

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

February 2020  
[www.NCPSG.org](http://www.NCPSG.org)



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

## Will CIRM Stem Cell Research Continue? Will Funding be on the Ballot?

I don't know about you, but I go out of my way to avoid those folks with clipboards outside Vons or Target, who are gathering signatures for some ballot measure. I know that the clipboard people usually get paid by the signature, and usually have little real personal interest in the ballot measure itself.

One ballot measure that's really important to us, first adopted by voters way back in 2004, created the California Institute for Regenerative Medicine (CIRM). CIRM invested \$3 billion in stem cell research here in California, attracting another \$4 billion in funds from other sources: a more than 100% return on the investment financially. More importantly, there's also been a huge ROI in terms of research progress as well. Much has been accomplished by that substantial investment over those 16 years, but much remains to be discovered, through numerous health-related research projects.

Supporters of a new proposed ballot measure are currently trying to gather the 623,212 voter signatures needed to place it on the November 2020 ballot – a measure that would, if passed, make \$5.5 billion in funding for continuing the research effort. Of great interest to us is the dedication under the new initiative of \$1.5 billion specifically for support of research and development of treatments for diseases and conditions of the brain and central nervous system, *“such as Alzheimer's disease, Parkinson's disease, stroke, dementia, epilepsy, depression, brain cancer, schizophrenia, autism and other conditions of the brain.”*

Under IRS rules as a 501c3 non-profit organization, NCPSPG is not permitted to give a “substantial part” of our resources to lobbying for – or against – a ballot initiative. But as individuals we certainly can. We strongly recommend that you read the entire proposed initiative, consider signing or even circulating a petition to place it on the ballot, and making your own personal decision on whether to support or oppose it.

In a time of declining research grants available from federal sources, it is encouraging that the people of California have committed years of funding for stem cell research into the causes and cure of the diseases like PD that have so deeply affected our lives. If each of us as individuals becomes involved, perhaps California voters will continue that commitment. Its critically important to discovering the cause and cure for PD.

## First Saturday Seminar Complete - What Would You Like to See Next?

Our first “Saturday Seminar” took place in Torrey Pines on Saturday January 18th. Almost 150 attended to hear experts discuss the pros and cons of DBS, Deep Brain Stimulation. “Saturday Seminars” are the brainchild of Support Group leaders from around the County to bring to you topics of importance to people with Parkinson's, Care Partners, and others directly concerned. We hope to bring “Saturday Seminars” quarterly to different sites around the County, focusing on a variety of related subjects.



We invite you to suggest possible topics to your support group leader, who will bring them to the County SG leaders. Our thanks to the support group leaders



who put this program together, and particularly to David Higgins and David Miles who designed a structure for handling the many behind-the-scenes details of presenting these seminars. Finally, our thanks to the medical community and to the panelists who shared their expertise and perspectives.

TO BE SUBMITTED DIRECTLY TO THE VOTERS  
prepared the following circulating title and summary of the chief purpose

TO CONTINUE FUNDING STEM CELL AND OTHER MEDICAL RESEARCH AND THERAPY DELIVERY. The measure authorizes \$5.5 billion in state general obligation bonds to fund regenerative medicine to educational, non-profit, and private entities for: (1) research development, and therapy delivery; (2) medical training; and (3) research and therapy for Alzheimer's, Parkinson's, and other central nervous system diseases and conditions. Limits bond issuance to \$5.5 billion.

## Inside This Issue

- Events Calendar Page 2
- IN FOCUS: Stephanie Wu-Lester Page 3
- PASD 5K Step-by-Step 4/4/2020 Page 4

## Support Group Meetings

**RANCHO BERNARDO - Monday, February 3<sup>rd</sup>**  
**10am - noon (NCPGS Sponsored)** (meets first Monday of each month) **San Rafael Church**, 17252 Bernardo Center Drive, RB (San Diego)  
*Speaker: Vanessa Leschak*, Certified Nutritionist and Cook

*Topic:* "Healthier Lives for People with Parkinson's through Diet, Nutrition and Education"  
Refreshments and breakouts follow.  
Call **Carol Maher 760-749-8234**.

**LA COSTA CARLSBAD - Wednesday, February 5<sup>th</sup>** 1 - 3pm (NCPGS Sponsored) (meets first Wednesday of each month) **Christ Presbyterian Church**, 7807 Centella St, Carlsbad, CA 92009  
*Speaker: Lisa Stinchcomb*, Acadia Pharmaceutical  
*Topic:* Medication to control PD hallucinations  
Call **Rex McCoy 760-519-9588**.

**OCEANSIDE - Wednesday, February 12<sup>th</sup>** (NCPGS Sponsored) 1pm - 3pm (meets second Wednesday of each month) at **Oceanside First Presbyterian Church**, 2001 S. El Camino Real, Oceanside.  
*Speaker: Kindra French*, 101 Mobility Center  
*Topic:* "Mobility and Safety Solutions to help People with Parkinson's Gain Freedom and Independence". Break-out groups follow.  
Call **Paul Dawson 760-497-1200**.

**FALLBROOK - Friday, February 28<sup>th</sup>** (NCPGS Sponsored) (meets fourth Friday of each month) **Christ The King Lutheran Church**, 1620 S. Stage Coach Lane, Fallbrook.  
*Speaker: David Higgins*, PhD, CIRM Board member, Michael J. Fox Foundation, Public Policy Council  
*Topic:* "CIRM" California Integrative Regenerative Medicine & its importance to person's affected by Parkinson's, and Parkinson's Research Updates.  
Call **Irene Miller 760-731-0171**.

