

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

February 2024

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



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

## Focused Ultrasound –An Alternative to Deep Brain Stimulation

The majority of this content is from *Insightec website*

For many Parkinson's patients, the primary symptom is tremor according to the National Institutes of Health. These patients initially have tremor, and as the disease progresses, they may experience the onset of other symptoms. However, tremor remains the symptom with the most severe impact on their daily activities.

A number of our members have Deep Brain Stimulation (DBS), which is a surgical procedure in which an electrode is carefully positioned in the exact portion of the brain where tremors originate. Signals transmitted through the electrode can have a positive effect on controlling tremor symptoms. The FDA approved DBS in the early 2000's, and Medicare generally covers the expense.

More recently, another treatment called **Focused Ultrasound** has been developed and approved by the FDA which addresses the same tremor-producing portion of the brain. Magnetic Resonance-guided focused ultrasound (MRgFUS) provides an incisionless treatment option for tremor dominant Parkinson's patients



who do not respond to medications. During treatment, ultrasound waves heat and eliminate or erode the deep brain target with no surgical incisions. Treatment is guided by MRI for patient-specific planning, real-time temperature monitoring as well as immediate assessment of treatment outcome. The result for many patients is immediate improvement of tremor with minimal complications.

The procedure is currently available at six sites in California, with Sharp Grossmont Hospital the only San Diego County location.

**Dr. Vamsidhar Chavakula**, neurosurgeon from Sharp Grossmont, will discuss the procedure and the evaluation process at the NCPSG Oceanside chapter meeting Wednesday, February 14, 1 pm. (See page 2 of this Newsletter) .All are welcome at the Oceanside SG meeting. This discussion may not be available at other NCPSG chapters in the immediate future. If you usually attend LC, RB or FB, please let Paul Dawson know ([paul@video-fire.com](mailto:paul@video-fire.com) or 760 497-1200) by Tuesday 2/13 so we can relocate to a larger room.

As always, we present a variety of topics. This does not represent an endorsement of our NCPSG Board. Review any subject with your Movement Disorder Specialist.

### Mark your Calendar

**SPRING SOCIAL - Monday, March 18, at the Oceanside Broken Yolk**  
Reservation form on page 5 must be **received** by **Thursday, March 14**

**NCPSG CRUISE - 3/30/24 - 4/5/24** Two Staterooms available  
Contact Liliana at AAA - (619) 397-6434

**ANNUAL WALK - Parkinson's Association San Diego**  
**Saturday, April 6, Liberty Station San Diego.** See page 6

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## Support Group Meetings

### RANCHO BERNARDO

**Monday, February 5, 10 am to noon**

Speaker: **Chris Buscher**, Exec Director PASD  
Topic: "Guided Tour of PASD's Amazing Website"  
**San Rafael Catholic Church** 17252 Bernardo  
Center Road, San Diego, 92128  
Host: Brigit King [bkicedancer@gmail.com](mailto:bkicedancer@gmail.com).  
858-354-2498

### LA COSTA CARLSBAD

**Wednesday, February 7 1 to 3:00 PM**

Speaker **Lisa Tataryn**  
Topic: "Advancing Care With Technology"  
**Christ Presbyterian Church**  
7807 Centella St Carlsbad 92009  
Host: Sam Cooper [NCPSGLC@gmail.com](mailto:NCPSGLC@gmail.com)  
or 520-820-0339

### OCEANSIDE

**Wednesday, February 14 1:00 to 3 PM**

Speaker: **Dr. Vamsidhar Chavakula**,  
neurosurgeon, Sharp Grossmont  
Topic: "Focused Ultrasound for Tremors" *Insightec*  
**Oceanside First Presbyterian Church** 2001 S. El  
Camino Real, Oceanside 92054, at Fire Mountain  
Rd  
Host: Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com)  
or 760-497-1200

