

October 2019

# NORTH COUNTY PARKINSON'S SUPPORT GROUP



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

## Leadership Training - November 1

Ever feel that you could help run a breakout group, or even lead a new support group? Do you feel like you could contribute to our fight against Parkinson's in a leadership role? Our growth in recent years points to a need for additional activities, maybe even a new support group... or two! If you didn't know, our relatively new Rancho Bernardo group has had attendance approaching 100! And new folks arrive every month at all our chapters. Its good to know that people with Parkinson's and their care partners recognize that they don't have to fight Parkinson's alone, and that support groups offer valuable resources on their Parkinson's journey.

Parkinson's Association of San Diego has partnered with Parkinson's & Movement Disorder Alliance of Arizona to present a day-long leadership training seminar at UCSD La Jolla, Friday, November 1. 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. Sign up by emailing [info@ParkinsonsAssociation.org](mailto:info@ParkinsonsAssociation.org) or Paul Dawson at [paul@video-fire.com](mailto:paul@video-fire.com) or call Paul at 760 497-1200.

## Baseball and Family and Parkinson's - Full Circle

We've learned that one of our members has a strong connection with baseball. **Eiko Roberts** is active in our Oceanside chapter. (We hope to learn more about Eiko in a future FOCUS article, if we can talk her into it.) Eiko's son was an athletic standout in football, basketball and baseball in high school in Vista, played baseball at UCLA, and went on to play professionally.

**Dave Roberts** played for five major league teams in his ten year career, then coached for the Padres. In 2015 he was named manager of the LA Dodgers, a position he holds today. Under Dave's leadership, the Dodgers lead the NL West at this writing. Former Dodger **Kirk Gibson** will be keynote speaker at Parkinson's Association of San Diego's **Sunset Soiree "Knock Parkinson's Out of the Park" - Saturday October 5.** Kirk was diagnosed with Parkinson's in 2015. The October 5 event is a major fundraising and educational gathering at Del Mar Plaza that helps pay for PASD's significant support activities across the County.

## Good Start Program - Valuable Info for You

Whether you were just diagnosed with PD, or diagnosed long ago, you'll find the Parkinson's Association's **Good Start Program** is chock-full of great information, from latest theories of what causes PD, motor and non-motor symptoms - and medications for each, new medications on the horizon, legal documents to protect yourself and your family, nutrition for Parkinson's, exercise, stages of possible disease progression... and more!

All this critical information is presented by experts, including a neurologist / movement disorder specialist, a nutritionist, an attorney, and other specialists. GSP will be presented free on **Thursday October 24, 1-3:30 pm** at Tri-City Wellness Center, 6350 El Camino Real, Carlsbad. Registration is required, on-line at [www.ParkinsonsAssociation.org](http://www.ParkinsonsAssociation.org) or by phone at **858 999-5671**.

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## Support Group Meetings

**LA COSTA CARLSBAD – Wednesday October 2<sup>nd</sup>**  
**1pm - 3 pm (NCPGS Sponsored)** (first Wednesday of each month) **Christ Presbyterian Church**, 7807 Centella St, Carlsbad, CA 92009  
**Speaker:** Tremble Clefs, singing voice therapy for People with Parkinson's.

**Topic:** - **A Concert!** ..to be held in the sanctuary. Invite family and friends. Breakout groups may follow. Call **Rex McCoy 760-519-9588**.

**RANCHO BERNARDO - Monday October 7<sup>th</sup>**  
**10am - noon (NCPGS Sponsored)** (meets first Monday of each month) **San Rafael Catholic Church**,  
17252 Bernardo Center Drive, RB (San Diego)  
**Speakers:** James Mac Donald, AARP Instructor, and Bob Francy, State Farm Auto Insurance  
**Topic:** **Driver Safety for People with Parkinson's**  
Call **Carol Maher 760 749-8234**

**OCEANSIDE - Wednesday, October 9<sup>th</sup> (NCPGS Sponsored)** 1pm - 3pm (second Wednesday of each month) at **Oceanside First Presbyterian Church 2001 S. El Camino Real , Oceanside.**  
**Speaker:** Abigail Lawler, MD, movement disorder neurologist  
**Topic:** **Blood Pressure Issues in Parkinson's** Orthostatic Hypotension and other non-motor PD symptoms. Breakout groups follow.  
Call **Paul Dawson 760-497-1200**.

**FALLBROOK Friday, October 25<sup>th</sup> (NCPGS Sponsored)** (meets fourth Friday of each month) **Christ The King Lutheran Church**, 1620 S. Stage Coach Lane, Fallbrook.  
**Speakers:** Taylor Bos, PhD candidate in Clinical Psychology and Carly Bonnell, MSW, UCSD  
**Topic:** **Overcoming Apathy & Depression with PD**  
Call **Irene Miller 760-731-0171**

**ATYPICAL Parkinson's (PwP & Caregivers)**  
**Monday, October 21<sup>st</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, November 4<sup>th</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)

### NCPGS Board of Directors

**Wednesday October 16<sup>th</sup> 1pm - 3pm**

Tri-City Wellness Fitness Center, conference room, 6250 El Camino Real, Carlsbad. Call **Paul Dawson 760 497-1200**

## 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 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. 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).

