

NORTH COUNTY PARKINSON'S SUPPORT GROUP

September 2026

www.NCPSG.org



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

NCPSTG's Relationship with Parkinson's Association of San Diego

North County Parkinson's Support Group was founded in 1982 by Helen Steele, the spouse of a person with Parkinson's (PwP). The purpose of the group remains unchanged today: Parkinson's education, supporting each other, socializing and fellowship, encouraging research, and awareness of resources.

Over the years, under the leadership of dedicated volunteers, our organization expanded to more communities, and expanded programs to include social and exercise opportunities. With a vision of an even greater service potential, the north county leaders invited the San Diego Parkinson's group (now PASD) to reach beyond their traditional San Diego City limits for occasional joint panel discussions and other events. That relationship grew over the years to the benefit of our entire region.

Our support of Parkinson's Association San Diego has continued. NCPSTG members have been top fundraisers for several years for Parkinson's Association's annual *5K Step-by-Step Walk*. Fully financially self-sufficient for decades, we became our own independent non-profit. NCPSTG continues to support the work of the Parkinson's Association of San Diego in providing great resources and assisting you with unique programs... and foremost is PASD's Empowerment Day.

PASD's Empowerment Day - October 15

Empowerment Day is PASD's signature annual educational conference, bringing together people living with Parkinson's disease, care partners, healthcare professionals, researchers, and community organizations for a full day of learning, connection, and inspiration.

The event features nationally recognized speakers, expert-led educational sessions, interactive workshops, wellness demonstrations, and an extensive resource expo showcasing organizations and services that support the Parkinson's community. Attendees have the opportunity to learn about the latest advances in treatment, research, exercise, nutrition, and strategies for living well with Parkinson's while connecting with others who share similar experiences.

Each year, Empowerment Day welcomes hundreds of attendees, more than 20 expert speakers, and dozens of exhibitors and sponsors, making it one of the largest Parkinson's education events in Southern California. The conference empowers individuals and families with practical knowledge, valuable resources, and a renewed sense of hope and community.

Empowerment Day at Town and Country Hotel, Mission Valley San Diego includes free parking, a light breakfast, a wonderful buffet lunch and opportunities to become current in the constantly improving understanding of this disease. We know that "no two Parkinson's journeys are alike", but we can learn so much from one another. Empowerment Day gathers "warriors", families, service providers, medical experts and researchers in one place for one day for a powerful experience.

There is a fee for Empowerment Day. If the charge is an obstacle for you, please don't miss this rich educational opportunity. PASD offers scholarships on their event registration site.

PASD is also working on transportation from one or several central points in north county to the event. More on that here next month.

Registration link

<https://parkinsonsassociation.org/2026-empowerment-day-registration/>

Questions?

Call Steve at (619) 324 9788

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Support Group Meetings

RANCHO BERNARDO:

Tuesday, September 1, 10 am to 12 noon

Speaker: Steve Steinberg, LCSW, PASD

Topic: "Hospital Safety Guide"

San Rafael Catholic Church

17252 Bernardo Center Road, San Diego, 92128

Hosts: Tom Lipinczyk, t.pinzack1@gmail.com or

858-209-0322, and Cindy Schmoke,

cindy1rdh@yahoo.com 760-415-0637

LA COSTA CARLSBAD

Wednesday, September 2, 1:00 PM to 3 PM

Speaker: Scott Stewart

Topic: "Parkinson's And 5 Essential Documents"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday, September 9, 1:00 PM to 3 PM

Speaker: To be determined

Topic: Driving with Parkinson's

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, September 25, 10:00 AM to Noon

Speaker: Dr. Elizabeth Torres

Topic: "Anticipatory Grief"

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSGF@gmail.com

Passings

◆ Mike Rosselle

◆ Bill Farrington

◆ Jim Parker

Our thoughts & prayers go out to family & friends

Fall Social September 22 at RB. Sign-up details on Page 5 - Please note your chapter's food assignment and report your number attending to your Support Group Leader before September 10. Thanks!

NCPSG Board of Directors

Wednesday, **September 16**, 1 pm. The Board meets online on the third Wednesday of the month. Contact Sam Cooper NCPSGLC@gmail.com or 520-820-0339.

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



"I was born and raised in Denver, Colorado. and attended college in New Jersey and Massachusetts. I had a lovely career in school administration for 23 years in Bethesda, Maryland, and 12 years in the Virgin Islands. The nicest benefit was that our son attended these schools. I have been married to my husband, Page, for 53 years.

"Recently rescuing a dog taught me the 3-3-3- rule: 3 days, 3 weeks, and 3 months for acclimation. It reminded me of the 7-7-7 guidelines I heard early on in our Parkinson's Journey. The first 7 years is gaining knowledge

about Page's symptoms, medications, and activities. The second 7 years is when that knowledge is used as many changes take place during that time. The third 7 years is a Wild West show. Anything can happen and anything can change.

