

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

December 2019  
[www.NCPSG.org](http://www.NCPSG.org)



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



**NCPGS Board of Directors wish you and yours  
A Wonderful Holiday Season.  
May you "live your best life" in the New Year!**



## Holiday Luncheon - Hurry! We need your reservation by Dec 2

For the last decade we've welcomed the holiday season with a gathering at Vista Shadowridge Country Club. On **Saturday December 7** they'll prepare a wonderful meal and decorate. You'll find warm, friendly folks from all four chapters, family members too, sharing conversation and fun. There's a gift exchange for those who bring a wrapped gift (about \$20) - *"Bring a gift - Take a gift"*. No doubt there'll be the melodious strains of "Twelve Days of Christmas" led by our tone deaf leader. But hurry! We must turn in our reservations to the Country Club by December 2. Checks made payable to NCPGS for \$25 each and meal choice must be in our hands by December 2 - Sorry no last minute reservations. Send to **NCPGS, PO Box 230566, Encinitas CA 92023**. Call Caryl at 760 753-5004 or Sam at 520 820 0339 if you think your reservation won't get to us in time.

## Rancho Bernardo Celebrates First Anniversary



Original leaders in press photo Sept 2018

Our latest support group chapter turned **one year old** recently. NCPGS's "Major Projects" committee identified the I-15 corridor as an underserved area. The Board agreed and authorized a new chapter. Almost all committee members became the leadership core of the new group based in Rancho Bernardo.

We didn't know how many to expect at the initial meetings. We prepared for about 50 people but many more showed up. We approached San

Rafael Catholic Church about using their Parish Hall with a larger capacity. The group continues to grow and now welcomes as many as 100 to their meetings.

They hosted a "small" social group recently and had more than thirty enjoy their hospitality. Our thanks to Co-Leaders **Carol Maher** and **Brigit King** for their leadership, and to their active support team, who handle check-in, refreshments, library, breakout facilitator and room setup.



RB "small" social - not so small - more than 30!

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## Support Group Meetings

**RANCHO BERNARDO - Monday December 2<sup>nd</sup>**  
**10am - noon (NCPGS Sponsored)** (meets first Monday of each month) **San Rafael Catholic Church,**

17252 Bernardo Center Drive, RB (San Diego)  
**Speaker:** **Jessica Romero**, Southern Caregivers Resource Center

**Topic:** **Making the most of doctors visits & managing caregivers stress.** Breakouts follow. Call **Carol Maher 760 749-8234.**

**LA COSTA CARLSBAD - Wednesday December 4<sup>th</sup> 1pm - 3 pm (NCPGS Sponsored)** (first Wednesday of each month) **Christ Presbyterian Church,** 7807 Centella St, Carlsbad, CA 92009

**Speaker:** **Dr. Kinjal Madhav**, Neurology Center of Southern California  
**Topic:** **Sleep and Parkinson's Disease.** Breakout groups follow. Call **Rex McCoy 760-519-9588.**

**OCEANSIDE - Wednesday, December 11<sup>th</sup> (NCPGS Sponsored) 1pm - 3pm** (second Wednesday of each month) at **Oceanside First Presbyterian Church 2001 S. El Camino Real , Oceanside.**

**Speaker:** **Pinush Chauhan, RYT**  
**Topic:** **Yoga - Chair Yoga and Pole Yoga for PD** Yoga has many benefits for both body and mind for PwP (and CPs). Adding a pole helps isolate and focus exercise. Breakout groups follow. Call **Paul Dawson 760-497-1200.**

**FALLBROOK (NCPGS Sponsored)**

(normally meets fourth Friday)  
**Christ The King Lutheran Church,** 1620 S. Stage Coach Lane, Fallbrook. Usual meeting cancelled, but **Pete & Irene Miller 760-731-0171** are hosting a holiday gathering at their home. Call for information.

**ATYPICAL Parkinson's (PwP & Caregivers)**  
**Monday, December 16<sup>th</sup> 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](mailto:darlene.gerow@gmail.com)

**ATYPICAL Parkinson's (Caregivers only)**  
**Wednesday, January 1<sup>th</sup> (yes!) 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](mailto:darlene.gerow@gmail.com)

## NCPGS Board of Directors

No Board meeting in December. We recently passed our 2020 budget, and will summarize in next month's newsletter. See you next year.

## Physical Exercise

Check with instructors to confirm meetings around holidays



**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, Special White Elephant gift exchange & party December 20. No class December 27. Class and Valet parking are free. Call **Tracy Park, PT, 760-940-3617.**

**MEDICAL INTEGRATED PROGRAM - Mondays through Saturdays** - a variety of Parkinson's related individual and group exercises. 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** - St. Andrews Episcopal Church, 890 Balour Dr., Encinitas.

**North Inland Chapter Rancho Bernardo**  
**Wednesdays 10 am - noon** - San Rafael Catholic Church, 17252 Bernardo Center Drive, San Diego (RB) - Parish Center.

(Free) Call **Melodi Denton** at 1-619-363-0814 or check website: [www.trembleclefs.com/san-diego](http://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 [lzhren@musicworxinc.com](mailto:lzhren@musicworxinc.com).

## Social Groups

**No Small Groups This Month, but Holiday Luncheon December 7**

If you act quickly, you can still RSVP for our Holiday Luncheon, but we must receive reservation and payment by December 2. See page 1.

