

NORTH COUNTY PARKINSON'S SUPPORT GROUP

November 2025

www.NCPSG.org



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

Care Partners! We love you!

The second most difficult role in fighting Parkinson's is that of the Care Partner. Clearly, the hardest role is the person battling Parkinson's. But the stress of being a Care Partner can, at times, also be overwhelming. If the Care Partner doesn't make his or her own health and wellbeing a personal priority, they can become a detriment to both themselves and their PwP partner.



HOME MENTOR PROGRAM ABOUT US LIVING WITH PARKINSON'S
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Expert advice focusing on caregiving is available in PASD's **Care Partner Education Program**. The program consists of twelve audio discussions of Parkinson's disease itself, how it affects Care Partners, and what positive steps Partners can take to prepare themselves for the challenges – and there **are** challenges. Each of the dozen topics is addressed by a Movement Disorder Specialist neurologist, a nurse practitioner, a physical therapist or other provider – all of whom specialize in Parkinson's.

The fact that these are audio recordings (webcasts) means that you can listen while you are dealing with the many things that Care Partners have to do – and always go back to rehear key points. It's a marvelous collection of on-topic discussions for Care Partners, introduced by PASD's Board President **Marty Acevedo**, and hosted by **Jeff Seckendorf**, PASD Operations Director.

Go to ParkinsonsAssociation.org website, and under the **Living with Parkinson's** heading, drop down to "**Care Partner Education Program**". Take a moment now to check it out. You'll be glad you did! We're betting you will listen to the whole series, and return for a refresher.

Family Caregiver Month

November is National Family Caregiver Month, an observance established in 1994. One very visible organization on social media and in lobbying efforts is AARP® offering its members vast resources on its web site AARP Care Connect for three categories: Guidance, Support, and Care. (Open this link using your Mouse right click "Open Hyperlink").

Locally in Fallbrook on **Friday, November 21, 10 am**, **NCPSG Fallbrook chapter** will present Marty Acevedo discussing "*Caregivers Awareness Month: Resources.*" See page 2.



Save the Date!
NCPSG Winter Social!
December 6 11:30 am
Shadowridge Golf Club - Vista

Registration Flyer on page 5



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Support Group Meetings

RANCHO BERNARDO

Monday, November 3, 10:00 to noon

Speaker: Psychologist Liz Torres, PhD

Topic: "Emotional Well Being"

San Rafael Catholic Church

17252 Bernardo Center Road, San Diego, 92128

Hosts: Brigit King bkicedancer@gmail.com

858-354-2498 & Carol Maher hcmaher@cox.net

760-518-1963

LA COSTA CARLSBAD

Wednesday, November 5, 1:00 PM to 3 PM

Speaker: Dr. Salima Brillman

Topic: "ONAPGO: Continuous Infusion

For Adults With Advanced Parkinson's"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday, November 12, 1:00 PM to 3 PM

Speaker: Dr. Sandeep K. Thakkar, DO, neurologist

Topic: "ONAPGO" Wearable infusion device for "OFF" times with continuous medication infusion

Oceanside First Presbyterian Church

2001 S. El Camino Real, at Fire Mountain Rd

Oceanside 92054

Host: Paul Dawson paul@video-fire.com

or 760-497-1200

FALLBROOK - earlier due to Thanksgiving

Friday, November 21, 10 AM to Noon

Speaker: Marty Acevedo

Topic: "Caregivers Awareness Month: Resources"

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSGF@gmail.com

NCPSPG Board of Directors

Wednesday, November 19, 1 PM. The Board meets online on the third Wednesday of the month.

Contact Sam Cooper NCPSGLC@gmail.com

or 520-820-0339.

Passings

- Jay Davis
- Sandra Maloney

Our thoughts & prayers go out to family & friends

In-Person Tremble Clefs Zoom session

Wednesdays at 10:00 a.m.

Community Health and Wellness Center Room A2

1636 E. Mission Road, Fallbrook, CA 92028

Physical Exercise

In-person or On-line Options. Fees May Be Charged.

For more information, see [Scholarships](#)

Tri-City Hospital - Parkinson's Exercise

Led by a Physical Therapist and an Occupational Therapist. Every Thursday, 3 - 4 pm. (no charge) Check in at hospital main desk.

Personally Fit (NCPSPG Scholarships Available)

In-person and Zoom classes for Parkinson's.

personallyfitonline.com or contact Doris Flood, PT at

dflood@personallyfitonline.com

LifeSpan Health (NCPSPG Scholarships Available)

Drug-free program to enhance a healthy life span.

<https://lifespanhealth.me/>

NeuroLab 360 (NCPSPG Scholarships Available)

Neurologic physical and occupational therapy, and wellness sessions. www.neurolab360.com

Rock Steady Boxing (NCPSPG Scholarships available for some affiliates)

Improve Parkinson's quality of life through non-contact boxing-based fitness curriculum. In-gym and online classes available. <https://www.rocksteadyboxing.org/>

Rx Ballroom Dance - Dance therapy, the best therapy for mitigating and reversing symptoms of brain deterioration. Classes in Oceanside, Fallbrook, Rancho Bernardo. (no charge) Details at

<https://www.rxbalroomdance.com/>

or call Erin Angelo 310-938-1620

Tai Chi - Temecula - (NCPSPG Scholarships Available)

Physical exercise & wellness.

www.oyd-ca.com

Vocal Exercise

Tremble Clefs -Therapeutic Singing & Socializing

Inland Chapter (Rancho Bernardo)

