

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

October 2025  
[www.NCPSG.org](http://www.NCPSG.org)

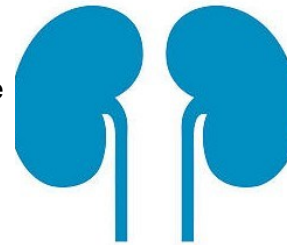


A NEWSLETTER FOR EVERYONE AFFECTED BY PARKINSON'S IN NORTH SAN DIEGO COUNTY

## Proteins stored in Kidneys a cause of Parkinson's?

Worldwide, scientists estimate 11 million people suffer with Parkinson's and that number is expected to rise to 1.2 million by 2030 according to the [Parkinson's Foundation](http://Parkinson's Foundation). As a result of those statistics, research is ongoing in academic settings to find both a cause and a cure. If you are confused by all of the different research findings, we can be encouraged by the many directions that very smart people are focusing their research. We're getting closer to the cause!

In March, the United States National Institute of Health in its [PUBMED](http://PUBMED) database published research from Wuhan University pointing to a cause of Parkinson's being in the kidneys. The university researchers performed the study primarily focused on the alpha-synuclein ( $\alpha$ -Syn) protein, which is closely associated with Parkinson's. According to the study abstract, the pathogenesis of Lewy body diseases (LBDs), including Parkinson's disease (PD), involves  $\alpha$ -synuclein ( $\alpha$ -Syn) aggregation that originates in peripheral organs and spreads to the brain. Research showed PD incidence is increased in individuals with chronic renal failure, but the underlying mechanisms remain unknown. Animal studies showed the kidney removes the ( $\alpha$ -Syn) protein from the blood unless kidney failure develops and then the protein stays in the kidneys and travels to the brain.



Wuhan University is the site of much research about progressive neurological disorders alongside privately funded researchers across the globe. For instance, recent grants from the [MJF Foundation](http://MJF Foundation) are supporting studies to investigate the connection between exposure to factors in the environment (e.g., pollution and pesticides) and disease. Additionally, these connections provide the basis for biological studies. Scientists can explore the steps between exposure and symptom onset looking for places to stop the disease process. Two of the studies will be conducted here in California.

- *Exposures during Military Service*

Samuel Goldman, MD; University of California, San Francisco. His team will review data from the Millennium Cohort Study (MilCo). Service at some military bases and deployment sites is linked to greater risk of Parkinson's disease. It includes over 200,000 service members who complete surveys every three to five years on health and environmental toxicants encountered during military service and deployments.

- *Influence of Today's Pesticides on Disease*

Beate Ritz, MD, PhD; University of California, Los Angeles. Her team will review data on types and location of more than 200 pesticides used in California from 1974 to 2018. They will compare that data with home and job address histories from volunteers in a large Parkinson's study. This research may identify geographic clusters.

## Scholarships for EMPOWERMENT DAY October 17, 2025

**Register Soon! Scholarships Available**



PASD's 8th annual Empowerment Day is going to be bigger and brighter than ever. The new venue at the *Town & Country Resort*, has new topics, new speakers, new exhibitors and vendors. Scholarships available. Acadia Pharmaceuticals returns as the title sponsor.

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## Support Group Meetings

### RANCHO BERNARDO

**Monday, October 6, 10:00 to noon**

Speaker: Michael Winkelman

Topic: "Medicare Insurance Update"

### 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

**NO October meeting**

### OCEANSIDE

**Wednesday, October 8, 1:00 PM to 3 PM**

Speaker: Brianna Tawa, Medtronic representative

Topic: "Advance in DBS—Adaptive Stimulation"

### 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, October 24, 10 AM to Noon**

Speaker: Brad Massey

Topic: "Medicare 101"

### Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

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

### Tremble Clefs Zoom Session

Wednesdays at 10:00 a.m.

Community Health and Wellness Center Room A2

1636 E. Mission Road, Fallbrook, CA 92028



**Save the Date!**

**Saturday, December 6**

**Our Winter Social!**

Shadowridge Golf Club 11:30 AM

Vista

### Passings

- Bob DeWinter
- Kathy Kough

Our thoughts & prayers go out to family & friends

## NCPSG Board of Directors

**Wednesday, October 15, 1 PM.** The Board meets online on the third Wednesday of the month.

Contact Sam Cooper [NCPSGLC@gmail.com](mailto: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 (NCPSG 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 (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](http://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](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

*In-person participants should be fully vaccinated, or attend via Zoom. Contact Matt Ignacio for details.*

Email: [matt.sdtrembleclefs@gmail.com](mailto: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](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)



"As I am a creative person, it's not surprising that I was an Art Therapist Marriage And Family therapist. But I began to slow down and knew something was wrong when my clients' names would be just beyond the reach of my memory. I noticed other small symptoms as well. I lost my sense of smell and taste. My balance was off and I was dizzy. My hands were stiff. As my dad had Parkinson's and I was familiar with the disease, I began to wonder if I didn't have Parkinson's too. I did an at-home test for Parkinson's on my computer and scored a 60% probability. My Parkinson's Journey had begun. I looked for a neurologist.

