

NORTH COUNTY PARKINSON'S SUPPORT GROUP

April 2026
www.NCPSG.org



A NEWSLETTER FOR EVERYONE AFFECTED BY PARKINSON'S IN NORTH SAN DIEGO COUNTY

“Eat the bread. Bake the bread.” - L.R. Hen

As April is **Parkinson's Awareness Month**, this is the time of the year we make our annual appeal for donations. Although we are all NCPSG volunteers, we do have significant ongoing expenses for supporting services to People with Parkinson's and their Care Partners which include some \$15,000 annually for our Scholarship Program offering folks an opportunity to try fee-based services available to our North County Parkinson's Community as well as donations to fellow non-profit organizations that serve our Parkinson's community such as [Tremble Clefs](#) and [Rx Ballroom Dance](#).



We also give an annual Honorarium to our four support group venues who generously allow us to meet at their location. Securing venues to meet on an ongoing basis is difficult and we are very grateful for their support. Our Outreach Events have entry costs and educational material expenses. We have expenses for office supplies, mailings, and the annual rent for our Post Office box. Like the story of the Little Red Hen, we all **“eat the bread”** as we benefit from our four chapter support groups so we all need to help **“bake the bread”** through our donations.

We are suggesting donations of \$60 per couple or \$35 for a single individual. But any amount you can donate is appreciated. As we are an IRS 501(c)3, all donations are tax deductible. There are three ways to donate:

- 1.) mail your 2026 donation to NCPSG, PO Box 230566, Encinitas, California 92023.
- 2.) go to our website, ncpsg.org and click on the “Donate” button.
- 3.) consider a Legacy Gift honoring the memory of a loved one. Include NCPSG in your Will or Trust.

Thank you! We literally cannot do this without **you**. - Sam Cooper, Board President, Board of Directors

Come Join PASD Annual Walk Saturday April 11 - Liberty Station, San Diego

Picture this: A beautiful morning, more than a thousand friends and soon-to-be friends, representatives of dozens of non-profits and other providers offering services to us, a chance to speak with a neurologist, a physical therapist, a nutritionist, a clinic representative—all with services focusing on Parkinson's. Fun activities for children of all ages, and dogs too. It's a wonderful gathering, and **you don't want to miss it!**

There are several North County teams—you'll see the list on the registration site. Join one of them or form your own. It's called a “5-K Walk”, but the course is flat and has many “shortcuts”. Walk as far as you feel like doing, or don't walk at all. Cheer the walkers at the starting gate, and welcome them back

It is Parkinson's Association of San Diego's annual fundraiser, so your donation really has impact.

They provide services like Empowerment Day, Good Start program, Mentors, Medical Safety Program, Young-Onset services, Mental Health Professionals, and an amazing website full of valuable info. Register online at <https://ParkinsonsAssociation.org> or call (858) 215-2570.



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Support Group Meetings

RANCHO BERNARDO

Different Day !

Tuesday, April 7, 10:00 AM to Noon

Speaker: Naureen Imam, DPT—Empower NeuroRehab

Topic: "Physical Therapy for movement disorders"

San Rafael Catholic Church

17252 Bernardo Center Road, San Diego, 92128

Hosts: Brigit King bkicedancer@gmail.com,

858-354-2498 & Carol Maher hcmaher@cox.net

760-518-1963

LA COSTA CARLSBAD

No meeting

Venue not available

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday, April 8, 1:00 PM to 3 PM

Speaker: Steve Steinberg, LSW

Topic: "Mental health specialists with knowledge of Parkinson's are best equipped to help us"

Oceanside First Presbyterian Church

2001 S. El Camino Real, at Fire Mountain Rd

Oceanside 92054

Host: Paul Dawson paul@video-fire.com

or 760-497-1200

FALLBROOK

Friday, April 24, 10:00 AM to Noon

Speaker: Dr. David Coughlin, MD, MTR, UCSD

School of Medicine

Topic: Parkinson's Disease: Research Advances and Future Care

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSGF@gmail.com

In-Person Tremble Clefs Sing Strong Zoom

Sessions Wednesdays at 10:00 a.m.

