

NORTH COUNTY PARKINSON'S SUPPORT GROUP

May 2020
www.NCPSG.org



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

Social Distancing, not Social Isolation



The way we were

Parkinson's is a disease that often cuts us off from the rest of the world. But we thrive on being around people. Seriously folks, *social interaction is the best brain exercise there is!* Social activity has been shown to slow cognitive decline, protect memory, reduce stress and combat depression. It even has its own medical specialty: Social Neuroscience. It's that important!

In normal times NCPSG provides multiple opportunities for social activities. We have large group activities in July (the Summer Social), September (the Fallbrook Potluck) and December (the Holiday Luncheon). For those who enjoy a more intimate setting we meet the other months (except November) on the third Monday in a private home. Sam Cooper, our Social Chairman, is the coordinator of all these events. He is organizing a "virtual small group" to meet online at the regular time. If you are interested contact him at his email address on the last page.

While all these activities are suspended during the Covid-19 emergency, it's important to not let ourselves get isolated. Keep up your contacts with your friends and family. Use the phone! (And your NCPSG Directory!) There are new technologies such as Zoom, Facetime and Skype that may allow you to have a virtual meeting with others. Social media such as Facebook, Instagram and Twitter are ways to keep in touch. Share photos over text and email, especially the silly or inventive ones! And don't forget to check in on folks who may be especially vulnerable.

Have a movie night. Get out the popcorn and start streaming the same movie as your remote friend. Make snappy comments about it by text or email as it streams. Imagine what you could do with Casablanca!

The important thing to do is stay connected. We've gone from in-person to electronic connectivity. It won't last forever. In the meantime, socialize!



The way we are now

It's hard to predict, especially the future

What happens next? When do the authorities ease the restrictions on movement, gatherings and employment? What happens when they do that? Does the virus return? Do we lock-down again at some level? These are hard decisions and we can't really know if the authorities are getting it right. Nobody can.

It is highly likely that this will be a yo-yo pandemic. Restrictions may be eased and then reimposed. We can't let our guard down at those times. Although it will come and go, the disease effects may be mitigated over time. New treatments for active cases, gained immunity post-exposure, and eventually a vaccine will get us past the worst of the disease. But it's going to take time and we need to protect our particularly vulnerable population.

NCPSG will not resume gatherings merely because some phase of a lockdown has been lifted. We will review the situation, and resume meeting only when we are confident that our folks are protected from infection. Please keep alert for announcements in this newsletter or on our website, [NCPSG.org](http://www.NCPSG.org).

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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 chapter virtual meetings, contact the email address provided for an invitation.

RANCHO BERNARDO - Online meeting May 4 1:00 PM

A time to visit and share.

Carol Maher 760-749-8234 or hcmaher@cox.net

Our thanks to Brigit King as she moves on. Brigit was instrumental in starting and running the RB group from the beginning.

LA COSTA CARLSBAD - Online meeting May 6 1:00 PM

A time to visit and share.

Sam Cooper 520-820-0339 or scprphd@gmail.com

OCEANSIDE - Online meeting May 13 1:00 PM

A time to visit and share.

Paul Dawson 760-497-1200 or paul@video-fire.com

FALLBROOK - Online Webinar meeting May 22 10:00 AM

Speaker: Jaimie Chen of Harbage Consulting

Topic: Medicare and Medical

Irene Miller 760-731-0171 or imiller4jc@gmail.com

ATYPICAL Parkinson's (PwP & Caregivers) No meetings in May

Darlene Gerow 619-806-9649

darlene.gerow@gmail.com

ATYPICAL Parkinson's (Caregivers only) No meetings in May

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darlene.gerow@gmail.com

NCPSTG Board of Directors

Wednesday May 20th 1 - 3pm Board meets on third Wednesday. May meeting to be conducted online. Call **Paul Dawson 760-497-1200**

A Little Extra to Do

For a list of Covid resources, and also a lot of interesting things to do online, download SD Central County Parkinson's Support Group April newsletter at SDCCPSG.org. Scroll down to What's Happening in April and click the link.

Notice!

All public gatherings are banned in California. Listings are provided for when activities resume. Watch for announcements from each activity.