"Parkinson's represents a whole new life for all of us. Embrace the changes and get everything you can out of every day. Join a support group. Be as active as you can. And be involved socially."

And it did. We moved West. Carlsbad became our home at the end of 2025. In addition to family in San Marcos, another large part of our decision was the Parkinson's community here. The North County Parkinson's Support Group has been wonderful. They offer monthly support group meetings, quarterly social opportunities, and various activities. We attend the La Costa chapter support group and while we find the informational speakers very helpful, it is the Care Partner breakout group that is most influential to me and my outlook on living with my husband who has Parkinson's. Thank you to Art and my Care Partner group!

Another pull for moving here was the Tremble Clefs. Page really enjoys the weekly practices and their outreach activities throughout San Diego County has provided enjoyment for both of us. And I am able to better hear Page as his voice projection improves. Which we laugh about is both good and bad.

"My advice to all of us who have Parkinson's -yes, we all have it, the PwP and the Care Partner alike - is the continuance of patience, energy, flexibility, and above all, love. Parkinson's represents a whole new life for all of us. Embrace the changes and get everything you can out of every day. Join a support group. Be as active as you can. And be involved socially. I look forward to the benefits our North County Parkinson's Support Group provides to me, my family, and so many others on our Parkinson's Journey."

Social Gatherings

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

NCPSEG 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.

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

The Michael J. Fox Foundation (MJFF) is embarking on a major new initiative to rapidly expedite development of therapeutic strategies targeting the LRRK2 gene. The **LRRK2 Investigative Therapeutics Exchange (LITE)** will include tens of millions of dollars of grant support, focusing on bridging basic science advances to industry-led drug development. The program has already attracted more than 30 academic and clinical collaborators as well as more than a dozen companies expressing interest. Several PD drugs targeting LRRK2 are currently in clinical trials, and several other strategies to target LRRK2 have been identified and await further evaluation. .

Mayo Clinic's **Arts at the Bedside** program is exploring [How Art can Heal](#) . This link goes to "[Health Matters](#)," a podcast and transcript from Mayo Clinic discussing the latest medical advice, news, and research.

August edition



The *PASD Journal* is a new bimonthly community informed, connected, and inspired.

Go to the PASD website: ParkinsonsAssociation.org.

Shout Out to a NCPSPG Volunteer

We honor **Betty Byrd**, long-time Board member, who was NCPSPG's treasurer for many years, providing carefully hand-written reports on blue and green lined financial journal paper. She wasn't going to be intimidated by computers! Betty also initiated and oversaw an exercise program at Encinitas Elks Lodge, focused primarily on PwP exercises.



Betty passed in 2024. She was always so giving with her time and talents, and included NCPSPG in her Will too. Her generous gift was received recently, and we are putting it to good work in her honor. We miss you Betty!

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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. Older editions too!

Please contact our Corresponding Secretary **Micheline Allen** if you have moved, or your email address or phone number has changed:

Micheline Allen: ncpsgCS@gmail.com
or 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!**



Fall Potluck

When: **Tuesday, September 22, 2026** 11:30 am

Where: **San Rafael Church - Parish Hall**

17252 Bernardo Center Dr.

San Diego (Rancho Bernardo) CA 92128

Main Dishes provided by NCP SG Rancho Bernardo chapter

Oceanside chapter members: **Salads**

La Costa chapter members: **Side Dishes**

Fallbrook chapter members: **Desserts**

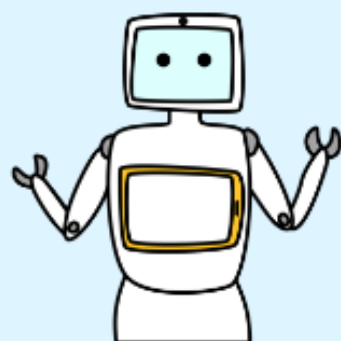
Please **RSVP** to your Support Group Leader **by September 9** with the number in your party.

For More Information

Please call **Cindy** 760 415 0637 or **Tom** 858 209 0322

Support Group Leaders, please advise Cindy of the count from your chapter—by September 10.

Help design future robots for patients in hospitals



Researchers at UC San Diego seek to improve patient experience in hospitals, by engaging in participatory design of new technologies. We are looking to collaborate with people who have a chronic illness or disability.

As part of this study, you will:



Identify patient-centric tasks for robots in EDs.



Engage in activities to explore and ideate on early ideas.

Participant Eligibility:

- Be over 18 years old
- Be able to speak English
- Be able to provide written consent
- Have a chronic illness or disability

You will receive **\$50** for participating, and the study will take 2 hours.

Please contact us for more information

Healthcare Robotics Lab @UCSD



(619) 880-0412



healthrobotsworkshop@gmail.com

tinyurl.com/hospital2026



UC San Diego