

NORTH COUNTY PARKINSON'S SUPPORT GROUP

November 2019
www.NCPSG.org



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

Your Donation is *Critical*, and *Appreciated*

We have four very successful Parkinson's support groups run by several very enthusiastic volunteers. They manage monthly meetings providing information and support for all North County residents. Not only do we need more volunteers we need funds to help us continue to provide this excellent support system.

Your donation, no matter what the amount, is greatly appreciated, needed to help us to continue to provide the services you have become used to. Annual operating costs are high, and funds are needed for support in publishing the monthly newsletter, maintaining the exercise programs, meeting equipment, the website and underwriting special events to name just a few.

Your check made out to **NCPSG** and mailed to **P.O. Box 230566, Encinitas CA 92023** will definitely help. You could set up monthly payments from your checking account and have a sizeable impact over time.

We ask that you thoughtfully consider donating what you could afford, and help us insure that we can continue to be effective, providing meaningful support to people with Parkinson's, their care partners, and the people close to them. Your donation, big or small, will help. Thank you!

Major Projects Advisory Committee - A Role for You?

To better serve the Parkinson's community, a few of our members were recruited to dream, to investigate, to plan, and to propose ideas to our Board of Directors. The **Major Projects Advisory Committee** was formed several years ago. Those original members identified several significant needs. Their initial recommendation was formation of a new Support Group along the I-15 corridor.

Long story short, the new Rancho Bernardo SG is now our largest chapter, and it continues to grow. A new Tremble Clefs group is an off-spin. The only downside is that all committee members became the leadership of the of the new RB Chapter, leaving the Major Projects "brain-trust" creativity to others.

If you'd like to contribute to our Parkinson's community through your ability to think "outside the box" - finding new opportunities to serve people with Parkinson's, please consider joining the **Major Projects Advisory Committee**. Contact Paul Dawson, Rex McCoy, Caryl Parrish or Micheline Allen (our Executive Board) to talk about this chance to positively impact folks on this challenging journey.



Our original Major Projects Committee in June 2018. Their effort started our RB Chapter, and they became it's leadership - leaving a void on the Committee. Could you help fill the void?



Holiday Luncheon **Reservations Deadline**

What a wonderful way to celebrate the holidays with friends from all our chapters - kicking off a joy-filled season. **Shadowridge Country Club** in Vista has hosted our event for years. They provide a great meal in beautiful surroundings. But we provide the energy, the fun, the friendship.

Our reservation form is attached to this newsletter. The **Saturday December 7** event has a firm deadline: December 2. We **must receive** your reservation and your check for \$25 per person by December 2. We cannot accept reservations after that date. Hope to see you there ...with bells on!

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for Holiday Luncheon

Support Group Meetings

RANCHO BERNARDO - Monday November 4th
10am - noon (NCPGS Sponsored) (meets first Monday of each month) **San Rafael Catholic Church,**

17252 Bernardo Center Drive, RB (San Diego)
Speaker: **Dr. Nelson Hwynn**, Movement Disorders Neurologist, Scripps Clinic

Topic: Activities and Medications for Treating Parkinson's. Call **Carol Maher 760 749-8234**

LA COSTA CARLSBAD - Wednesday November 6th 1pm - 3 pm (NCPGS Sponsored) (first Wednesday of each month) **Christ Presbyterian Church,** 7807 Centella St, Carlsbad, CA 92009

Topics: **Veteran's Administration** with clinical research opportunities, and **Kathy Demos**, TLC Senior Advisors on choosing the right caregiver. Breakout groups may follow. Call **Rex McCoy 760-519-9588.**

OCEANSIDE - Wednesday, November 13th (NCPGS Sponsored) 1pm - 3pm (second Wednesday of each month) at **Oceanside First Presbyterian Church** 2001 S. El Camino Real, Oceanside.

