

NORTH COUNTY PARKINSON'S SUPPORT GROUP

May 2026
www.NCPSG.org



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

Volunteers Crucial to the Success of NCPSG

By Art Braun, Co-leader - La Costa Support Group

Our volunteer support group exists to help People with Parkinson's (PwP) and their Care Partners navigate their lives living with an incurable and crippling neurological disease. We need your physical help to continue delivering an invaluable service to this community. The monthly meetings need many volunteers to be successful, including two volunteers who lead groups, one for PwPs and another for their Care Partners.



Participants tell us "This journey is one we never expected to experience. Being with those on the same journey doesn't make it seem so hard," says Patty Tompkins. "Our Parkinson's support group for care partners is incredibly helpful because it provides valuable information and insights from people who truly understand what we're going through—things we wouldn't learn anywhere else. The support and camaraderie from others who "get it" make a huge difference, reminding us that we're not alone on this journey," reports Laurel Youde. David Kalitowski says, "Caregivers sharing experiences, resources, and ideas caring for their partners in the support group has been a lifesaver for me. I always learn something useful."

These comments reflect the value of our NCPSG meetings that don't just happen by themselves, but are the results of volunteers who devote their time and energy to make them happen. The success of many non-profit organizations is totally dependent on the work of the volunteers who dedicate their time and efforts to a cause they know will benefit many people as they deal with life's challenges. NCPSG is no exception. The folks who provide snacks and drinks at meetings, those who check in meeting attendees, those who assist with set-up, the leaders and co-leaders, the Board members, are all dedicated volunteers. Almost all of these volunteers have walked a Parkinson's journey of their own, or as a Care Partner for a loved one.

As volunteers age and face other life challenges, they must move on from their volunteer duties. That's what is beginning to happen in NCPSG. Some of our volunteers are starting to "age out." That's why NCPSG needs new folks to step-up as volunteers. The only requirement is a heart for helping people walking their Parkinson's journey. Maybe you have a skill or talent that you'd like to use for a bigger cause. Please consider volunteering for the support group that you attend. If you see the value of continuing the success of our groups, ask your group leader how you can help. Anything you can do will be valuable to our ongoing success.

PASD Annual Walk photos - more on Page 6 GREAT North County teams! - Record \$\$\$ Raised!

Photo Credit: Rudy Schmoke and Parkinson's Association of San Diego



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Support Group Meetings

RANCHO BERNARDO

Monday, May 4, 10:00 AM to Noon

Speaker: *Southern Caregivers*

Topic: *"Free services for Caregivers"*

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, May 6, 1:00 PM to 3 PM

Speakers: *Stephanie Murphy and Steve Steinberg*

Topic: *"Updates At Parkinson's Association Of San Diego"*

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

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

Speaker: *Dr. Khanna, Neurosurgeon UCSD*

Topic: *"Advancements in DBS, flexibility in programming; what to expect in surgery"*

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, May 22 10:00 AM to Noon

Speaker: *Adam Fine President CAPS/CEAC Certified*

Topic: *"Accessibility in Your Home"*

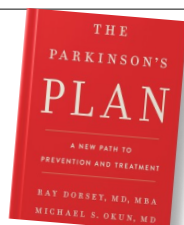
Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSGF@gmail.com

NCPSPG Board of Directors

Wednesday, **May 20**, 1 PM. The Board meets online on the third Wednesday of the month. Contact Sam Cooper NCPSGLC@gmail.com or 520-820-0339.



Dr. Dorsey and Dr. Okun authored a detailed study of possible causes of PD and a path to prevention. Their discussion of important topics is available in a video recording on PASD website:
<https://parkinsonsassociation.org/parkinsons-plan-book-tour-january-27-2026/>

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 (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.rxbalroomdance.com/>

or call Erin Angelo 310-938-1620

Tai Chi - Temecula - (NCPSPG 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



“My early years were spent in east Tennessee as a middle child with an older sister and younger brother. My life was shaped by a congenital hip dislocation which required two surgeries and a body cast for 18 months. A graduate of the University of Tennessee with a degree in Home Economics focused on a Coordinated Undergraduate Program in Dietetics, I completed my MS in Nutrition and Biology in 1989. I worked for 35 years as a clinical registered dietitian; my role was that of the critical care dietician throughout. At Tri-City Medical Center, I eventually became Director of six departments overseeing some 200 hundred employees and a \$10M budget. I am a lifelong sports fan and enjoy gardening, cooking, needlework, reading, music, and travel.

“I was diagnosed with Young Onset Parkinson’s Disease 2004 at the age of 44, but had symptoms including internal tremors, dystonia, and REM sleep disorder for at least a decade before. In 2014 I became involved with the Parkinson’s Association of San Diego and helped to develop the PD exercise program at Tri-City Wellness Center. The program grew to over a hundred participants until Covid closed the Center. I joined the PASD Board in 2014 and in 2021 accepted the role of President. I became an Ambassador for the Davis Phinney Foundation in 2018 and in 2019 became a policy advocate for the Michael J. Fox Foundation. In 2019 I also became a consumer reviewer of PD related research grant proposals for the Congressional Directed Medical Research Program. Last year I was part of a team to develop best practice criteria for hospitalized patients with Parkinson’s.

“Find your own purpose.
Exercise.
Socialize.
Practice mindfulness,
seek out what’s positive,
and express gratitude.”

“I had Deep Brain Stimulation on January 7, 2016 - the day I got my life back. Parkinson’s has allowed me to be vulnerable and to share that vulnerability through telling my story to hundreds of people with PD and their Care Partners. I am in awe of this community and learn something and find purpose from every presentation, phone call, and discussion over coffee. The lifelong friendships I have developed are forever treasured.

