

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

February 2026

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



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

## What Valentine's Day Means to Me - by Anne Lee<sup>1</sup>



February is the month of Valentine's Day, love and romance.

When one has Parkinson's Disease (PD) or is a Care Partner, this emphasis can be challenging. PD can significantly impact emotional and mental health leading to anxiety and depression.

When first diagnosed six years ago I experienced an unfamiliar feeling of loneliness. Living alone for almost twenty years and enjoying it, I didn't understand why I felt emotional and lacking in self-esteem. Who will love me with an incurable disease? Will my family worry? Will people pity me?

Fortunately, I reminded myself of the many challenges in my life that I survived, and that built resilience. It was time to examine my fears. Understanding that *Romantic love* is only one type was reassuring. There is:



*Platonic love* - the deep connection between friends

*Family love* - the unconditional support of family

*Self-love* - accepting and caring for yourself, "I Am Lovable And Capable" (IALAC)<sup>2</sup>

I do have LOVE in my life!

Introduction to a Support Group changed my life. Interacting with People with Parkinson's and their Care Partners provides a platform for sharing, education, mutual understanding and caring. It is also an opportunity for me to contribute as a volunteer, giving me a sense of purpose.

Marcel Proust said *"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."*

I am blessed to have found friends through our Support Group and our Rx Ballroom Dance group.

This Valentine's Day I can say, I do have LOVE in my life.

<sup>1</sup>Anne Lee is a member of NCPSG Board of Directors, and has an active role in our Fallbrook chapter.

<sup>2</sup>Professor Sidney Simon, Professor Emeritus at the University of Massachusetts, came up with the acronym IALAC and wrote [I Am Loveable and Capable: A Modern Allegory on the Classical Put-down](#)

## PASD's Good Start Program

This comprehensive overview of Parkinson's is an excellent way to become informed on many aspects of research, treatment, and caregiving and is particularly valuable for recently diagnosed as well as those seeking updates. Offered on **February 18, 12:30 - 3pm** at Sharp Presby Innovation & Education Center, 8695 Spectrum Center Drive, SD 92123  
**Registration Required** - Seating is Limited - Sponsored by Sharp

Go to <https://www.ParkinsonsAssociation.org>

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## Support Group Meetings

### RANCHO BERNARDO

**Monday, February 2, 10:00 AM to Noon**

Speaker: Dr. Justin Matsuura, Optometrist

Topic: Eyesight Issues with Parkinson's

#### 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, February 4, 1:00 PM to 3 PM**

Speaker: Elizabeth Rice, NP

Topic: "Parkinson's And Sleep"

#### Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

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

or 520-820-0339

### OCEANSIDE

**Wednesday, February 11, 1:00 PM to 3 PM**

Speaker: Erin Angelo, Rx Ballroom Dance

Topic: "Dance as Therapy, not just Fun!"

#### 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

**Friday, February 27, 10:00 AM to Noon**

Speaker: Dr. Liz Torres, psychologist

Topic: "Emotional Wellbeing"

#### Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

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

#### In-Person Tremble Clefs Sing Strong Zoom

Sessions Wednesdays at 10:00 a.m.

Community Health and Wellness Center Room A2

1636 E. Mission Road, Fallbrook, CA 92028

## NCPISG Board of Directors

Wednesday, February 18, 1 PM. The Board meets online on the third Wednesday of the month.

Contact Sam Cooper [NCPISGLC@gmail.com](mailto:NCPISGLC@gmail.com)

or 520-820-0339.

## Passings

- John Bolane
- Bob Weibert

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

[dflood@personallyfitonline.com](mailto: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](http://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](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

Email: [matt@trembleclefs.com](mailto:matt@trembleclefs.com)

or [laura@trembleclefs.com](mailto: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](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)



Stephanie Murphy is the new Executive Director of Parkinson's Association of San Diego as former Executive Director Chris Buscher retired at the end of 2025. "I was born in San Diego and grew up in El Cajon. I now live in La Mesa. I previously was the Vice President of Workforce and Economic Development for the San Diego Housing Commission which is the housing authority for the City of San Diego. I have over 25 years of experience working with nonprofits or government organizations. I recently completed my doctorate in Organizational Innovation. I enjoy spending time with my boyfriend, Quang. We like traveling, paddle boarding, and Trivia Night each week."

"My father was diagnosed with Parkinson's in 2010. I was traveling two weeks a month for my previous job when he was diagnosed. As my brother has not lived in California for over 30 years and was unable to help, I had to find a new job that involved minimal traveling. Dad's caregiving fell on my Mom and me to make sure Dad was able to get the best care and services.

I particularly appreciate the Rock Steady Boxing program. Dad was apprehensive at first but thrived as soon as he had his first class. This exercise program and friends and family were the keys to keeping Dad active and involved in living life to the fullest. He was always an active person and there were so many opportunities for him to continue to be active after his diagnosis. Dad passed away in August of 2019, but I know he would be thrilled to see me working with an organization that offered so much to our family. The Parkinson's community was so important to all of us."

His diagnosis  
changed how intentional  
[our times together] became...  
[My Dad] would be thrilled to see me  
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The Parkinson's community was  
so important to all of us."

"My dad and I were always close and enjoyed camping trips, hiking, and gardening. But his diagnosis changed how intentional these times became and we made the most of our time together. It allowed our family to focus on what was truly important.

