

NORTH COUNTY PARKINSON'S SUPPORT GROUP

May 2025

www.NCPSG.org



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

PASD 5K Walk - April 5

NCPSG had a great showing this year! A fist-full of North County teams generated energy and spirit! And individuals could speak with over 60 organizations serving our Parkinson's community.



Liberty Station Point Loma was the ideal site, and perfect weather helped Parkinson's Association of San Diego host their 23rd **"Step-by-Step 5K Walk"**. Over 1300 walkers this year, up from 1100 in 2024!



Our new blue NCPSG tent was a gathering place for walkers from all over North County. Our displays joined Central County, East County, UCSD and Hispanic Support Groups, making many aware of outstanding resources available County-wide.



Fallbrook Avocado Festival - April 13

On Sunday April 13, our blue tent again appeared at Fallbrook's Avocado Festival. NCPSG members greeted festival-goers, passing on information about Parkinson's, our Mission and our services.



Outreach at Fallbrook Avocado Festival

NCPSG has an **Outreach Committee** that brings information - and our blue tent - to community events like street fairs, health fairs, senior centers, spreading knowledge about Parkinson's to people often unaware of PD's impact, and what we can do about it.

Let a Board member know if you learn of an upcoming event in your community where we might spread the word. We depend on you to keep us aware of events in your town where we might participate.

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Support Group Meetings

RANCHO BERNARDO

Monday, May 5, 10:00 AM to Noon

Speaker: Mickey Burke, M.S.

Topic: "Healthy Exercise for the Young at Heart"

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 7, 1:00 PM to 3 PM

Speaker: Megan Robbins,

Topic: "Parkinson's And Driving"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper NCPISGLC@gmail.com

or 520-820-0339

OCEANSIDE

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

Speaker: Physical Therapist, TCMC staff

Topic: "PD Exercise Class at Tri-City Hospital and your own Exercise at Home"

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 23, 10 AM to Noon

Speaker: Richard Stewart, Elder Law Attorney

Topic: "Five Essential Documents"

Contact Irene at email NCPISGF@gmail.com

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPISGF@gmail.com

Passings

- Bob Brue
- Bonna Stevens

Our thoughts & prayers go out to family & friends.

NCPISG Board of Directors

Wednesday, May 21, 1-3 PM. The Board meets online on the third Wednesday of the month.

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

Volunteer!

All Board members, officers, and support group leaders are volunteers as are our greeters, refreshment team, librarians, and breakout facilitators. Is there a way you could help?

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.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

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

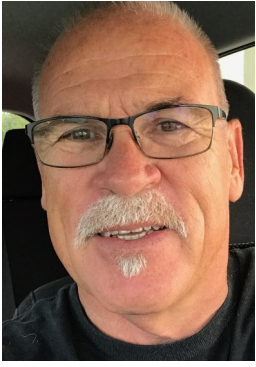
Website: <https://www.trembleclefs.com/>

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



"I was born in Santa Monica, California, in 1951. My father was in motion picture advertising and well known in the industry. He would often arrange for me to be on the sound stage which was a real thrill. My mother was a five foot one bundle of happiness who was loved by all and for the most part kept me in line. I have sports in my genetics and played baseball, football, basketball, track, water skiing, and bowling at the competitive level. This competitive spirit served me well in the field of business where I was a VP of Sales And Marketing at age 26. I helped build ten companies with the last one being as an equity partner. But my biggest success in life was finding the right partner in my wife, Tammy. We raised eight wonderful children and have been blessed with twenty grandchildren. It's a circus, but it's our circus.

"I was diagnosed with Parkinson's in March of 2023, but had symptoms a few years earlier which I have come to understand is a common experience. Initially I could only think of Michael J. Fox and his advanced side effects, but I feel my sports and business background, combined with my positive and competitive nature, prepared me for the battle. At this point in my Parkinson's Journey, I haven't had a "Why Me" moment or any depression and wake up every day thankful to the good Lord for the many blessings I have received. My current symptoms are stiffening in the joints, occasional tremors in my hands and feet, poor sleep patterns, and some memory slowness.

"For exercise I attend Rock Steady Boxing in Temecula and RxBallroom Dancing in Fallbrook. To learn more, I attend the Fallbrook chapter support group. The informational speaker is always helpful as is the Parkinson's breakout group. These activities are in addition to an active social life with the large group of friends my wife and I have developed over our lifetime with some dating back to high school. To keep my faculties engaged, I do consulting work 6-8 hours

**"..build a team of
healthcare professionals,
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and mentally active, and
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you can do
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"Parkinson's has allowed me to be more focused on the present and not take anything for granted. My advice to someone who is new to Parkinson's would be to build a team of healthcare professionals, stay physically, socially, and mentally active, and get involved with a support group. Live life one day at a time and count each day as a blessing. You may not be able to do anything about having Parkinson's, but you can do something about how you deal with it."

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.

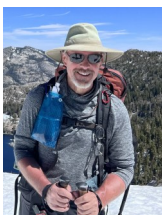
We take photos and videos at our meetings and events and may use them in our newsletter and promotional materials. Please tell the event leader if you do not want your image to appear.

