

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

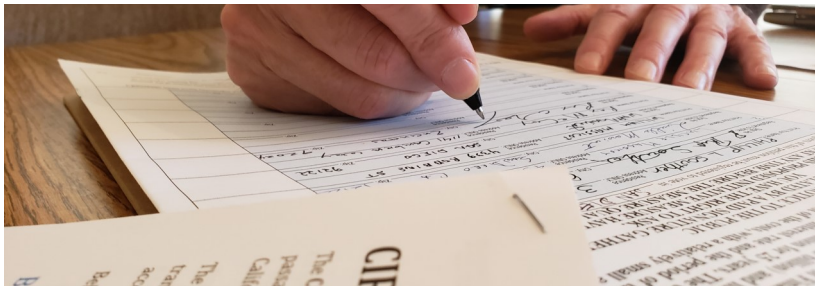
March 2020  
[www.NCPSG.org](http://www.NCPSG.org)



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

## CIRM Ballot initiative deadline nears. Funds to target research for Parkinson's Disease

In 2004 California voters approved the creation of 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.



623,212 voter signatures are 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. The initiative dedicates \$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.”*

NCPSG has a substantive interest in the initiative, but must take care to follow the rules for 501c3 non-profit organizations concerning lobbying activities. But we can bring knowledge of the initiative to you, as individuals. We encourage you to read the initiative, and to make a considered decision whether you wish to participate.

PD has significantly affected each one of our lives. Initiatives such as this are a chance to fight back!

---

## Parkinson's Association 5K Walk almost here!

PASD's biggest event of the year takes place on Saturday April 4th. **Fighting Parkinson's Step by Step** is what it's all about. The walk begins at 10 AM at Liberty Station in Point Loma. You can register online at [parkinsonsassociation.org](http://parkinsonsassociation.org), or by phone at 858-200-7277. And you can register and donate, even if you can't make it to the Walk.

You could hold a “Virtual Walk” in your neighborhood. You can even show your North County support by joining a team. Several of our powerhouses have created their own NC teams. Fallbrook formed the “*Fallbrook Friendly Folks*”; Rancho Bernardo created the “*RB Walkin' Proud*”; there's “*Ocean Hills Country Club*” team. Madonna Bingham has the “*Bingham Bunch*”, and Eva Zamora has the “*Powerpuffs!*”. That's a clever name Eva!

---

## This just in! PASD adds a Good Start Program in March

Designed for newly diagnosed and their caregivers, the next Good Start program in North County will be Thursday, March 12th from 12:30 to 3:30 PM at the Tri-City Wellness Center, 6250 El Camino Real Carlsbad 92009. Seating is limited, so registration is required. Register by phone at 858-999-5671 or online at [parkinsonsassociation.org](http://parkinsonsassociation.org). Refreshments will be provided.

### Inside This Issue

- Events Calendar Page 2
- IN FOCUS: Gene Burns Page 3
- Leadership Changes Page 4

## Support Group Meetings

**RANCHO BERNARDO - Monday, March 2<sup>nd</sup>**  
**10am - noon (NCPGS Sponsored)** (meets first Monday of each month) **San Rafael Church**, 17252 Bernardo Center Drive, RB (San Diego)  
**Speaker: Dr Adam Burdick**  
**Topic:** The benefits of Deep Brain Stimulation for Parkinson's Disease. Refreshments and breakouts follow.  
Call **Carol Maher 760-749-8234**.

**LA COSTA CARLSBAD – Wednesday, March 4<sup>th</sup>**  
**1 - 3pm (NCPGS Sponsored)** (meets first Wednesday of each month) **Christ Presbyterian Church**, 7807 Centella St, Carlsbad, CA 92009  
**Speaker: Carly Bonnell**, MSW, UC San Diego Caregiver Study, School of Medicine/Psychiatry  
**Topic:** Apathy and Depression Issues in Parkinson's disease.  
Call **Rex McCoy 760-519-9588**.

**OCEANSIDE - Wednesday, March 11<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: David Higgins**, PhD, CIRM Parkinson's patient advocate.  
**Topic:** New perspectives in Parkinson's research. Break-out groups follow.  
Call **Paul Dawson 760-497-1200**.

**FALLBROOK - Friday, March 27<sup>th</sup> (NCPGS Sponsored) 10am—noon** (meets fourth Friday of each month)  
**Christ The King Lutheran Church**, 1620 S. Stage Coach Lane, Fallbrook.  
**Speaker: Dr. Mindy Bixby** Scripps Medical Group and **Lois Haigh** Amneal Pharmaceuticals  
**Topic:** Taking "ON" Parkinson's Disease  
Call **Irene Miller 760-731-0171**.

