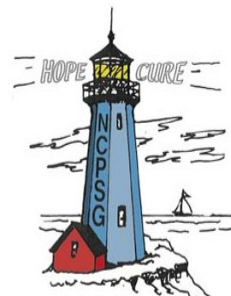


NORTH COUNTY PARKINSON'S SUPPORT GROUP



July 2019



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

Battling Social Isolation

There's no cure yet. But we know there are things that help us battle Parkinson's.

With Parkinson's, we know that **exercise**, be it physical activity or brain-challenging exercises, will help hold our disease at bay. With Parkinson's, we know that good diet, the right nutritional **foods**, will help us live better. With Parkinson's, we know that **sleep** is important, and that however difficult, we must remove distractions and work on getting quality sleep. With Parkinson's, we know our **speech**, our volume, our breathing may diminish, but can be improved through singing, talking LOUD and other focused exercises.

But we sometimes lose track of another basic human need: **socialization**. Over the years we've thrived in the company of others. We've built relationships. We've found our life partner. We've interacted with children, with family, with friends, creating joys and memories. But with Parkinson's we sometimes experience increasing challenges with medication "off" times, with holding a plate or drink steady - or holding a conversation. We get tired of strangers and friends asking what's wrong, of having to explain a tremor, of walking with a shuffle, or our hesitation in finding the right word. As a result, we might tend to separate ourselves from those around us. We recognize that this is not a healthy situation.

Your NCPSPG Parkinson's family offers an alternative to isolation. We have social activities, large and small, throughout the year. We welcome you to a place where you are accepted, where we see beyond the shaking, and we ignore "freezing" - 'cause we've all been there.

Our social events are not designed as another support group breakout session - but you can talk about your meds, your symptoms, your coping skills if you want to. More importantly, you can talk about your grandkids, your favorite dessert, those Padres, your first car, the dress style that might be coming back. You can share pictures of your family, your dog, your cat, your pet piranha. You can regain confidence in your "party skills" - and your ability to interact with those around you. And you can just make new friends. Lifelong friends.

Among our annual BIG events, our annual **picnic** has been a true crowd pleaser. For years we would meet in July in a Carlsbad park and enjoy good food and company. Recent years have seen attendance grow to 100! But last year, we found that we'd picked a day that meteorologists predicted would be the "hottest day of the year". "Extreme Heat Warning!" they said. Attendance dropped way down, yet it turned out to be a beautiful day.

As your Board of Directors looked for ways to make the picnic more exciting, while acknowledging how we can all fade in extreme weather, we moved our picnic indoors, into "air-conditioned comfort". We discovered a caterer with a tasty menu and a reasonable price. All we have to do is "party".

Come join the relocated, rejuvenated, renamed **NCPSPG First-Annual Summer Social July 24** - reservations and checks are due July 19. Exercise your social side, you party animal!

Sunset Soiree - "Knock Parkinson's Out of the Park!"

Parkinson's Association of San Diego announces a major fundraising and educational event: **Saturday October 5, Del Mar Plaza, 5 pm - 10.**

Guest speaker will be **Kirk Gibson**, a baseball great, who hit an amazing homerun in the 1988 World Series. Breath-taking baseball! - see Vin Scully's call at <https://www.youtube.com/watch?v=N4nwMDZYXTI>. Kirk was diagnosed with Parkinson's in 2015 and founded the Kirk Gibson Foundation for Parkinson's.

Tickets support the PASD's need for funds for their services for people with Parkinson's, care partners and families. **All funds they raise are used here in San Diego County.** And it will be a memorable evening!

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Support Group Meetings

RANCHO BERNARDO - (NCPGS Sponsored)

(normally meets first Monday of each month)

Meeting CANCELLED for July because of facility conflict. Please join us at the "Summer Social" July 24 in Oceanside (see pages 1 & 4)

LA COSTA CARLSBAD – Wednesday July 3rd

1pm - 3 pm (NCPGS Sponsored) (first Wednesday of each month) Christ Presbyterian Church, 7807 Centella St, Carlsbad, CA 92009

Speaker: Sophie Exdell, of Elder Law and Advocacy
Topic: Health Information and Advocacy Program, a free service for seniors and disabled. Breakout groups follow. Call **Rex McCoy 760-519-9588**.

OCEANSIDE - Wednesday, July 10th (NCPGS Sponsored)

1pm - 3pm (second Wednesday of each month) at **Oceanside First Presbyterian Church** 2001 S. El Camino Real, Oceanside.

Speaker: Speaker to be determined

Topic: Program not finalized at time of Newsletter printing. Breakout groups follow. Call **Paul Dawson 760-497-1200**.

FALLBROOK – (NCPGS Sponsored) (normally meets fourth Friday of each month) at **Christ The King Lutheran Church**, 1620 S. Stage Coach Lane, Fallbrook.

Meeting CANCELLED for July because of the "Summer Social" July 24 in Oceanside (page 1)

Call **Irene Miller 760-731-0171**

ATYPICAL Parkinson's (Caregivers only)

Wednesday, July 3rd 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

ATYPICAL Parkinson's (PwP & Caregivers)

Monday, July 17th 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

NCPGS Board of Directors

Wednesday July 17th 1pm - 3pm

Tri-City Wellness Fitness Center, conference room, 6250 El Camino Real, Carlsbad. Contact

Paul Dawson 760-497-1200 paul@video-fire.com

Check with exercise group leaders for schedule changes around July 4

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 after 7/9

St. Andrews Episcopal Church, 890 Balour Dr., Encinitas.