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!

Parkinson's Media Mentions

Here is a [link](#) to the local CBS Channel 8 story about **Rob Cook** who has started his journey from Campo to Canada on the Pacific Coast Trail (PCT) as a person with Parkinson's.



Here is a link to his own [You Tube channel](#) where he posts. On Instagram he is @hikerdad1000, and here is a link to his fund raising [page](#) for the Michael J Fox Foundation.

The *Foundation for Senior Care* sent NCPSPG a copy of their glossy '2024 Impact Report' brochure. On page nine is a Collaborations paragraph in which they acknowledged NCPSPG.

In February 2025, the U.S. Food and Drug Administration approved the first adaptive, or self-adjusting, deep brain stimulation (DBS) system for Parkinson's — the Medtronic Percept. According to Helen Bronte-Stewart, MD, MSc (HBS), DBS is like a pacemaker for your brain. "With DBS, we place thin wires, or leads, into the brain and deliver electrical stimulation through those wires to lessen motor symptoms. We program stimulation settings to ease symptoms, and that stimulation is on 24/7, which is why we call it "continuous" DBS."

Community Involvement

We have an *Outreach Team* that brings Parkinson's Awareness to public events. If you learn of future community events, let us know. Maybe we can reach out there too!

Please consider Legacy Giving and helping those who are now on the Parkinson's journey and those who will be following us.
Our mailing address:

NCPSPG
PO Box 230566
Encinitas, CA. 92023

Our Website: (Donations accepted)
NCPSPG.org

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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

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!

Spring 2025 Social at Broken Yolk Oceanside



Social Gatherings

We hope you join in our NCPSTG large and small socials, where no one blinks an eye at a spilled drink or tremoring hand, or soft voice. If you are interested in joining our small groups, please contact Sam Cooper at scrphd@gmail.com or 520-820-0339.

Summer Social - Coming Soon

Fallbrook chapter is hosting our Summer Social, and hosting it in Rancho Bernardo! - And its just around the corner! Please see the RESERVATION form on the adjoining page. **Save the date.** Complete the form. Mail in your reservation! Then join us for food, fun and great conversation!

North County PARKINSON'S Support Group presents



Theme: **Americana Summer Social Barbeque**

Event Date: **June 14, 2025, Saturday 11:30-1:30**

Location: **Ed Brown Senior Center** - 18402 W. Bernardo Drive, San Diego (Rancho Bernardo) -
Across from Casa de Campanas

DIRECTIONS: From **I-15**, take the **Pomerado Road/West Bernardo Drive offramp**.

Turn west* on **West Bernardo Drive** (* if northbound on I-15, turn left – if southbound, turn right). Continue on to Rancho Bernardo Community Parkway.

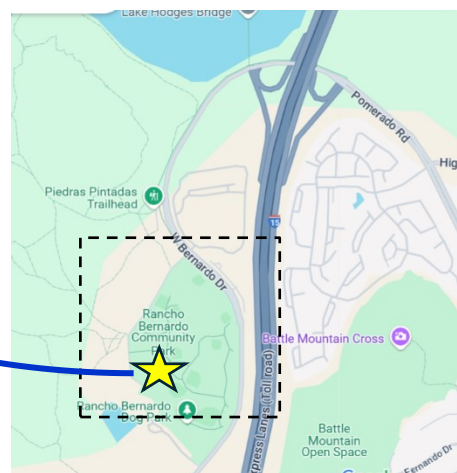
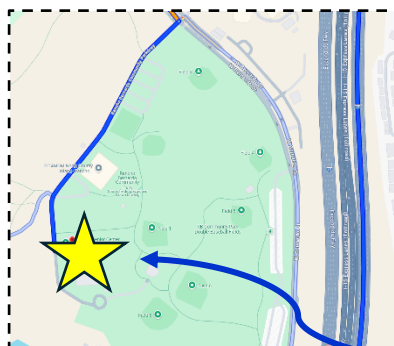
Turn onto **Rancho Bernardo Community Parkway** (traffic signal). Continue on to the **Ed Brown Senior Center**

Catering by:
Flavor Chef Catering Food Truck

Your Meal Choices:

The Flavor Burger – 7 oz patty
cheese or no cheese, arugula,
caramelized onions, garlic mayo,
tomato, brioche bun, pickles

Veggie Flavor Burger - Veggie burger patty,
cheese or no cheese, arugula, caramelized onions,
garlic mayo, tomato, brioche bun, pickles



Entree comes with **Baked Beans & Potato Salad**
Dessert & Beverage

Hosted by: **NCPSG Fallbrook chapter**

Cost: **\$29** per person

CUT HERE

NUMBER OF TICKETS ORDERED _____

YOUR PHONE NUMBER (____) _____

NAME

MENU CHOICE

Reservations must be **received** by Friday, June 6

Mail this form (bottom half) and check made out to:

NCPSG
P.O. Box 230566
Encinitas CA 92023