**ATYPICAL Parkinson's (Caregivers only) Wednesday, March 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)

**ATYPICAL Parkinson's (PwP & Caregivers) Monday, March 16<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)

## NCPGS Board of Directors

**Wednesday March 18<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).

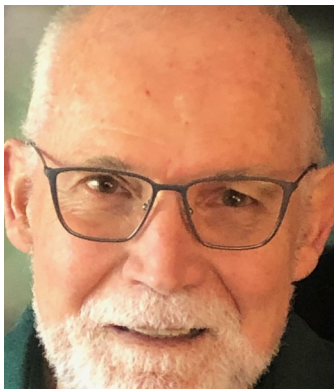
## Small Social Groups

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: Gene Burns, LtCol, USMC (ret)

By Sam Cooper



Gene Burns, Lieutenant Colonel, USMC, Retired was born in Lone Pine, California, in 1940. The family moved to Vallejo, California, during the WW II years, settling in Riverside after the war. He attended UC Berkeley on an NROTC scholarship, majoring in Mechanical Engineering, where he met his future wife, Willa, on a blind date. In 1963, Gene graduated and was commissioned as a Second Lieutenant. After Officer's Basic School at Quantico, Virginia, he was assigned to the 1st Tank Battalion at Camp Pendleton in January, 1964, to begin the first of three tours of duty with the battalion, deploying to the Western Pacific in 1965.

"We were on two WW II vintage LST's, veterans of the Anzio invasion," Gene recalls. "We crossed the

Pacific at 10 knots requiring 27 days to get to Okinawa." After a month of preparation, Lieutenant Burns sailed for Vietnam. In 1966, now Captain Burns reported to the Naval Postgraduate School in Monterey, where he was the honor graduate of his class completing an MSEE degree. In 1969, he returned to Danang, Viet Nam, assigned to the 1st Marine Division Headquarters G-2 Section as a Target/Technical Intelligence Officer. He was awarded the Bronze Star with a Combat V. After six months, he was transferred to the 1st Tank Battalion, which he soon learned was redeploying to Camp Pendleton. Two months after returning to Camp Pendleton with the Tank Battalion, he was transferred to the Naval Electronics Systems Command in Washington, DC, for a three year tour finally fully utilizing his MSEE degree. In 1973, Major Burns was transferred to the NROTC Unit, University of Colorado, Boulder, as a Marine Officer Instructor.

"Military service is always about assignment. In 1976 I reported to the Marine Corps Command And Staff College as a student once again." His research project was published by the Library of Congress. Upon completion of the program in 1977, Gene was transferred to the 1st Marine Aircraft Wing, CEO on Okinawa. At the end of this overseas tour, he again reported to the 1st Marine Division at Camp Pendleton, and was assigned as a Company Commander in the 3rd Assault Amphibian Battalion. Promoted to Lieutenant Colonel, he was assigned as the Commanding Officer of the 1st Tank Battalion at Camp Pendleton, where he first began his military career as a new Second Lieutenant years earlier. After 20 months in this position, he was reassigned as Operations Officer, MCTSSA, which proved to be his last assignment before retiring on July 31, 1984. He then went to work for Hughes Aircraft, later Raytheon, and retired after 20 years as a Principal Systems Engineer.

"I was diagnosed with Parkinson's in 2013. My symptoms are still relatively mild and limited to sleep issues, constipation, and episodic swallowing problems. I credit my participation in Rock Steady Boxing with keeping more serious symptoms at bay for the time being." Gene and Willa attend our Oceanside chapter where they both help out with check in and set-up. "We get a tremendous amount out of the meetings and participate in the large group and small group social activities. We will host the small group again in March. We have developed many friendships through these activities and look forward to them every month."

"My mother had Parkinson's and was impacted far more than I have been so far. I feel fortunate that we know more about Parkinson's than we did before and have more resources available now. You need to keep a positive attitude and stay involved. Keep going, Keep moving, Life doesn't wait for any of us."

**"We get a tremendous amount out of the meetings and participate in the large group and small group social activities."**

**"We will host the small group again in March. We have developed many friendships through these activities and look forward to them every month."**

**"I feel fortunate that we know more about Parkinson's than we did before and have more resources available now. You need to keep a positive attitude and stay involved. Keep going, Keep moving, Life doesn't wait for any of 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.***

## Breaking News! Leadership Changes!

We're always looking for ways to serve our North County community a little better. Paul Dawson, our board president and Oceanside chapter leader, has also been the editor of this newsletter for many years. It's about time he got some help. Rex McCoy, who has been the La Costa chapter leader since 2015 will be assuming the duties of editor next month. Rex will remain as vice-president. Paul deserves our gratitude for shouldering all those tasks these many years. He's more than a little thrilled to have the help!



The La Costa chapter will be hosted by a team of familiar faces. Sam Cooper (also our Social Chair) will host the meetings. Eva Zamora remains as co-leader and will facilitate the Parkinson's breakout group. Caryl Parrish will continue to take attendance and will be the chapter's record keeper. Expect to see some other volunteers step forward and help with the many activities required to keep a chapter operating.

We are also creating new contact information, such as email addresses that will remain constant, even when people change jobs. Next month's Contact List will reflect the first of these changes.

### 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. Thank you

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

**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](http://www.NCPSTG.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)  
NCPSTG 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)  
NCPSTG 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

- Lawrence Rogers
- Paul Rubinstein

Our thoughts and prayers go out to 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