Community Health and Wellness Center Room A2

1636 E. Mission Road, Fallbrook, CA 92028

Passings

- Ed Oliva

Our thoughts & prayers go out to family & friends

NCPSSG Board of Directors

Wednesday, April 15, 1 PM. The Board meets online on the third Wednesday of the month.

Contact Sam Cooper NCPSGLC@gmail.com or 520-820-0339.

Physical Exercise

In-person or On-line Options. Fees May Be Charged.

For more information, see [Scholarships](#)

Tri-City Hospital - Parkinson's Exercise

Led by a Physical Therapist and an Occupational Therapist. Every Thursday, 3 - 4 pm. (no charge) Check in at hospital main desk.

Personally Fit (NCPSSG Scholarships Available)

In-person and Zoom classes for Parkinson's.

personallyfitonline.com or contact Doris Flood, PT at

dflood@personallyfitonline.com

LifeSpan Health (NCPSSG Scholarships Available)

Drug-free program to enhance a healthy life span.

<https://lifespanshealth.me/>

NeuroLab 360 (NCPSSG Scholarships Available)

Neurologic physical and occupational therapy, and wellness sessions. www.neurolab360.com

Rock Steady Boxing (NCPSSG Scholarships available for some affiliates)

Improve Parkinson's quality of life through non-contact boxing-based fitness curriculum. In-gym and online classes available. <https://www.rocksteadyboxing.org/>

Rx Ballroom Dance - Dance therapy, the best therapy for mitigating and reversing symptoms of brain deterioration. Classes in Oceanside, Fallbrook, Rancho Bernardo. (no charge) Details at

<https://www.rxbalroomdance.com/>

or call Erin Angelo 310-938-1620

Tai Chi - Temecula - (NCPSSG Scholarships Available) Physical exercise & wellness.

www.oyd-ca.com

Vocal Exercise

Tremble Clefs -Therapeutic Singing & Socializing *Inland Chapter (Rancho Bernardo)*

Wednesdays at 10:00 AM (no charge)

San Rafael Catholic Church in the Parish Hall,

17252 Bernardo Center Road, San Diego 92128

Fallbrook Chapter

Wednesdays at 10:00 AM (no charge)

Community Health and Wellness Center Room B4

1636 E. Mission Road, Fallbrook, CA 92028

North Coastal Chapter (Encinitas)

Tuesdays at 1:00 PM (no charge)

Bethlehem Lutheran Church, 925 Balour Dr,

Encinitas, CA 92024

Email: matt@trembleclefs.com

or laura@trembleclefs.com

Website: <https://www.trembleclefs.com/>

Sing Strong sessions on zoom: <http://bigt.ly/TC-zoom>

Parkinson Voice Project - Speak Out home practice exercise Monday - Friday 8 AM PST online at www.parkinsonvoiceproject.org



"I was born to mature Midwestern parents after WW II in Vista, California. As a hyperactive only child who had to be busy all of the time, I discovered a love of writing, creating short stories in the 4th grade after school enrichment class. For fun, I was an American Athletic Union swimmer and went deep sea fishing with my father. All of this satisfied me and saved my mother's sanity.

As a high school senior, I became the Vista High School student newspaper editor, the production editor of the literary magazine, and a reporter of Vista High School swimming for the local newspaper besides working as my church lifeguard. In a journalism competition at Palomar College, I won the On-The-Spot Writing competition and was very active in a series of journalistic endeavors including being the only student editor admitted to the White House Press Corps for a presidential

visit to Camp Pendleton. After completing my Associates in Journalism, I transferred to San Jose State University to finish my BA degree before being hired as the Public Relations person writing the company newsletter for a Los Angeles manufacturing plant.

During that time, my photographer first husband and I did freelance work, and I started the first newsletter for the Camp Pendleton Federal Credit Union. When my husband finished his degree, we moved to Louisiana to be near his family where he opened a photo studio that led to a career in law enforcement photography and undercover narcotics assignments.

