

NORTH COUNTY PARKINSON'S SUPPORT GROUP

February 2026

www.NCPSPG.org



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

What Valentine' Day Means to Me - by Anne Lee¹



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)²

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.

¹Anne Lee is a member of NCSPG Board of Directors, and has an active role in our Fallbrook chapter.

²Professor 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.

858-354-2498 & Carol Maher 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 NCPSGLC@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
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 NCPSGF@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

NCPSG Board of Directors

Wednesday, **February 18**, 1 PM. The Board meets

online on the third Wednesday of the month.

Contact Sam Cooper NCPSGLC@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 (NCPSG Scholarships Available)

In-person and Zoom classes for Parkinson's. personallyfitonline.com or contact Doris Flood, PT at dflood@personallyfitonline.com

LifeSpan Health (NCPSG Scholarships Available)

Drug-free program to enhance a healthy life span.
<https://lifespanhealth.me/>

NeuroLab 360 (NCPSG Scholarships Available)

Neurologic physical and occupational therapy, and wellness sessions. www.neurolab360.com

Rock Steady Boxing (NCPSG 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 - (NCPSG 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

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

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



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."

"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."

His diagnosis changed how intentional [our times together] became...

[My Dad] 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."

Social Gatherings

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

Large Social: **Spring Social**, Monday, March 16, Oceanside Broken Yolk, 11:30. RSVP form on Page 5.

NCPSG 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.



...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!**

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!

NCPSG OFFICERS, DIRECTORS, LEADERS

Rancho Bernardo Co-Leaders	ncpsgRB@gmail.com
Carol Maher	hcmaher@cox.net..760-749-8234
Brigit King	bkicedancer@gmail.com..858-354-2498
La Costa Leader	ncpsgLC@gmail.com
Sam Cooper	scprphd@gmail.com..520-820-0339
NCPSG Board President	
La Costa Co-Leader	
Art Braun	artjbraun@gmail.com..760-550-0508
Oceanside Leader	ncpsgO@gmail.com
Paul Dawson	paul@video-fire.com..760-497-1200
NCPSG Past President	- PASD Executive Committee
Oceanside Co-Leader	
Sandra Miller	sandy@greensails.net..909-374-7755
Fallbrook Leader	ncpsgF@gmail.com
Irene Miller	imiller4jc@gmail.com
NCPSG Board Vice President	
Fallbrook Co-Leader	
Tony Lo Piccolo	ajlopiccolojr@gmail.com 951-751-2242
Treasurer, Recording Secretary, Webmaster	
ncpsgTR@gmail.com	
Caryl Parrish	760-889-6661
Corresponding Secretary	ncpsgCS@gmail.com
Micheline Allen	760-631-0649
Social Director	
Sam Cooper	scprphd@gmail.com..520-820-0339
Scholarship Director	
Paul Dawson	paul@video-fire.com..760-497-1200
Video Media	
Art Bierle	arthurbierle@gmail.com..760-749-2182
Director	
Anne Lee	annelee_500@hotmail.com..760-305-3548
Fallbrook Breakout Group Facilitator	
Newsletter Publisher	paul@video-fire.com..760-497-1200
Paul Dawson	
Newsletter Editor	ncpsgNL@gmail.com
Joan Anderson	
Newsletter FOCUS Reporter	
Sam Cooper	scprphd@gmail.com..520-820-0339
Newsletter Mailing – Database	ncpsgCS@gmail.com
Micheline Allen	760-631-0649

Newsletter Published Online

Our monthly NCPSG Newsletter is available on our website [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 in your contact list, to ensure your newsletter link does not go to your junk mail.

Our mailing address: Website: (Donations accepted)
NCPSG
PO Box 230566
Encinitas, CA. 92023 NCPSG.org

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

