

NORTH COUNTY PARKINSON'S SUPPORT GROUP

June 2024

www.NCPSG.org



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

Exercise & Socialize!

We hear it often, and we know it's true – **"Exercise and Socialize"**! If we choose not to exercise, our bodies decline faster than "normal" aging – as does our attitude! A regular exercise habit, regardless of what that exercise is, improves our health and our outlook. This applies to everyone, including care partners, family, friends... everyone.

Interacting with others in **social settings** keeps our brain engaged, our perspective more balanced, as we feel connected. Some of the challenges of Parkinson's might discourage us from keeping up with friends, making new ones, maintaining strong family ties, but connecting with those around us remains important. Two recent events combined exercise and socializing, and many of us participated.



First, the Parkinson's Association of San Diego held its **annual Walk – "Fighting Parkinson's Step by Step"** at Liberty Station, Point Loma on April 6. Almost 1200 walkers participated! It was an exciting day! NCPSG had a fistful of teams including Rancho Bernardo, Fallbrook, Ocean Hills, Oceanside and more, all combining with a team named "the Bingham Bunch" to fulfill our late Madonna Bingham's desire to outdo her previous fundraising records. Her amazing total over a decade exceeds \$125,000! - all to fund PASD services that benefit our San Diego County Parkinson's community.

Second, a non-profit named **Pass-to-Pass** has a chapter in San Diego County which organizes local hikes in our beautiful parks and wildland. NCPSG member Paul Crouthamel invites you to "join our hiking community, where beauty of nature meets the strength of resilience." We just missed a hike in the Harmony Grove, Elfin Forest, Escondido Creek Conservancy that was held on Saturday, May 18, but they organize hikes periodically. They also have hikes in the High Sierras where you carry a day-pack, and llamas, not pack mules, carry the bulk of supplies. Contact Paul at passtopass.ca@gmail.com for more information. Wouldn't it be great to exercise and socialize again in the beauty of the great outdoors. For exercise information go to ncpsg.org and click on Resources. Scroll to PD Caregiving Books Audible & Hardcopy.pdf then scroll to Exercise Resources.



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Support Group Meetings

RANCHO BERNARDO

Monday, June 3, 10:00 AM to noon

Speaker: **Jason Lakis**

Topic: "Focused Ultrasound for Tremors"

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

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

LA COSTA CARLSBAD

Wednesday, June 5, 1:00 PM to 3:00 PM

Speaker: **Jamie Bolan**

Topic: "QR Codes In Healthcare And Why We Need To Understand Them"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

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

OCEANSIDE

Wednesday, June 12, 1:00 PM to 3 PM

Speakers: Cathy and Mike Ellis

Topic: "Navigating Options for Senior Care and Housing"

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, June 28, 10 AM to Noon

Speaker: **Heather Mitchell - Crime Prevention**

Specialist Fallbrook Sheriff Station

Topic: "Avoiding Frauds & Scams"

Fallbrook 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.

Summer Social, Saturday, June 15, Shadowridge Golf Club. Ticket form attached.

Fall Social Potluck Monday, September 16

We hope you join in our NCPSP large and small socials, where no one blinks an eye at a spilled drink or trembling hand, or soft voice.

NCPSP Board of Directors

Wednesday, June 19, 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 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 therapy & wellness.

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

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

Passings

- **Joyce Lanza**
- **Kent Mount**

Our thoughts & prayers go out to family & friends

In Focus: Laura Berg

By Sam Cooper



"I was born in Peoria, Illinois. At age 12 my family moved to Switzerland as my father marketed Caterpillar construction equipment in Europe. I became fluent in French and still speak some today. I graduated from high school in Geneva. Moving back to the States, I did my undergraduate work at the University of Illinois in Champaign-Urbana. I later worked in accounting at a business consultant company in Del Mar, California, where I met Len. We were married in 1995 after dating for three years and moved to Carlsbad. It is a second marriage for both of us and we have a blended family with five adult children and three grandchildren. I went to Divinity School and became ordained in 2009. I am now the Community And Care Pastor at Daybreak Church in Carlsbad.

