

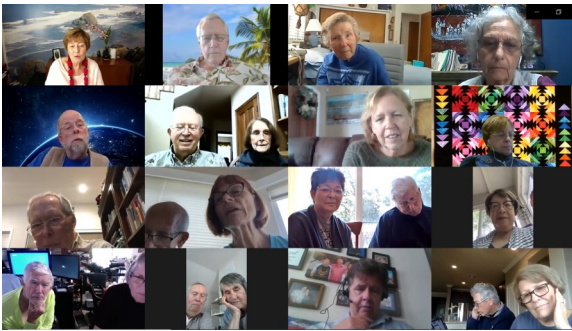
NORTH COUNTY PARKINSON'S SUPPORT GROUP

June 2020
www.NCPSG.org



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

Same Bat-time! Same Bat-channel!



Zoom! Zoom!

While we remain in some form of lockdown, that doesn't mean we can't continue to meet on a regular basis, just like watching a favorite TV show. NCPSG chapters are going ahead with their regular schedules, we're just going to have to do it online. And each chapter will be working out how the meetings are organized and conducted as we go forward. We'll also continue our social meetings online. See page two for the various meeting schedules.

So how do you join an online meeting? NCPSG is using the free Zoom application to conduct online meetings. You need a device such as desktop or laptop computer, tablet, or smartphone. The device must have a microphone and camera.

You need the Zoom application that is appropriate for your device. Desktop/laptop computers can go to <https://zoom.us/> and select **Sign Up for Free**. If you have an Android tablet or phone, get the app from the Google Play store. If you have an Apple device, get the app from the Apple Store. Find the Sign-Up button and follow the instructions. *Please note that websites are constantly updated, and that you may have to go to the application's home page and navigate from there if provided links do not work.*

To learn how to use Zoom, go to <https://support.zoom.us/hc/en-us> and browse the various help options for participants and short instructional videos. Try clicking on the 'Join a Meeting' video to get a better idea of what you will see as you set up your computer to join your first Zoom video conference.

Please set up your free Zoom account prior to the day of the meeting. This will help you explore options on zoom, and not to miss any part of the meeting due to 'technical difficulties'.

You'll also need an invitation to join a specific meeting. See the meeting details on page 2 and contact the meeting organizer by email at least one day prior to the meeting. You'll receive an email invitation with a link to click. That will take you to your Zoom app, and directly to the meeting, where the host will admit you. (Once you are on the organizer's mailing list you don't have to contact them again, unless you want to be removed).

By the way, during the meeting we recommend using the 'mute' button unless you are actually addressing the group. It prevents a lot of cross talk.

It sounds like a lot, but even our most technophobe board members have quickly mastered it. You can too!

When do we return to normal?

So, when do our regular meetings resume? The short answer is that we don't know. But several things have to happen before we do. First, health officials must officially provide us with some confidence that the spread of the virus is abated. Second, government officials must modify distancing measures to include our population. Third, the facilities where we meet must reopen and agree to host us. And finally, your NCPSG Board must determine that it is prudent for our particularly vulnerable population to meet in person again. That's a lot of conditions to be met. So please stay in touch through this newsletter or our website for the appropriate announcements.

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Support Group Meetings

Note: NCPSTG Chapter in-person meetings suspended until further notice. If you wish to attend any of the virtual meetings, contact the email address provided for a Zoom invitation.

Chapter Meetings

RANCHO BERNARDO - Online meeting June 1 10:00 AM

Speaker: Robinson & Wilson. Topic: Estate planning. Host: Carol Maher hcmaher@cox.net or 760-749-8234

LA COSTA CARLSBAD - Online meeting June 3 1:00 PM

View and discuss video "My Parkinson's Story: Exercise". Host: Sam Cooper scprphd@gmail.com or 520-820-0339

OCEANSIDE - Online meeting June 10 1:00 PM

A short video as a foundation for discussion. Host: Paul Dawson paul@video-fire.com or 760-497-1200

FALLBROOK - Online Webinar meeting June 26 10:00 AM

Speaker: Micky Burke, MS. Topic: Cerebral Motion and Exercise Therapy for PwP. Host: Irene Miller imiller4jc@gmail.com or 760-731-0171

Breakout Groups

People with Parkinson's: two options; Please email the host to request the Zoom "Invite" details.

- Monday June 8, 10am, Bill Farrington, host email: billfarr48@gmail.com
- Thursday June 11, 10am, Paul Dawson, host email: paul@video-fire.com

Care partners: one option; Please email Sandy to request the Zoom "Invite" details.

- Friday, June 19, 2pm, Sandy Miller, host email: sandy@greensails.net

Webinars to Keep Current

Parkinson's Association of San Diego

Connect live with San Diego Movement Disorder Specialists and other experts. Latest schedules at Parkinsonsassociation.org

NCPSTG Board of Directors

Wednesday June 17th 1 - 3pm Board meets on third Wednesday. June meeting to be conducted online.

Paul Dawson 760-497-1200

Notice!

Public gatherings are restricted in California. Alternate listings are provided for online groups until normal activities are resumed.