Speaker: **Alex Higley**, Higley Fit Martial Arts, owner, head coach

Topic: **Rock Steady Boxing** - a non-contact workout for people with Parkinson's that builds strength, coordination, endurance and your outlook! Breakouts follow. Call **Paul Dawson 760-497-1200.**

FALLBROOK No November meeting due to Thanksgiving (NCPGS Sponsored) (usually meets fourth Friday of each month) **Christ the King Lutheran Church,** 1620 S. Stage Coach Lane, Fallbrook. Call **Irene Miller 760-731-0171**

ATYPICAL Parkinson's (Caregivers only) Wednesday, November 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

ATYPICAL Parkinson's (PwP & Caregivers) Monday, November 18st 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 November 20th 1pm - 3pm

Tri-City Wellness Center, conference room, 6250 El Camino Real, Carlsbad. Call **Paul Dawson 760 497-1200** or email paul@video-fire.com.

Physical Exercise

Check with instructors to confirm meetings around Thanksgiving

CARDIFF LOCATION - Tuesdays & Thursdays 11am - noon (NCPGS Sponsored) Encinitas Elks Lodge, 1393 Windsor Rd., Cardiff. (Fee charged). Call **Betty Byrd 760-635-1144.**

OCEANSIDE LOCATION - Fridays 11am - Noon Tri-City Hospital, 4002 Vista Way, Oceanside. Confirm room location at lobby info desk. 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, including *Dance for Parkinson's*. Tri-City Wellness & Fitness Center, 6250 El Camino Real, Carlsbad. (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

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.

Large and Small Social Groups

No small or large group meetings in November because of the Thanksgiving holiday. We hope you can be with family & friends. We've got so much to be thankful for.

Our annual **Holiday Luncheon** is the first Saturday in December. Its a wonderful way to celebrate the holidays and share a great meal with friends - new and old. Note the deadline! Our registration form is attached. Registrations must be received by **Dec. 2!**

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: Sam Lazar

By Sam Cooper



To quote Bob Hope, "I was born, or it could happen to anyone". For Sam Lazar, it happened in August of 1927 in Brooklyn, New York, where he lived until enlisting in the Navy at the end of World War II. "My public school education was in Coney Island and high school at Brooklyn Technical High. I was anticipating an engineering career, but chemistry was not my forte, which was ironic, as the Navy had me teaching chemistry to new recruits!"

In 1948, Sam transferred to the University of Southern California in Los Angeles and a career change to business. He spent 40 years in the ladies garment industry traveling the United States and meeting all kind of interesting people. "In 1981 I was invited to create an educational curriculum for garment manufacturing at the Fashion Institute of Design and Merchandising in Los Angeles. It was there I met the love of my life, Georgia. It's not just that we are still together almost 40 years later. We still like each other! We even worked together for over 10 years. How's that for togetherness!"

Sam was diagnosed with Parkinson's in 1998. "I had displayed various symptoms for several years before that. My neurologist suggested a very moderate approach, and I began a regiment of Selegiline. About two years ago due to symptom progression, my neurologist, Dr. Stephanie Lessig, at the VA Medical Center San Diego added carbidopa levodopa. I also am dealing with diabetes, macular degeneration, and high blood pressure, but Georgia and I continue to travel whenever we have the opportunity. We try to stay busy and are members of the Travel Club, Theatre Arts, Village Vets, and the Library Club. One of the highlights of my week is going to the Parkinson's physical therapy class on Fridays at Tri-City Medical Center."

Sam and Georgia attend our La Costa and Oceanside chapter monthly meetings as well as a support group at Ocean Hills where they live. "Being involved with these groups is very important. The information we have gathered has been very helpful. We really enjoy the social activities and still manage an extensive social life with many wonderful people in the Oceanside area. You always hear you don't have to be on your Parkinson's journey alone and it's true!"

"To sum it up...Put a smile on your face and a song in your heart. This one life is all you get. Enjoy it!"

