

NORTH COUNTY PARKINSON'S SUPPORT GROUP

April 2020
www.NCPSG.org



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

NCPSPG Suspends public gatherings

An infectious virus labeled COVID-19 is spreading worldwide. Originating in China it has proven to be easily transmittable. Most of those infected have mild symptoms, but some people are at increased risk. Indications are that we are more vulnerable for two reasons: PwP are considered to have “underlying medical issues”, and most of us are, or will soon be, “elderly”. (Sorry if that’s a surprise.)

Your NCPSPG leadership is closely monitoring health authorities regarding the COVID-19 / Corona virus and its threat to our Parkinson’s community. **As a result, the NCPSPG Board of Directors has chosen to suspend public gatherings until further notice.** Our Announcements Page (page 2) also lists several non-NCPSPG monthly activities. **We recommend that you call ahead to be sure the activity is still being held.**

At this point, **standard precautions** are the best preparation. *They’re exactly what Mom told you years ago:*

- Wash your hands – thoroughly and often
- Don’t touch your face, especially when you are out. (Practice this, it’s hard!)
- Keep hydrated – drink lots of water
- Cover your coughs and sneezes – but use your elbow instead of hands (Did Mom know that?)
- Clean frequently touched surfaces with a household disinfectant
- Stay home as much as possible, especially if you are sick
- Prepare! Some hints follow

Prepare for possible community-recommended isolation. And, just in case, prepare for hospitalization. The Parkinson’s Foundation’s Aware In Care kit is a good start, and it’s free! Be sure you have adequate prescriptions for at least several weeks. Have food and other essentials on hand. (This is excellent preparation for an earthquake or other disaster!)

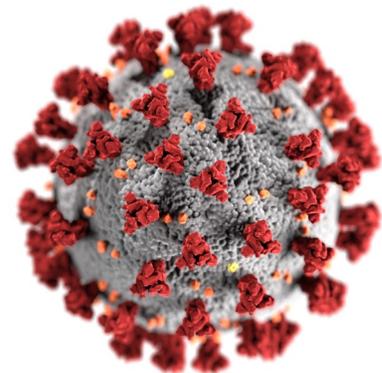
Remember that you are responsible for your health and well-being. **YOU** need to check our website and email for announcements. **WE** will provide our outstanding educational material on our website so you can keep informed. *We will also investigate other methods of communicating with you and maintain group activities without the need for face-to-face interactions.*

Your leadership will continue to monitor the situation. Watch for announcements in this newsletter and on our website for changes or resumption of meetings.

PASD Step by Step 5K Postponed

After careful assessment of the Corona virus situation, the Parkinson’s Association of San Diego is postponing its 5K Step by Step Walk that was scheduled for Saturday, April 4th at Liberty Station.

Chris Buscher, executive director of PASD said “We have received tremendous response for this event and we appreciate everything that everyone has done to support it to date. Going forward, we will let you know as soon as we are able to determine a new date for the Walk.” Additional information is available at the PASD website www.Parkinsonsassociation.org.



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Support Group Meetings

Note: NCPSTG Chapter meetings suspended until further notice

RANCHO BERNARDO - No meeting in April
(NCPSTG Sponsored) (meets first Monday of each month) **San Rafael Church**, 17252 Bernardo Center Drive, RB (San Diego)
Call **Carol Maher 760-749-8234**.

LA COSTA CARLSBAD – No meeting in April
(NCPSTG Sponsored) (meets first Wednesday of each month) **Christ Presbyterian Church**, 7807 Centella St, Carlsbad, CA 92009
Call **Sam Cooper 520-820-0339**.

OCEANSIDE - No meeting in April
(NCPSTG Sponsored) (meets second Wednesday of each month) at **Oceanside First Presbyterian Church**, 2001 S. El Camino Real, Oceanside.
Call **Paul Dawson 760-497-1200**.

FALLBROOK - No meeting in April
(NCPSTG Sponsored) (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 (PwP & Caregivers)
No meetings April or May
(meets 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)
No meetings April or May
(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

NCPSTG Board of Directors

Wednesday April 15th 1 - 3pm Board meets on third Wednesday. April meeting to be by conference call.
Call **Paul Dawson 760-497-1200**

Small Social Groups

Small Groups suspended until further notice.
Our small social groups gather in rotating private homes in months that we don't have a large group activity. Meeting are held on the coast and in the RB area. Social Chairperson **Sam Cooper**
scprphd@gmail.com or 520-820-0339

Notice!

Activities may be suspended as a precautionary measure. Confirm your group is still meeting before traveling.

Physical Exercise

CARDIFF LOCATION - No meetings in April
(NCPSTG Sponsored) (Fee charged). Encinitas Elks Lodge, 1393 Windsor Rd., Cardiff. Call **Betty Byrd 760-635-1144**.