**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. We Thank You!**

## In Focus: Rick Ankrom

By Sam Cooper



For Rick Ankrom, it has always been about California. "Growing up in Long Beach, I seriously loved surfing which led to my being drafted at 19 and receiving an all expense paid vacation to Vietnam in 1967-68. When I returned home, I used the GI Bill to discover computer programming while earning a degree in Math. After graduating, I decided to look for a job in San Diego as I wanted to continue surfing and live in Encinitas. That job search resulted in developing computer programs for US Navy aircraft carriers. My career in Aerospace had spanned 35 years when I retired in 2008 from Northrop Grumman in upper management."

Rick and his wife, Linda, celebrated their 46th anniversary this year. "Our life has been full of adventure. We spent a summer in Lahaina, Maui. Worked in Frankfurt, Germany, for 9 months and Austin, Texas, for over 6 years. We proudly watched our daughter graduate from Cal Poly. Our traveling has included "petting" gray whales in Baja, a helicopter ride over the Grand Canyon, snorkeling at the Great Barrier Reef, transiting the Panama Canal, climbing the steps to the crown of the Statue of Liberty, riding in a gondola in Venice and a float plane in Alaska, and seeing the awesome power of Niagara Falls. We also attended the Masters Tournament in Augusta and golfed St. Andrews. We have been very fortunate to be able to do so much."

When Linda was diagnosed with Parkinson's 4 years ago, they immediately sought support and discovered our North County Parkinson's Support Group. "The monthly meetings are terrific with expert speakers, a library, and other folks on the same journey. We have hugely benefited from sharing experiences with people who truly understand. However, traveling from Escondido to the Oceanside meeting was cumbersome so along with Ken and Brigit King and Howard and Carol Maher, we approached the Board on starting a new chapter to serve the Rancho Bernardo area. That group is now a year old. The Board also helped us kickstart a Tremble Clefs in Rancho Bernardo this past May."

"My advice to my fellow care partners is get involved in every aspect of fighting your loved one's Parkinson's. Attend one of our monthly chapter meetings. Go to Parkinson's events. Be present at doctor appointments. Promote exercise and physical therapy. Develop social relationships with others on the same journey through our many large and small social activities. Exercise your voice and socialize with the Tremble Clefs. Volunteer to help with meetings. I know it's not always easy, but most importantly, don't let yourself become isolated. Get out of the house. Stay active! Stay involved! Stay optimistic! We are truly in this together."

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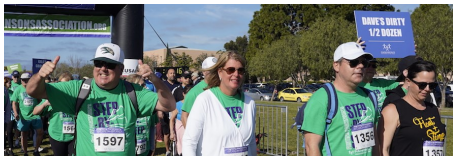
**"Get out of the house.  
Stay active!  
Stay involved!  
Stay optimistic!"**

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### NCPSPG Notices

***We take photos and videos at our meetings and events and may use them in our Newsletter, website and other promotional materials. Please tell the Support Group leader 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.***



## Save the Date Saturday 4/4/2020

Our NCPSTG Team has always had a powerful presence at **Parkinson's Association's 5K Walk**. This year we expect to do even better! You can form your own team - like "*Bingham's Brigade*" - and still be under the larger NCPSTG team. If you can't be there, join our Virtual Team - no shirt but you'll save on sunscreen

### Overview of DBS - First in a Series

The first "Saturday Seminar" - focused educational events - prepared jointly by support groups from around the County, will occur in mid-January at UCSD, La Jolla. Subject is Deep Brain Stimulation. Subsequent topics and locations will rotate around the County. Details in our January newsletter.

### Empowerment Day hosts 450!

Empowerment Day was a seminar covering all aspects of Parkinson's, presented to people with Parkinson's and Care Partners. In a fast moving agenda, topics like an overview of PD, medications, exercises, vocal strengthening, Parkinson's research and so much more were covered. And a nice lunch, too. Thanks to PASD and event sponsors.

### Leadership Training from Parkinson's Movement Disorder Alliance

People with Parkinson's and Care Partners from NCPSTG and around the County gathered



November 1<sup>st</sup> for an all-day training session, preparing them for leadership of our support groups. The sponsors, PMDA and PASD, promised future training and other joint services. An immediate outcome: a tool for documenting symptoms in preparation for appointments with Movement Disorder neurologists, to be presented to you soon at Support Group meetings.

**Our mailing address** for all donations and correspondence:

**NCPSTG**  
**PO Box 230566**  
**Encinitas CA 92023**

## CONTACTS

### Rancho Bernardo Support Group Co- Leaders

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### La Costa Support Group Leader

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NCPSTG Board Vice President 760-519-9588

### La Costa Co-Leader

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### Oceanside Support Group Leader

Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com)  
NCPSTG Board President 760-497-1200

### Oceanside Co-Leader

Madonna Bingham [granny6mb@gmail.com](mailto:granny6mb@gmail.com)  
760-757-7564

### Fallbrook Support Group Leader

Irene Miller [imiller4jc@gmail.com](mailto:imiller4jc@gmail.com)  
760-731-0171

### Fallbrook Support Co-Group Leader

(vacant)

### Treasurer, Recording Secretary & Webmaster

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### Corresponding Secretary

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### Parkinson's Association Advisory Board Liaison

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### Social Director

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760 749-2182

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## Passing

- Arthur Markovits
- Our thoughts and prayers go out to Joan and family

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