

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

December 2025

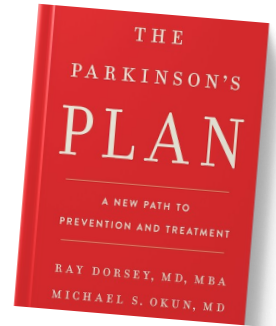
[www.NCPSG.org](http://www.NCPSG.org)



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

## A book based in science, the Parkinson's PLAN authors speak locally

The book is groundbreaking, written by Drs. Ray Dorsey and Michael Okun, two of the world's leading experts in Parkinson's care and research, according to the Parkinson's Association of San Diego. Backed by science and shaped by lived experience, the book offers a comprehensive roadmap for both treatment and prevention. It explores how environmental toxins are driving the rise of this devastating disease and what we can do about it.



Meet both authors in San Diego on January 27, 12:30 - 2:30 for a moderated discussion and Q&A. Details and reservations at Parkinson's Association San Diego website: <https://parkinsonsassociation.org/parkinsons-plan-book-tour/>

## Challenges of the Holidays

The holidays are fast approaching. The advertising has begun. TV commercials picture happy families joining together to celebrate. What if I don't have a family like the ads? NCPSG Board member Anne Lee offers the following:

- 1 Update family before seeing them. Send a group text or email with a link to [michaeljfox.org/Parkinsons-101](http://michaeljfox.org/Parkinsons-101).
- 2 Write notes. Outline your symptoms & how family can help make interactions smoother.
- 3 Travel smart with medications. Keep them in original bottles in your carry-on and stay on schedule.
- 4 Keep your routine. Stick to your usual medication, mealtimes and exercise schedule.
- 5 Explain PD simply to children. Use clear language and ask them to do an activity with you.
- 6 Prioritize mental health. Take breaks to recharge (rest or go on a walk with your favorite family member.)

What if there are people whom I haven't seen since my diagnosis? Will I have enough stamina?

For those of us with Parkinson's, the holidays can bring both joy and apprehension. The challenges are specific to individual circumstances; however, there are some commonalities. Parkinson's Association of San Diego is a good resource addressing this issue.

Often anxiety can be a result of the unknown, and lack of control in a situation. *Acknowledging* your issues, *Choosing* to deal with them, and *Planning* ahead can help. Discussing this topic with fellow PwPs at a Support Group or with a Mentor. You are not alone in experiencing these feelings.

**Each Holiday Celebration is unique. May yours be filled with Joy.**

## Reserve Your Seat!

**NCPSG Winter Social!**  
**December 6 11:30 am**  
**Shadowridge Golf Club - Vista**

We must receive your reservation and check by December 1.  
RSVP form on page 5



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## Support Group Meetings

### RANCHO BERNARDO

**Monday, December 1, 10:00 to noon**

Speaker: Marty Acevedo

Topic: "Eating Healthy for the Holidays"

#### San Rafael Catholic Church

17252 Bernardo Center Road, San Diego, 92128

Hosts: Brigit King [bkicedancer@gmail.com](mailto:bkicedancer@gmail.com)

858-354-2498 & Carol Maher [hcmaher@cox.net](mailto:hcmaher@cox.net)

760-518-1963

### LA COSTA CARLSBAD

**Wednesday, December 3, 1:00 PM to 3 PM**

Speaker: Dr. Megan George

Topic: "Parkinson's And Balance"

#### Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper [NCPSGLC@gmail.com](mailto:NCPSGLC@gmail.com)

or 520-820-0339

### OCEANSIDE

**Wednesday, December 10, 1:00 PM to 3 PM**

Speaker: Stephanie Murphy, PASD Exec Director

Topic: PASD's new Exec Director - "Directions"

#### Oceanside First Presbyterian Church

2001 S. El Camino Real, at Fire Mountain Rd

Oceanside 92054

Host: Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com)

or 760-497-1200

### FALLBROOK: NO Meeting

#### Fallbrook Regional Wellness Center

Usual location: 1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller [NCPSGF@gmail.com](mailto:NCPSGF@gmail.com)

#### In-Person Tremble Clefs Zoom Session

Wednesdays at 10:00 AM

Community Health and Wellness Center Room A2

1636 E. Mission Road, Fallbrook, CA 92028

### Tremble Clefs' Holiday Party! December 13th

San Rafael Catholic Church (Parish Hall)

17252 Bernardo Center Dr., San Diego, CA 92128

Doors Open 12:30 PM. Festivities start at 1 PM.

Click the following button for more info! After clicking, please scroll down on the landing page and find the link to RSVP via [Eventbrite!](https://www.eventbrite.com):

## NCPSPG Board of Directors

**NO December meeting.** The Board meets online.

### Passings

- Stephen Lester

Our thoughts & prayers go out to family & friends

## 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](http://personallyfitonline.com) or contact Doris Flood, PT at

[dflood@personallyfitonline.com](mailto: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](http://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](http://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](mailto: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](http://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](http://MusicWorx.com). Cassandra Richtsmeier

858-457-2201 or [crichtsmeier@musicworxinc.com](mailto:crichtsmeier@musicworxinc.com)



"I was born in Detroit, Michigan, where I spent my entirely unremarkable childhood through high school. After two years at the University of Michigan, I had to transfer to Wayne State University where I completed my BA. Back in the Detroit area in the summer of 1961, I went to the beach with some friends where I was introduced to a beautiful girl named Judy. We were married on February 4, 1962. I was accepted to the Wayne University's School Of Medicine graduating in 1966. During this time we had our two daughters, Marilyn and Nancy, so I guess I wasn't just studying all the time.