Physical Exercise

CARDIFF LOCATION - No meetings in May

OCEANSIDE LOCATION - No classes in May

MEDICAL INTEGRATED PROGRAM - Tri-City Wellness Center closed until further notice

ROCK STEADY BOXING - Suspended

Check their national website for more information.

<https://www.rocksteadyboxing.org/>

Vocal Exercise

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

No meetings in May, both chapters

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)

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: Sally Sporrer

By Sam Cooper



According to Sally Sporrer, she is not only Pat Kenney's "favorite sister, I am his only sister!". Born in the Bay Area but raised in Billings, Montana, where Pat was born five years later, Sally followed her high school sweetheart, Bob, to college at the University of Wyoming. "We were married by the time Bob graduated, and moved to Orange County where we raised our three terrific sons. Bob was in banking and received his MBA from USC. I got to be a stay-at-home mom. We felt my position was just as important as Bob's. My family is my greatest accomplishment." Sally was a soccer mom and the memories of her boys

participating in football, baseball, wrestling, volleyball, and soccer "brings me a lot of joy". The boys attended USD and when the youngest graduated from high school, Sally and Bob moved to Oceanside in 1998. "I am now the proud Gramma of four wonderful grandchildren!"

Her brother, Pat, was diagnosed with Parkinson's in 2012 while living in Arvada, Colorado, where he cared for their mother who passed away a year later. "As Pat's health problems increased, he had to take his medical retirement. I convinced him on a cold and snowy February day in 2014 it was time to move to Southern California."

Sally notes that while there are certainly negatives to a Parkinson's diagnosis, there can also be many positives. "Helping Pat with his Parkinson's journey has rewarded us with a close brother and sister relationship that we might not have had otherwise. His positive attitude and sense of humor keeps us both moving forward with laughter and love. As his caregiver, I am most concerned about Pat's safety and weight, but he is in an excellent facility in Lake San Marcos. We always say to each other 'We are the Team! Go Team!'".

"We joined the North County Parkinson's Support Group shortly after Pat moved here and typically attend the Oceanside group. Once I started going to the meetings with him, I was hooked. Our North County group offers such wonderful friendships. The informative presentations are fantastic and the caregiver support group is very helpful and rewarding. 'We are all in this together' is not just a phrase I hear repeatedly, it is very reassuring. I am able to ask questions of other caregivers and get invaluable answers and support. This is just priceless."

Sally well understands that as an organization of volunteers, we need all the help we can get. "I am very happy to take care of the name tag duty for all four of our chapter groups in North County. I really enjoy doing it and I am just amazed how many new people join us each month. It proves that there is a real need for education, support, and encouragement from our group. I know that we are all there for each other. Pat and I extend our sincere thanks to each and every one of you for all the friendships and support. Exercise, socialize, and stay involved with your loved ones! Parkinson's does close doors, but it opens doors as well."

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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.

Webinars with local Movement Disorder Specialists

The term “challenge” seems to be in almost every conversation these days, and no longer just about the impact of Parkinson’s. Recognizing those challenges, the Parkinson’s Association of San Diego is hosting new educational webinars, including live Q & A. Movement Disorder Specialists around the County have joined in developing presentations so we can better understand PD while still stuck at home.

The first webinar was on Wednesday April 15, and featured Dr. Abigail Lawler, a Movement Disorder Specialist neurologist, discussing the importance of telemedicine and why participation is critical. Webinars are followed by a live question and answer session. Registration for the webinars is on the Parkinson’s Association website. Sign up for the invitations at <https://parkinsonsassociation.org>. You will receive an “invite” with details of each class topic, date and time, and a link for logging in.

Time to Review Your Paperwork

Well, now that you’re safely indoors with time on your hands, it’s a great time to get to that paperwork you have been putting off. When is the last time you checked your legal and medical documentation? Do you have a Vial of Life or other list of medications you take? Medications change over time so make sure that your list is current. Also order your free Aware In Care kit from the NPF at **1-800-473-4636**.

What about other medical documents? Do you have an Advanced Directive? You are strongly encouraged to do so since it lets both the medical caregivers and your loved ones know your wishes. Your medical provider usually has the forms online.

How about your legal documents? Are your wills and trusts up to date? Although most law offices are closed you can take care of most simple updates with emails and postal correspondence.

And don’t forget to let your loved ones know your thoughts. Don’t assume that “they just know”. Now is the time to share.

Our mailing address for all donations and correspondence:

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