo
Virtual practice Wednesdays at 10:00 AM and Thursdays at 1:00 PM
Melodi Denton at 619-363-0814 or see website: <https://www.trembleclefs.com/>

AudAbility - Online music related activities
By MusicWorx.com. Music therapy program for People with Parkinson's. **Lindsay Zehren** 858-457-2201 or lzehren@musicworxinc.com.

Webinars to Keep Current

Michael J Fox Foundation
Free live webinars on various Parkinson's topics
<https://www.michaeljfox.org/webinars>

Parkinson's Association of San Diego
Listing of webinars and other current important topics
<https://parkinsonsassociation.org/2020-webinars/>

In Focus: David Higgins

By Sam Cooper



Dr. David Higgins, the 4th of 5 children, grew up in West Virginia in the heart of Appalachia. "I was one of those nerdy kids who liked to collect bugs and sleep in the woods. I always knew I would grow up to become a scientist. My parents were insistent that all of us kids would go to college; it wasn't if we were going but where were we going? I spent hours with our family encyclopedia, a huge luxury our parents worked very hard to provide."

His undergraduate major at the University of Rochester in

New York was Biology. "I spent a semester in St. Croix, US Virgin Islands at the West Indies Laboratory doing research on coral growth and reef recovery. I also became a certified SCUBA diver during this time." Dr. Higgins completed his graduate work in Biology and Genetics at the University of Rochester followed by a postdoctoral fellowship at the National Cancer Institute outside of Washington, DC moving to San Diego in 1990 to begin a 15 year career in Biotech and as an Adjunct Professor in Biology at San Diego State University and San Diego City College.

"I have found that helping others is the best way I can help myself."

"I feel very strongly ... we need to participate in research whenever we can."

"I accept every day and cherish it for what it is, a gift. Don't wait. Do things now! Change your life for the better. Whatever it is, just do it! And celebrate the people in your life. All any of us really have is each other"

"Parkinson's is a family legacy. My maternal grandmother had Parkinson's and was part of the early levodopa trials in the 1960's. My mother died with Lewy Body Dementia. When I was diagnosed with Parkinson's in 2011, Dr. Litvan assured me everything would be "OK". OK? How could everything be OK? But it was OK, it has been OK, and it will be OK. Just different."

"I have found that helping others is the best way I can help myself. Along with a small group of other Parkinsonians, we started a peer support group which grew from 7 members in 2012 to more than 200 in 2016 when we joined forces with the University of California San Diego and became the UCSD Parkinson's Support Group Network. I continue to work with our North County folks through the Support Group Leadership program and often present at the various chapter groups. I am currently involved in 2 studies at UCSD, 3 VA studies, and 1 Michael J. Fox study. I feel very strongly as a beneficiary of PD clinical research we need to participate in research whenever we can."

"Travel and adventure have always been of interest and my husband, David Miles, and I have traveled extensively throughout the world including a 5 day trek on the 500 year old Inca Trail to Machu Picchu. For 10 years we also traveled throughout the US in a VW camper which advertises itself as sleeping 4, but really only sleeps two adults and one large dog!"

"Having Parkinson's has certainly made life different, but I have been luckier than most people so far dealing with mostly minor symptoms, but I know this could all change overnight. I accept every day and cherish it for what it is, a gift. Don't wait. Do things now! Change your life for the better. Whatever it is, just do it! And celebrate the people in your life. All any of us really have is each other."

NCPSG Notice

We provide information in our newsletter and chapter meetings on a broad array of Parkinson's-related topics and perspectives. Please recognize that **a presentation should not be interpreted as our endorsement**. Do your own research, and talk with your neurologist before taking action.

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 micheline.allen@cox.net. If you find a broken link, contact Rex at ncpsgnl@gmail.com.

PASD Thanks for Mentor Support

Your NCPSPG board is constantly looking for ways to be a good steward of your generous donations. Programs that directly benefit our Parkinson's community are our first priority. PASD's Mentor program reported on page one is such an effort and has our enthusiastic support. To that end we voted to make a donation to support the program. Following is PASD's acknowledgement and thanks.

Dear Paul,
On behalf of the PASD Board of Directors, we would like to thank the NCPSPG for its \$2,500 contribution to PASD in support of the advent of a newly created Mentor Program that will serve those with PD and Care Partners.

We would like to acknowledge your assistance for bringing the need for a Parkinson's Mentor program to everyone's attention at your Support Group's Board meeting and for your assistance in helping design it.

PASD has dedicated itself since then to the creation of a first class Mentor program. We are ready to officially launch the program during Parkinson's Awareness month, on April 11, 2021, which is World Parkinson's Day.

Thank you again for your support of this program.

Charlie Abdi, President; Marty Acevedo, Program Coordinator; Chris Buscher, Executive Director

Passings

- No passings reported this month. If you know of one of our community passing on, please notify us at info@ncpsg.org.

To update or remove your contact info, please let **Micheline Allen** know. 760-631-0649
micheline.allen@cox.net

Our mailing address :

NCPSPG
PO Box 230566
Encinitas CA 92023

Our Website: (Donations accepted)

NCPSPG.org

Our Facebook page: (Donations accepted, no fees)

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

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