

NORTH COUNTY PARKINSON'S SUPPORT GROUP

March 2025
www.NCPSG.org



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

Giving for Future Impact

This volunteer organization exists on donations to help support people and their families on their Parkinson's Journey with continuing sources of information and coping strategies.

Volunteers staff the leadership team and manage each site in providing a monthly program and special events to serve people with Parkinson's and their caregivers. We recognize that the quality, and thus the value of our events and services, depends on motivated folks who give of their time and creativity to make everything work. Note, too, that these services, meetings and events cost money to make events happen. We depend on your continued volunteering and yearly financial contributions, whether giving via our website, postal mail, or in response to our annual giving campaign upcoming in April.

Another way you can provide a truly lasting and outstanding impact on the people we serve is through "Legacy Giving" in your Will or Trust. Any amount that you feel is appropriate will help NCPSG continue to offer our services into the future for those on the Parkinson's journey.

Our current Scholarship Program is a result of one generous Legacy Gift and continues to benefit many people with Parkinson's in North County.

We're not providing legal advice here, but the following information will assist your legal advisor to include North County Parkinson's Support Group in your legacy documents:

NCPSG is a 501(c)3 Public Charity under California law.

IRS designation is dated April 17, 2017. Our EIN is 82-1144390.

Mailing address: NCPSG, P.O. Box 230566, Encinitas, CA. 92023-0566



If you would like to discuss Legacy Giving further, please contact a member of the leadership team: President Sam Cooper, Vice President, Irene Miller, Treasurer Caryl Parrish, or Paul Dawson, Past President, as listed on Page 4 of this Newsletter.

Please consider Legacy Giving and helping those who are now on the Parkinson's journey and those who will be following us.

Our Spring Social - Just Around the Corner

As the seasons change, we move to our next exciting LARGE social event: the **Spring Social**. It will be held at Oceanside's **Broken Yolk** restaurant on Vista Way, near Hwy 78. An informal gathering for food and engaging conversation where you can make new friends and meet old ones (*old* as known for a long time, not *old* old). Parkinson's can be isolating, so grab this chance to fight back over good food! Yes, call it a *food fight* !

Details and reservation form is on the last page of this newsletter.

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Support Group Meetings

RANCHO BERNARDO

Monday, March 3, 10:00 AM to Noon

Speaker: Dr. Brenton Wright, Movement Disorder Neurologist

Topic: "Preparing for Hospitalization"

San Rafael Catholic Church 17252 Bernardo

Center Road, San Diego, 92128

Host: Brigit King bkicedancer@gmail.com.

or 858-354-2498

LA COSTA CARLSBAD

No meeting for March due to Ash Wednesday services.

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper NCPISGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday, March 12, 1:00 PM to 3 PM

Speaker: Christy Parrie, Abbvie

Topic: "New Continuous Levodopa delivery system"

Oceanside First Presbyterian Church 2001 S. El Camino Real, Oceanside 92054, at Fire Mountain Rd

Host: Paul Dawson paul@video-fire.com

or 760-497-1200

FALLBROOK

Friday, March 28, 10 AM to Noon

Speaker: Ben Zaroukian, Owner Oom Yung Doe

Topic: "Eastern Arts Exercise Therapy"

Contact Irene at email ncpsgf@gmail.com

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPISGF@gmail.com

Social Gatherings

Our next large group event is the **Spring Social**, **Monday, March 17**, in the Oceanside Room at the Oceanside Broken Yolk. The ticket form is on page 5 and must be returned by Monday, March 10.

Passings

- Mike Lowry
- John Maier

Our thoughts & prayers go out to family & friends

NCPISG Board of Directors

Wednesday, March 19, 1-3 PM. The Board meets online on the third Wednesday of the month.

Contact Sam Cooper NCPISGLC@gmail.com

or 520-820-0339.

Physical Exercise

*In-person or On-line Options. Fees May Be Charged.
For more information on Scholarships see NCPISG.org*

Personally Fit (NCPISG Scholarships Available)

In-person and Zoom classes for Parkinson's.

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

LifeSpan Health (NCPISG Scholarships Available)

Drug-free program to enhance a healthy life span.

<https://lifespanhealth.me/>

NeuroLab 360 (NCPISG Scholarships Available)

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

Rock Steady Boxing (NCPISG 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 - (NCPISG Scholarships Available)

Physical exercise & wellness.

www.oyd-ca.com

Parkinson's Exercise - Tri-City Hospital -

Led by Physical Therapist and Occupational Therapist.