As I would share with someone with Parkinson's, get completely involved in life. Exercise. Socialize. Get involved with a support group and lean on your support group. Know that you are not alone on your Parkinson's Journey."

## Social Gatherings

We hope you join in our NCPSPG large and small socials, where no one blinks an eye at a spilled drink or tremoring hand, or soft voice. Contact Sam Cooper NCPSPGLC@gmail.com or phone 520-820-0339. Large Social: **Spring Social**, Monday, March 16, Oceanside Broken Yolk, 11:30. RSVP form on Page 5.

## 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!



...Partners in providing important services to our community, each organization offering unique forms of assistance.

## Media Mentions

Media has spotlighted "Dance for PD" classes for symptom management and, as shown on the [Michael J. Fox Foundation website](#), studies indicating a potential link between sleep disorders, like apnea, and a higher risk of Parkinson's. Researchers are working to make a concrete connection between Parkinson's and REM sleep behavior disorder, or RBD, which causes a person to "physically act out vivid, often unpleasant dreams" during deep sleep, according to the Mayo Clinic.

## THE PARKINSON'S PLAN Book Tour

Event was held January 27 at Sharp Prebys Innovation and Education Center, San Diego. Authors **Dr. Michael Okun** and **Dr. Ray Dorsey** moderated a discussion and reviewed probable causes of Parkinson's, new and upcoming treatments, and lifestyle changes to slow the progression, particularly around diet and the environment.

The book emphasizes environmental factors—pesticides, air pollution, and cleaning chemicals—as major drivers of PD, and provides a "Parkinson's 25" checklist of 25 actionable steps for prevention and care.

Most NCPsG Support Groups have copies of the book, available for one month check-out.

## Volunteer Shout out!

### Sandy Miller

Sandy is Co-leader of our Oceanside chapter and keeps things organized there - quite an accomplishment with Paul as leader! In addition to co-leading meetings, she facilitates the care partner breakouts and emails to attendees references and links on topics discussed. A resident of La Costa Glen community, she has organized a Parkinson's support group there which is growing rapidly. **We appreciate you!**

## NCPsG OFFICERS, DIRECTORS, LEADERS

<b>Rancho Bernardo Co-Leaders</b>	
Carol Maher .....	<a href="mailto:hcmaher@cox.net">hcmaher@cox.net</a> ..760-749-8234
Brigit King.....	<a href="mailto:bkicedancer@gmail.com">bkicedancer@gmail.com</a> ..858-354-2498
<b>La Costa Leader</b>	
Sam Cooper.....	<a href="mailto:scprphd@gmail.com">scprphd@gmail.com</a> ..520-820-0339
NCPsG Board President	
<b>La Costa Co-Leader</b>	
Art Braun.....	<a href="mailto:artjbraun@gmail.com">artjbraun@gmail.com</a> ..760-550-0508
<b>Oceanside Leader</b>	
Paul Dawson.....	<a href="mailto:paul@video-fire.com">paul@video-fire.com</a> ..760-497-1200
NCPsG Past President - PASD Executive Committee	
<b>Oceanside Co-Leader</b>	
Sandra Miller.....	<a href="mailto:sandy@greensails.net">sandy@greensails.net</a> ..909-374-7755
<b>Fallbrook Leader</b>	
Irene Miller.....	<a href="mailto:imiller4jc@gmail.com">imiller4jc@gmail.com</a>
NCPsG Board Vice President	
<b>Fallbrook Co-Leader</b>	
Tony Lo Piccolo.....	<a href="mailto:ajlopiccolojr@gmail.com">ajlopiccolojr@gmail.com</a> ..951-751-2242
<b>Treasurer, Recording Secretary, Webmaster</b>	
Caryl Parrish.....	<a href="mailto:ncpsgTR@gmail.com">ncpsgTR@gmail.com</a> ..760-889-6661
<b>Corresponding Secretary</b>	
Micheline Allen.....	<a href="mailto:ncpsgCS@gmail.com">ncpsgCS@gmail.com</a> ..760-631-0649
<b>Social Director</b>	
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<b>Video Media</b>	
Art Bierle.....	<a href="mailto:arthurbierle@gmail.com">arthurbierle@gmail.com</a> ..760-749-2182
<b>Director</b>	
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<b>Newsletter Editor</b> .....	
Joan Anderson	<a href="mailto:ncpsgNL@gmail.com">ncpsgNL@gmail.com</a>
<b>Newsletter FOCUS Reporter</b>	
Sam Cooper .....	<a href="mailto:scprphd@gmail.com">scprphd@gmail.com</a> ..520-820-0339
<b>Newsletter Mailing – Database</b>	
Micheline Allen.....	<a href="mailto:ncpsgCS@gmail.com">ncpsgCS@gmail.com</a> ..760-631-0649

## Newsletter Published Online

Our monthly NCPsG Newsletter is available on our website [NCPsG.org](http://NCPsG.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](mailto: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)  
**NCPsG** [NCPsG.org](http://NCPsG.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!**



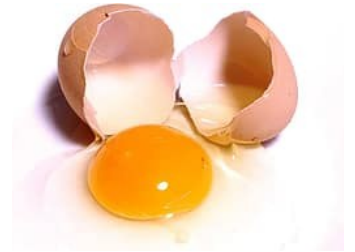
North County Parkinson's Support Group

# 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

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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

