

NORTH COUNTY PARKINSON'S SUPPORT GROUP

July 2026

www.NCPSG.org



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

Change in Monthly Meeting Day for Rancho Bernardo

The RB chapter will meet on the **first TUESDAY** starting August.

The change is at the request of church staff to lessen workload on their janitorial staff. San Rafael generously donates space for our Support Group, our Potlucks and Tremble Clefs. We thank you!



Hot Weather Stresses Parkinson's. Prepare.

Summer often presents sudden dangerous weather conditions to everyone that can be especially challenging for those People with Parkinson's and their caregivers. The [Parkinson's Organization](http://www.Parkinson's Organization) sought to raise awareness in May and offered preparedness information. Being prepared for a sudden evacuation to escape extreme heat or power loss, a storm or flood, or a wildfire means having a plan and a Go Bag. The PO advises the following tips:

Write and follow a packing list. Include all medications, water, snacks, and personal care items. Know your community response plan. Learn about your area's response and evacuation plans before a storm hits. Find your state's emergency management agency. **Find out ahead of time** where your nearest shelter is and how you will get there in an emergency. Visit the Red Cross website to find yours and phone to ask questions beforehand so you know exactly what to do in an emergency.

Take all your bottled medications with you. Try to keep them all in one travel bag. List your doctors.

Take your walker, cane or wheelchair, even if you only use it occasionally. **Consider your devices.** If you have a deep brain stimulator, remember to bring your patient controller. If your DBS neurostimulator is rechargeable, be sure that your recharger is fully charged and bring it along with the charging dock. If you use a DUOPA pump, plan ahead to keep your DUOPA cassettes refrigerated. Call your doctor to ask if you should have extra oral medication on hand in case you are unable to use your pump at any point.

Power loss in extreme temperatures can be very dangerous to everyone so be prepared to take action.

Avoid overheating. If you lose air conditioning, monitor your body heat. Drink more than the recommended nine to 13 cups of water per day. Exercise in the early morning or late afternoon when cooler outside. Know the signs of heat stroke: flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion. If heatstroke is suspected, go to your nearest emergency room or urgent care for treatment.

Address lightheadedness. Many people with Parkinson's experience *Neurogenic Orthostatic hypotension* (nOH), characterized by a drop in blood pressure when going from a seated position or lying down to standing. Exposure to heat can make nOH worse. If you regularly or occasionally experience lightheadedness or dizziness when you stand up, take extra precaution if you lose power and air conditioning by staying hydrated and standing up slowly.

Do you feel the Momentum Building?

The second and final part of the series, "A Call To Action", will return in our August Newsletter. Take the time to review the findings of Dr. Ray Dorsey and Dr. Michael Okun in the book, *The Parkinson's PLAN: A New Path to Prevention and Treatment* and other resources on new mathematical trend discoveries. Next month we'll talk about what we as individuals can do to build that momentum.

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Support Group Meetings

**RANCHO BERNARDO: Dark this month
first Tuesdays, starting in August**

San Rafael Catholic Church

17252 Bernardo Center Road, San Diego, 92128

Hosts: Tom Lipinczyk, t.pinzack1@gmail.com or

858-209-0322, and Cindy Schmoke,

cindy1rdh@yahoo.com 760-415-0637

LA COSTA CARLSBAD

Wednesday, July 1, 1:00 PM to 3 PM

Speakers: Erin Angelo

Topic: "Rx Ballroom Dance And The Concordia Study"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday, July 8, 1:00 PM to 3 PM

Speaker: Macauley O'Connor, PT, DPT

Topic: MOVIVE, Rhythmic Auditory Stimulation:

Music that improves walking capability

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, July 24, 10:00 AM to Noon

Speaker: Dr. William Minter, MD Department of
Gastroenterology Sharp Community Medical Group

Topic: " Gut Challenges with Parkinson's"

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSGF@gmail.com

Save the Date !!!

Fall Social Potluck, Tuesday, September 22

Hosted by Rancho Bernardo chapter

Details in next month's Newsletter

Passings

◆ Brother of Angela Bloom, **Howard Simmons**

◆ **Margaret Rosas**

Our thoughts & prayers go out to family & friends

NCPSG Board of Directors

Wednesday, **July 15**, 1 PM. The Board meets online
on the third Wednesday of the month.

Contact Sam Cooper NCPSGLC@gmail.com
or 520-820-0339.