### FALLBROOK

**Friday, February 23, 10 AM**

Speakers: **Kindra French, Ben Marsh** -  
*101 Mobility*; **Sam Bosboom** - *Rollz*  
Topic: "Home Safety for Aging in Place"  
**Fallbrook Wellness Center** 1636 E. Mission Rd,  
Fallbrook -  
Host: Irene Miller [NCPSGF@gmail.com](mailto: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](mailto:scprphd@gmail.com)  
or 520-820-0339. Our large group **Spring Social** is  
on March 18

## NCPSTG Board of Directors

**Wednesday, February 21, 1- 3 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.

## Volunteer!

All Board members, officers, support group leaders  
are volunteers as are our greeters, refreshment  
team, sound folks, and breakout facilitators. Is there  
a way you could help? Volunteering benefits our  
members; it's a fun and rewarding way to contribute.  
to our Parkinson's community.

## Physical Exercise

*In-person or On-line Options. Fees May Be Charged.  
For more information on Scholarships see [NCPSG.org](http://NCPSG.org)*

### Personally Fit (NCPSTG 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 (NCPSTG Scholarships Available)

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

### NeuroLab 360 (NCPSTG Scholarships Available)

Neurologic physical therapy & wellness.  
[www.neurolab360.com](http://www.neurolab360.com)

**Rock Steady Boxing (NCPSTG 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, 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](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)

## In Focus: Richard Rappaport

By Sam Cooper



"I am the oldest of two children. My father was from Russia and my mother was from Philadelphia where my younger sister and I were raised. I am in my third marriage and have two daughters and one son from my first two marriages and five grandchildren. I have two stepchildren and two step granddaughters with my current wife, Laura. I left Philadelphia after college to attend Chicago Medical School and become an MD then a psychiatrist.

After selling my psychiatry practice, I moved to San Diego thrilled to get out of cold, blustery, Chicago. My youngest son was 15 at the time. I met Laura here. We just celebrated our 24th anniversary.

Burned out from seeing psychiatry patients for so many years, I began to do forensic work as an Expert Witness. I transitioned into telepsychiatry helping with the evaluation of military veterans and their drug management. I was also able to travel the world on cruise ships speaking on many different subjects related to psychiatry.

**The group really has confirmed that I am not on my Parkinson's Journey alone...You need to see the best doctors possible, take naps when needed, and stay involved."**

I began having symptoms of Parkinson's approximately 4 years ago and was formally diagnosed about 2 years ago. Current symptoms include difficulty walking, getting up from a sitting position, poor posture, short term memory loss, and poor penmanship. I no longer drive. Giving up that independence was particularly difficult. Physical therapy has been helpful, but I struggle with motivation to do the exercises on my own. Laura and I have been attending the La Costa chapter support group for a year. The informational speakers are very valuable. The group really has confirmed that I am not on my Parkinson's Journey alone. I really enjoy the social activities and camaraderie. My family and friends have been caring, thoughtful, and understanding. You need to see the best doctors possible, take naps when needed, and stay involved."

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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!*" Contact your group leader to get your cards.

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## 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](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!**

## “End Parkinson’s Act” bill progresses.

Exciting news! A bill was passed by the House of Representatives on December 14, 2023, and was sent to the Senate. The “**End Parkinson’s Act**”, if passed by the Senate and signed by the President, would “*direct the Secretary of Health and Human Services to carry out a national project to prevent, diagnose, treat, and cure Parkinson’s, to be known as the National Parkinson’s Project, and for other purposes.*”

Irene Miller serves on the Michael J. Fox Foundation advocacy team, now preparing to meet with Senate representatives as the bill advances. Irene provided a link to join in to help with the cause... Tell your story to your Congressman.

<https://www.michaeljfox.org/advocacy-campaign/house-passed-national-plan-senate-next>

### What can I do to help?

We’re a non-profit with no paid employees. Everything that takes place (and there are lots of moving parts) is done by volunteers. We know you’ve got lots on your plate, but could you help with refreshments, or checking people in, or greeting newcomers? Perhaps you could help facilitate a breakout group, or assist with set-up and breakdown.

