

NORTH COUNTY PARKINSON'S SUPPORT GROUP

January 2020
www.NCPSG.org



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

Holiday Luncheon - Bringing Warm Wishes and Good Cheer to All

Our annual holiday luncheon at Shadowridge Country Club was a cheerful kickoff to the holidays. About 60 attended from all four chapters, shared a great meal, and sung our hearts out in twelve choreographed verses.



Saturday Seminar on DBS - January 18 1 - 4 pm

Roth Auditorium - Sanford Consortium 2880 Torrey Pines Scenic Drive, La Jolla.

This first *Saturday Seminar* - a joint project of all County Support Groups - focuses on DBS, **Deep Brain Stimulation in the treatment of Parkinson's**. Speakers include DBS patients, neurologist, and neurosurgeon. Registration required on the UCSD PD Support Network site: <https://sites.google.com/view/sandiegoparkinsonsgroup/events/everything-about-dbs-event>



Mexican Riviera Cruise

Almost 70 people with Parkinson's and their care partners from around the County enjoyed the greatest social event afloat, hosted by UCSD Parkinson's Network. Our thanks to David Higgin's group for including us. All of us are asking *where do we go next?*



Med Students Learn From Parkinson's Patients

Volunteers are needed to help medical students at UCSD learn about Parkinson's. Consider helping out, and helping future doctors better understand Parkinson's.

Dr. Katie Longardner is asking for volunteers to help train medical students. She is organizing sessions where medical students meet volunteers with PD to better identify and understand their symptoms and concerns and hear first-hand from patients what their experience with this disease is like.

PD patients with motor symptoms are especially welcome.

Where? UCSD Medical School (details provided after you are signed up)

When? Wednesday, January 8th and January 15th (you can participate on either or both days).

Please respond directly to Moriah for questions or to sign-up.

mseebold@health.ucsd.edu

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Support Group Meetings

LA COSTA CARLSBAD – no January 1st meeting (NCPGS Sponsored) (usually meets first Wednesday of each month) **Christ Presbyterian Church**, 7807 Centella St, Carlsbad, CA 92009 Call **Rex McCoy 760-519-9588**.

RANCHO BERNARDO - Monday January 6th **10am - noon (NCPGS Sponsored)** (meets first Monday of each month) **San Rafael Catholic Church**, 17252 Bernardo Center Drive, RB (San Diego) Speaker: Sherrie Gould, MSN, NP-C, Scripps Clinic Center for Neurorestoration Topic: Duopa, A New Treatment Option for Parkinson's. Breakouts follow. Call **Carol Maher 760-749-8234**.

OCEANSIDE - Wednesday, January 8th **(NCPGS Sponsored) 1pm - 3pm** (second Wednesday of each month) at **Oceanside First Presbyterian Church 2001 S. El Camino Real, Oceanside**. Speaker: Carly Bonnell, MSW, UC San Diego Caregiver Study, School of Medicine/Psychiatry Topic: Apathy and Depression Issues in Parkinson's disease. Breakout groups follow. Call **Paul Dawson 760-497-1200**.

FALLBROOK - Friday, January 24th **(NCPGS Sponsored)** (meets fourth Friday) **Christ The King Lutheran Church**, 1620 S. Stage Coach Lane, Fallbrook. Speaker: Sherrie Gould, MSN, NP-C, Scripps Clinic Center for Neurorestoration Topic: New medication for dyskinesia in Parkinson's - a sponsored presentation. Breakouts follow. Call **Irene Miller 760-731-0171**.

ATYPICAL Parkinson's (Caregivers only) Wednesday, January 1th (yes!) **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, January 20th **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 January 15th 1 - 3pm Our Board of Directors meets on the third Wednesday at Tri-City Wellness Fitness Center, Carlsbad, in the small conference room. Call **Paul Dawson 760 497-1200**

Physical Exercise

Check with instructors to confirm meetings around New Years

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

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.

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 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: John Garrahy - Turning 100 with Parkinson's

By Sam Cooper



It's been nearly 100 years since John Garrahy was born on a farm in Fairfax, Minnesota, on June 11, 1920, the third of nine children. In December of 1941 he moved to San Diego intending to work for the defense industry, but as he was 1A for the draft he could not be hired. Instead he enlisted in the Marine Corp. Before being shipped overseas for 2 years, he proposed to Ethel Margaret Madigan, a girl he had met back home, who had also moved to San Diego to work at Consolidated Aircraft. In 1944, the couple made their way by train, balanced on suitcases, to be married in Madison Lake. They raised 7 children and were together for 53 years until Ethel's death in 1997.

