

NORTH COUNTY PARKINSON'S SUPPORT GROUP

July 2025

www.NCPSG.org



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

Paying it Forward

Medical equipment can be expensive! Sometimes insurance or Medicare pays for most of the cost, but sometimes you are on your own. When we need a piece of equipment, or when equipment we have is no longer useful to us, wouldn't it be great to discover an "Exchange" - a place to pass it on, or conversely, to find equipment that has been donated and is available. "**Paying it forward**" is an awesome concept!



North County Parkinson's Support Group (NCPSG) does not have a formal "equipment exchange." Our recommendation is for you to go to the Parkinson's Association of San Diego's (PASD) website (parkinsonsassociation.org) where you can see photos of donated equipment that's available, and reserve it. **Harmony Home Medical**, a mobility sales and repair business in Kearny Mesa, has agreed to make available used devices that have been donated to PASD.

ParkinsonsAssociation.org website

Here's how it works. PASD displays available new or slightly used equipment on their website where you can view and select from those currently available, and reserve the item. To reserve an item, just "click" on the photo on the PASD website page, add it to your "shopping cart," then pay a small processing charge for the item - generally \$10 to \$20.



You will receive an email regarding pickup or delivery. Pickup is free at their store in Kearny Mesa. If you choose the delivery option, a small delivery fee is charged, which you will pay directly to Harmony Home Medical.

This program is a service of the Parkinson's Association of San Diego. Neither PASD, NCPSG nor Harmony Home Medical assume any responsibility or liability from the use of any item.

Thank You VOLUNTEERS!

There are lots of folks who volunteer for NCPSG, at support group meetings, at social events, and anywhere they can find an opportunity to serve. In fact, our organization **depends** on volunteers.

At our June NCPSG Board of Directors meeting (and all Directors are volunteers), our Corresponding Secretary **Micheline Allen** suggested that we ask support group leaders to identify a faithful volunteer every once in a while, and we'd add a short acknowledgement on our Page 4, where, by the way, you'll see leadership volunteers listed under "CONTACTS".

Well, Micheline, we're starting with you! Besides handling Board correspondence, Micheline prints and mails newsletters to those among us who struggle with computers and internet service, enters new member



information into our database, keeps that up-to-date, and provides valuable insights at our Board meetings.

Micheline brings her "eagle eye" to our publications, including this newsletter, scanning for punctuation and grammar errors. And she **ALWAYS** finds them. (Not this time, 'cause we added this article without telling her! So this may have a spelling airer or to.)

Thank you so much Micheline!

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Support Group Meetings

RANCHO BERNARDO

No July meeting

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, July 2, 1:00 PM to 3 PM

Speaker: Dan Sweiger

Topic: "Parkinson's And Healthcare Options"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

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

OCEANSIDE

Wednesday, July 9, 1:00 PM to 3 PM

Speaker: TBA

Topic: TBA

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, July 25, 10 AM to Noon

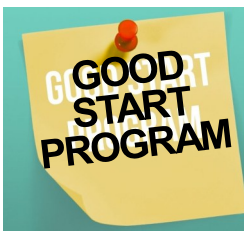
Speaker: Matt Ignacio - Tremble Clefs

Topic: "Fighting Parkinson's One Note at A Time"

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPISGF@gmail.com



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.

NCPISG Board of Directors

Wednesday, July 16, 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*

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 (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.rxballroomdance.com/> or call Erin Angelo 310-938-1620

Tai Chi - Temecula - (NCPISG 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

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



"In 1984 when I was 18, I suffered a traumatic brain injury (TBI) at work in a factory in Orange County. I was in a coma for ten days and spent six months in the hospital followed by two years of cognitive and speech therapy. I was left with a speech impediment and balance, coordination, cognitive, and mental health issues. My parents and I moved back to our former home in the Detroit area. Despite my new health challenges, I completed a college degree in Computer Aided Design/Manufacturing. I worked in the field for a few years liking the job, but not the amount of overtime that seemed unavoidable in Detroit's automobile industry. Having had the ambition to write a book about my life, I left the Manufacturing arena and published the book on Amazon in 2022.

"In about 2016 I began to notice some of my residual symptoms from the TBI were getting worse. As I was about 50 at that point, I chalked it up to what I thought was normal aging. But over the next several years, the symptoms quickly got worse. In 2021, my mother passed away and my father and I moved to North San Diego County to be close to my sister and her family. I was diagnosed with Parkinson's in 2022. After learning to live with my TBI, I was familiar with physical and occupational therapy and dealing with the medical bureaucracy.

**"..I feel comfortable
with other people
who are going through
the same thing I am...**

**You need to be proactive...
Take action."**

"I learned about the North County Parkinson's Support group and began attending the La Costa chapter meetings. Here I found others dealing with the same life circumstance. I wasn't alone as I'd felt after the isolation and depression of the TBI. The informational speaker is always very helpful and I find the breakout sessions for people with Parkinson's particularly helpful. I feel comfortable with other people who are going through the same thing I am. Social interaction and the support of friends and family has made all the difference. You need to be proactive. Instead of letting health issues get you down, take action. There are things you can do. Exercise, be social, stay involved in life I don't know what the future holds, but I will take it as it comes. I have always been spiritual and Faith makes a huge difference. Faith in something is essential. Even if it's just as simple as the faith in human goodness."

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.

Save the date: Fall Social Potluck, Monday, September 15. Location TBA.

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

In February, 2025, the FDA approved an algorithm developed by a [UCSF researcher](#) that provides calibrated electrical pulses to fend off stiffness and involuntary movements before they arise. This means this new treatment can adjust to Parkinson's symptoms in real time.

According to the study, the therapy, known as **adaptive deep brain stimulation**, or **aDBS**, uses an implanted device that continuously monitors the brain for signs that Parkinson's symptoms are developing. When it detects specific patterns of brain activity, it delivers precisely calibrated electric pulses to keep symptoms at bay.

The FDA approval covers two treatment algorithms that run on a device made by Medtronic, a medical device company. Both work by monitoring the same part of the brain, called the subthalamic nucleus. But they respond in different ways. A "fast" algorithm detects patterns associated with symptoms and immediately suppresses them. A "slow" algorithm provides stimulation that maintains the person's brain activity within a range where symptoms are reduced.

The fast approach was developed by UC San Francisco neurologist Simon Little, MBBS, PhD, in 2013, while he was a Wellcome Trust clinical research fellow at Oxford University with Peter Brown, MBBS.

aDBS is a significant advancement over a treatment called continuous DBS, or cDBS, which delivers constant stimulation to the brain. cDBS has been used to improve Parkinson's symptoms since it was approved by the FDA in 1999.

Patients and their health care providers will be able to choose which adaptive algorithm to use and be able to easily switch from one to the other using software that communicates with the device via Bluetooth.

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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

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Our Website: (Donations accepted)
NCPSPG.org

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!

