

NORTH COUNTY PARKINSON'S SUPPORT GROUP

September 2025

www.NCPSG.org

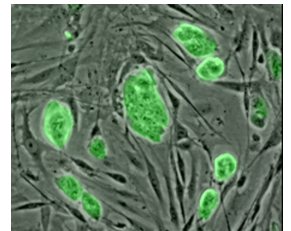


A NEWSLETTER FOR EVERYONE AFFECTED BY PARKINSON'S IN NORTH SAN DIEGO COUNTY

Stem Cell Research Making Exciting Progress

Following is an article from the scientific journal *Nature*. If it sounds familiar, for years we've been following the research of Dr. Jeanne Loring and Dr. Andres Bratt-Leal, first at Scripps Research Institute in Torrey Pines, and more recently at Aspen Neuroscience, San Diego. The discovery that mature cells could be modified into other functions was credited to Dr. Shimya Yamanaka, who received a Nobel Prize for his work.

To over-simplify a very complex process, they take a small sample of a patient's skin (smaller than a pencil eraser), break the cells down to a form that can be programmed into any type of cell in the body, then they redirect the cell to become a dopamine-producing cell. Those new cells are implanted in the same patient's brain, replacing dopamine-producing cells that have stopped functioning as Parkinson's progresses. A huge advantage is that immunosuppression is not necessary - the body recognizes the cell as being it's own.



This technology is currently undergoing FDA Phase I/2a testing, and three patients have demonstrated during the first six months of treatment that it is "safe and well-tolerated" Aspen Neuroscience reported.

Paraphrasing the source article in [Nature](#).

American and Japanese scientists successfully implant lab-grown brain cells according to Kyoto University Japanese Stem Cell Research Teams and the journal Nature. Researchers have taken a bold step toward curing Parkinson's disease by implanting lab-grown brain cells into patients. These cells, derived from induced pluripotent stem cells, were reprogrammed to function as dopamine-producing neurons replacing the very cells that are lost in Parkinson's, which disrupts movement and motor control. In early trials, patients who received the treatment showed measurable improvements in movement. Brain scans confirmed the transplanted neurons were producing dopamine, the critical chemical messenger needed for smooth, coordinated motion.

This news is even more exciting and personal for those of us in NCPSG. Some of us enjoyed tours of the Scripps Research Institute lab, lead by Dr. Loring and Dr. Bratt-Leal, before they transferred to Aspen Neuroscience. And several of our members in recent years have participated in early steps that paved the way for these current trials!

Consider the value of your participating in Parkinson's research. YOU can help move research closer to a cure!

EMPOWERMENT DAY 2025 OCTOBER 17, 2025

[REGISTRATION](#) IS OPEN!



PASD's 8th annual Empowerment Day is going to be bigger and brighter than ever. They have a new venue at the Town & Country Resort, new topics, new speakers, new exhibitors and vendors. Once again Acadia Pharmaceuticals returns as the title sponsor. Acadia has been at the front of this program since its inception.

More information on Page 6

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Support Group Meetings

RANCHO BERNARDO

Tuesday, September 2, 10:00 to noon

Speaker: Emory Dandrea

Topic: "Voice exercises"

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, September 3, 1:00 PM to 3 PM

Speaker: Marty Acevedo,

Topic: "Parkinson's And Nutrition"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper NCPISGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday, September 10, 1:00 PM to 3 PM

Speaker: Maia Baehr, PT, DPT - NeuroLab 360

Topic: "How Physical Therapy Benefits PwP"

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

Friday, September 26, 10 AM to Noon

Speaker: Lisa Tataryn, Clinical Neuroscientist,

Neurofeedback Specialist

Topic: "Bio Feedback and Brain Power-Exercises to improve"

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPISGF@gmail.com

Save the Date: Fall Social Potluck

September 15 - More details on Page 5.

