

NORTH COUNTY PARKINSON'S SUPPORT GROUP

October 2026
www.NCPSG.org



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

Mary Jo and Dick Young's Gift to You



You meet the nicest people at our Support Group meetings. Each is special in their own way. **Dick Young** (PwP) and his wife and care partner **Mary Jo** have been long-time north county residents. Dick was a well-known local architect who designed a number of homes, churches and civic buildings including several school campuses.

Caring and generous people, they set aside a trust fund for scholarships for high school students in Oceanside, and for NCPSG. Those funds underwrite our "NCPSG Scholarship Program" which offers people diagnosed with Parkinson's a chance to try out fee-based services from providers in our area.

If you have benefitted from the many services NCPSG offers and would like to see them continue, have you considered including NCPSG in your trust or will? In that way **you** help carry our most important services forward to those who will follow us.

NCPSG's Scholarship Program

There are a number services designed specifically for people with Parkinson's like physical therapy, focused exercise, vocal exercise, speech therapy, singing, dancing, daycare and respite. They can make a big difference in our lives. See Page 2, second column for many examples.



Some services are free, and some are fee-based. Our "Scholarship Program" offers people with Parkinson's in North County a chance to experience services they are not currently in and have not previously tried. Each program is different. Some are a specific number of sessions, others are for specific periods like one or two months. At the end of the "scholarship" period, you decide whether you'd like to continue. If you do decide continue, it is at your own expense.



Please go to our website, **NCPSG.org** and look for *Scholarships*. There you will see all the opportunities currently available, the "rules" to be followed - and yes, there are rules, the Application form and the way to submit your Application.. Be sure to check that website for the current offerings, as they change often.

PASD's Empowerment Day - October 15

Empowerment Day is just around the corner. The event features nationally recognized speakers, expert-led educational sessions, interactive workshops, wellness demonstrations, and an extensive resource expo showcasing organizations and services that support the Parkinson's community. Attendees have the opportunity to learn about the latest advances in treatment, research, exercise, nutrition, and strategies for living well with Parkinson's while connecting with others who share similar experiences.

Each year, Empowerment Day welcomes hundreds of attendees, more than 20 expert speakers, and dozens of exhibitors and sponsors, making it one of the largest Parkinson's educational events in Southern California. **Empowerment Day** is held at Town and Country Hotel, Mission Valley San Diego.

There is a fee for Empowerment Day. **If the fee is an obstacle for you, please don't miss this rich educational opportunity.** PASD offers scholarships on their event registration site.

Registration link

<https://parkinsonsassociation.org/2026-empowerment-day-registration/>

Questions? Call Steve at (619) 324 9788

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Support Group Meetings

We make every effort to accurately report guest speakers and topics - but things can change, and we have to make last minute adjustments. We appreciate your understanding.

RANCHO BERNARDO:

Tuesday, October 6, 10 am to 12 noon

Speaker: Elaine Collins

Topic: "Insurance and Medicare Updates for 2027"

San Rafael Catholic Church

17252 Bernardo Center Road, San Diego, 92128

Hosts: Tom Lipinczyk, t.pinzack1@gmail.com or

858-209-0322, and Cindy Schmoke, cindy1rdh@yahoo.com 760-415-0637

LA COSTA CARLSBAD

Wednesday, October 7, 1:00 PM to 3 PM

Speaker: Brad Massey

Topic: "Parkinson's And Medicare: Overview, Options, Changes"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

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

OCEANSIDE

Wednesday, October 14, 1:00 PM to 3 PM

Speaker: Sherrie Gould, NP

Topic: "Crexont, new extended-release oral capsule"

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, October 23, 10:00 AM to Noon

Speaker: Dr. Song, UCSD Principle Researcher - Sleep Study

Topic: "Sleep Disturbances"

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSGF@gmail.com

Winter Social: Saturday, December 5, Shadowridge

Passings

◆ Ruth Reid

Our thoughts & prayers go out to family & friends

NCPSP Board of Directors

Wednesday, October 21, 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 (NCPSP Scholarships Available)

In-person and Zoom classes for Parkinson's.

personallyfitonline.com or contact Doris Flood, PT at dflood@personallyfitonline.com

LifeSpan Health (NCPSP Scholarships Available)

Drug-free program to enhance a healthy life span.

<https://lifespanhealth.me/>

NeuroLab 360 (NCPSP Scholarships Available)

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

Rock Steady Boxing (NCPSP 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 - (NCPSP Scholarships Available) Physical exercise & wellness. www.oyd-ca.com

Vocal Exercise

Tremble Clefs -Therapeutic Singing & Socializing
North Coastal Chapter (Encinitas)

Tuesdays at 1:00 PM (no charge)

Bethlehem Lutheran Church, 925 Balour Dr, Encinitas, CA 92024

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 Sing Strong zoom

Community Health and Wellness Center Room B4
1636 E. Mission Road, Fallbrook, CA 92028

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



"Born and raised in Kansas, I had a childhood ordered out of a catalog. A very close family, 5 boys, lots of animals, a father I loved, and a mother I adored. I worked on a farm every summer from age 13 through high school.

After college I was commissioned an officer in the U.S. Navy, served 5 years, then wound up living in a beach community in Southern California. But that was the 1st inning of life; now it is the 9th.