"Following medical school and internship, I was drafted into the US Army and sent to Vietnam earning a combat medical badge and bronze medal. After another year in

Huntsville, Alabama, in general practice, it was back to Detroit for a residency in Radiology at Henry Ford Hospital where I practiced for another 10 years. Our son, Eddie, was born in 1970, and by this time Judy and I were thinking about a move to a nicer location than Detroit.

"We ended up in Fresno, California, in late 1982 where we spent the next 24 years. It was here that I became an ardent bicycle enthusiast frequently doing rides of 80 miles. I became "famous" for having some 40 bicycles. After retirement, we moved to Carlsbad to be closer to our first grandchild. My bike riding continued here, but with fewer bicycles-only 20 or so.

**"We began attending the La Costa chapter support group meetings...Judy and I have benefitted...The breakout group is very valuable and we always enjoy the social functions. It helps being part of an understanding community."**

"At about age 79, I began to notice having more difficulty keeping up with my fellow cyclists which I ascribed to old age. But other things also became noticeable such as loss of the sense of smell and cognitive decline. Judy and I made a list of changes over the previous 5-8 years which I took to my personal physician. After reading it, he turned to me and said "Parkinson's disease" which a movement disorder specialist later confirmed.

"We began attending the La Costa chapter support group meetings. At one of these meetings the speaker talked about exposure to Agent Orange and said I should contact the VA since I served in Vietnam. When I confirmed I served in DaNang, they confirmed that exposure caused my Parkinson's. My level of disability is 100% and comes with a modest pension. Without the North County Parkinson's Support Group, none of this would have happened. But this is far from the only thing Judy and I have benefitted from our attendance over the years. The breakout group is very valuable and we always enjoy the social functions. It helps being part of an understanding community."

## NCPSPG 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 [ncpsqNL@gmail.com](mailto:ncpsqNL@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!**



## A Retiring and an On-Boarding

**Chris Buscher** is retiring after serving as Parkinson's Association of San Diego's Executive Director for the last eight years. Chris came out of retirement with 40+ years experience leading non-profits to help guide PASD out of challenging times. He has brought a strong personal commitment to the Parkinson's community, even answering callers in crisis in the middle of the night.

**Stephanie Murphy**, PASD's new Executive Director, brings considerable experience in non-profits and the public sector. Her connection to the Parkinson's cause is deeply personal. Stephanie's late father was diagnosed with Parkinson's disease in 2010 and benefited greatly from the services of the Parkinson's Association of San Diego, inspiring her continued commitment to supporting individuals and families affected by the disease.

Stephanie earned her Doctorate in Organizational Innovation from National University, a Master's in Management from the University of Redlands, and a Bachelor's degree in Speech Pathology from San Diego State University.



*Chris Buscher  
and  
Stephanie Murphy  
at  
EMPOWERMENT  
DAY October 17*

We thank **Chris** for his leadership and support of Support Groups and wish him the happiest of retirements!

We welcome **Stephanie** and look forward to her creativity and innovation, making PASD

### Volunteer Shout out!

**Caryl Parrish** serves as NCPSPG Treasurer, Recording Secretary, and Webmaster as she serves on the Board of Directors. According to fellow member Art Braun, the Board and the La Costa chapter would struggle to function without her, especially her cheerful attitude.

### NCPSPG OFFICERS, DIRECTORS, LEADERS

<b>Rancho Bernardo Co-Leaders</b>	<b>ncpsgRB@gmail.com</b>
Carol Maher .....	<a href="mailto:hcmaher@cox.net">hcmaher@cox.net</a> ..760-749-8234
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Paul Dawson.....	<a href="mailto:paul@video-fire.com">paul@video-fire.com</a> ..760-497-1200
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Micheline Allen.....	760-631-0649

### Newsletter Published Online

Our monthly NCPSPG Newsletter is available on our website [NCPSPG.org](http://NCPSPG.org). It is posted about one week before the end of the month. Archived editions are also available there.

Are you 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

Our mailing address: Website: (Donations accepted)  
**NCPSPG** [NCPSPG.org](http://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!**

North County Parkinson's Support Group

# Winter Social

Saturday, December 6, 2025

11:30 am (check in starts at 11)

Shadowridge Golf Club—1980 Gateway Drive, Vista



All choices include water, iced tea or coffee, rolls with butter, salad and dessert

## Choice of Entree:

1. Classic Caesar Salad
2. Honey Glazed Salmon with mashed potatoes and vegetables
3. Lemon Roasted Chicken with mashed potatoes and vegetables
4. Butternut Squash Ravioli (vegetarian)

\$37.00 per ticket

Number of tickets \_\_\_\_\_

NAME

MENU CHOICE

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Your phone number (\_\_\_\_) \_\_\_\_\_

We must receive your reservation and check by December 1.

Make your check payable to "NCPSG". Mail this form with your check to:

NCPSG  
P.O. Box 230566  
Encinitas CA 92023