Save Another Date: Empowerment Day

PASD's Full Day Seminar - October 17

Details on Page 6

Passing

- **Dan Guevara**

Our thoughts & prayers go out to family & friends

NCPISG Board of Directors

Wednesday, September 17, 1 PM. The Board meets online on the third Wednesday of the month.

Contact Sam Cooper NCPISGLC@gmail.com

or 520-820-0339.

Physical Exercise

*In-person or On-line Options. Fees May Be Charged.
For more information on Scholarships see NCPISG.org*

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 (NCPISG Scholarships Available)

In-person and Zoom classes for Parkinson's.

personallyfitonline.com or contact Doris Flood, PT at dflood@personallyfitonline.com

LifeSpan Health (NCPISG Scholarships Available)

Drug-free program to enhance a healthy life span.

<https://lifespanhealth.me/>

NeuroLab 360 (NCPISG Scholarships Available)

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

Rock Steady Boxing (NCPISG 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 - (NCPISG 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



Building on an idea conceived by Paul Dawson, I have been writing the monthly “In Focus” for over 8 years now. This month is my 100th article. I began the “In Focus” as a tribute to my wife, Ruth, who passed away 7 years ago. She had Parkinson’s for 22 years, but we lost her to Parkinson’s-related dementia. Watching the light die in the eyes of my beautiful, highly educated, professionally successful Life Partner utterly tore the fabric of my life.

I met Ruth in the doctoral program at the University of Arizona in Tucson in 1980 where we raised our two sons, Stephen and Bryan. To my utter astonishment, she accepted my proposal and we were married on July 10, 1982, under a sprawling mesquite tree in her brother Ernie’s front yard. We had 38 years together.

My favorite life story is that at a conference social hour in Hilton Head where she was speaking, a colleague I had just met responded with startled disbelief when I shared that I was her husband asking “You’re married to Ruth Cooper?!” She taught high school, was a high school administrator, an elementary administrator, a University instructor, led a national economic education program organizing and speaking at conferences all over the country, and was the program director for a nonprofit that funded economic education.

**“...My Ruth was so much more
than her disease.
So are you.
Let me tell your story.”**

But as she began to fade, Ruth was only seen in terms of her disease. I didn’t like that. She was so much more than her disease, and the purpose of my starting the “In Focus” was to tell her story.

The “In Focus” has been about sharing the life story of 99 unique individuals who are not just their disease. I encourage folks to contact me at scprphd@gmail.com to be featured in an upcoming newsletter to share your life story with our North County Parkinson’s community. It is all done through email. I will send you a list of items for your response. Do not worry about trying to write the article. Just send me the content. I will write the article. I will then email it back to you for any corrections. You will then text me a portrait style cell phone picture.

My Ruth was so much more than her disease. So are you. Let me tell your life story.

Social Gatherings

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

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 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!

Parkinson's Media Mentions

Published June 2, 2025, in [Molecular Psychiatry](#), researchers from Florida Atlantic University and their collaborators have discovered a potentially safer yet effective treatment for multiple disorders that display altered dopamine signaling. The "key" is a molecule that targets a specific protein called the kappa opioid receptor (KOR). In the current study, the researchers targeted KOR, a subtype of opioid receptor that when activated can decrease synaptic dopamine levels by decreasing dopamine release and increasing the availability of synaptic dopamine transporters, thereby halting the dopamine signal. Instead of activating KOR, scientists used a drug that can block it. "For some people, a rare genetic mutation known as DAT Val559 causes the dopamine transporter to 'run backward,' leaking dopamine into the synapse rather than sucking it away, turning the transporter from an efficient nano-vacuum cleaner into a nano-leaky faucet," according to Randy D. Blakely, Ph.D., senior author, executive director of the FAU Stiles-Nicholson Brain Institute. The researchers believe that further work on KOR blockers may give individuals affected with brain disorders that display these alterations better treatment options than what is currently available today.

