

NORTH COUNTY PARKINSON'S SUPPORT GROUP

January 2026
www.NCPSG.org



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

New Year's Resolutions: Make them Meaningful – Make them Stick!

The arrival of January often generates a desire for a fresh start by making New Year's Resolutions. Making such a list triggers core psychological drivers, but *completing them* is often a real challenge for us according to Shelagh Daly Miller, VP, Group Publisher, AARP. She suggests doing three things to actually fulfill your New Year's Resolutions:



1. Find an **accountability partner** who will help you stay on track, focused.
2. Create **specific goals** with a timeline. Measurable goals lead to success.
3. **Be kind** to yourself! Forgive your failures and celebrate your successes!

We combined Resolution suggestions from the Michael J. Fox Foundation (MJFF) with our local resources:

Advocate for Research: Contact lawmakers to support National Institute of Health (NIH) funding and Parkinson's-friendly policies. Help our local lawmakers understand challenges of Parkinson's like ever-increasing need for caregiver support as PD advances, access to costly new medications.

Participate in Research: Our San Diego area is rich in PD research. The Michael J. Fox [Foundation](#) has an online tool for pairing you with appropriate research projects. PASD's website (below) also posts research trials seeking participants.

Build Your PD Community: Participate in our support groups and volunteer to help. Join online forums. Encourage those you meet who might be dealing with PD to participate in support groups, educational seminars, and to "live their best life" through involvement.

Explore Resources: Parkinson's Association of San Diego [website](#) is jamb-packed with both general and focused topics discussed by experts. It has resources such as the Mentor Program, the Good Start program, fill-in-the-blank medication forms for making ER and hospital visits FAR more safe and effective, over 100 podcasts on all PD issues, important information for care partners, mental health resources and much more! Also use MJFF's website, podcasts, and library to learn about symptoms, treatments, and research.

Our own [website](#) has previous Newsletter editions with member profiles, service provider scholarship opportunities, social gatherings, exercise classes, vocal training and more.

Focus on Exercise: Commit to routines (walking, yoga) to help with mobility and pain – and to keep your mind sharp too. Whatever exercise you enjoy and will continue doing is the right choice.

Start/Grow Your Care Team: Find specialists like Movement Disorder neurologists and PD-oriented physical therapists, and counselors knowledgeable in PD. Involve all family members in understanding Parkinson's, and the challenges you are going through and how they can help. Let neighbors know that you might need assistance getting up from a fall. Help friends understand that you are the same person – just dealing with new challenges.

Happy
New Year

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Support Group Meetings

RANCHO BERNARDO

Monday, January 5, 10:00 AM to Noon

Speaker: Sheila Coulbourn

Topic: "Brain Healthy Living"

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, January 7, 1:00 PM to 3 PM

Speaker: Dan Sweiger

Topic: "Parkinson's And Hospitalization"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday, January 14, 1:00 PM to 3 PM

Speaker: Dr. Elizabeth Torres, psychologist

Topic: "Emotional Well-being"

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, January 23, 10:00 AM to Noon

Speaker: Erin Angelo - Founder RX Ballroom

Topic: "Benefits of Dance"

Fallbrook Regional Wellness Center

Usual location: 1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSGF@gmail.com

In-Person Tremble Clefs Zoom Session

Wednesdays at 10:00 a.m.

Community Health and Wellness Center Room A2

1636 E. Mission Road, Fallbrook, CA 92028

NCPSPG Board of Directors

Wednesday, January 21, 1 PM. The Board meets online on the third Wednesday of the month.

Contact Sam Cooper NCPSGLC@gmail.com or 520-820-0339.

Passings

- Larry Moratto
- Robert Goforth
- Frances Schaffer
- Steve Morales

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 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
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 husband, Dan, and I are so glad we learned about the La Costa chapter support group! We joined not long after his diagnosis about 5 years ago. We have gathered so much valuable information, and made many good friends who have helped us feel comfortable as we all share this journey. The speakers have provided us with important information. We understand we may not need all the information now, but feel so much better prepared for what may lie in the future.

“Dan and I are both from Detroit, leaving Michigan to come to California in 1983. We have three children and four grandchildren and have had a busy and active life. With a degree in Psychology, I spent most of my career as a group facilitator in adult schools in Detroit, Fresno, and San Diego. From 1980 until 2020, I taught English as

a Second Language. Through facilitating adult groups of all kinds, I know how valuable support groups can be.

“Even though both of us have had health issues over the years with mine going back further than Dan’s, we try hard to be one another’s Care Partner so that we can continue being as active and as comfortable as possible. Supporting each other is very important.

“From the very worthwhile speakers at our monthly La Costa chapter support group, we’ve learned there is no way to know how Dan’s Parkinson’s will progress. We have learned it is different for everyone. But what I know for sure is that it is good to be prepared. We have benefited from Art’s [Braun] and Sam’s [Cooper] research regarding treatments, medications, videos, and book recommendations. The feedback from the breakout groups is particularly valuable. We have come to also really enjoy the many social activities.

“I want to thank all of the wonderful friends we have made in this group. It helps so much to know we are not on our Parkinson’s Journey alone.”

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Social Gatherings

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

"Save *The Date*" Spring Social, Monday, March 16, Oceanside Broken Yolk, 11:30.

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.

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!

Media Mentions

A New Day for People with Parkinson's Disease NEULARK study is an innovative clinical trial designed for people with Early Parkinson's disease. It will evaluate the safety and efficacy of NEU-411, an investigational treatment, for a genetically-defined subset of people with early Parkinson's disease. This study design uses new technologies to track the symptoms and disease progression of participants, while minimizing the burden of participating in a traditional clinical trial.

Am I Eligible?

Determining your eligibility for the NEULARK study involves a few key steps. This clinical trial is designed for individuals with LRRK2-driven Parkinson's disease.

THE PARKINSON'S PLAN Book Tour

January 27, 2025 12:30 - 2:30 PM

Held at Sharp Prebys Innovation and Education Center, 8695 Spectrum Center Blvd. San Diego. Meet the authors, **Dr. Michael Okun** and **Dr. Ray Dorsey** for a moderated discussion and Q&A. Learn about probable causes of Parkinson's, new and upcoming treatments, and lifestyle changes to slow the progression, particularly around diet and the environment.

Registration required. Limited seating. Tickets are \$10 and are a donation to the Parkinson's Association of San Diego. This event is sponsored by Sharp Healthcare.

<https://parkinsonsassociation.org/parkinsons-plan-book-tour/>

Volunteer Shout out!

Joanna "Joe" Allen

Behind the scenes at NCPSPG, **Joanna "Joe" Allen** (the daughter of Corresponding Secretary Micheline Allen) is indispensable in helping Caryl Parrish, NCPSPG's acting webmaster, deal with email and website glitches of all varieties. She also helps our officers work out "issues" with our NCPSPG laptops. **Joe** always responds quickly and patiently explains the problem's resolution--even if she is in Japan!

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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.

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
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!

NCPSTG Winter Social at Shadowridge Golf Club



Happy Holidays!