OCEANSIDE LOCATION - No classes in April
Fridays 11am - Noon
Tri-City Hospital, 4002 Vista Way, Oceanside. Ask at entry desk for the meeting location. Class and Valet parking are free. **Tracy Park, PT, 760-940-3617**.

MEDICAL INTEGRATED PROGRAM – Tri-City Wellness Center closed until further notice
Mondays through Saturdays - a variety of Parkinson's related individual and group exercises. 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
No meetings in April, both chapters
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: <https://www.trembleclefs.com/>

AudAbility - On-site courses suspended. Online activities available free or discounted.
Music therapy program offering numerous music related activities for People with Parkinson's. (Fee charged)
Call **Lindsay Zehren 858-457-2201** or email

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: Carly Bonnell, MSW

By Sam Cooper



Carly Bonnell grew up right here in North County. "I was very fortunate to have a country childhood thanks to my special hometown of Fallbrook. My mom was a first-grade teacher and my dad was a postman. We had a house on an organic farm and I grew up appreciating the earth and the simple life." She notes that watching her brother struggle with developmental disabilities "most likely contributed to my career being focused on education, public service, and helping others".

Carly completed her undergraduate degree at UC San Diego and her Masters In Social Welfare (MSW) at UC Los Angeles. "My academic focus was

on research and evaluation. I am dedicated to developing and testing effective mental health interventions to help improve the minds, bodies, and lives of those affected by depression, anxiety, and other mental health struggles."

After working for the Community Research Foundation and the SDSU Research Foundation she "finally got my dream job at my favorite education and research institution, UC San Diego" where her work as a Research Therapist for the Caregiver Study allows her to "directly support caregivers and evaluate the effects of our interventions. We are one of the only completely remote studies serving all of San Diego County. This allows me to serve our often-neglected North County folks as I can come to you. I would never ask you to drive to La Jolla! From a research standpoint it is so important that we have a variety of participants dealing with different issues". Many of our caregivers have participated in the ongoing UC San Diego study and our North County Parkinson's Support Group at large has hugely benefited from these efforts as Carly has presented her findings to several of our chapter groups.

This dedication to our North County community recently led Carly to co-lead our Fallbrook chapter "working with the amazing people who make up the NCPSPG. There are so many dedicated and committed people doing such good work. I am honored to be serving as the Fallbrook co-leader with my good friend and a just amazing person, Irene Miller. We have such a vibrant community in our NCPSPG that offers four chapter groups with monthly informational speakers and breakout support groups for both our folks with Parkinson's and our caregivers as well as a wide variety of social opportunities."

The advice Carly would like to share with every person dealing with Parkinson's and their caregivers is to stay connected. "It is so easy to get caught up in our Parkinson's journey and the increasing isolation of our own world which leads to depression and anxiety. Exercise. Stay active, stay engaged, socialize, and reach out for help when you need it. You have so much support here in North County!"

Carly offers "If you are a caregiver of someone with Parkinson's-related Dementia and would like additional resources and support, please contact me at 858-534-3708, or email me at cbonnell@ucsd.edu. You can also visit our website for more information and support with your Parkinson's journey at <https://medschool.ucsd.edu/som/psychiatry/research/Alzcare/Pages/default.aspx> "

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.

"There are so many dedicated and committed people doing such good work. I am honored to be serving as the Fallbrook co-leader."

"It is so easy to get caught up in our Parkinson's journey and the increasing isolation of our own world which leads to depression and anxiety. Exercise. Stay active, stay engaged, socialize, and reach out for help when you need it. You have so much support here in North County!"

April is Parkinson's Awareness Month

Raising awareness is one of the best ways to make a positive contribution to yourself and your community. But how?

- 1) Participate! Join and volunteer at your local Support Group. (*We'll be back soon!* - ed.)
- 2) Share your story. Carry a copy of the newsletter and give it to folks who may appear to find it useful.
- 3) Let your doctors know you are a member of a support group.
- 4) If you are on social media, tell your story.
- 5) Make yourself aware of and support initiatives such as CIRM that aid Parkinson's research.
- 6) If you participate in non-PD events such as art/crafts make yourself known! Make them aware that Parkinson's is only part of your life.
- 7) Give to your favorite PD non-profit

There are many people affected by Parkinson's who are unaware of the support, resources and programs available to them. By communicating your journey you may touch someone who will benefit from all the assistance that is available.

Changes - Changes - Changes

If you change your phone or email/ mailing address please let **Micheline Allen** know. If you no longer want to receive our Newsletter, she can remove you from our list.

Micheline Allen 760-631-0649

micheline.allen@cox.net

Passings

- John Espland
- Dennis Vaccarella

Our thoughts and prayers go out to family and friends

Our mailing address for all donations and correspondence:

NCPSTG

PO Box 230566

Encinitas CA 92023

Donations to NCPSTG are now possible on our website www.NCPSTG.org and on our Facebook page.

CONTACTS

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