A breakthrough discovery from the [Korea Advanced Institute of Science and Technology](#) has revealed lymphatic vessels lying just beneath the skin of the face and neck play a vital role in draining cerebrospinal fluid clearing toxic proteins linked to Alzheimer's and Parkinson's disease. Animal studies showed stimulation of those vessels increased the flow. In mice, scientists used a gentle device that stroked the face and neck, tripling cerebrospinal fluid flow within a minute. Remarkably, this restored older animals' brain fluid movement to youthful levels, a change that could have major implications for slowing age-related human neurodegeneration and cognitive decline. Early experiments in monkeys show similar promise, raising hope that simple, non-invasive stimulation could one day support human brain health. By enhancing natural drainage pathways, this method might become a powerful new tool for preventing neurological diseases.

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!

NCPSPG OFFICERS, DIRECTORS, LEADERS

Rancho Bernardo Co-Leaders		ncpsgRB@gmail.com
Carol Maher	hcmaher@cox.net	760-749-8234
Brigit King	bkicedancer@gmail.com	858-354-2498
La Costa Leader		ncpsgLC@gmail.com
Sam Cooper	scprphd@gmail.com	520-820-0339
NCPSPG Board President		
La Costa Co-Leader		
Art Braun	artjbraun@gmail.com	760-550-0508
Oceanside Leader		ncpsgO@gmail.com
Paul Dawson	paul@video-fire.com	760-497-1200
NCPSPG Past President - PASD Executive Committee		
Oceanside Co-Leader		
Sandra Miller	sandy@greensails.net	909-374-7755
Fallbrook Leader		ncpsgF@gmail.com
Irene Miller	imiller4jc@gmail.com	
NCPSPG Board Vice President		
Fallbrook Co-Leader		ajlopiccolojr@gmail.com
Tony Lo Piccolo		951-751-2242
Treasurer, Recording Secretary, Webmaster		
Caryl Parrish	(760) 889-6661	ncpsgTR@gmail.com
Corresponding Secretary		ncpsgCS@gmail.com
Micheline Allen		760-631-0649
Social Director		
Sam Cooper	scprphd@gmail.com	520-820-0339
Scholarship Director		
Paul Dawson	paul@video-fire.com	760-497-1200
Video Media		
Art Bierle	arthurbierle@gmail.com	760-749-2182
Director		
Anne Lee	annelee_500@hotmail.com	760-305-3548
Fallbrook Breakout Group Facilitator		
Newsletter Publisher		paul@video-fire.com ... 760-497-1200
Paul Dawson		
Newsletter Editor		ncpsgNL@gmail.com
Joan Anderson		
Newsletter FOCUS Reporter		
Sam Cooper	scprphd@gmail.com	520-820-0339
Newsletter Mailing – Database		ncpsgCS@gmail.com
Micheline Allen		760-631-0649

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. 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 ncpsgCS@gmail.com

Our mailing address:

NCPSPG
PO Box 230566
Encinitas, CA. 92023

Our Website: (Donations accepted)
NCPSPG.org

NCP Fall Potluck

When: Monday, **September 15**, 2025 at 11:30

Where: San Rafael Church - Parish Hall
17252 Bernardo Center Drive
San Diego (Rancho Bernardo) 92128

Main Dishes provided by NCPSG Rancho Bernardo

- Oceanside members: Salads
- La Costa members: Side Dishes
- Fallbrook members: Desserts



MORE INFORMATION:

Call 858 354-2498 (Brigit) or 760 749-8234 (Carol)

All Support Group Leaders:

Please notify Carol or Brigit by September 10th of how many attending from your chapter

HELPING YOU LIVE YOUR BEST LIFE WITH PARKINSON'S

8th Annual Empowerment Day for Parkinson's

The Parkinson's Association of San Diego Invites You to a Day Not to Be Missed!