**ATYPICAL Parkinson's (PwP & Caregivers)**  
**Monday, February 17<sup>th</sup>** 1pm - 3pm (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](mailto:darlene.gerow@gmail.com)

**ATYPICAL Parkinson's (Caregivers only)**  
**Wednesday, March 4<sup>h</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 February 19<sup>th</sup>** 1 - 3pm Board meets on third Wednesday at Tri-City Wellness Fitness Center, Carlsbad, in the small conference room.  
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. Ask at entry desk for the meeting location. 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. 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 [lzehren@musicworxinc.com](mailto:lzehren@musicworxinc.com).

## Small Social Groups

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. For this month's locations Contact **Sam Cooper**, Social Chair, [scprphd@gmail.com](mailto:scprphd@gmail.com) or call/text **520-820-0339**.

**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: Stephanie Wu-Lester

By Sam Cooper



Stephanie Wu-Lester was born in Shanghai, China. When the Communists assumed power, the family left China for Hong Kong. There she went to Catholic School and learned to speak English. "Life was good except we kept on moving around this tiny colony since it was difficult for my dad to find a permanent job. When President Kennedy opened the immigration quota for trained technical personnel, my dad applied as he was a pilot during World War II." Her dad was sent to Austin, Texas, to study aeronautical engineering. From there the family arrived in San Francisco on Labor Day, 1964.

**"There were lots of challenges for me as a teenager coming to a different culture. I also got thrust into the role of the head of the family. I was running the everyday life of a family of seven as my parents spoke no English ...**

**"We also recognize the danger of being isolated. It's easy to stay in the Comfort Zone at home, but socializing is so important..."**

**"Stephen and I are on a journey with a lot of unknowns. But we are very grateful we have found this North County Parkinson's community to walk with us."**

"I attended Berkeley High School, then the Optometry School at UC Berkeley. There were lots of challenges for me as a teenager coming to a different culture. I also got thrust into the role of the head of the family. I was running the everyday life of a family of seven as my parents spoke no English and was also caregiver to my younger siblings, Looking back, I think God used this opportunity to help me be the caregiver for my husband, Stephen, years later.

Stephen and Stephanie met in school and were married in 1972. "We were able to enjoy traveling and visited most of the places that we were only able to dream about. Then in the course of back surgery in 2012, Stephen was diagnosed with Parkinson's Disease. As we all know, Parkinson's is unique to each person. There is not pattern to his illness. Stephen's symptoms keep changing even though there are underlying commonalities-sudden onset

fatigue, mood changes, and three TIA's (Transient Ischemic Attacks) which may indicate a future stroke."

The Lesters moved to Lake San Marcos three years ago from the Bay Area and heard about our North County Parkinson's Support Group. "We attend the Oceanside chapter group and find the monthly meetings very informative and appreciate the camaraderie with the fellow 'Parkies' support group for Stephen and the caregiver support group for me. It is very inspiring to learn how other caregivers support their loved ones. I also belong to the Southern County Caregiver Support Group This group provides respite care, regular support meetings, and workshops. The facilitator of this group is a social worker and emphasizes the importance of self-care for us caregivers."

"We also recognize the danger of being isolated. It's easy to stay in the Comfort Zone at home, but socializing is so important. We enjoy the small groups and will be hosting our group again this April. We also go to the large group activities as well."

"Stephen and I are on a journey with a lot of unknowns. But we are very grateful we have found this North County Parkinson's community to walk with us."

---

### 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.

## PASD 5K Step-by-Step Walk Saturday April 4

We are working with other support groups and community organizations to make this year's PASD 5K Walk the biggest ever!



There's a healthy competition brewing between teams. And we've got a "ringer" in our midst: Madonna Bingham has raised more than \$90,000 over the years, and shares her best techniques with you.

This competition will benefit all of us in several ways:

- It's a fun event in a beautiful, historic location.
- Great way to gather friends and family together.
- Exercise itself is important to us all.
- Opportunity to show friends and family of your openness about your Parkinson's, and demonstrate you're taking control over the disease.

One of Madonna's secrets is to send a letter to friends, family, even distant relatives, updating them on her Parkinson's journey, and requesting their support of team "Bingham's Bunch". She encourages those who *can* walk to join her, and those who *can't* to donate. She encloses a self-addressed envelope which seems to increase responses. It really works!

**YOU** could form your own team - think of a catchy team name - and follow Madonna's suggestions. Or join another team. You could encourage your church, your service club, your neighbors to join you. You will see that teams can align with larger organizations like NCPSPG, to sharpen the competition.

All proceeds benefit the Parkinson's community of San Diego County - that's us - through the excellent programs of the Parkinson's Association.

**Our mailing address** for all donations and correspondence:

**NCPSPG**  
**PO Box 230566**  
**Encinitas CA 92023**

Donations to NCPSPG are now possible on our website [www.NCPSPG.org](http://www.NCPSPG.org) and on our Facebook page. Your gifts are truly appreciated! Thank you!

## 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 Group Co-Leader

Carly Bonnell [cbonnell@ucsd.edu](mailto:cbonnell@ucsd.edu)  
858-534-3708

### Treasurer, Recording Secretary & Webmaster

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

### Corresponding Secretary

Micheline Allen [micheline.allen@cox.net](mailto: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](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

### Newsletter

**Publisher** [paul@video-fire.com](mailto:paul@video-fire.com)  
Paul Dawson 760-497-1200

### Focus Interviews

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

### Printed Edition Distribution

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

### Electronic Distribution

Micheline Allen [micheline.allen@cox.net](mailto:micheline.allen@cox.net)  
760-631-0649

## Passings

- Art Mandelbaum

Our thoughts and prayers go out to Art's family and 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