Physical Exercise

ROCK STEADY BOXING - Virtual Programs available

Check their website for more information. <https://www.rocksteadyboxing.org/>

ONLINE EXERCISE CLASS - Classes for strength, agility and balance. Various times via Zoom. Fee charged. Christina Dinh cdinh@yadinneurowellness.com

PD Connect Various times and dates. www.pd-connect.org/#calendar

Dance for PD Music and dance at various times www.danceforparkinsons.org

SmartXPD Live Online Exercise with Patrick

An online exercise community. Contact: patrick@smartxpd.com

Vocal Exercise

Tremble Clefs -Therapeutic Singing with chapters in Encinitas and Rancho Bernardo

Virtual practice Wednesdays at 10:00 AM and Thursdays at 1:00 PM

Melodi Denton at 1-619-363-0814 or check website: <https://www.trembleclefs.com/>

AudAbility - Online activities available free or discounted.

Music therapy program offering numerous music related activities for People with Parkinson's. (Fee charged)

Lindsay Zehren 858-457-2201 or lzehren@musicworxinc.com.

Small Social Groups

Virtual Meetings 3rd Mondays at 1:00 PM online until further notice.

Our small social groups normally gather in rotating private homes in months that we don't have a large group activity. In the meantime virtual meetings are being organized. If interested contact Social Chairperson **Sam Cooper** scprphd@gmail.com or 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: Bill Moore

By Sam Cooper



Bill Moore was born and raised in the San Fernando Valley sharing Birmingham High with Michael Milken, the junk bond king, and "some future actress named Sally Field". After high school, he attended Los Angeles Valley College then continued his studies at San Diego State where he met future wife, Shirley Ostertag, and graduated with a degree in geology.

"My first job after college was with U.S. Gypsum in Plaster City. Shirley and I were married in 1975 after she graduated with her teaching credential. The first thing I did after our honeymoon was pay off her school loan of \$600.00. We moved to Bend,

Oregon, shortly after that as we felt California was too crowded. I took a job with Avion Water Company that served areas outside of the city limits. After our first daughter was born, Shirley left her teaching position to become a stay at home mom."

After 9 years in Bend the family moved to Vista where Bill worked for the Vista Irrigation District and Shirley accepted a job with the school district's Teen Parent Program. "This was a good move for us and both our daughters took advantage of the excellent sport activities that the District and the City offered." Bill spent 23 years with the Irrigation District and as an Engineering Specialist had the opportunity to work with the Vista Fire Department where his contact was Paul Dawson, our NCPSP Board President. "It really is a small world!" Bill noted.

Retiring at the age of 63, Bill started running for exercise. "I ran for over four years. The half marathons were fun; the full marathons not so much. But I've got a medal along with a picture of my grandson and I crossing the finish line of one Marathon together which is a life memory. I also started hiking long distances and completed over 800 miles on the Pacific Crest Trail. My longest hike was on the John Muir Trail where I backpacked 230 miles in 14 days. Shirley and I also had the opportunity to travel to Costa Rica, Israel, Australia, and Bulgaria where our son teaches at an international school. And we volunteer locally at Tri City Hospital and Casa de Amparo."

Bill was diagnosed with Parkinson's in 2018. "We started attending the Oceanside chapter of our North County Parkinson's Support Group which showed us that hope is a very healing emotion. Shirley and I attended the Empowerment Seminar and I take advantage of both the LSVT Big And Loud program and physical therapy classes. I also do Rock Steady Boxing, ride a stationary bike, and take walks with steep hills. But it is often difficult to motivate myself to do these things as my Parkinson's wants me to do nothing at all, but you have to keep going. You have to stay involved and motivated. I've learned that attitude is a huge factor."

"Since my diagnosis I have gained a whole new group of friends. Our NCPSP offers so much support and information. I am very fortunate to have wonderful support from my family and my beautiful wife of 46 years. We also attend the North Coast Church. I pray for a cure daily, but I have come to believe that most miracles come from the loving hands of kindly people."

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NCPSP 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.

Hospitalization in a Time of Covid-19

Being hospitalized for any condition while suffering from Parkinson's Disease is challenging in the best of times. During a time of the Covid-19 pandemic this takes on new challenges. The Parkinson's Foundation has prepared a letter to be signed by your neurologist that advises health workers on your unique challenges. It is free to download from their website. See the link below. Important points to note:

- Maintenance of the Parkinson's medication regimen *on time* is of utmost importance.
- Emphasis that Parkinson's medications should not be changed without contacting your neurologist.
- Though COVID patients are often isolated, the presence of a care partner is important to act as an advocate and as part of the care team.
- Medications that may be used in the treatment of COVID may be contraindicated for PwP.
- Advice to the medical staff on procedures in case of the use of nasogastric tubes or surgery.

Consult with your neurologist and ask him/her to sign the letter and provide a copy to you. If you can't see your doctor in person, ask him/her to mail you a copy of the signed letter. Include the letter in your hospital emergency kit, such as the Aware in Care kit. Remember that you can obtain the kit for free by calling **1-800-473-4636**.

The link to the letter: <https://www.parkinson.org/sites/default/files/Hospitalization%20During%20COVID-19%20Letter.pdf>. Check your download folder for the letter.

A copy of the letter is included in the print edition.

Passings

- Jerry Viner
- David Martin
- Chin Kim
- Celeste Hanigan
- Glen Plantz

Our thoughts and prayers go out to family and friends

Our mailing address for all donations and correspondence:

**NCP
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