North Inland Chapter Rancho Bernardo

Wednesdays 10 am - noon - on vacation after 7/17

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. **But this month we have our large group "Summer Social" - see pages 1 & 4.** Come and join us in Oceanside. Notice the deadline for reservations. Contact **Sam Cooper**, Social Chair, scprphd@gmail.com or call/text **520-820-0339**.

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: Frank Finn

By Sam Cooper



Frank Finn grew up in Detroit, Michigan, moving to California in 1986. "I started out as a contractor laying concrete. I changed careers in 1995 becoming part of the relatively new cable industry. I also volunteered at the men's central jail and detention center in Vista as a chaplain for many years." When asked about what he considered to be a major life accomplishment, Frank immediately responded, "My biggest life accomplishment is definitely my two wonderful kids".

"When I was diagnosed with Parkinson's in April of 2016, I had to retire almost immediately. Transitioning so abruptly from working every day to retiring was very difficult. I felt like I had lost my identify. This continues to be my greatest challenge." Other challenges for Frank include morning rigidity and resting tremors in his hands. A huge believer in exercise, he attends a Rock Steady Boxing class in Carlsbad twice a week and works out at the Tri City Wellness Center 3-4 times a week. "It's pretty clear to me the key to my health, my movement, and my strength is exercise. I cannot encourage everyone enough to get up and get moving. It really is true. It doesn't matter HOW you move. It matters THAT you move."

"In many ways my Parkinson's has made me a better person. With exercise, socialization, and the right combination of medication, Parkinson's is not a death sentence. It is manageable. It does not have to define us.

"I know we have all heard this, but it is so very important. We are not alone on this journey. Supporting each other is critical for all of us.

"Most of all Parkinson's has made me realize that our time is indeed short and the most important thing any of us will ever have is family and friends and each other."

Frank has been a member of our North County Parkinson's Support Group for three years and attends all four of our support group meetings depending on the topic and speaker. "I am thirsty for any and all information I can get so I'll go to any or all of the groups each month. The variety of speakers is just tremendous. And our support groups are a wonderful opportunity to meet great people and learn about myself and my disease. The feeling that other people know what I am going through is just invaluable."

"I am also very fortunate that my family and friends remain incredibly supportive. They check on me frequently and we go to dinner or a movie whenever possible. I know we have all heard this, but it is so very important. We are not alone on this journey. Supporting each other is critical for all of us. The invaluable information available at our meetings, our many exercise opportunities, and social activities means we really are in this together."

Asked if he had any final thoughts, Frank added, "In many ways my Parkinson's has made me a better person. With exercise, socialization, and the right combination of medication Parkinson's is not a death sentence. It is manageable. It does not have to define us. Most of all Parkinson's has made me realize that our time is indeed short and the most important thing any of us will ever have is family and friends and each other."

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 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.

**Our Directory is coming soon.
Will you be included? Is your info up-to-date?**

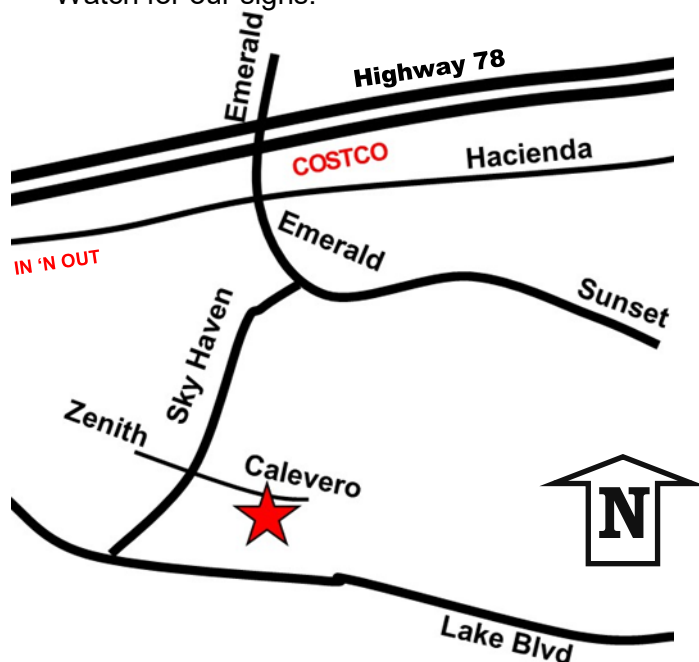
- If you were in the previous Directory, we plan to include you in the 2019 edition.
- If you want to be dropped from the 2019 edition, you need to let **Micheline** know.
- If you recently joined our Support Groups, **and** you filled out our Contact Info sheet, **and** you indicated you wanted to be included, you will be.
- If you are unsure and you want to be included, send your info to **Micheline**. (name, address, email, phone) **DEADLINE: July 15**

Micheline Allen, Corresponding Secretary, maintains our NCPSPG membership database, circulates our electronic version of NCPSPG Newsletter, prepares envelope addresses for our mailed Newsletters, proofreads our Newsletter, and assembles names for our Directory. Yes! Micheline is a super contributor!
micheline.allen@cox.net 760-631-0649

“Summer Social” July 24th

More on our Summer Social... If you have your registration form - or even if you don't - please mail your check for **\$12 per person** to **NCPSPG Treasurer**, P.O. Box 230566, Encinitas CA 92023, or bring it to the next support group meeting. (Only La Costa and Oceanside chapters meet in July.) Checks are due before July 19. Sorry, no tickets available at the door.

Directions: Take **Highway 78** to **Emerald** offramp. Turn south on **Emerald** to **Sky Haven Lane**. Turn right on **Sky Haven** to **Calevero**. Turn left (uphill) to the clubhouse. Watch for our signs.



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(vacant)

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Passings

◆ Ken Druhot
◆ Jan Gottfredson
Our thoughts and prayers to family & friends

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