

NORTH COUNTY PARKINSON'S SUPPORT GROUP

March 2026
www.NCPSG.org



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



Parkinson's Strikes Women in Unique Ways

March is National Women's Month so it is appropriate to focus on women with Parkinson's. Scientific studies related to gender differences are not plentiful so a lower quality of care for women may result. Men are 1.5 times more likely to have PD than women so there is more data about men.

The [Parkinson's Foundation](#) has created the first national research and care agenda specific to women with PD to address the disparities that they experience, "[Closing the Gender Gap in Research and Care.](#)" The Executive Vice President Chief Operating Officer Veronica Todaro says, "Our hope is for the agenda to serve as a catalyst for inquiry, empowerment and change among researchers, clinicians, women with PD and their families." This agenda was derived from 10 regional forums, as well as a national forum, hosted across the United States, to understand the experiences of women with PD. [Research](#) concludes that compared to men, women are diagnosed with PD less often, respond differently to current therapies, have less access to and lower use of expert care, and are less socially supported. These combine so that women with PD potentially have poorer quality of life than men.

Announced in November 2024, a landmark gender based research initiative offers ongoing data from Critical Path Institute® (C-Path), "[Global Evidence in Medicine for Parkinson's Disease](#)" (GEM-PD) dedicated to globally advancing actionable research on how Parkinson's disease uniquely impacts women.

You may be asking what does this have to do with me? Each one of us can improve our ability to manage our PD care or assist as a Care Partner. We can educate ourselves and feel empowered. We can talk to our doctor about treatment that addresses gender differences. We can be a resource and raise awareness in our support groups. We can participate in research.

We CAN increase our quality of life by advocating.

Step by Step Together: PASD Annual Walk April 11 - Liberty Station, San Diego

Why participate in PASD's annual WALK event? It brings our Parkinson's community together for a day of exercise, education, and connection. More than 1,000 people impacted by Parkinson's will connect, proving beyond a shadow of a doubt that no one walks this journey alone. You will meet fellow community members, connect with our generous sponsors, and learn about services and resources available to you and your family. **And it's so much FUN! Join a Team!** It is PASD's annual fundraiser, so your donation really has impact. Register online at <https://ParkinsonsAssociation.org> or call (858) 215-2570.



Spring Social Monday, March 16, 2026

11:30 am (check in starts at 11)

Oceanside Broken Yolk Café - 2434 Vista Way,
Oceanside, CA 92054

Please RSVP using form on page 5

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Support Group Meetings

RANCHO BERNARDO

Monday, March 2, 10:00 AM to Noon

Speaker: Stephanie Murphy, Exec Dir PASD

Topic: Introducing Parkinson's Association San Diego's new Executive Director - New Directions

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, March 4, 1:00 PM to 3 PM

Speaker: Bob Uslander, MD, Elizabeth Uslander

Topic: "Parkinson's Palliative Care and End Of Life Care"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

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

OCEANSIDE

Wednesday, March 11, 1:00 PM to 3 PM

Speaker: Shawn McMenamin, Abbott

Topic: "DBS with Remote Access to Doctor & Adjustment of Therapy Settings"

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, March 27, 10:00 AM to Noon

Speaker: Shelly Cobb, MS, MA Certified Holistic Nutritionist, Thrive Wellness & Research Corp.

Topic: "Fueling the Body: Nutrition's Role in Parkinson's Management:

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPISGF@gmail.com

NCPISG Board of Directors

Wednesday, **March 18**, 1 PM. The Board meets online on the third Wednesday of the month. Contact Sam Cooper NCPISGLC@gmail.com or 520-820-0339.

Passings

- **Tony Coffin**
- **Rev. Jesse Jackson, PWP**

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 (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://lifespanshealth.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

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

Fallbrook Chapter

Wednesdays at 10:00 AM

Community Health and Wellness Center Room B4
1636 E. Mission Road, Fallbrook, CA 92028

North Coastal Chapter (Encinitas)

Tuesdays at 1:00 PM (no charge)

Bethlehem Lutheran Church, 925 Balour Dr,
Encinitas, CA 92024

Email: matt@trembleclefs.com

or laura@trembleclefs.com

Website: <https://www.trembleclefs.com/>

Sing Strong sessions on zoom: <https://bit.ly/TC-zoom>

Parkinson Voice Project - Speak Out home practice exercise Monday - Friday 8 AM PST online at www.parkinsonvoiceproject.org



"I was born in Los Angeles. I spent most of my childhood in New England and returned to Southern California for my teen and adult years. After stints in several Southern and Central California cities, I moved to Temecula in 1999 in pursuit of good schools, clean air, tract homes, and conveniently located wineries. I moved to Oceanside in 2024 in pursuit of the beach.

