

NORTH COUNTY PARKINSON'S SUPPORT GROUP

August 2019



NEWSLETTER for La Costa-Carlsbad, Fallbrook, Oceanside, and Rancho Bernardo Support Groups

Dipping Your Toes in the Surf



Lifeguard Lieutenant Blake Faumuina

We are so fortunate to live near the ocean. Love the feel of the spray from the breakers on my face. Love the feel of sand between my toes. Love to see toddlers discover a wave moving over their feet and up the sand.

With Parkinson's, we may be using a cane for stability, or a walker. We may have to use a wheelchair to fight fatigue. We continue to deal as best we can with limitations, with barriers. But a cane, walker or wheelchair is not going to negotiate beach sand well.

Oceanside lifeguards can lift one barrier. Capt. Bill Curtis of Oceanside Fire Department's Lifeguards showed us specialized wheelchairs with oversized tires available for use on the beach. Chairs are available on a first-come first-served basis, with your driver's license or similar security the only requirement. About ten chairs have been donated by community groups to serve all disabled beach-goers.

Chairs are stored and checked out at the lifeguard office located at beach level directly below the Oceanside pier. Lifeguards will show you how to use them, but of course you provide your own chair-pusher. (You cannot move it by yourself.) We'd suggest that going up or down an incline, you face the chair uphill.

Our thanks to Oceanside Lifeguards for their dedicated life-saving services and their special assistance to help the disabled to continue to enjoy the beach, the ocean, the sunshine! Don't forget sunscreen!



All-Terrain Beach Wheelchair

Sneaking Up On You

- The **Summer Social** - just snuck past you. We hope you had a good time. We still occasionally get a whiff of great BBQ aroma. Great conversations.
- Save the date for **Fall Potluck** - September 16
Our Fallbrook chapter hosts a pleasant gathering in the "village" - bring your favorite dish and enjoy!
- Save the date for **Sunset Soiree** - October 5
Parkinson's Association of San Diego's (PASD) fundraising and educational gathering at Del Mar Plaza. More details on the back page.
- Save the date for **Empowerment Day - Mission Bay** - November 15.
This comprehensive all-day event has more than 15 speakers, each expert in their field. A catered lunch offers time to socialize, meet over 30 vendors, and compare notes on important updates.
- Save the date for **Holiday Luncheon** - December 7
Shadowridge Country Club always puts on a great meal, and we welcome the holidays with fun and song - a memorable close to the year.

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Support Group Meetings

RANCHO BERNARDO - Monday August 5th 10am - noon (NCPGS Sponsored) (meets first Monday of each month) **San Rafael Catholic Church**, 17525 Bernardo Center Drive, RB (San Diego)
Speaker: **Sherrie Gould**, Nurse Practitioner, Scripps Movement Disorder Clinic.
Topic: **Treating Hallucinations and Delusions in Parkinson's** - and Nuplazid medication.
Call **Carol Maher 760 749-8234**

LA COSTA CARLSBAD - Wednesday August 7th 1pm - 3 pm (NCPGS Sponsored) (first Wednesday of each month) **Christ Presbyterian Church**, 7807 Centella St, Carlsbad, CA 92009
Topic: - **Driving with Parkinson's** - Review of medical issues, mandatory reporting, DMV actions, your options. Breakout groups follow. Call **Rex McCoy 760-519-9588**.

OCEANSIDE - Wednesday, August 14th 1pm - 3 (NCPGS Sponsored) 1pm - 3pm (second Wednesday of each month) at **Oceanside First Presbyterian Church 2001 S. El Camino Real , Oceanside.**
Speaker: **Dr. Paarth Shah**, Movement Disorder Neurologist.
Topic: **Parkinson's medications.** Speaker sponsored by Acorda. Breakout groups follow. Call **Paul Dawson 760-497-1200**.

