

NORTH COUNTY PARKINSON'S SUPPORT GROUP

August 2025
www.NCPSG.org



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

Recent Scientific Research about Parkinson's

Before a cure for Parkinson's can be found, scientists must discover in very specific detail what causes PD. So much progress has been made recently that it feels like a cure is almost within reach. Some of us only want to know when we get there. (Remember as a kid riding in the back seat, driving our parents crazy with, "Are we there yet?") And some of us want the details as they develop, even though we don't always understand. It gives us hope.

Researchers in Chicago at Northwestern Medicine, believe they have discovered a possible viral trigger to Parkinson's as reported June 8, 2025. "We wanted to investigate potential environmental factors – such as viruses – that might contribute to Parkinson's disease," said Igor Koralnik, MD, the lead author of the study and chief of neuroinfectious diseases and global neurology at Northwestern.

Researchers believe a usually harmless virus, Human Pegivirus (HPgV), could trigger Parkinson's disease. Results showed five out of 10 post-mortem brains of patients with Parkinson's had HPgV while 14 brains without Parkinson's did not. Results showed the Human Pegivirus (HPgV) using ViroFind in the brains of individuals who had Parkinson's disease. HPgV belongs to a family of blood-borne viruses causing illnesses like hepatitis C, but it is not known to cause any diseases.



Researchers used samples from over 1,000 participants in the Parkinson's Progression Markers Initiative, a foundation launched by the **Michael J. Fox Foundation** and other scientists. Ten brains from post-mortem patients with Parkinson's disease and 14 without were observed. Five out of the 10 post-mortem brains with Parkinson's had HPgV while the other 14 control brains had none.

The virus was also present in the spinal fluid of Parkinson's patients but not in the control group. "HPgV is a common, symptomless infection previously not known to frequently infect the brain," Koralnik said. "We were surprised to find it in the brains of Parkinson's patients at such high frequency and not in the controls. Even more unexpected was how the immune system responded differently, depending on a person's genetics. This suggests it could be an environmental factor that interacts with the body in ways we didn't realize before.

For a virus that was thought to be harmless, these findings suggest it may have important effects, in the context of Parkinson's disease. It may influence how Parkinson's develops, especially in people with certain genetic backgrounds."

Researchers also found a potential link between the LRRK2 gene mutation and how patients with Parkinson's responded to the virus. "People who had the virus showed different signals from the immune system than those who didn't, and this pattern was the same, no matter the genetics. But as we followed each person over time, we saw a more complicated picture," Koralnik concluded.



Wednesday, August 6, 2025

1:00 pm – 3:00 pm

Sharp Prebys Innovation and Education Center
8695 Spectrum Center Blvd, San Diego, CA 92123

[REGISTER HERE](#) – SPACE IS LIMITED

Directions & Parking Information: Will be provided to attendees. Registration is required by August 3, 2025.

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Support Group Meetings

RANCHO BERNARDO

Monday, August 4 10:00 to noon

Speaker: Dr Maria Ospina, M.D.

Topic: "Onapgo Meds for Off Times"

Parish Hall is reserved for a church function.

Usual meeting location: **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

Wednesday, August 6 1:00 PM to 3 PM

Speaker: Rick Ankrom

Topic: "Tremble Clefs: Parkinson's Voice Therapy And Socialization"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday, August 13, 1:00 PM to 3 PM

Speaker: RISE Healthcare Group

Topic: Demo of "HAL" Hybrid Assisted Limb -

Used in physical therapy to measure nerve signals

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, August 22, 10 AM to Noon

Speaker: Dr. Kris Rigas, PharmaD, TTS

Topic: "Drug Interactions / Medication Management"

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSGF@gmail.com

Save the Date: Fall Social Potluck

September 15 - More details on Page 5.

Thank You, VOLUNTEER!

At our June NCPSPG Board of Directors meeting, the group agreed to identify a faithful volunteer periodically and to print a short acknowledgment on Page 4 where leadership volunteers appear under "CONTACTS."

NCPSPG Board of Directors

Wednesday, July 20, 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 on Scholarships see NCPSPG.org*

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 (NCPSPG Scholarships Available)

In-person and Zoom classes for Parkinson's.

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

LifeSpan Health (NCPSPG Scholarships Available)

Drug-free program to enhance a healthy life span.

<https://lifespanhealth.me/>

NeuroLab 360 (NCPSPG Scholarships Available)

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

Rock Steady Boxing (NCPSPG 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.rxballroomdance.com/> or call Erin Angelo 310-938-1620

Tai Chi - Temecula - (NCPSPG Scholarships Available)

Physical exercise & wellness.

www.ojd-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

North Coastal Chapter (Encinitas)

Tuesdays at 1:00 PM (no charge)

Bethlehem Lutheran Church, 925 Balour Dr,

Encinitas, CA 92024

In-person participants should be fully vaccinated, or attend via Zoom. Contact Matt Ignacio for details.