“When you are diagnosed with Parkinson’s, you are still the person you were prior to your diagnosis. Find your own purpose. Exercise. Socialize. Practice mindfulness, seek out what’s positive, and express gratitude. Be kind to yourself and others. Live your best life. Thank those who support you. I am grateful my husband, Ace, follows my lead, pushes me when needed, and supports me always. And I am blessed that my two stepchildren and our grandson accept me as I am and never dwell on my diagnosis.”

NCPSTG 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!

PD Media Mentions



Click [here](#) to read the new issue featuring

“THOUGHTS ON BEING A CARE PARTNER”

By Irene Miller

Plant protein clears toxins?

By Michella Luciano, PhD

ParkinsonsNewsToday.com

A protein found in a common liverwort plant could be engineered to clear the toxic protein clumps associated with Parkinson's, according to a study. Researchers discovered that this plant-based protein acts as a “molecular bridge,” successfully linking harmful alpha-synuclein to a human cell's internal recycling system for degradation.

While studying how simple plants like *Marchantia polymorpha* dispose of cellular waste, scientists identified a specific protein called MpEDC4. This protein functions as a selective autophagy receptor, identifies unwanted material and directs it to the cell's recycling machinery for breakdown and reuse. When researchers introduced MpEDC4 into lab-grown human nerve cells, they found it significantly reduced levels of alpha-synuclein, the protein that accumulates into toxic clusters and contributes to the progression on PD. The story is [here](#).

Holy Guacamole! Did you miss the NCPSPG booth at the Fallbrook Avocado Festival April 19?

Pictures on Page 7



Volunteer Shout-Out: Penny Rich

Penny Rich coordinates the snack table for our La Costa chapter support group. It is always more like a buffet frequently including holiday or seasonal themes. **Thank you Penny!**

NCPSPG OFFICERS, DIRECTORS, LEADERS

Rancho Bernardo Co-Leaders		ncpsgrb@gmail.com
Carol Maher	hcmaher@cox.net	760-749-8234
Brigit King	bkicedancer@gmail.com	858-354-2498
La Costa Leader		ncpsglc@gmail.com
Sam Cooper	scprphd@gmail.com	520-820-0339
NCPSPG Board President		
La Costa Co-Leader		
Art Braun	artjbraun@gmail.com	760-550-0508
Oceanside Leader		ncpsgo@gmail.com
Paul Dawson	paul@video-fire.com	760-497-1200
NCPSPG Past President - PASD Executive Committee		
Oceanside Co-Leader		
Sandra Miller	sandy@greensails.net	909-374-7755
Fallbrook Leader		ncpsgf@gmail.com
Irene Miller	imiller4jc@gmail.com	
NCPSPG Board Vice President		
Fallbrook Co-Leader		ajlopiccolojr@gmail.com
Tony Lo Piccolo		951-751-2242
Treasurer, Recording Secretary, Webmaster		
Caryl Parrish	ncpsgrtr@gmail.com	760-889-6661
Corresponding Secretary		ncpsgcs@gmail.com
Micheline Allen		760-631-0649
Social Director		
Sam Cooper	scprphd@gmail.com	520-820-0339
Scholarship Director		
Paul Dawson	paul@video-fire.com	760-497-1200
Video Media		
Art Bierle	arthurbierle@gmail.com	760-749-2182
Directors		
Anne Lee	annelee_500@hotmail.com	760-305-3548
Fallbrook Breakout Group Facilitator		
Ann Kelly	antravelling@yahoo.com	614-653-2255
La Costa Breakout Group Facilitator		
Newsletter Publisher		paul@video-fire.com 760-497-1200
Paul Dawson		
Newsletter Editor		ncpsgnl@gmail.com
Joan Anderson		
Newsletter FOCUS Reporter		
Sam Cooper	scprphd@gmail.com	520-820-0339
Newsletter Mailing – Database		ncpsgcs@gmail.com
Micheline Allen		760-631-0649

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

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!

NCPSG Summer Social Saturday, June 20, 11:30-1:30

Location: Fallbrook Regional Wellness Center, 1636 East Mission Road, Fallbrook

Catered by Firehouse Food Truck



MENU

Entrée comes with coleslaw, French fries, dessert and beverage

COST \$24 per person

SMASH BURGER

Two Angus beef patties, double cheese, grilled onions, pickles, lettuce, secret sauce, on a bun
(when selecting indicate cheese or no cheese)

VEGGIE BURGER

No meat alternative, double cheese, grilled onions, pickles, lettuce, secret sauce, on a bun
(when selecting indicate cheese or no cheese)

PULLED PORK SANDWICH served on a brioche bun

Tear here

NUMBER OF TICKETS _____

PHONE _____

NAME

MENU CHOICE

Mail bottom half of form and check made out to:

DEADLINE FOR RESERVATIONS: Friday, June 12

NCPSG

Hosts NCPSG Fallbrook

P.O. Box 230588

Encinitas CA 92023



North County Parkinson's Support Group Warriors at The Walk

Photo credit: Rudy Schmoke, RB chapter NCPSPG; Irene Miller, Fallbrook chapter; PASD



NCPSTG booth at the Fallbrook Avocado Festival

April 19, 2026



If you learn of a community event where our Outreach Team could raise awareness of Parkinson's, let Carol Maher or Paul Dawson know.

In order to participate we need to contact event organizers well in advance.