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 (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 and occupational therapy, and
wellness sessions. www.neurolab360.com

Rock Steady Boxing (NCPSG 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.rxballroomdance.com/>

or call Erin Angelo 310-938-1620

Tai Chi - Temecula - (NCPSG Scholarships
Available) Physical exercise & wellness.

www.oyd-ca.com

Vocal Exercise

Tremble Clefs -Therapeutic Singing & Socializing
North Coastal Chapter (Encinitas)

Tuesdays at 1:00 PM (no charge)

Bethlehem Lutheran Church, 925 Balour Dr,
Encinitas, CA 92024

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

Fallbrook Chapter

Wednesdays at 10:00 AM *Sing Strong* zoom

Community Health and Wellness Center Room B4
1636 E. Mission Road, Fallbrook, CA 92028

Email: matt@trembleclefs.com

or laura@trembleclefs.com

Website: <https://www.trembleclefs.com/>

Sing Strong sessions on zoom: <http://bigt.ly/TC-zoom>

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



"I was born and raised in San Diego. In the Navy, I was with air traffic control. I later transitioned to working at Apple Computers as a technician then into corporate training. Eventually I found myself working in real estate assisting people making significant life decisions. But the role I found the most rewarding and challenging is working as a nurse. When first entering the field, my knowledge of Parkinson's Disease was limited to the advanced end stage symptoms. Because of that, my diagnosis was particularly frightening.

"I remember the date, October 13, 2023. I was sitting alone in the doctor's office feeling like I was falling down a black hole

spinning and spinning. I was numb and audibly gasping. In my heart I knew I had it because the signs were there for the past two years. Sitting in the pharmacy at the VA with tears streaming down my face, anger washed over me. What now? The only people I told about my diagnosis were my immediate family, my son, and his wife. All I wanted to do was hide from the disease.

"After several months in denial, in May of 2024, I finally gathered the courage to attend the La Costa chapter support group meeting. It was there I felt I had found my people. The individuals in the room didn't hide their Parkinson's. I felt safe. I felt I could be myself. After the facilitator of the "Diagnosed Less Than 5 Years" breakout group moved to Arizona, the members of the group nominated me to lead the group. My peers are loving, supportive, and nonjudgemental.

The monthly speaker and the breakout group are incredible sources of information. Most recently I accepted an invitation to join the Board of Directors and am attending our social activities. I have embraced our North County Parkinson's community and am much better because of it. My son recently told me I have become more gentle and empathetic since my diagnosis. This made me pause and reflect. Maybe I don't need to be a superwoman. I can live with the disease and make it my friend.

"I finally gathered the courage to attend the La Costa chapter support group meeting. It was there I felt I had found my people."

Social Gatherings

We hope you join in our NCPSEG large and small socials, where no one blinks an eye at a spilled drink or trembling hand, or soft voice. Contact Sam Cooper NCPSGLC@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.

You may ***click the links*** in this newsletter to be taken directly to the referenced resource. If you find a broken link, contact the editor at ncpsgNL@gmail.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!

PD Media Mentions

A major expanded global research effort is underway to better understand Parkinson's disease and move us closer to more effective, personalized treatments.

[Aligning Science Across Parkinson's \(ASAP\)](#), in partnership with The Michael J. Fox Foundation (MJFF), is awarding 32 new Collaborative Research Network (CRN) team grants, representing more than \$261 million in new investment. These grants support scientists around the world working together to answer some of the most pressing questions in Parkinson's research.

By bringing together global teams to work collaboratively, share insights in real time and accelerate discovery, this effort reflects an expanded model for how scientific research is done. Instead of individual labs working in isolation, this model brings together dozens of leading scientists who share data, insights and progress in real time, working as a global community to move research forward faster.

PASD Journals



Let us know what you think about the PASD Journal.

[Click here for Survey](#)

Carol Maher is our Volunteer of the Month!

Carol has served on our NCPSPG Board for more than a decade. She was on the Ad Hoc Board committee charged with finding new unserved areas - and created the Rancho Bernardo SG. She has Co-Chaired RB along with Brigit since its creation, and served on our Outreach Committee. She's continuing on our Board, and Outreach too! **Thank you for great service Carol!**

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 |
| Tony Lipinczyk | lipinzack1@gmail.com | 858-209-0322 |
| Cindy Schmoke | cindy1rdh@yahoo.com | 760-415-0637 |
| 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..... | ncpsgTR@gmail.com | 760-889-6661 |
| 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 |
| Directors | | |
| Anne Lee..... | annelee_500@hotmail.com | 760-305-3548 |
| Fallbrook Breakout Group Facilitator | | |
| Ann Kelly..... | anntraveling@yahoo.com | 614-653-2255 |
| La Costa Breakout Group Facilitator | | |
| Brigit King..... | bkicedancer@gmail.com | 858-354-2498 |
| Carol Maher | hcmaher@cox.net | 760-749-8234 |
| Outreach Committee | | |
| 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. Older editions too!

Micheline Allen, our Corresponding Secretary reminds members to have the address info@ncpsg.org in your contact list, to ensure your newsletter link does not go to your junk mail.

Our mailing address: Website: (Donations accepted)
NCPSPG NCPSPG.org
PO Box 230566
Encinitas, CA. 92023

Summer Social 2026 in Fallbrook

Photos by several of us



Our Gracious Hosts - The Fallbrook Chapter