Wednesdays at 10:00 AM (no charge)

San Rafael Catholic Church in the Parish Hall,

17252 Bernardo Center Road, San Diego 92128

North Coastal Chapter (Encinitas)

Tuesdays at 1:00 PM (no charge)

Bethlehem Lutheran Church, 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/>

Parkinson Voice Project - Speak Out home practice exercise Monday - Friday 8 AM PST online at www.parkinsonvoiceproject.org

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. **Cassandra Richtsmeier**

858-457-2201 or crichtsmeier@musicworxinc.com



"I am 74 years old and have been married to my wife, Nikki, for 42 wonderful years. I have been a hair stylist, served in the US Navy, and for 30 years worked as a graphic designer before retiring in Fallbrook. I have numerous hobbies including cycling, fishing, traveling, and most recently building a home slot car race track to play with my grandkids. My favorite life memories include witnessing the birth of our children and traveling to Europe to see our daughter perform in several concerts with her girls' choir.

"Nikki was diagnosed with Parkinson's Disease in late 2021. She has experienced some tremor, difficulty with balance, and getting up from her chair. She also has speech related issues. We try and stay active. We have enjoyed the RxBallroom Dancing for three years. We go on walks with our dog and stay engaged with family and friends. I want to support her all I can so I take her to doctor appointments and provide an extra set of ears and questions.

"We have been attending the Fallbrook chapter support group for three years. The informational speakers are great and Nikki has found supportive and encouraging folks. I very much appreciate the breakout group where I can share experiences with other Care Partners. It gives folks a chance to share experiences with empathy. I'm glad Nikki has her breakout group as my sense is many folks with Parkinson's may not be as expressive about their lives with their Care Partners as they are when in the company of other "Parkies". We also enjoy the social activities as they keep us engaged as a community in less stressful settings which feels safe and you don't have to explain things.

**Always remember that
however negative this
situation feels like to you,
it's easily far, far worse
for your loved one.**

"Parkinson's has brought my wife and I closer and helped us forge new friendships. Be patient and don't lose touch with your feelings. Always remember that however negative this situation feels like to you, it's easily far far worse for your loved one. Stay focused on living well. Live in the moment. Today is all you really have. You never know what tomorrow may bring."

Social Gatherings

We hope you join in our NCPSEG large and small socials, where no one blinks an eye at a spilled drink or tremoring hand, or soft voice. Contact Sam Cooper NCPSEGLC@gmail.com or phone 520-820-0339.

NCPSEG 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 newsletter and promotional materials. Please tell the event leader if you do not want your image to appear.

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!

Media Mentions

Your nose knows!

from the Michael Fox Foundation website:

Smell loss may be one of the most important signals of Parkinson's risk. Michael J. Fox Foundation's landmark study ("PPMI") is exploring this link toward prevention. They're asking everyone age 40 and up without Parkinson's disease to take a smell test. Help scientists learn more about risk and develop new treatments.

Getting started is easy:

1. Visit mysmelltest.org.
2. Answer a few brief questions to receive your scratch-and-sniff test in the mail.

Take the test and enter your answers online. The test takes about 15 minutes to complete. Your results may mean you are eligible to join a brain health study.

The Parkinson's Progression Markers Initiative (PPMI) is their landmark study. It gathers information over time to learn more about how brain disease starts and changes and how to stop it.

Outreach Activity: NCPSPG Has Joined!!

NCPSPG joined Carlsbad Chamber of Commerce to expand our outreach into communities we serve.



Our purpose is to let PwP, CPs and family members in North County learn that there are folks who care for them, and join them on their Parkinson's journey, with

resources to help them live their Best Lives!

Let us know if you learn of a health faire, or other community event where we could set up our table and meet with people struggling with Parkinson's.

Volunteer Shout out!

Vicki Meiners is a person who volunteers before she is even asked. Her dedication and hard work has contributed to the success of the **Fallbrook Support Group** since 2014 when she joined with her husband. Vicki is Lead Check-in host, theme table decorator, provider of delicious baked goods, and leads a spirited Vocal and Exercise activity. Thanks Vicki!

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Newsletter Published Online

Our monthly NCPSPG Newsletter is available on our website NCPSPG.org. It is posted about one week before the end of the month. Archived editions are also available there.

Are you challenged by computers? Lack online access? Speak with your Support Group leader or **Micheline Allen**. To update or remove your contact info, please let **Micheline Allen** know. 760-631-0649

Our mailing address: **NCPSPG**
PO Box 230566
Encinitas, CA. 92023

Website: (Donations accepted)
NCPSPG.org

We are a 501(c)3 non-profit organization, dedicated to serving the Parkinson's community.
Your donation of funds and of volunteer service are truly appreciated! Thank You!

North County Parkinson's Support Group

Winter Social

Saturday, December 6, 2025

11:30 am (check in starts at 11)

Shadowridge Golf Club—1980 Gateway Drive, Vista



All choices include water, iced tea or coffee, rolls with butter, salad and dessert

Choice of Entree:

1. Classic Caesar Salad
2. Honey Glazed Salmon with mashed potatoes and vegetables
3. Lemon Roasted Chicken with mashed potatoes and vegetables
4. Butternut Squash Ravioli (vegetarian)

\$37.00 per ticket

Number of tickets _____

NAME

MENU CHOICE

Your phone number (____) _____

We must receive your reservation and check by December 1.

Make your check payable to "NCPSG". Mail this form with your check to:

NCPSG
P.O. Box 230566
Encinitas CA 92023