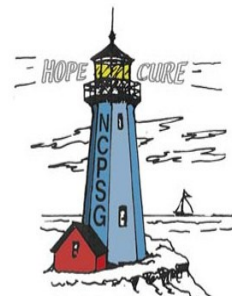


NORTH COUNTY PARKINSON'S SUPPORT GROUP

December 2023

www.NCPSG.org



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

Madonna Bingham – A Life of Giving



Madonna Bingham, Co-Leader of Oceanside Support Group, and NCPSG Board member for a decade, passed peacefully on November 13. Madonna filled her life with helping others. Her husband, an O'side Police lieutenant, contracted cancer, and she became his caregiver. After his passing, she raised her four sons by herself. She taught and inspired many hundreds of children over 26 years serving as their kindergarten teacher in Oceanside. Some of her kindergarteners had a parent who had also been her student!

Diagnosed in 2007, she was a constant in our O'side Parkinson's support group, helping with greeting and recording attendees, and in every other possible way. Recently she complained she couldn't quite keep up with all the new members as she tried to learn all their names and greet them.

Madonna raised a huge amount of money for PASD with her personal letters to hundreds, including a self-addressed stamped envelope as an extra incentive and motivation. She tracked responses on a spreadsheet, and ultimately raised \$125,000 for PASD. NCPSG linked with PASD prior to our forming our own non-profit.

Madonna supported Tremble Clefs by creating little rock-stack-people to be sold for donations, along with her little blocks of wood that included instructions to "Exercise by walking around the block". Her creative talents blossomed with a full-size mule puppet head, "Sal" of Eire Canal fame, ["Had a mule her name was Sal, 15 years on the Eire Canal"] and a full size one-eyed "Purple People Eater" to accompany those songs sung by the TCs.

Madonna has been a constant inspiration, and will be truly missed. Madonna's family asked that in lieu of flowers, donations be made to Parkinson's Association of San Diego in her name at their website:

www.ParkinsonsAssociation.org

NCPSG Board members all had wonderful remembrances, and here are a few:

"Madonna can be remembered not only for her fundraising skills but as a dedicated librarian and as the 'hostess with the mostess', opening up her home for Committee meetings, envelope stuffing and in recent years her Weenie Roast. She will be sadly missed." Micheline

"Madonna was an extreme giver of her time to others. Always thinking of how to help others, never herself." Brigit

"Knowing Madonna made me a better person." Sam

"She lived life to the fullest. An amazing soul & inspiration to those on the PD journey. She will be sorely missed in so many ways! Irene

"So dedicated to Parkinson's. All the donations she raised, WOW!! Had fun helping stuffing Newsletters. We all had fun at the Weenie Roasts.

Good times to remember always!!!!!! "

Carol M.

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Support Group Meetings



RANCHO BERNARDO

Monday, December 4, 10 am to noon

Speaker: Noreen Iman, PT, DBT

Topic: "Power up your Holiday"

San Rafael Catholic Church 17252 Bernardo Center Road, San Diego, 92128

Host: Brigit King bkicedancer@gmail.com.
858-354-2498

LA COSTA CARLSBAD

Wednesday, December 6, 1 to 3:00 PM

Speaker: Author Kate Hill

Topic: "Being Well"

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com
or 520-820-0339

OCEANSIDE

Wednesday, December 13, 1:00 to 3 PM

Speaker: Dr. Eugene Brandon and

Dr. Anabel dela Garza

Topic: "Pluripotent Stem Cell Research" BrainXell Therapeutics

Oceanside First Presbyterian Church

2001 S. El Camino Real, Oceanside 92054, at Fire Mountain Rd

Host: Paul Dawson paul@video-fire.com
or 760-497-1200

FALLBROOK

No December Support Group meeting

Fallbrook chapter Holiday Social Event

Please contact Irene for details 760-731-0171

Typical meeting site:

Fallbrook Wellness Center 1636 E. Mission Rd,

Fallbrook - Host: Irene Miller NCPSGF@gmail.com

Social Groups

If you are interested in joining our small groups, please contact Sam Cooper at scprphd@gmail.com or 520-820-0339.

Holiday Wishes

Your NCPSPG Board of Directors wish you and your family an inspiring, stimulating, yet relaxing holiday season! May the gathering of family and friends, and celebration of the true "reason for the season" bring you joy and comfort.

NCPSPG Board of Directors

The Board is dark in December usually meeting on the third Wednesday. 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 on Scholarships see NCPSPG.org*

• **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 therapy & wellness.

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. Find a class at:

<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, Temecula. (no charge) Details at <https://www.rxbalroomdance.com/> or call Erin Angelo 310-938-1620

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

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 met my husband, Tom, when I was 19. He was 21. I was a music therapist. It was a wonderful career for me. I enjoy reading, playing bridge with Tom, and being in nature.

We have two children and two grandchildren. They are all a true blessing.

"Tom was diagnosed with Parkinson's when he was 50. I was 48. Our daughter was away at college, but our son was still at home. We were fortunate that despite his Parkinson's, Tom was able to coach our son's sports teams. That was a very enjoyable part of our lives.

Parkinson's is hard. Friends and family have been very supportive. Tom can't travel very easily now so people come to visit us or play bridge. They also support me

by talking to me, walking with me, working around my responsibilities, and maybe most important of all, by just listening.

The support groups are helpful. I've learned a lot from the speakers. And the breakout group for Care Partners is valuable, as is talking to other people who understand and can share strategies that have worked for them. The social activities allow us to be with other people in similar situations. "I have gained an even greater respect for my husband watching him deal with Parkinson's, from denial to acceptance. I admire how he continues to carry on and do what he can do. It's very important not to isolate yourself. Talk with friends and family that can positively support you. Make time for yourself. Nurture and energize yourself."

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NCPSPG "Business Cards" for You to Pass Out

We have prepared simple card handouts the size of business cards which you could carry and hand to someone you know or meet who is dealing with Parkinson's: as a person with the disease, a care partner, or others affected by PD. It includes a list of our NCPSPG services and the date, time and address of each of our chapter meetings. It's a low-key way to let them know that there are resources that they would find valuable – as we "*Fight Parkinson's Together!*"

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 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!

Scripps and Medicare Advantage Plans

We understand that Scripps Clinic and Scripps Coastal is discontinuing acceptance of Medicare Advantage insurance plans. Parkinson's Association of San Diego has prepared a detailed interview with HICAP, the Health Insurance Counseling & Advocacy Program, which provides free and objective information and counseling about Medicare.

Watch a timely, *unbiased discussion* presented in PASD's Podcast #88 at

<https://parkinsonsassociation.org/medicare-advantage-and-scripps/>



What a Fun Winter Social! December 2 and November Empowerment Day

(We can't be too specific here because neither event had happened by the time we went to press! But we know they were both Fantastic! We hope you got to attend both events.

We'll have a full photo page next month!) Our Winter Social was a delightful lunch by Shadowridge Golf Club, great conversation with old and new friends, special gift baskets prepared by each chapter, and recognition of our hard-working NCPSPG Board of Directors. The Twelve Days of Christmas, a table-verses-table competition, wrapped up a wonderful social, and kicked off the holiday season.

Empowerment Day featured 18 speakers, each expert in their field, and about 50 organizations and businesses who provide services to people with Parkinson's and their families.

Newsletter Published Online

Our monthly NCPSPG Newsletter is available on our website www.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**.

**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!**

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