Email: matt.sdtrembleclefs@gmail.com

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

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

MusicWorx for Parkinson's (Formerly AudAbility)

Music therapy is the use of clinical, evidence-based interventions to achieve clients' non-musical goals. See

MusicWorx.com. **Cassandra Richtsmeier**

858-457-2201 or crichtsmeier@musicworxinc.com



"My 40 year career was spent in education and working for nonprofits, mostly focusing on fundraising. My entire family has similar interests. One daughter-in-law was in the Peace Corps working in several African countries on USAID grants until earlier this year. My daughter spent a year in AmeriCorps coaching former lumber workers who lost their jobs when Oregon began requiring sustainable forestry rather than clear cutting vast expanse of trees. My core family consists of Judy, the second wife of my first husband, Hugh, deceased, my second husband, Al, who is also deceased, three adult children and their spouses, four grandsons, and a "grand dog". I also have numerous "friends who are family we choose for ourselves." All of these people are a great blessing in my life.

"I was diagnosed with Parkinson's in July of 2022 through a DaT scan, but I had noticed slowing of movements and loss of coordination before that and thought I should simply try harder. At that time, I told only my core family and longest friend-since the 2nd grade-who also has Parkinson's. Her first words were 'Then I want to know who was wrecking our environment when we were kids in Cincy.' That's when I learned of the correlation between Parkinson's and human caused pollution. I started a weekly schedule of vigorous exercise including the Feeling Fit Club, tennis lessons, classes at NeuroLab 360, physical therapy, and daily walks of 2-5 miles with a friend. In April, my walking buddy and I joined over 100,000 people at the Washington Monument to say "Hands Off!" medical research, Social Security, Medicaid, USAID, public media, and education. Having Parkinson's doesn't mean I have lost my social voice.

**"Having Parkinson's
doesn't mean I have
lost my social voice...
Stay active, exercise,
and be social.
You are not alone."**

"I became involved with the North County Parkinson's Support Group when a NeuroLab contact invited me to a small group social event. I very much enjoyed it and immediately registered for the next large group social event. I started attending the Oceanside chapter support group meetings and plan to continue. I find the informational speakers very helpful and the breakout sessions for other folks with Parkinson's gives me a different way to learn. But it is the social aspect of the North County Parkinson's Support Group that appeals to me the most. Having so many companions on my Parkinson's Journey is very helpful, especially since my dear Al died before my diagnosis. Parkinson's is not the end. Stay active, exercise, and be social. You are not alone."

Social Gatherings

We hope you join in our NCPSEG large and small socials, where no one blinks an eye at a spilled drink or tremoring hand, or soft voice. Contact Sam Cooper NCPSEGLC@gmail.com or 520-820-0339.

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!

Parkinson's Media Mentions

A Reflection by Anne Lee

"They might not be big things, but they're meaningful to me"

This headline from **Parkinson's News Today** resonated with me. Many of us with Parkinson's Disease (PD) experience a variety of motor symptoms that impede everyday tasks; unscrewing a bottle cap, fastening a necklace, or threading a needle. How you react to these small inconveniences can have a significant impact on your overall wellbeing.

Recently at lunch I shared with my women friends how it took me a long time to get dressed; the blouse I chose to wear has many small buttons. Their response was "Why didn't you wear something else?" I smiled and said "because this was the one I chose." PD makes many of these tasks difficult, but I'm determined to find ways to deal with them and not simply give in. These small achievements add to my self-confidence. One of my most empowering realizations is that I may not be able to control events, but I do have choices as to how to react.

In a study "Positive Psychological Predictors of Psychological Health in Individuals with Parkinson's Disease," it was hypothesized that in part negative thoughts are related to a feeling of lack of control. Also, when individuals think more positively about negative circumstances it enables them to cope better, which can produce better outcomes. PD is a big deal, but most days it's the small stuff that tests our patience and frustrates us. This is the time to practice self-compassion. Talk to oneself in a kind non-judgmental way; PD is what I have, not who I am. Celebrate the small things that are meaningful to you.

I am not a product of my circumstances.

I am a product of my decisions. - Steven Covey

Thank You, VOLUNTEERS!

Rancho Bernardo chapter recognizes **Ivan and Carolyn Cooper**, keepers of RB's records and new membership forms for NCPSPG. They watch for what needs to be done, and do it promptly; for example, they created the Fall Potluck flyer.

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. Challenged by computers? Lack online access? Speak with your Support Group leader or **Micheline Allen**. To update or remove your contact info, please let **Micheline Allen** know. 760-631-0649 ncpsgCS@gmail.com

Our mailing address:

NCPSPG
PO Box 230566
Encinitas, CA. 92023

Our Website: (Donations accepted)
NCPSPG.org

NCPSEG

Fall Potluck

When: Monday, **September 15**, 2025 at 11:30

Where: San Rafael Church - Parish Hall
17252 Bernardo Center Drive
San Diego (Rancho Bernardo) 92128

Main Dishes provided by NCPSEG Rancho Bernardo

- Oceanside members: Salads
- La Costa members: Side Dishes
- Fallbrook members: Desserts



MORE INFORMATION:

Call 858 354-2498 (Britt) or 760 749-8234 (Carol)

All Support Group Leaders:

Please notify Carol or Britt by September 10th of how many attending from your chapter