Every Thursday, 3 - 4 pm. (no charge) Check in at main desk.

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



"I was born in Dayton, Ohio, in 1949. I have one sister. I have many happy memories of our family spending the weekends at my grandparents cabin on a local lake. I became interested in music at age 7 and as my father was a trumpet player that was the first instrument I learned to play. I was in the music program throughout school including the high school marching band. The Beatles coming out when I was still in high school sent me down the path of music as a career. I was in performing bands working in night clubs starting at the age of 15. After graduating from high school, the band I was currently in prepared our own music and moved to California where we got a recording contract with Atlantic Records. The band toured with major Atlantic artists and I eventually ended up doing a show group that worked year round in Reno, Vegas, and Lake Tahoe. I have my own studio where I am a studio engineer, producer, arranger, and songwriter. I still perform for private events.

"I teach music and recording production for The California Family Life Center in Rubidoux, California, whose mission is to provide help to children who have suffered abuse. For 19 years I have been part of a national team of volunteers, The Trauma Intervention Program. We are called to the scene of traumatic events to be with the survivors and provide resources. I love participating in sports including a weekly bowling league.

"I was diagnosed with Parkinson's in July of 2023. I have tremors in my left arm and leg which I try to keep at a minimum so I can keep working as a musician and volunteer. I work out at a local gym four days a week. Since the summer of 2023, my wife Magda and I have attended the Fallbrook chapter support group. The meetings help me with information on the latest treatments available. I particularly appreciate the breakout group as we share things that work for us individually in the hope they might work for others as well. The social activities are fun and provide new information opportunities as do family and friends. "I am working hard to stay ahead of this disease. Parkinson's has made me think of each day as a gift. Planning things to look forward to like trips, dinners, and visits with friends helps me to keep the positive feelings going. You need to reach out and continue to stay involved in life." <https://www.jdstewartmusic.com>

"... I particularly appreciate the breakout group as we share things that work for us individually in the hope they might work for others as well. The social activities are fun..."

Media Mention about Parkinson's

The *San Diego Union Tribune* published an article in its January *Perspective* magazine. If you have a subscription, login to The [Incurables](#) about living with chronic diseases.

NCPGS 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!

Pedaling for Parkinson's

Lorin Youde was diagnosed with Parkinson's at age 70, and has been on his PD journey for just under five years. Since he had been a cycling enthusiast all his life, upon diagnosis he contacted *Pedaling for Parkinson's* on the Davis Phinney website, and for three years has been an active participant in the *Pedaling for Parkinson's* online Zoom class Mondays, Wednesdays and Fridays. You can find the class at <https://davisphinneyfoundation.org/programs/pedaling-for-parkinsons>.

Lorin says, "I have found them to be a great source of anaerobic exercise, sharing of PD news, and fostering of community with riders all over the world."

According to Lorin, the class format is based on clinical work done by Jay Alberts of the Cleveland Clinic that concluded that intense stationary bike riding to a specific threshold three times a week can reduce symptoms up to 35%.

If you go online to the site, and initially find a cloud of digital dust, chances are that Lorin just passed you.

Volunteer!

All Board members, officers, and support group leaders are volunteers as are our greeters, refreshment team, sound folks, and breakout facilitators. Is there a way you could help? Volunteering benefits our members; it's a fun and rewarding way to contribute to our Parkinson's community.

Our mailing address:

NCPG
PO Box 230566
Encinitas, CA. 92023

Our Website: (Donations accepted)

[NCPG.org](https://www.ncpsg.org)

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Newsletter Published Online

Our monthly NCPG Newsletter is available on our website [NCPG.org](https://www.ncpsg.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

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!

North County Parkinson's Support Group



Monday, March 17, 2025, Oceanside Room,
11:30 A.M. at the Oceanside Broken Yolk
2434 Vista Way, Oceanside

Ticket price: \$17.50

- Hamburger with choice of cheese, French fries, onion rings, or side salad
 - Club Sandwich on sourdough with choice of French fries, onion rings, or side salad
 - Grilled Chicken Caesar Salad
 - Veggie Wrap with choice of French fries, onion rings, or side salad
- Menu Choice includes hot/cold tea, coffee, soft drink, lemonade, or Arnold Palmer

Number of tickets ordered: _____

Name

Menu Choice

Reservations must be received by Monday, March 10

Mail ticket form and check to:

NCPSPG

PO Box 230566

Encinitas, CA. 92023