FALLBROOK **Friday, August 23rd 10am - noon (NCPGS Sponsored)** (meets fourth Friday of each month) **Christ The King Lutheran Church**, 1620 S. Stage Coach Lane, Fallbrook.
Speakers: **Trisha Kitchens & Vanessa Leschak**
Topic: **Parkinson's and Nutrition** - Live Heather through diet, nutrition and education.
Call **Irene Miller 760-731-0171**

ATYPICAL Parkinson's (PwP & Caregivers)
Monday, August 19th 1pm - 3pm (third Monday of the month) at UCSD, East Campus, 9423 Health Science Drive, Medical Center Modular 1, Room 140, La Jolla. Contact **Darlene Gerow 619-806-9649** darlene.gerow@gmail.com

ATYPICAL Parkinson's (Caregivers only)
Wednesday, September 4th 11am - 1pm (first Wednesday of every other month) at Tri-City Wellness Center, 6250 El Camino Real, Carlsbad. Contact **Darlene Gerow 619-806-9649** darlene.gerow@gmail.com

NCPGS Board of Directors

Wednesday August 21st 1pm - 3pm
Tri-City Wellness Fitness Center, conference room, 6250 El Camino Real, Carlsbad. Call **760 497-1200**

Physical Exercise

CARDIFF LOCATION - Tuesdays & Thursdays 11am - noon (NCPGS Sponsored) Encinitas Elks Lodge, 1393 Windsor Rd., Cardiff. Take I-5 to Santa Fe exit east to Windsor Rd. and turn right.
(Fee charged). Call **Betty Byrd 760-635-1144**.

OCEANSIDE LOCATION - Fridays 11am - Noon
Tri-City Hospital, 4002 Vista Way, Oceanside, Lower level Assembly Room. Confirm room location at lobby info desk. Class and Valet parking are free.
Call **Tracy Park, PT, 760-940-3617**.

MEDICAL INTEGRATED PROGRAM - Mondays & Wednesdays, or Tuesdays & Thursdays - a variety of Parkinson's related individual and group exercises, including *Dance for Parkinson's*. Tri-City Wellness & Fitness Center, 6250 El Camino Real, Carlsbad. Parkinson's exercise classes (Fee charged.)
Call **Susan Webster 760-931-3171**.

PERSONALLY FIT - Tuesdays & Thursdays 2pm - 3pm Parkinson's exercise classes at Personally Fit in Rancho Bernardo. (Fee charged.) Call **858-485-6706**

ROCK STEADY BOXING - various North County sites and days Check their national website for a location near you, along with contact information.
<https://www.rocksteadyboxing.org/>

Vocal Exercise

Tremble Clefs -Therapeutic Singing
North Coastal Chapter Encinitas
Tuesdays 1pm - 2:30pm - on vacation until 8/20
St. Andrews Episcopal Church, 890 Balour Dr., Encinitas.

North Inland Chapter Rancho Bernardo
Wednesdays 10 am - noon - on vacation until 8/21
San Rafael Catholic Church, 17252 Bernardo Center Drive, San Diego (RB) - Parish Center

(Free) Call **Deanna Hastings at 619-363-0814** or check website: www.trembleclefs.com/san-diego

AudAbility - Music therapy program offering numerous music related activities for People with Parkinson's. (Fee charged) Call **Lindsay Zehren 858-457-2201** or email lzehren@musicworxinc.com.

Small Social Groups

Our small social groups gather in rotating private homes in months that we don't have a large group activity. Meeting are held on the coast and in the RB area. For this month's locations Contact **Sam Cooper**, Social Chair, scprphd@gmail.com or call/text **520-820-0339**. In September its our **Fall Potluck in Fallbrook**. More info here next month.

Christ Presbyterian Church La Costa, Oceanside First Presbyterian Church, Christ the King Lutheran Church Fallbrook, and San Rafael Catholic Church, RB provide their facilities at no charge. Thank You!

In Focus: Georgia Palmer Lazar

By Sam Cooper



To be positive in life has always been the motto of Georgia Palmer-Lazar, and she married a man with the same outlook.

She is a child of the 60's, married for last 36 years to a man of the "Greatest Generation". She had had a successful career as a retail buyer and, in addition, taught retail and marketing at the college level.

After marrying Sam in 1983, Georgia was able to achieve her entrepreneurial goals through

Sam's encouragement and his belief in her abilities.

