

NORTH COUNTY PARKINSON'S SUPPORT GROUP

August 2024
www.NCPSG.org



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

The Benefits of Positive Thinking by Anne Lee

Anne Lee is a NCPSG Board member assisting the Fallbrook leadership

Positive thinking is a term popularized by Norman Vincent Peale in the 1950s, meaning to approach significant situations with optimism and resilience.

Positive thinking is important to People with Parkinson's disease (PwPs). They are vulnerable to the negative effects of psychological distress; motor symptoms typically worsen, and dopaminergic medication is less effective. Anxiety is a very common non-motor feature of PD and is often accompanied by depression that can fluctuate throughout the day along with dopamine levels. Anxiety is experienced most acutely during the "OFF" period according to the American Parkinson's Association.

It is the perception of the PwP and psychological well-being that guides their quality of life and satisfaction. Changing negative thoughts is critical to overall health. Researchers suggest that chronic stress may potentially influence disease progression according to *Wiley Movement Disorders*.

Positive thinking is linked to better stress management, coping skills, and lower rates of depression. Are you a "glass half full" or "half empty" person? Positive thinking doesn't mean that you ignore unpleasant situations, it just means that you approach these in a more positive and productive way. You think the best is going to happen, not the worst.

Exercise is one of the most promising interventions to slow the progress of PD as reported in *Parkinson's News Today*. According to researchers it improves memory, strengthens neuronal connections, increases heart rate, and works muscles. It helps with depression and anxiety by releasing dopamine, oxytocin, and serotonin in your brain. There are many choices of exercise, and it should be tailored to your needs, and to fun as this is important for motivation. Yoga and Tai Chi combine exercise and the practice of mindfulness, as do programs like Rock Steady Boxing. The core message from research is it's better to do **something** because the benefits outweigh any potential downsides.

My exercise routine includes yoga; chair yoga is available to those with balance or mobility issues, and dance which also is both physical and mental. Synchronizing the movement in both activates sensory and motor circuits, nourishing both mind and emotions.

Rx Ballroom Dance is a program specifically for PwPs, others with neurological conditions, and their partners and caregivers. Classes are twice per week, free, and taught by a professional dancer trained in the Rx curriculum. For more information: www.rxballdance.com

"Whatcha gonna do when the time gets tough, and the world's treating you unkind?
You gotta hang on to your optimistic outlook and keep possession of your positive
state of mind." *The Muppets - Jim Henson*

Ways to attain positive thinking

- ◆ Self-talk - Be compassionate to yourself.
- ◆ Gratitude - Be thankful for each day.
- ◆ Mindfulness - Be in the present, have awareness.
- ◆ Socializing with positive people, have fun.
- ◆ Self-care includes diet and **exercise**.
- ◆ Medication may be necessary to treat anxiety and depression.

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Support Group Meetings

RANCHO BERNARDO

Monday, August 5, 10:00 AM to Noon

Speaker: Marty Acevedo

Topic: "The importance of being Active"

San Rafael Catholic Church 17252 Bernardo

Center Road, San Diego, 92128

Host: Brigit King bkicedancer@gmail.com.

or 858-354-2498

LA COSTA CARLSBAD

Wednesday, August 7, 1:00 PM to 3:00 PM

Speaker: Dr. SandeepThakkar, MDS

Neuroscience, Hoag Hospital

Topic: "GOVOVRI Treatment For Dyskinesia and "Off" Episodes"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday, August 14, 1:00 PM to 3 PM

Speakers: Oceanside Fire Paramedics

Topic: "Call 9-1-1 What to expect. How to prepare"

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

Friday, August 23, 10 AM to Noon

Speaker: Lindsey Unger, MS CCC-SPL

Topic: "Speak with Confidence"

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSGF@gmail.com

or 760-731-0171

Social Groups

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

Fall Social Potluck Monday, September 16 - See details on Page 6.

We hope you join in our NCPSP large and small socials, where no one blinks an eye at a spilled drink

NCPSP Board of Directors

Wednesday, August 21, 1- 3 PM The Board meets online on the third Wednesday of the month.

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

or tremoring hand, or soft voice.

Physical Exercise

*In-person or On-line Options. Fees May Be Charged.
For more information on Scholarships see NCPSP.org*

Personally Fit (NCPSP Scholarships Available)

In-person and Zoom classes for Parkinson's.

Personallyfitonline.com or contact Doris Flood, PT at dflood@personallyfitonline.com

LifeSpan Health (NCPSP Scholarships Available)

Drug-free program to enhance a healthy life span.

<https://lifespanhealth.me/>

NeuroLab 360 (NCPSP Scholarships Available)

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

Rock Steady Boxing (NCPSP 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 - (NCPSP 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

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

Passings

- Chuck League
- Carrol de George

Our thoughts & prayers go out to family & friends



“I was born and raised in Los Angeles County where I had an ideal childhood living along the Coast below Palos Verdes and Rolling Hills. After graduating from USC, I was a high school Advanced Placement History teacher, a County Schools Coordinator, and a realtor. My husband, Steve, and I moved to San Luis Obispo where we raised our three sons. We spent most of our 34 years there watching our sons play multiple sports. We moved to San Diego County recently because two of our sons attended school here; the eldest is at USD Law School and another at UCSD where he received a Masters In Structural Engineering. The third son attended Cal Poly SLO. We are very proud of them all.