EXPLORE NEW TOPICS

Friday, October 17, 2025
7:30 AM – Registration Opens
8:45 AM - 4:30 PM - Program

Town & Country Resort
500 Hotel Circle North
San Diego, CA 92108

Come for a fun day of learning, sharing and empowering yourself and each other.

Cost: \$30 per person
Includes light breakfast and lunch. Scholarships available!

Registration Open
Space is limited!

- By Phone: 858-215-2570
- By Mail: Complete the registration form on the back of this flyer.
- Online: parkinsonsassociation.org

GET CONNECTED

GET MOVING

SEE FULL AGENDA ONLINE AT
PARKINSONSASSOCIATION.ORG

LIVE YOUR BEST LIFE WITH PARKINSON'S

CAREGIVER SUPPORT

COMMUNITY RESOURCES
EXPLORE NEW TOPICS

EXHIBITOR RESOURCE FAIR

Empowerment for Parkinson's

EMPOWER : MIND : BODY : SOUL

ACADIA
Sponsored by
Acadia Pharmaceuticals, Inc.

8th ANNUAL EMPOWERMENT DAY
FRIDAY, OCTOBER 17, 2025

REGISTER NOW! [CLICK HERE](#)

<https://raceroster.com/events/2025/109031/parkinsons-association-of-san-diegos-8th-annual-empowerment-day>

THIS YEAR

•New venue

Town and Country Resort

•New speakers

•New topics

From	To	Title	Speaker
7:30	8:45	Registration and Check-In	
7:30		Sponsors and Exhibitors Open	
8:45	8:55	Welcome and Introductions	Marty Acevedo, RDN
8:55	9:05	Overview of Parkinson's	Nelson Hwynn, DO
9:05	9:25	Autonomic Nervous System in PD	Katie Longardner, MD
9:25	9:45	Hospitalization in PD	Brent Wright, MD
9:45	10:05	Exercise	Sherrie Gould, NP, CMRD
10:05	10:25	Sex and Intimacy	Elizabeth Torres, Psy.D., ABPP
10:25	10:55	BREAK AND EXHIBITS	
10:55	11:05	Big and Loud (teaser for breakout)	Emory D'Andrea, MA CCC-SLP
11:05	11:25	Deep Brain Stimulation	Arjun Khanna, MD
11:25	11:45	Panel	
11:45	11:55	Value of Joining a Support Group	Paul Dawson
11:55	12:00	Value of Joining Tremble Clefs	Matt Ignacio
12:00	1:00	LUNCH and EXHIBITS	
12:00	12:20	Performance	Tremble Clefs
1:00		BREAKOUTS (Exhibitors wrap):	
1:00	2:00	Care Partners	Elizabeth Torres, Psy.D., ABPP
1:00	1:20	Voice, Swallowing, and Choking	Emory D'Andrea, MA CCC-SLP
1:20	1:40	Ballroom Dancing	Erin Angelo
1:40	2:00	Young Onset Parkinson's Disease	Jennifer Johnston, PhD
2:00	2:10	Reconvene	
2:10	2:30	Integrative and Alternative Medicine	Robert Bonakdar, MD
2:30	2:50	Skin Biopsy vs. DaT Scan	Andrea Lee, PA
2:50	3:10	Fall Prevention	Meagan George, DPT
3:10	3:20	Rock Steady	Mickey Burke
3:20	3:40	Research and the Future	David Coughlin, MD
3:40	4:00	Mindfulness	Jeff Seckendorf, CPT
4:00	4:20	Panel	
4:20	4:30	Yoga	Danica Edelbrook, MS
4:30	4:35	Closing	Marty Acevedo, RDN

TO REGISTER ONLINE - [CLICK HERE](#)

<https://raceroster.com/events/2025/109031/parkinsons-association-of-san-diegos-8th-annual-empowerment-day>

TO REGISTER BY MAIL - [CLICK HERE](#)

<https://parkinsonsassociation.org/wp-content/uploads/2025/08/2025-6x9-empowerment-Invitation-v12.jpg>