While Sam was diagnosed with Early Onset Parkinson's some 21 years ago, it has progressed very slowly. "The Parkinson's really wasn't impactful until about two years ago. My husband, Sam, has had an extremely positive attitude about his Parkinson's, his diabetes, his triple bypass surgery, and now his macular degeneration. His great attitude has helped me the most as his wife, partner and now caregiver. When you are caring for someone you love who is cooperative and appreciative, it makes you want to do the very best that you can for that person."

In 2008, they relocated to San Diego when Georgia accepted a position as the Store Manager of the Navy Exchange at Naval Air Station North Island on Coronado. Sam was retired at this point, and Georgia retired in 2014 to spend more time with him. They have continued to travel the world meeting new and interesting people and going to interesting places. Parkinson's has not slowed them down!

As the Parkinson's progressed, they decided to take part in both group and individual cognitive studies through the UCSD/VA La Jolla Movement Neurology Department. "About 18 months ago we joined NCPSTG, now we typically attend three different P.D. Support Groups a month plus the Friday Physical Therapy program at Tri City Medical Center. We have thoroughly enjoyed the NCPSTG social events: the summer event and the Holiday Luncheon have been outstanding. Sam did his first 5K at 90 at the Parkinson's Step by Step in 2018. Everyone we meet at these events says, "He is their role model." But all of our grandkids, nieces, nephews, and friends just say, "He's the man!" "

"No matter what comes your way.....make the most of it and look on the bright side of things. I have grown from this experience, things could be much worse, and I cherish every day!"

"My husband, Sam, has had an extremely positive attitude about his Parkinson's.... His great attitude has helped me the most as his wife, partner and now caregiver."

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Sam did his first 5K at 90 at the Parkinson's Step by Step in 2018.

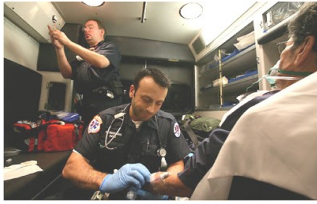
"No matter what comes your way... make the most of it and look on the bright side of things."

NCPSTG Notices

We take photos and videos at our meetings and events and may use them in our Newsletter, website and other promotional materials. Please let the Support Group leader know at the start of every meeting or event if you do not want your image to appear.

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.

Emergency Room & Hospitalization - Being Prepared Marty Acevedo's Expert Tips



Emergency Department and hospital staff are dedicated and highly skilled at dealing with a broad spectrum of life-threatening emergencies.

But specific Parkinson's issues are so rarely seen that your unique PD needs might get overlooked. Marty Acevedo was a hospital department head and part of the Critical Care Team overseeing care of ICU patients, and is a person with Parkinson's. She discussed how we can prepare, and be effective advocates for our care. Many members asked for her slide notes. She made available on our website: www.NCPSG.org. They are 23 pages in length, and we recommend you print it and use it as you prepare your "Go Bag" (or your "Aware in Care Kit") . Also save a copy in the bag.

Marty also discussed the critical and complex issues regarding anesthesia for PwP. She has identified an article on the NIH website that was written for anesthesiologists (in details at their level, not really at ours). She has written a layman's summary so we can understand what's being discussed. It is also posted on our website. **PRINT AND SAVE THIS LINK** for your "Go Bag" and pass it to your anesthesiologist at your pre-op meeting.

Knock Parkinson's Out of the Park! PASD Sunset Soiree - October 5

The **Sunset Soiree** will be held at **Del Mar Plaza** - at sunset! A number of well-known restaurants will provide their best, and guests may sample many special treats. Two types of tickets are available: stand-up dining at small tables, and sit down dining.

Kirk Gibson, baseball great, will be the keynote speaker. He was diagnosed with PD four years ago. Some of us have family who grew up playing high school, college and even pro ball for the Padres, the Dodgers and other teams. You could say baseball is in our blood.

Saturday October 5 should be an stirring evening hosted by Carlo Cecchetto, Channel 8 News anchor, and featuring Gibson, a very motivating speaker. There will be silent and live auctions, and recognition will be given to several key people who have made significant contributions to the Parkinson's community . You might know some of them. More information and tickets are available on the Parkinson's Association website:

www.parkinsonsassociation.org

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Our thoughts and prayers go
to families & friends

Our continuing thanks to the
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Serving San Diego County with four locations:
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