

# NORTH COUNTY PARKINSON'S SUPPORT GROUP


May 2019



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

## ***“The Hills are Alive with the Sound of... Tremble Clefs”***

Singing brings smiles to all in earshot. Familiar melodies bring memories of earlier days, fun times. Singing brings joy to singers and listeners alike. Vocalizing helps those challenged by ever-softer voices, improves breathing, strengthen swallowing muscles, Singing challenges the brain with relationships of rhythm, tone, while following lyrics. Voices reach out to seniors, veterans, rest home residents, sometimes stimulating long-silent patients to joining in. **Tremble Clefs**, a Parkinson's voice therapy singing group, achieves all that and more - through fun, invigorating rehearsals, and through community presentations that enlighten audiences about PD..

Our NCPSPG Major Projects Committee, not satisfied with their new highly successful Rancho Bernardo Support Group, is working with Tremble Clefs to form a **new TC chapter in RB!** Your NCPSPG Board of Directors has decided to invest funds to help the TC organization (a non-profit, just like us) get things started. Today, a Tremble Clefs chapter meets in Mission Valley San Diego, and another in Encinitas. At least 35 folks have signed up for a RB chapter, and are chomping at the bit, ready to burst into song! Stay tuned. We'll put a note  in our Newsletter when location and schedule are set. *“Doe, a deer, a female deer; Ray, a drop of golden sun...”*

## ***5K - What a Day!***

It was April 7th, Liberty Station. PASD's Step-by-Step 5K Walk. Seventy-one **Team NCPSPG** walkers were the **second largest team!** And **FIRST PLACE** as **largest fundraiser** at \$8,450! Wahoo! *But wait - there's more!* **Madonna Bingham** was honored for personally raising over \$91,000 total over the history of the PASD 5K. Outstanding, Madonna! Thanks to everyone for supporting PASD's major fundraiser. Sure was fun, wasn't it!

## ***Sidekicks - May 11 and May 18 Davis Phinney Foundation***

It's really a great idea - using art to bring youth and people with Parkinson's together. Each learns from the other and gains an appreciation of their unique perspectives. It will be spearheaded by our own Marty Acevedo, who serves on the Parkinson's Association Board and as an Ambassador of the Davis Phinney Foundation.

The **Sidekicks program** will be held here in Carlsbad in two sessions at Tri-City Wellness Fitness Center, on May 11 and May 18. Refreshments will be provided. We have about 10 people with Parkinson's, **but need five more**, who will be volunteers from NCPSPG and from the MI-Neuro/Parkinson's program at TCWFC. If you are interested please contact **Marty Acevedo**, by phone at **760 522-8145**, or by email at [martyandace@gmail.com](mailto:martyandace@gmail.com).

## ***New NCPSPG Directory - Is your info up to date?***

Soon we will produce the 2019 edition of our **members' Directory**. It includes information on our chapters, leadership, meetings, social events and more. **Most importantly it contains the contact information of our members - but only of those who agree to be included in the Directory.** And if you want a copy, you must agree to be included in it.

Micheline Allen, our Corresponding Secretary, maintains a database that is as up-to-date as possible - but only if **you keep her up-to-date**. Have you changed email, phone, or address? Please email her with your latest contact info: [Micheline.Allen@cox.net](mailto:Micheline.Allen@cox.net) or call **760 631-0649**

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## Support Group Meetings

**LA COSTA CARLSBAD – Wednesday May 1<sup>st</sup>**  
**1pm - 3 pm (NCPGS Sponsored)** (first Wednesday of each month) Christ Presbyterian Church, 7807 Centella St, Carlsbad, CA 92009  
Speaker: **Irene Litvan, MD**, UCSD Movement Disorder Neurologist  
Subject: Current **Parkinson's-related research** at UCSD. Breakouts follow where people with Parkinson's and care partners meet separately to discuss issues and successes.  
Call **Rex McCoy 760-519-9588**.

**RANCHO BERNARDO - Monday, May 6<sup>th</sup>**  
**10 am - noon (NCPGS Sponsored)** (first Monday of each month,) San Rafael Catholic Church, 17252 Bernardo Center Drive, San Diego (RB)  
Speaker: **Marty Acevedo**, Registered Dietitian Nutritionist (RDN)  
Subject: **Nutritional Care** for People with Parkinson's. Breakout groups follow.  
Call **Brigit King 858-354-2498**.

**OCEANSIDE - Wednesday, May 8<sup>th</sup> (NCPGS Sponsored)** **1pm - 3pm** (second Wednesday of each month) at **Oceanside First Presbyterian Church** 2001 S. El Camino Real, Oceanside.  
Subject: **Driving with Parkinson's** - Review of medical issues, mandatory reporting, DMV actions, your options. Breakout groups follow.  
Call **Paul Dawson 760-497-1200**.

**FALLBROOK – Friday, May 24<sup>th</sup> 10 am - noon (NCPGS Sponsored)** (meets fourth Friday of each month) at **Christ The King Lutheran Church**, 1620 S. Stage Coach Lane, Fallbrook.  
Speaker: **Jessica Romero**, Southern Caregiver Resource Center advisor.  
Topic: **Fall Prevention and Home Safety**. Breakout groups follow.  
Call **Irene Miller 760-731-0171**

**ATYPICAL Parkinson's (Caregivers only)**  
**Wednesday, May 1<sup>st</sup> 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)

**ATYPICAL Parkinson's (PwP & Caregivers)**  
**Monday, May 19<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)

## 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**

## Vocal Exercise

**Tremble Clefs** -Therapeutic Singing **Tuesdays 1pm - 2:30pm** St. Andrews Episcopal Church, 890 Balour Dr., Encinitas. New members always welcome. (Free) Call **Deanna Hastings at 619-363-0814** or check website: [www.trembleclefs.com/san-diego](http://www.trembleclefs.com/san-diego)

**AudAbility** - This music therapy program offers numerous music related activities for People with Parkinson's. (Fee charged) For more information, call **Lindsay Zehren at 858-457-2201** or email [lzehren@musicworxinc.com](mailto: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. 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, [scprphd@gmail.com](mailto:scprphd@gmail.com) or call/text **520-820-0339**.