“Steve was able to retire at the young age of 51 after 30 years in law enforcement. Looking back, his Parkinson’s symptoms began in his 50’s. One of them was shaky handwriting. He had always written his police reports in very neat print. We then discovered he had Essential Tremors and he asked his parents about other people in his

family with this condition. I now know that many people with Parkinson’s had early Essential Tremors. There is a 50% chance of children inheriting it. We have one son and a grandson who now have Essential Tremors.

“Until we moved to San Diego, we had almost no information about Parkinson’s or interaction with anyone else who had Parkinson’s. Our La Costa chapter support group has literally saved our lives. We’ve made wonderful new friends who share our concerns and ideas for care. The informational speakers are priceless and the breakout groups are very supportive. We particularly enjoy the social events. Steve did Pilates for three years before he joined the Encinitas NeuroLab360 exercise group where he feels comfortable and socializes with other Parkinson’s patients. I learned the best advice as a Care Partner from a recent support group meeting, “Accept your beloved partner where they are, not where they were.” We no longer feel alone on our Parkinson’s Journey.

Steve was able to retire at the young age of 51 after 30 years in law enforcement.

Looking back, his Parkinson’s symptoms began in his 50’s

I learned the best advice as a Care Partner from a recent support group meeting:

“Accept your beloved partner where they are, - not where they were.”

National Program to End Parkinson’s

President Biden signed the National Program to End Parkinson’s into law! US Department of Health and Human Services will now establish an Advisory Council: National Parkinson’s Project - the first ever federal initiative to prevent and cure PD, treat its symptoms, and slow or stop symptoms - Michael J Fox Foundation

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!

Help people struggling with PD to learn about support groups

Ever talked with someone struggling with Parkinson's and wondered how to gently suggest they join a support group? We've put together a simple handout that outlines the benefits and lists our meetings. Carry a couple in your wallet, and offer the card to them for their own use or to pass on to another on their Parkinson's journey. It's a low-key way to let them know that there are valuable resources – as we "*Fight Parkinson's Together!*" Contact your group leader to get yours.

An Amazing Resource:

Parkinson's Association SD Website

Your probably know that PASD has an outstanding website, where you can find all the **Movement Disorder Specialist neurologists** in our area, plus a list of **current books** on every aspect of PD, and much more.

Did you know that there is a whole website section dedicated to helping **Care Partners** deal with the challenges of helping your PwP and family.

You can find a **Mentor** to work with you one-on-one to have your best life, whether you're a PwP or a CP. Its also the place to start if you're interested in becoming a Mentor.

PASD is addressing the lack of **trained mental health professionals who have a working knowledge of Parkinson's**. If you know of a mental health professional, suggest that they check out the online education program on the intricacies of working with people with Parkinson's disease. The six-hour online course includes six CE credits.

Our mailing address :

NCPSG
PO Box 230566
Encinitas CA 92023

Our Website: (Donations accepted)

NCPSG.org

**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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Newsletter Published Online

Our monthly NCPSG Newsletter is available on our website www.NCPSG.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

Tremble Clefs honor Karen Hesley, founder, on 30th Anniversary



Karen Hesley - founder of Tremble Clefs

Tremble Clefs feted **Karen Hesley**, creator of Tremble Clefs thirty years ago in Arizona. Karen, who is retiring as CEO, built TC chapters in Phoenix, San Diego, North County, Orange County and other sites across the west.

Tremble Clefs meet weekly at two North County locations, practice singing familiar songs, then entertain at senior centers, retirement communities, support groups and PASD events. They strengthen voice volume, enunciation, breathing, memory, all the time having loads of FUN!

Tremble Clefs also honored our late Board member **Madonna Bingham**, who was an enthusiastic TC participant. She created show costumes for songs like "Puff the Magic Dragon", "Purple People-Eater," and many more.



Madonna smiles down on the celebration, and on Music Director Matt Ignacio, with Kermit the Frog singing in his ear!



Carol and **Brigit**, co-leaders of the RB Support Group, sing along with the combined Encinitas, Rancho Bernardo, Mission Valley and Orange County Tremble Clef chapters.



Tremble Clef chapter meetings

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 CA 92128

Email: matt.sdtrembleclefs@gmail.com

North Coastal Chapter (Encinitas)

Tuesdays at 1:00 PM (no charge)

Bethlehem Lutheran Church
925 Balour Dr, Encinitas CA 92024

Website: <https://www.trembleclefs.com/>



NORTH COUNTY
PARKINSON'S
SUPPORT GROUP

POTLUCK LUNCH

Main Dishes provided by NCPSPG Rancho Bernardo

-Oceanside Members (Salads)-

-La Costa Members (Side Dishes)-

-Fallbrook Members (Desserts)-



WHEN: Monday, September 16th, 2024
Starts at 11:30 AM

WHERE: San Rafael Church (Parish Hall)
17252 Bernardo Center Dr.
San Diego, CA 92128 (Rancho Bernardo)

MORE INFORMATION: Please visit www.NCPSG.org
or call 858-354-2498 or 760-749-8234

NCPSG serves the North San Diego County Parkinson's community...providing Parkinson's disease education, patient and family support, exercise and social opportunities and encouraging research.