And the last stages were ushered in at my yearly physical exam with the declaration "You have Parkinson's Disease". That was about a year ago at age 84; now 1 year later I find myself in a tough battle, tougher than I ever thought I'd have to face. My story follows.

"Prior to my diagnosis I was in top mental and physical condition. 10 years as a volunteer ski patroller in Big Bear, 8 years as a volunteer Park Ranger for the city of Poway, and a member of the Volunteer Sheriff's Search and Rescue Team. I spent 1 hour 3 days a week in a gym and 3 to 4 days a week doing foot patrol as a Park Ranger. I was a 9.8 on the happy scale.

"Then came the Parkinson's diagnosis and with it a complete metamorphosis. Leading the change was a major depressive disorder that I just couldn't shake, and with it a major case of apathy. If you look at a list of common signs and symptoms most Parkinson's patients exhibit, I was the poster child. Over the next several weeks I lost 12 pounds, something an ectomorph like myself could ill afford. I kept busy, good therapy, reading everything I could about the disease and how to mitigate it. Interestingly, the more I read the more the phrase "physical activity" kept showing up. I already knew the value of exercise, but the apathy voice was in control.

"I don't remember the day or how I finally overcame that voice, but one day I found myself at the gym signing up. That was about 4 weeks ago, and today that day was a near miracle. After following a modest self-made exercise plan just these last 4 weeks, my condition, mental and physical, has improved dramatically! That apathetic voice has been sent to the back row. Depression episodes are fewer and less intense. And insomnia has lessened considerably. My overall attitude has gone from a 2 to a 7. All this thanks to making a simple exercise plan and sticking to it.

"However, I know the battle is not over. I have a new commander leading the charge, but now the heavy lifting begins - stay actively exercising, do not become one with the couch, and above all, stay challenged. As I preached to my 2 daughters: "The 2 Nevers: NEVER give up. NEVER stop moving up."

NCPSG 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!

**"One Syllable Short Of A Miracle...
It's The 9th Inning**

**"...After following a modest
self-made exercise plan
just these last four weeks,
my condition, mental and physical,
has improved dramatically!
That apathetic voice has been
sent to the back row.**

**"All this thanks to making a simple
exercise plan and sticking to it."**

PD Media Mentions



At the recent Emmy awards Ceremony, Michael J. Fox was presented the Bob Hope Humanitarian Award, only given 7 times since 2002.

Fox received minutes of standing ovation and responded:

"Accepting Parkinson's didn't mean I had to surrender to it. It just meant I had to do everything I could for everyone living with this disease. I set out to advocate for Parkinson's disease and raise money. I found brilliant people to lead the effort with me and vowed to fund the best science in the world," said Fox.

"I'm proud of the progress we've made to benefit Parkinson's patients and families. We're closer to eradicating this disease forever. I'm deeply grateful to our staff, donors, researchers and more so the patient community who make our work at The Michael J. Fox foundation possible."

Share this this video, ["michael j fox award 2026"](#)

Link: [U-tube MJF Award at 2026 Emmy](#)

"Parkinson's across the Pond"

Here is access to the UK Parkinson's website. It may be of interest to our members to see how others manage their experiences.
<https://www.parkinsons.org.uk>

Shout Out to a NCPSPG Volunteer

This month we celebrate **Betty La Plante**, Oceanside's ever-smiling "what can I do to help" volunteer.

Betty helps in the kitchen preparing snacks, at the check-in table, at the First-Timer's table and anywhere else she sees a need.

Betty was care partner for her husband Les, and continues giving to others on the same path.

Thank you Betty! You are appreciated!

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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. Older editions too!

Please contact our Corresponding Secretary **Micheline Allen** if you have moved, or your email address or phone number has changed:

Micheline Allen: ncpsgcs@gmail.com
or 760-631-0649

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

**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!**



Fall Potluck Rancho Bernardo



Thank you RB chapter for a great event!

Need Financial Help?



PASD has secured a generous short-term grant from the San Diego Foundation for **EMERGENCY FUNDING** to help individuals or families impacted by Parkinson's disease. This funding is intended to help bridge an unexpected financial gap during a time of need. Assistance may be available for essential expenses such as:

- **Medication**
- **Food**
- **Electricity and other critical utility expenses**

Dealing with Parkinson's is challenge enough. If you are being impacted by high utility bills, transportation costs, food costs, other emergency expenses, **PASD may be able to help.**

Please contact **Anna, PASD Program Manager**, at anna@parkinsonsassociation.org or call **(619) 324-9799** directly. She will help you fill out an application, and will expedite a decision.

NCPSPG is not directly involved, although the geographic area covered in this grant is **only** North County. Please contact **Anna** directly at email address or phone above.

Act now. If it is an emergency need, it won't wait. Neither will the grant!
[Our thanks to PASD for facilitating this grant!](#)

Important Transportation Survey

PASD is also pursuing a major grant to provide **transportation for individuals affected by Parkinson's** across the County. Please click on the link below and take the 2 - 3 minute survey - which will impact whether we receive the grant.

Link: <https://tally.so/r/xXG0dJ>

The survey needs to be completed by **October 4, 2026**.

Even if you have easy access to transportation now, you may not in the future. This is a fantastic opportunity for PASD to get transportation for Parkinson's families. Please take the survey and help support this application.