

NORTH COUNTY PARKINSON'S SUPPORT GROUP

November 2022

www.NCPSG.org



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

Our First Rancho Bernardo Potluck!



Carol and Brigit at check-in, Great job!

Our Fall Social inaugurated a first, a potluck hosted by the Rancho Bernardo Chapter. And what a great job they did! It was a large crowd and a dining adventure. Rancho Bernardo co-leaders Brigit King and Carol Maher spear-headed the effort, but they were able to enlist talented members to help. Sue DeWinter organized the sign-up and Rick Ankrom enlisted the Tremble Clefs! The RB crew even served the food!



You would think we were there for the food.

To top it off we were entertained by the Tremble Clefs! From traditional to rock n roll, they did it all. In fact, there was Dancing in the Streets! No, really! And of course at some point we got to do the Hokey Pokey. Thanks Tremble Clefs!

Our thanks to the folks at San Rafael Catholic Church for allowing us the use of their space.



The Tremble Clefs rockin' out!



♪ She is the Dancing Queen ♪

It's Time for the Winter Social!

Our annual Winter Social (formerly known as the holiday luncheon), the last Large Group of the year, will be on Saturday December 3rd this year, and will again be at the Shadowridge Golf Club, 1980 Gateway Drive, Vista, CA 92081. It starts at 11:30 AM with food service at noon. You will have the choice of chicken, salmon, or vegetarian. Cost is \$28 per person. In order for the restaurant to order food we need your reservations by November 28th. See the reservation form on the last page of this newsletter. For further information contact Sam Cooper (his contact info is on page 4).

Inside This Issue

- Events Calendar Page 2
- IN FOCUS: Robert Dicus Page 3
- What's a Vaccination? Page 4

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 November 7, 10:00 AM

Speaker: Megan Robbins, OT, CDRS, DC

Topic: "Parkinson's & Driving"

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 November 2, 1:00 PM

Speaker: Girija Muralidhar

Topic: "My Parkinson's Journey: It's All About Attitude"

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSTGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday November 9, 1:00 PM

Speaker: Emory D'Andrea, Speech-Language Pathologist

Topic: "Speech/voice therapy more accessible via teletherapy"

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

No Regular Meeting In November, and look for a Social Event in Lieu of the December Meeting.

Fallbrook Wellness Center (see you next year!)

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 scrphd@gmail.com or 520-820-0339

NCPSTG Board of Directors

Wednesday November 16, 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://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

Coach Me Strong A one-on-one exercise coaching program. See Coachmestrong.com

Vocal Exercise

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 - music therapy is the use of clinical, evidence-based interventions to achieve clients' non-musical goals. (*Watch for updates to MusicWorx's AudAbility program in the near future.*) 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!



Robert Dicus was born in Sioux City, Iowa, but moved to San Diego at two years of age when his father took a job as a Deputy Sheriff for San Diego County. Robert has been here ever since and has lived in the Rancho Bernardo area for the past 35 years. “I met my wife, Cheryl, in San Diego. We have been married for 46 years and have 4 daughters, 3 of them live out of state, and 7 grandchildren who live in Minnesota. I worked as a sous-chef and as Executive Chef for 25 years. I then managed a yacht club for 10 years. In 2007, I started a crepe stand at the local farmers market in San Diego and also did catering. We

retired in 2018.”

“I was diagnosed with Parkinson’s in 2010. I struggle with a feeling of being disconnected from my surroundings and the people in my life. Family and friends have trouble hearing and understanding me. I shuffle my feet and my face shows no expression. My symptoms have gotten worse over the years, but I believe being proactive has made a major difference in the rate of change. I started going to Rock Steady Boxing in 2016 and participate in Tremble Clefs both for the voice therapy and the socialization.”

“The monthly meeting always offer important speakers with great information and the breakout support group helps each of us by sharing stories and strategies that have worked.”

“It is so important to stay active and get out there and mingle.”

“Stay active. Even if you don’t feel like it. Keep moving, keep involved, and stay interested in the activities you enjoy.”

“I became active in the North County Parkinson’s Support Group since it began in Rancho Bernardo 3 years ago. The monthly meeting always offer important speakers with great information and the breakout support group helps each of us by sharing stories and strategies that have worked. I am very fortunate that my family is so supportive and I have made many new friends in the Parkinson’s community. It is so important to stay active and get out there and mingle.”

“Stay active. Even if you don’t feel like it. Keep moving, keep involved, and stay interested in the activities you enjoy.”

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.

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 carylparrish@gmail.com. If you find a broken link, contact Rex at ncpsgnl@gmail.com.

What is a COVID Vaccination?

NCPSPG requires full vaccination or natural immunity against COVID to attend our in-person events. That was easy to define when there was only one or two variants of the disease and a single course of vaccination. But with multiple variants and boosters we have received questions as to what defines “fully vaccinated”. The following is the NCPSPG statement in that regard.

NCPSPG follows the CDC guidance on the definition of vaccination. The CDC recommends certain courses of primary and booster doses depending on age and other considerations. These are specific to your individual circumstance and we recommend each member follow them (link below). Therefore each individual must make his or her own decision as to whether they have achieved full vaccination to their own satisfaction. We will never second guess you.

Please note that recovering from a COVID infection (natural immunity) will also satisfy our requirement to be fully vaccinated.

Also note that you will never be confronted with a request to prove your vaccination or recovery status. We rely entirely on the honor system. As noted in the newsletter, your attendance at an event constitutes certification of full vaccination or natural immunity.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/>

Passings

- Richard Bartholomaus

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 :

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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Our continuing thanks to the
Neurology Center of Southern California
for our Newsletter postage.



Serving San Diego County with four locations:
Carlsbad, Escondido, Poway, La Jolla
760-631-3000

North County Parkinson's
Support Group

Winter Social

Saturday, December 3rd, 11:30 AM

Shadowridge Golf Club

1980 Gateway Drive, Vista 92081

\$28.00 per ticket

Menu Choices (indicate # in the space):

Salmon _____

Chicken _____

Vegetarian _____

NCPSPG requires all attendees be
COVID vaccinated/immune
I/we acknowledge _____

Number of tickets ordered _____

Please Print

Name(s) _____

Your phone number

***We must receive your reservation by
Monday Nov 28***

Mail this form and check made out to NCPSPG to:

**NCPSPG
PO Box 230566
Encinitas, CA 92023**