"... I met the love of my life, Georgia. It's not just that we are still together almost 40 years later. We still like each other!"

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"Being involved with these groups is very important. The information we have gathered has been very helpful. We really enjoy the social activities and still manage an extensive social life with many wonderful people in the Oceanside area."

"This one life is all you get. Enjoy it!"

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.

Hurry! Still Time to Sign Up: Leadership Training - November 1

There still may be time if you sign up right away. **Support Group Leadership Training**, a one day seminar, will be presented in San Diego on Friday, Nov. 1, 9am-4, Lafayette Hotel, 2223 El Cajon Blvd SD

Parkinson's Association of San Diego has partnered with Parkinson's & Movement Disorder Alliance of Arizona to present a course normally offered in two half days, compressed here into one.

If you've ever thought about becoming a leader, or if you are a leader now and want to expand/polish your skills, sign up for this free training session. It promises to be fun, a great networking opportunity, and a valuable way to gain skills and knowledge for you to personally benefit our Parkinson's community. Register at <https://www.pmdalliance.org/events/in-sync-support-group-leaders-workshop-san-diego/>

Empowerment Day - Mission Bay

Friday November 15. An all-day event with more than 15 expert speakers. A catered lunch offers time to socialize, meet over 30 vendors, and compare notes on important updates. Registration is required. Visit www.ParkinsonsAssociation.org. The \$20 fee can be waived if it's an obstacle to your attending.

California Parkinson's Disease Registry

Assembly bill 715 was signed into law by Governor Newsom, extending the important data-gathering on Parkinson's for one year to January 1 2021. We need to work towards permanent funding here in California, and towards a National PD Registry. Research towards a cure requires accurate, comprehensive data - data that's the goal of CPDR.

PASD Sunset Soiree Hits it Out of the Park!

It was an exciting event at Del Mar Plaza. Baseball great **Kirk Gibson**, diagnosed with PD in 2015, gave a



Madonna Bingham (back to camera) greets Kirk Gibson, Eiko Roberts between them, Eiko's daughter Melissa Roberts on left.

moving keynote speech. A beautiful evening enjoyed by folks from many support groups along with other PD supporters. PASD raised funds needed to underwrite their services.

CONTACTS

Rancho Bernardo Support Group Co- Leaders

Carol Maher hcmaher@cox.net
760-749-8234

Brigit King icedancer@san.rr.com
858-354-2498

La Costa Support Group Leader

Rex McCoy rmcco@cox.net
NCPGS Board Vice President 760-519-9588

La Costa Co-Leader

Eva Zamora 3evazamora@gmail.com
760-814-3479

Oceanside Support Group Leader

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

Oceanside Co-Leader

Madonna Bingham granny6mb@gmail.com
760-757-7564

Fallbrook Support Group Leader

Irene Miller imiller4jc@gmail.com
760-731-0171

Fallbrook Support Co-Group Leader

(vacant)

Treasurer, Recording Secretary & Webmaster

Caryl Parrish carylparish@gmail.com
760-753-5004

Corresponding Secretary

Micheline Allen micheline.allen@cox.net
760-631-0649

Parkinson's Association Advisory Board Liaison

Thelma Balbes (PA Advisory Board member) 760-918-9887

Social Director

Sam Cooper scprphd@gmail.com
520-820-0339

Video Documentation

Arthur Bierle Google: [Arthur Bierle on Vimeo](#)
760 749-2182

Library

Madonna Bingham granny6mb@gmail.com
760-757-7564

Newsletter

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

Focus Interviews

Sam Cooper scprphd@gmail.com
520-820-0339

Printed Edition Distribution

Madonna Bingham granny6mb@gmail.com
760-757-7564

Electronic Distribution

Micheline Allen micheline.allen@cox.net
760-631-0649

Passings

- Dennis Fischer
- Jim Kakalik
- Frank Abbott

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:
Carlsbad, Escondido, Poway, La Jolla
760-631-3000