

NORTH COUNTY PARKINSON'S SUPPORT GROUP

June 2019



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

♪ **New Tremble Clefs Chapter Starts in RB** ♪



It's Official! A New **Tremble Clefs** chapter starts **Wednesday, May 29 in Rancho Bernardo**. It joins two other chapters in our County - Mission Valley (San Diego) and North Coastal (in Encinitas). The new group meets at **10 am to noon every Wednesday** at San Rafael Catholic Church, 17252 Bernardo Center Drive, San Diego (RB) - the same campus where our RB Support Group chapter meets. Tremble Clefs will meet in the Parish Center, located across the parking lot from the church.

Several donations made this possible. Tremble Clefs San Diego received a grant from the Parkinson's Foundation. Your NCPSPG

Board of Directors donated \$2000 to Tremble Clefs (a separate non-profit) to assist with start-up costs. A generous individual donated a new electronic piano for use by the new TC chapter.

Tremble Clefs was created more than two decades ago by **Karen Hesley**, a speech therapist with MA in Linguistics and Communications Disorders. Recognizing the value for people with Parkinson's of singing, she started TCs in the Phoenix area. In addition to the obvious value of singing for breath control, lung expansion, and speech volume (all challenges for some PwP), Karen could see potential improvement to swallowing and voice intonation. And further, through learning lyrics, rhythm, and the intellectual exercise of bringing all those elements together, cognitive benefit occurred. A great side benefit soon became apparent: socializing, and the pure fun of singing and entertaining others. In addition to weekly rehearsals, TCs present concerts to senior groups, assisted living and nursing facilities, veterans groups, Parkinson's events, and even sing with high school choirs - bringing enjoyment and a better understanding of Parkinson's to all.

You don't have to be able to read music - many participants don't. You don't have to be able to carry a tune. You **do** have to enjoy singing... or you soon will! Come join TCs on Wednesdays in RB, or Tuesdays in Encinitas.

Sidekicks - Carlsbad Event Davis Phinney Foundation



Sidekicks uses art to bring youth and people with Parkinson's together.

Each learns from the other and gains an appreciation of their unique perspectives. The program was held in Carlsbad in two sessions at Tri-City Wellness Fitness Center, on May 11 and May 18.

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Support Group Meetings

RANCHO BERNARDO - Monday, June 3rd

10 am - noon (NCPSTG Sponsored) (first Monday of each month,) San Rafael Catholic Church, 17252 Bernardo Center Drive, San Diego (RB)

Speaker: **Marilyn Sidler**, Certified Driver Rehabilitation Specialist at Sharp Hospital

Subject: **Driving Education and Safety for People with Parkinson's.** Breakouts follow where people with Parkinson's and care partners meet separately to discuss issues and successes. Call **Brigit King 858-354-2498.**

LA COSTA CARLSBAD – Wednesday June 5th

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

Speaker: **Marty Acevedo**, Registered Dietitian Nutritionist, served as a member of the critical care health care team at Tri-City Medical Center.

Subject: **Hospitalization and Parkinson's.** Breakout groups follow. Call **Rex McCoy 760-519-9588.**

OCEANSIDE - Wednesday, June 12th (NCPSTG Sponsored)

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

Speaker: **Sherrie Gould**, NP, Scripps Movement Disorder Clinic

Topic: **Hallucinations and Delusions in Parkinson's** - and medication Nuplazid. Breakout groups follow. Call **Paul Dawson 760-497-1200.**

FALLBROOK – Friday, June 28th 10 am - noon

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

Speaker: **Sherrie Gould** Nurse Practitioner & **Dustin Ubrum** AbbVie Pharmaceutical

Topic: **PD Meds Advancement.**

Breakout groups follow

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

ATYPICAL Parkinson's (PwP & Caregivers)

Monday, June 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

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

Physical Exercise

CARDIFF LOCATION - Tuesdays & Thursdays

11am - noon (NCPSTG 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 St. Andrews Episcopal Church, 890 Balour Dr., Encinitas.

