

NORTH COUNTY PARKINSON'S SUPPORT GROUP

January 2024

www.NCPSG.org



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

Meet Your NCPSG Board of Directors

Board of Directors members make decisions ensuring smooth operations, envisioning and implementing new directions. Officers, Directors, Support Group leaders, and all other volunteers serve without compensation.

Executive Committee



La Costa Leader
"In Focus" reporter
Social Director

Sam Cooper – President



Fallbrook Leader
Assistant Treasurer

Irene Miller – Vice President



Recording Secretary
Webmaster

Caryl Parrish – Treasurer



Membership
Database

**Micheline Allen –
Corresponding Secretary**



Oceanside Leader
Newsletter Publisher
PASD Board member

**Paul Dawson –
Immediate Past President**

Board



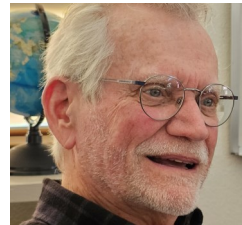
Newsletter
Editor

Joan Anderson



Event
Videography

Art Bierle



Art Braun

**La Costa
Co-Leader**
Regulatory
Compliance

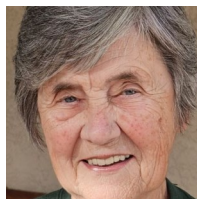


Anne Lee
Breakout Facilitator,
Caller

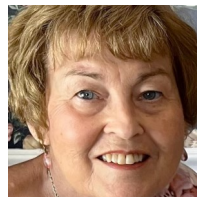
Members



Brigit King
Rancho Bernardo
Co-Leader



Carol Maher
Rancho Bernardo
Co-Leader Outreach
Committee member



Sandy Miller
Oceanside Co-Leader
Breakout Facilitator

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Support Group Meetings

RANCHO BERNARDO

Tuesday January 2 (note change in day)

10 am to noon

Speaker: Kat Hill, author

Topic: "Resilience with Parkinson's"

San Rafael Catholic Church 17252 Bernardo

Center Road, San Diego, 92128

Host: Brigit King bkicedancer@gmail.com.

858-354-2498

LA COSTA CARLSBAD

Wednesday, January 3 1 to 3:00 PM

Speaker: Dan Sweiger

Topic: "Care Options"

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday, January 10, 1:00 to 3 PM

Speaker: Erin Angelo, founder, Exec Director

Topic: "Rx Ballroom Dancing for Parkinson's"

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, January 26, 10 AM

Speaker: Daniel Ide, CHT, MNLP, RADT

Topic: "Sound Healing Therapy"

Fallbrook Wellness Center 1636 E. Mission Rd,

Fallbrook - 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.

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.

NCPSPG Board of Directors

Wednesday, January 17 1- 3 PM The Board meets online on the third Wednesday of the month.

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. <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

In Focus: Anne Lee and Sandy Miller

By Sam Cooper



Returning in 2011 from three years of service in Africa with the Peace Corp, **Anne Lee** chose to live in Fallbrook. "It's beautiful here and close enough to my five children and their families and home to my best friend. I am a long time practitioner of yoga and became a teacher in 2018. About this time I noticed a tremor in my left arm while doing yoga poses. The tremor progressed to pain and the lack of mobility in my shoulder and arm. My voice was also affected. After three orthopedic doctors couldn't explain my symptoms, I was diagnosed with Parkinson's by a neurologist in 2020.

"Our Fallbrook chapter has helped me accept and adapt to major lifestyle changes. It is my second family now providing opportunities to share with peers, enjoy social events, and participate in programs like RxBallroom. Irene Miller is an excellent leader as well as my Mentor. I am honored that she invited me to join our Board and contribute my life skills and professional experience in organizational development. I want to be of assistance to others. I want people to know they are not alone on their Parkinson's Journey."

Sandy Miller's husband was diagnosed with Parkinson's when he was 64. "Ron was a marathon runner in his 50's, and the doctors felt his symptoms were held in check for many years because of his exercise. We began attending the Oceanside support group meeting to learn about his illness and stay informed. The breakout groups were instrumental, providing information, and support. When the Care Partner group needed a new facilitator, I volunteered.



The social events gave us the opportunity to make new friends. "Over the years I have learned so much about Parkinson's and became a Mentor so I could share with others. Serving on our Board will allow me to continue the many friendships I have developed. I hope to contribute along with the other amazing people who volunteer their time for our North County community. We want everyone to know they are not alone. There is help, information, and support available."

Thank you **Anne and Sandy!** We welcome you to our North County Parkinson's Support Group Board Of Directors.

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!

Local Stem Cell Research: Significant Progress

Many of us have been following promising research in *autologous induced pluripotent stem cells*, where a small sample of your own skin is transformed through a very complex process into dopamine-producing cells. Those cells, when implanted into the donor's brain, produce dopamine, counteracting the loss of these cells through Parkinson's. Because these modified cells were formed from your own cells, the body likely would not see them as "foreign" and immuno-suppressing drugs are not expected to be required. Really exciting stuff!

Two local approaches to this concept are moving towards human testing: The first is *Aspen Neuroscience* (transitioned from Scripps Research Institute) currently undergoing "non-clinical investigational new drug (IND)-enabling studies", prior to Phase 1 & 2 development, according to their website. The second is *BrainXell Therapeutics*, also undergoing pre-clinical development, prior to Phase 1 & 2 research.

Break out the skis and long johns

Interested in a trip to Mammoth to participate in "Skiers With A Disability"? Contact Charlie Kershaw at 760-438-8638 or invitus7@earthlink.net

Passings

- Kermit Harrison
- Mark Cookingham

Our thoughts & prayers go out to family & friends

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!

**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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