## Small Social Groups

**A special Small Group social - RB October 28**  
A special "small" group **Monday, October 28 at 1:00** at the home of **Bridget King**, 17888 Sintonte Drive, Rancho Bernardo, for you to meet folks from across north county. **It's a potluck**, so bring your favorite fancy (or simple) snack to share. See more info on page 4.

**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: Sandy Miller Hanshew

By Sam Cooper



Sandy Miller Hanshew grew up in Tempe, Arizona, but was too busy swimming, teaching Bible School, and performing in plays and musicals to mind the hot weather. She earned her BA in Education and MA in Special Education from Arizona State University. After marrying and moving to Upland, California, she began her career in education as a teacher. Sandy and her first husband spent weekends and summers sailing Hobie Cats. They built a 35 ft. sailboat in their side yard enduring good-natured kidding about their "ark". The sailboat was launched in 1976 and kept in San Diego for weekend sailing and

living on the boat in the summers with their two children.

"In 1983, Apple put two computers in each classroom through a program called *Kids Can't Wait*. I began teaching teachers and the kids how to use this new technology. That led to my leaving the classroom to be a principal for 17 years during which time I started three technology schools." She completed her Ed.D. and later became a Director of Technology Learning, working statewide helping integrate technology into schools. After her husband passed away in 1998, she began working at California State University Pomona in the Educational Leadership Program and teaching weekend classes throughout the state helping teachers gain principal certification. "Ron Hanshew was a student in one of my classes. Having retired from his State Parks job, he had started a new career as a 5th grade teacher but wanted to become a principal. He asked me to dinner and the rest, as they say, is history."

Ron was diagnosed with Parkinson's in 2007, but they continued to hike, bike, and run 5K races here, on the East Coast, Canada, and Arizona. "We were familiar with the benefits of a support group and found our North County Parkinson's Support Group where we have hugely benefited from the excellent information provided. My current favorite job is facilitator for our Oceanside chapter Care Partners. We also enjoy the many social activities and have hosted several small groups through the years."

Sandy has become very familiar with the challenges of being a family caregiver. "Our North County group is very important to us. It's not just the speakers and social opportunities, but the people we have gotten to know and the relationships we have developed. The sense that you really aren't alone on your Parkinson's journey. Support via email or phone has been so beneficial to me as a caregiver."

"No one wants to have Parkinson's or a loved one have Parkinson's, but there is support and help available. Don't be isolated. Get involved with our support group. Exercise, Socialize. Make each day count."

**Sandy has become very familiar with the challenges of being a family caregiver.**

**"Our North County group is very important to us. It's not just the speakers and social opportunities, but the people we have gotten to know and the relationships we have developed.**

**"Don't be isolated. Get involved with our support group. Exercise, Socialize. Make each day count."**

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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.***

## Opportunities in Your Future

### A special Small Group Social - RB October 28

Join us for a special "small" group **Monday, October 28** at **1:00** at the home of **Bridget King**, 17888 Sintonte Drive, Rancho Bernardo, bringing together folks from all four of our chapter groups.

**It's a potluck**, so bring your favorite fancy or simple snack to share. Come meet old friends and make new ones from Oceanside, La Costa, Fallbrook, and Rancho Bernardo. Contact **Sam Cooper**, Social Chair, [scprphd@gmail.com](mailto:scprphd@gmail.com) or call/text **520-820-0339**.

### 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](http://www.ParkinsonsAssociation.org)) The \$20 fee can be waived if it's an obstacle to your attending.

### Madonna Retires as PASD Walk Chair



**Madonna Bingham**, chairperson for our NCPSPG 5K Walk Team for longer than anyone can remember has decided to pass the baton. She is stepping down as chair, but will continue to help raise funds for Parkinson's Association San Diego and will out-walk the rest of us to our embarrassment.

Are you up to filling her shoes? You'll be making a great contribution to both PASD and NCPSPG. As an incentive to your helping with this important task, we'll consider assigning any title you wish to your role: *Walk Chair? Captain? Commanding Officer? Walk Head Cheerleader? Motivator-in-Chief?*

And we will all help you continue to make the PASD 5K Walk a highly successful event. There's a team working in the background that's helped Madonna and will be there for you, too. Talk to Madonna or anyone on the CONTACT list in the right column. Ever the organizing force of NCPSPG, she's outlined tasks and contact people to make it all easy and fun.

## CONTACTS

### Rancho Bernardo Support Group Co- Leaders

Carol Maher [hcmaher@cox.net](mailto:hcmaher@cox.net)  
760-749-8234

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

### La Costa Support Group Leader

Rex McCoy [rmcco@cox.net](mailto:rmcco@cox.net)  
NCPSPG Board Vice President 760-519-9588

### La Costa Co-Leader

Eva Zamora [3evazamora@gmail.com](mailto:3evazamora@gmail.com)  
760-814-3479

### Oceanside Support Group Leader

Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com)  
NCPSPG 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

Caryl Parrish [carylparish@gmail.com](mailto:carylparish@gmail.com)  
760-753-5004

### Corresponding Secretary

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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](mailto:scprphd@gmail.com)  
520-820-0339

### Video Documentation

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

### Library

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

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## Passings

- ◆ Rick Caltagirone
- ◆ Sheri Braun

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:  
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760-631-3000