North Inland Chapter Rancho Bernardo

Wednesdays, 10 am to noon

San Rafael Catholic Church, 17252 Bernardo Center Drive, San Diego (RB) - Parish Center

New members always welcome. (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 on the third Monday of each month that we don't have a large group activity (Meeting in June, but large group in July). Come and join us in Oceanside or Rancho Bernardo in a safe environment where we all understand and support each other. Contact **Sam Cooper**, Social Chair, scrphd@gmail.com or call/text **520-820-0339.**

In Focus: Rex McCoy

By Sam Cooper



Rex McCoy, Lt. Commander USN, Retired, is originally from the coal mining hills of Eastern Kentucky. After graduating from Ohio State University and the ROTC program in 1970, he began his career in the Navy. After two combat tours in Vietnam, including serving on USS Berkeley which took part in the last naval battle of the war, he met his future wife, Ann, in Long Beach in 1972. "Our whirlwind courtship only lasted five days, but we were married 42 years so I must have done something right!"

Retiring from the Navy in 1990, the McCoy's settled in Southern California first in Carmel Valley

and later in Encinitas and Rex began his second career as a software quality assurance engineer. Leaving the software industry in 2001, Rex and Ann owned a hair salon for several years while Ann continued to perform as a well known exercise leader and dancer at many local venues.

After Ann's diagnosis the previous year, they attended their first North County Parkinson's Support Group in 2011. Rex was invited to join the Board in 2012 and has remained very active in our North County community even after Ann's passing in 2014 from an illness unrelated to Parkinson's. "The tremendous support Ann and I received during her illness encouraged me to stay on the Board. I just want to continue giving back to the community that gave so much to us."

He is the leader of our La Costa support group and Vice-President of our Board and was a critical part of the transition to our non-profit status. He also serves on planning and budget committees. "With four support groups in North County now, it takes a lot of people doing a lot of work to keep everything moving forward. We need everyone helping in any way they can."

Rex has also made several presentations on personal advocacy for Parkinson's patients when hospitalized. "This kind of information simply isn't available from any other agency. It's the kind of thing that can only be developed within the community itself. This is why our support groups are so valuable for people."

Rex also likes our social activities including the small groups in particular. "These small groups are a wonderful opportunity to connect with other people who are going through the same journey. No one has to be alone. We are literally on this journey together."

"Nobody understands Parkinson's like the patients themselves and their caregivers. Nobody will take charge in this journey unless we do it ourselves. That's the tremendous value of our support groups. From the array of information we offer to our exercise and social opportunities we gain from each other to meet the challenges we face. You are not Parkinson's. You are you."

"The tremendous support Ann and I received during her illness encouraged me to stay on the Board. I just want to continue giving back to the community that gave so much to us."

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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 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.

“Summer Social” July 24th

We will cheer in summer, in air conditioned comfort, with fun, catered food, and stimulating conversation. It's Wednesday July 24 in a clubhouse near Lake Blvd and College Ave, Oceanside. A reservation form should accompany this newsletter, but if not, please mail your check for **\$12 per person to NCPSTG Treasurer**, P.O. Box 230566, Encinitas CA 92023, or bring it to your next support group meeting. Checks are due before July 19.

Sorry, no tickets available at the door.

Let's get packing to cruise south!



We're going on a cruise to Mexico!

The UCSD Support Group Network is organizing a

seven day cruise from San Diego to the Mexican Riviera, and **we're invited**. The Holland America ship *Oosterdam* sails **November 30 thru December 7** and includes Cabo San Lucas, Mazatlán, and Puerto Vallarta.

Cost starts at about \$650 per person plus about \$110 taxes (interior room - based on double occupancy).

In addition to standard rooms, a very limited number of “*fully accessible*”, “*fully accessible - single side wheelchair access*” and “*ambulatory accessible*” rooms, all with wide doors, roll-in showers, and other features are available - but only on a first-come reservation basis.

Reservations are being handled by AAA Travel representative Liliana Almeida at 619 397-6434 or almeida.liliana@aaa-calif.com

More on *Driving with Parkinson's*

After sharing our slides from the Oceanside SG's presentation on *Driving with Parkinson's*, Nancy Floodberg of Central SD County Support Groups offered the following from their 2016/2017 seminar:

1. If you are diagnosed with Parkinson's and driving, maximize your vehicle's liability insurance immediately.
2. If you plan to continue driving after diagnosis, strongly consider driver rehabilitation training to determine your safety and skill as a driver. One family did, “*and it was one of the best decisions we made.*”
3. If you are cited or in a driving accident, consider hiring a driver advocate (representative) to help you navigate the DMV. *CA Drivers Advocates* is one source: www.dmv-defenders.com

CONTACTS

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Passings

◆ Don Davis

Our thoughts and prayers go out to Alice, 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