The extended family now consists of 12 grandchildren, 25 great grandchildren, and 5 great-great grandchildren.

After leaving the Corp in 1946 following the end of World War II with the rank of Staff Sergeant, John worked first for the Border Patrol in Yuma and then as a firefighter at Camp Pendleton where he retired as a Captain. Of those years Ethel wrote in her memoirs, "When John was in the fire department he worked 24 hours on and 24 hours off. He then had a second job as a carpenter!"

John was active in Catholic fraternal organizations serving as Grand Knight and was a founding member of the Ben Zuri Caravan of the Order of Alhambra, a Catholic fraternal organization dedicated to the developmentally disabled. Mike Caligiuri, current Commander of the Ben Zuri, remembers "John was always handy mechanically and would make repairs at our group homes". His love for building and creating new projects led him to investing in real estate which according to son, Dennis, was "a huge factor in his financial success". As Ethel recalled in her memoirs, John was more than just a landlord. "If tenants had unforeseen expenses, like a sick child, John always worked out a solution so they didn't have to move. One man's father, who lived in another state, had a heart attack. John gave him the airfare to visit."

Several years after Ethel died, John met Marilyn Lee at square dancing. During his work remodeling a home for them, he was diagnosed with Parkinson's. Marilyn became both his partner and his caregiver and has been part of the family for 17 years. They became involved with our North County Parkinson's Support Group where they attended the chapter meeting in Vista and ran the 50/50 for 10 years. "When John could no longer walk," Marilyn shares, "he had to move to assisted living. I go to see him everyday. His 100th birthday is June 11, 2020. A large reunion is planned for families between California and Minnesota. John and I will be there by Skype."

According to great grandson Robert Torrence, "Papa is a true patriarch. Although he is a very successful man, he has always been humble, wise, willing to listen, and slow to react without discernment and prudence. I am truly blessed to have him show me how a man is to live his life."

When asked about living to be 100 with Parkinson's, John commented, "Smile. Do good every day. Don't sweat the small stuff. And remember most things are small stuff".

John worked for the Border Patrol ... and then as a firefighter at Camp Pendleton where he retired as Captain.

John met Marilyn Lee at square dancing. Marilyn became both his partner and his caregiver... for 17 years.

Great grandson Robert Torrence: "...he has always been humble, wise, willing to listen, and slow to react... I am truly blessed to have him show me how a man is to live his life."

John's advice:

"Smile.

Do good every day.

Don't sweat the small stuff.

And remember most things are small stuff."

His 100th birthday is June 11, 2020.

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.

NCPSTG Budget 2020 - Summary

INCOME

Donations	7550
Fundraisers and other income	15950
Event income	3500
Total Income	27000

EXPENSES

Operating expenses	
Social events	4550
Conferences	500
Exercise leaders	4500
Contribution, library, refreshments	6000
Sub total	15550

Administrative expenses

Accounting	400
Custodial	800
Insurance	1250
Office equipment	2000
Office supplies	500
Postage	500
Postal Box	200
Printing - general	500
Printing - Directory/Resource	500
Printing - Newsletter	3000
Printing - signage	300
Promotional material	500
Website & Telephone	1000
Sub total	11450

Total Expenses 27000

We are a non-profit organization. Our ability to provide needed services to the Parkinson's community depends on donations, grants, wills and bequeaths.

Donations can be made on our website: NCPSTG.org and on our new **Facebook** page.

Please thoughtfully consider supporting our effort with a donation that reflects the positive effect NCPSTG continues to have on you and your family in this challenging journey. Thank you.

Our mailing address for all donations and correspondence:

NCPSTG
PO Box 230566
Encinitas CA 92023

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

CONTACTS

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

La Costa Support Group Leader

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La Costa Co-Leader

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Oceanside Support Group Leader

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Oceanside Co-Leader

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Fallbrook Support Group Leader

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Fallbrook Support Group Co-Leader

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Parkinson's Association Advisory Board Liaison

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

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Video Documentation

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Newsletter

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Passings

- Ray Allen
- Gene Humphrey
- Rick Caltagirone

Our thoughts and prayers go out to families & friends