## NCPGS Board of Directors

**Wednesday May 15<sup>th</sup> 1pm - 3pm**  
Tri-City Wellness Fitness Center, large conference room, 6250 El Camino Real, Carlsbad. Contact **Paul Dawson 760-497-1200** [paul@video-fire.com](mailto:paul@video-fire.com)

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: Art Mandelbaum

By Sam Cooper



Art Mandelbaum grew up in Hollywood receiving his education degrees from the University of Southern California and the University of California Los Angeles. He was a teacher and an administrator in the Hawthorne School District for 31 years. It was there he met his wife, Jean. They raised a son and two daughters. After retiring, they moved to Oceanside in 2000. They were married for 55 years until Jean passed away last year.

Art has been a long time volunteer helping his community and enhancing the lives of others for over 20 years. Upon his retirement, Art became a member

of the Oceanside Pacific Kiwanis Club. He also volunteered extensively with the Oceanside Public Library. When he found out the library was facing dramatic budget cuts, Art used his affiliation with the Kiwanis to organize a very successful fundraiser to buy children's books and magazines. "Our future is all about children and their future is all about reading, so as a retired educator this was an easy commitment for me to make." He became an advisor on the Serra board and was later appointed a Library Trustee. "All of us need to reach out to others and make this world a better place. I'm just glad I could help."

Always very physically active, Art played beach volleyball in his youth, racquetball during his working years, and golf and paddle tennis in retirement. "As my Parkinson's has progressed, it is harder for me to exercise, but we all have to keep moving. You just feel better when you do."

Art has attended our Oceanside support group, and the Vista support group before that, for many years. "One of the things I learned early on is that while everyone's journey with Parkinson's is similar, all of our journeys are also very different. It helped a lot to understand that." While Art enjoys the support group meeting and "all the excellent information available", it is our social activities he likes most of all. "I particularly like the small groups. I have made many friends and always feel supported and welcome. I try and go even when I don't feel like being social. I know I can just listen and be understood and accepted. How do you put a price on that?"

This past year, Art has had some health setbacks and his two daughters, Lori and Jeri, have become very involved in his care allowing their dad to remain in his own home. "I don't know what I would do if my family were not so supportive. They are such a big help for me."

His advice to others is to "Keep a positive attitude. Accept things are going to change in your life. They do for everybody. Being active is your best friend. Remember this: Motion Is Lotion. Keep all of your body parts moving. If you don't, you will just get stiff and make your journey more difficult. Don't forget we really are in this together. Reach out to other people. Get involved. Go to our social events. Most of all, be grateful for the time you have. You are not your Parkinson's. You are you."

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**Most of all, be grateful  
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You are you."**

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### NCPSPG Notices

*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.*

***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.***

## NCPHG Hats are Ready (if you ordered one)

White baseball hats embroidered with our NCPHG lighthouse logo have arrived! Almost fifty folks asked for these beauties, and they will be available to those who pre-ordered at your next Support Group chapter meeting.



Besides being a good-looking hat, it tells people that you encounter that you're involved in meaningful activities to battle Parkinson's... and open to discussing it. Powerful.

Please bring a check for thirteen dollars (\$13) made out to NCPHG - and that's our total cost. Anything paid beyond \$13 would be a donation - and would be appreciated.

## "Summer Social" July 24th

A great summer celebration, in air conditioned comfort, fun food, stimulating conversation. Keep Wednesday July 24 clear on your calendar. Next month we'll include a reservation form. We're so organized!

## You're Invited on a Cruise!

Our reputation as **party animals** precedes us!

The UCSD Support Group Network is organizing a **seven day cruise** from San Diego to the Mexican Riviera, and **they've invited us** to come. It sails November 30 thru December 7 and includes Cabo San Lucas, Mazatlán, and Puerto Vallarta.



The Holland America ship *Oosterdam* is 936 feet in length and carries about 1964 passengers. Cost starts at about \$650 per person + taxes (based on double occupancy).

There's discussion of having optional Parkinson's educational presentations and activities.

Interested? We'll have more info in future Newsletters. You may also contact David Higgins at [admin@drhiggins.net](mailto:admin@drhiggins.net).

## CONTACTS

### Rancho Bernardo Support Group Co- Leaders

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Brigit King [icedancer@san.rr.com](mailto:icedancer@san.rr.com)  
858-354-2498

### La Costa Support Group Leader

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NCPHG 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)  
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### 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)  
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### Fallbrook Support Co-Group Leader

(vacant)

### Treasurer, Recording Secretary & Webmaster

Caryl Parrish [cparrish@prodigy.net](mailto:cparrish@prodigy.net)  
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### Corresponding Secretary

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### Parkinson's Association Liaison

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520-820-0339

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## Passings

### ◆ Steve Doman

Our thoughts and prayers go out  
to family & friends

Our continuing thanks to the  
Neurology Center of Southern California  
for our Newsletter postage.



Serving San Diego County with four locations:  
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760-631-3000