"NCPSEG is a wonderful organization and I have seen first hand the impact it has by offering four support groups, educational activities, and social opportunities."

"Working as a part-time reporter and English teacher, I enjoyed the rural lifestyle and began graduate school. Our sons were 3 and 5 when he died of a rare type of brain cancer. After his passing, I finished my graduate English degree and became a university Lecturer and hospice volunteer learning the foundation for the Elder role I held in my Presbyterian Church for folks grieving a loss. That experience led to my becoming a Stephen Minister here.

"As my mother developed Parkinson's at age 98, I moved back to Vista after Hurricane Katrina to become her primary caregiver while teaching Journalism at Cal State San Marcos. I joined the Oceanside First Presbyterian Church where I am Session Clerk, a Stephen Ministry Leader, and technology volunteer working with Paul Dawson. When he told me he needed an Editor for the North County Parkinson's Support Group's newsletter, I volunteered. Because of my new position, I also became a member of the Board of Directors. The NCPSEG is a wonderful organization and I have seen first hand the impact it has by offering four support groups, educational activities, and social opportunities."

NCPSEG Notices

We provide information in our newsletter and chapter meetings on a broad array of Parkinson's-related topics and perspectives.

A presentation should not be interpreted as our endorsement. Do your own research, and talk with your neurologist before taking action.

We take photos and videos at our meetings and events and may use them in our newsletter and promotional materials. Please tell the event leader if you do not want your image to appear.

You may **click the links** in this newsletter to be taken directly to the referenced resource. If you find a broken link, contact the editor at ncpsgNL@gmail.com.

Christ Presbyterian Church La Costa, Oceanside First Presbyterian Church, Fallbrook Wellness Center, and San Rafael Catholic Church, RB provide their facilities at no charge. We Thank You!



We have an exciting opportunity for members of our community to help test [Cliniscript](#), a new app designed to keep all your medical and wellness appointments organized in one place.

[Cliniscript](#) allows you to document appointments and track follow-up activities from a variety of providers including:

Neurologists, Physical therapists, Speech therapists. Occupational therapists, Personal trainers, Rock Steady Boxing coaches, and other wellness programs.

The app can record all information in one location for appointment notes, and track your exercises or goals between visits. For example, if your speech therapist asks you to practice speaking intentionally each day, you could log activities. For example:

Monday: Spoke intentionally while ordering coffee

Tuesday: Practiced intentional speech while playing pickleball

At your next appointment, the app can help summarize the activities and progress you have made over the past few weeks.

We are looking for 30 volunteers to test the app and provide feedback about what works well and what could be improved. Participants will use the app for 4 to 6 months.

If you are interested in participating, please contact:

Stephanie Murphy
Parkinson's Association of San Diego
619-942-1871

Or [Contact Stephanie](#) (click here)

Volunteer shoutout! *Caryl Parrish*

Caryl Parrish is the wearer of many hats! As well as greeting you at the La Costa meetings, she is a long-term member of the NCPSPG Board, acting as our Treasurer, our Webmaster, Record keeper, Monitoring the Scholarship Program, Minute Taker and minder of the P.O. Box. Whew! Many tasks that go towards making our Group such a success!

Thank you Caryl!

We are a 501(c)3 non-profit organization, dedicated to serving the Parkinson's community. Your donation of funds and of volunteer service are truly appreciated! Thank You!

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Newsletter Published Online

Our monthly NCPSPG Newsletter is available on our website NCPSPG.org. It is posted about one week before the end of the month. Archived editions are also available there.

Micheline Allen, our Corresponding Secretary reminds members to have the address info@ncpsg.org in your contact list, to ensure your newsletter link does not go to your junk mail.

Our mailing address: Website: (Donations accepted)
NCPSPG NCPSPG.org
 PO Box 230566
 Encinitas, CA. 92023



North County Parkinson's Support Group Spring Social—in pictures



Summer Social - June 20
Regional Fallbrook Wellness Center
Fallbrook Regional Wellness Center
1636 E. Mission Rd, Fallbrook 92028
Host: Fallbrook chapter