"I am a father, brother, son, painter, photographer, writer, and music lover. Educated and trained as a Social Worker, I worked in the public mental health system for over 28 years. I have helped veterans experiencing post-traumatic stress, people experiencing housing challenges, and more than a few friends seeking free advice. After my retirement in 2018, in large part due to my Parkinson's symptoms, I worked part-time in a small wine bar eventually earning my WSET-2 wine certification.

"My Parkinson's started as a small tremor in my right finger and postural tremor in my right arm that was only evident when I was driving. I was diagnosed three years later in 2013. From there things became pretty predictable. The tremor got worse. My muscles got tighter. My movements got slower. At first the medications worked great, but I had to keep increasing the dosage. About eight years later, I developed dyskinesia which was very troublesome. In 2023 I had deep brain stimulation, DBS, which has worked well for me. My dyskinesia is gone and my symptoms are better than they were when I was diagnosed.

"After volunteering for many years in different PASD sponsored events, I helped start a young onset Parkinson's Disease program (YOPD). I recently became the Community Liaison for the Parkinson's Association of San Diego. I am

humbled and honored by the faith PASD has shown in me. I feel like I have been preparing for this position my entire adult life. If I can help with needs or unanswered questions, email me at steve@parkinsonsassociation.org or call me at 858 210 5674.

"I find it ironic that as a person who likes to be in control, I have a disease in which you lose control. I have found humor in that. I have learned that if I cannot laugh at it, I cannot live with it.

"I would offer this advice to anyone with Parkinson's. Find a neurologist you trust. Exercise. Stay involved in life. Socialize. Live with the understanding that nothing is promised and get everything you can out of every day."

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Stay involved in life.
Socialize.
Live with the understanding
that nothing is promised
and get everything you can
out of every day.**

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

Several researchers have concluded that a brain network discovery shows Parkinson's disease may not be a movement disorder after all according to a study published in February in [Nature](#) as reported by [Scientific American](#).

The research identifies the Somato-Cognitive Action Network (SCAN)—a brain network that bridges the mind and body—as the core circuit disrupted in Parkinson's disease. Findings suggest that Parkinson's is characterized by hyperconnectivity between this network and the brain's subcortex, and that targeting the SCAN specifically with treatments like Transcranial Magnetic Stimulation (TMS) can significantly improve symptoms.

The authors conclude “with this updated understanding, we propose that PD may be better conceptualized and treated as a SCAN disorder. While SCAN dysfunction is not exclusive to a single condition—as it could also arise from stroke or multiple sclerosis—our findings position PD as a paradigmatic instance of a SCAN disorder... Highlighting the SCAN dysfunction in PD should facilitate the optimization of existing therapies and the development of circuit-based neuromodulation treatments.”

Parkinson's has over time been considered a movement disorder, based on its most clearly visible and disabling aspects. This is in spite of recognition of more complicated declines in planning and coordinating movements and thought processes.

These researchers found that the SCAN lies at the core of network dysfunction in PD, and that PD may be more accurately viewed and treated as a SCAN disorder. They propose shifting the focus from a wide and complex variety of symptoms to specific circuit malfunctions, encouraging study into how network dysfunctions relate to typical PD symptoms.

Volunteer shoutout! Georgia Palmer

Georgia Palmer really gets around! She helps at the Oceanside SG meetings anywhere help is needed, started a Parkinson's SG at Ocean Hills Country Club, has recruited a PASD Walk team of 66 walkers and \$8300 in donations... so far!

[Way to go Georgia!](#)

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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.

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.

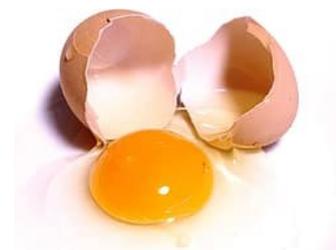
North County Parkinson's Support Group

Spring Social

Monday, March 16, 2026

11:30 am (check in starts at 11)

Oceanside Broken Yolk Cafe—2434 Vista Way, Oceanside 92054



All choices include hot/iced tea, coffee, soft drink, lemonade, or Arnold Palmer

Choice of Entree:

1. Hamburger with choice of cheese, French fries or onion rings or side salad
2. Club Sandwich on sourdough, choice of French fries or onion rings or side salad
3. Grilled Chicken Caesar Salad
4. Veggie Wrap, choice of French fries or onion rings or side salad

\$19.00 per ticket

Number of tickets _____

NAME	MENU CHOICE
_____	_____
_____	_____
_____	_____
_____	_____



Your phone number (____) _____

We must receive your reservation and check by March 9.

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

NCPSG
P.O. Box 230566
Encinitas CA 92023