"My first visit with a neurologist was in late 2021. It was a very bad experience. The doctor looked at me, prescribed Sinemet, and said 'Come back in six months'. Sinemet made me very depressed and unable to function.

It took six more months to find a good neurologist and another six months to finally get a diagnosis. I struggle with apathy and depression, but I am blessed with the ability to sleep well. I have small handwriting and a tremor, but it is helping me to loosen my watercolor painting style. My balance and gait is off. I manage my symptoms with activity. I never really exercised, but I do now. My husband, David, and I enjoy the Rx Ballroom Dancing. I have a personal trainer at Lifespan for strength training, Silver Sneakers for aerobics, and walk my dog 40 minutes five days a week. I attend speech therapy for my voice and physical therapy for my balance.

**"God gave us this day to live  
and it's important to  
make every day count.  
Live with intent. "**

"I am doing pretty well. It's a day at a time journey. My spirituality helps me to focus. Finding the North County Parkinson's Support Group was a lifesaver. David and I attend the Fallbrook support group. The informational speaker is very helpful. And the breakout group is especially helpful. I can share my experience with others who have similar experiences. The Michael J. Fox Foundation and the Davis Phinney Foundation resources are also very helpful. I have support, social activities, and people who know about the disease and care about me.

"David is my primary helper. I have three adult children who are very helpful and four beautiful grandchildren who make Grandma smile and help me remember to have fun. God gave us this day to live and it's important to make every day count. Live with intent. Have gratitude. Tell those you love and care about how much you love them. Having Parkinson's is not a death sentence. It's a wake up call to live your best life."

## 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](mailto: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!**

## Parkinson's Media Mentions

MJFF has funded the California Parkinson's Disease [Registry](#), which collects data on Parkinson's diagnoses across the state that could be useful for ongoing grant studies. The registry will soon make its de-identified data open to the scientific community.

MJFF's landmark study, the Parkinson's Progression Markers Initiative (PPMI), is recruiting people with and without Parkinson's to better understand disease risk. Take a short [survey](#) to see if you may be eligible.

Anna-Maija Tolppanen, PhD; University of Eastern Finland, is researching *Air Pollution's Impact on Parkinson's Disease*. Some studies have shown increased risk of Parkinson's with exposure to air pollutants. But more evidence on the effects of air pollution exposure on the onset of brain disease is urgently needed. Tolppanen and her team will compare data from the Finnish Parkinson's Disease Study — a study of more than 22,000 people with Parkinson's and 148,000 control volunteers — and individual-level data on exposure to 16 different pollutants (e.g., smog, gases. MJFF is also funding Tolppanen to review prescription data for any therapies given for other conditions that may also help lower Parkinson's risk.

On April 25, 2022, the County of San Diego successfully transitioned to and launched the California Immunization Registry (CAIR2). CAIR2 provides a central location for healthcare providers and other approved entities to record and access a person's immunizations.



## Volunteer Shout out!

Not only is **Sam Cooper** the NCPSP Board President and La Costa Chapter Leader, he is entirely responsible for all your social programs. At the very first meeting Sam and Ruth attended in Vista, he asked what opportunities there were for social activities. Social groups where 'no one blinks an eye at a spilled drink, or tremoring hand or soft voice' were born! **Thanks, Sam.**

## NCPSP OFFICERS, DIRECTORS, LEADERS

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## Newsletter Published Online

Our monthly NCPSP Newsletter is available on our website [NCPSP.org](http://NCPSP.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](mailto:ncpsgCS@gmail.com)

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**NCPSP** [NCPSP.org](http://NCPSP.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 at Rancho Bernardo

Celebrating all four NCPSTG Chapters



## Tremble Clefs Entertained Everyone



**Matt Ignacio**  
Tremble Clefs  
Music Director

...brings out the  
best voice in  
everyone —

while helping  
vocal strength,  
breathing,  
swallowing,  
annunciating,  
memory,  
and it's just plain  
fun!



RB Hosts  
**Brigit and  
Carol**  
Welcome All

September 15

San Rafael  
Catholic  
Church  
Parish Hall