Let your support group leader know if you see something you’d like to do, or just want to know where there’s a need. Remember how important it is with Parkinson’s to always have a back-up. Same is true with our support group meetings and all the tasks involved. Thank you!

### Newsletter Published Online

Our monthly NCPSPG Newsletter is available on our website [www.NCPSPG.org](http://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**.

To update or remove your contact info, please let **Micheline Allen** know. 760-631-0649  
[ncpsgCS@gmail.com](mailto:ncpsgCS@gmail.com)

**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!**

### NCPSPG OFFICERS, DIRECTORS, LEADERS

<b>Rancho Bernardo Co- Leaders</b>	<a href="mailto:ncpsgRB@gmail.com">ncpsgRB@gmail.com</a>
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Brigit King.....	<a href="mailto:bkicedancer@gmail.com">bkicedancer@gmail.com</a> ..858-354-2498
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<b>Oceanside Leader</b>	<a href="mailto:ncpsgO@gmail.com">ncpsgO@gmail.com</a>
Paul Dawson.....	<a href="mailto:paul@video-fire.com">paul@video-fire.com</a> ..760-497-1200
NCPSPG Past President - PASD Board member	
<b>Oceanside Co-Leader</b>	
Who is the new person??	
<b>Fallbrook Leader</b>	<a href="mailto:ncpsgF@gmail.com">ncpsgF@gmail.com</a>
Irene Miller.....	<a href="mailto:imiller4jc@gmail.com">imiller4jc@gmail.com</a> .. 760-731-0171
NCPSPG Board Vice President	
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**Our mailing address :**

**NCPSPG  
PO Box 230566  
Encinitas CA 92023**

**Our Website: (Donations accepted)**

**[NCPSPG.org](http://NCPSPG.org)**

# North County Parkinson's Support Group

## Spring Social

Monday, March 18, 2024 11:30am

Oceanside Room, Oceanside Broken Yolk  
2434 Vista Way, Oceanside

Ticket price: **\$17.50**

Menu Choice includes hot/cold tea, coffee, soft drink, or lemonade

- **Hamburger** with choice of French fries, onion rings, or side salad
- **Club Sandwich** with choice of French fries, onion rings, or side salad
- **Grilled Chicken Caesar Salad**
- **Veggie Wrap** with choice of French fries, onion rings, or side salad

Number of tickets ordered: \_\_\_\_\_

Name

Menu Choice

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Reservations must be **received** by **Thursday, March 14**

Mail ticket form and make check payable to:

NCPSG  
PO Box 230566  
Encinitas, CA. 92023



Join us to Fight Parkinson's  
**Our 22nd annual 5K STEP BY STEP WALK**  
 in support of the  
**Parkinson's Association of San Diego**

Saturday, April 6, 2024 • 7:30am Check In • 9am WALK, Dog Friendly  
**LIBERTY STATION, SAN DIEGO**

Your support of Step by Step enables PASD to offer critical resources to thousands of individuals with Parkinson's here in San Diego County.

All contributions remain in the County and provide services, assistance, and education to people with Parkinson's, their care partners, and families.

Meet over 50 exhibitors.

REGISTER AS:  
 An Individual  
 A Team or  
 Sponsor a Walker



The **Bingham Bunch!**

REGISTER AT:  
[parkinsonsassociation.org](http://parkinsonsassociation.org)  
 (858) 215-2570

Early Registration	\$40
After February 1	\$50
Youth 12-17	\$10
Under 12	Free



**PARKINSON'S**  
 ASSOCIATION OF SAN DIEGO

"Helping You Live Your Best Life"



In memory of **Madonna Bingham**, your NCPDG Board of Directors suggests that you register under the team name "**Bingham Bunch**", the team that she created. Her wish was that **Bingham Bunch** would be the biggest and highest fund-raising team this year! Thanks!