"After Len was diagnosed with Parkinson's, we began attending the La Costa chapter support group. We have been going for two years. We became involved with the North County Parkinson's Support Group through Art Braun who is a member of our church. The informational speakers are very helpful and we have learned a great deal. The Care Partner breakout group is particularly valuable. I have made several friends and feel their support. The group has raised my awareness of how difficult Parkinson's is for both partners. Our family and friends are very supportive. It was difficult for them to accept Len's diagnosis at first, but they are adapting and I know I can count on their help.

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"The advice I would share with someone caring for a loved one with Parkinson's is to make sure you have all of your legal ducks in a row. This is very important. Join a support group. Be patient with yourself and with your loved one. And remember to make sure you are taking care of you too. I'm very grateful the North County Parkinson's Support Group exists. It's amazing. The help is just invaluable. We really don't feel like we are on our Parkinson's Journey alone."



Designed for newly diagnosed Parkinson's patients and their care givers/care partners, but a valuable update for everyone on a Parkinson's journey, the seminar is a 2-hour session, followed by Q&A. It features Dr. Brenton Wright, Movement Disorders Neurologist and Medical Advisor to PASD, PASD Board President Marty Acevedo, RDN, Jessie Agrimas, DPT, PASD Board member and NeuroLab360 President, Irene Miller, Fallbrook Support Group Team Leader, and PASD Executive Director Chris Buscher. The next session will be Thursday, June 13, in La Mesa. Visit ParkinsonsAssociation.org for details and reservations.

NCPSEG 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!

Call For Articles

Our North County Parkinson's Support Group is all about supporting each other on our Parkinson's Journey. We do this through our four support group chapters, sponsored activities, and social opportunities communicating through our website, ncpsg.org and our monthly newsletter.

We are inviting you to write an article for our newsletter sharing some aspect of your Parkinson's Journey. Tell us about your experience traveling with Parkinson's, flying, driving, or taking a cruise. Maybe you could share how Parkinson's is impacting your daily life and what strategies you are using to cope. How has Parkinson's impacted relationships in your life with family, friends, or co-workers. Maybe you are no longer able to do something like you could before. What are you doing instead? How are you exercising? Share your experience with becoming part of a research project. What is something you would like to share with our North County community?

Articles should be about 450 words long. Don't worry about trying to make it perfect. Please send a draft and a portrait style cell phone picture to our Publisher, Paul Dawson, paul@video-fire.com

NCPSTG "Business Cards" for You to Give

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 NCPSTG 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.

Our mailing address :

NCPSTG
PO Box 230566
Encinitas CA 92023

Our Website: (Donations accepted)

NCPSTG.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!

NCPSTG OFFICERS, DIRECTORS, LEADERS

Rancho Bernardo Co- Leaders	ncpsgRB@gmail.com
Carol Maher	hcmaher@cox.net 760-749-8234
Brigit King.....	bkicedancer@gmail.com 858-354-2498
La Costa Leader	ncpsgLC@gmail.com
Sam Cooper.....	scprphd@gmail.com 520-820-0339
NCPSTG Board President	
La Costa Co-Leader	
Art Braun.....	artjbraun@hotmail.com 760-550-0508
Oceanside Leader	ncpsgO@gmail.com
Paul Dawson.....	paul@video-fire.com 760-497-1200
NCPSTG Past President - PASD Board member	
Oceanside Co-Leader	
Sandra Miller...	sandy@greensails.net 909-374-7755
Fallbrook Leader	ncpsgF@gmail.com
Irene Miller.....	imiller4jc@gmail.com 760-731-0171
NCPSTG Board Vice President	
Fallbrook Co-Leader	ajlopiccolojr@gmail.com
Tony Lo Piccolo	951-751-2242
Treasurer, Recording Secretary, Webmaster	
Caryl Parrish...	carylparish@gmail.com 760-753-5004
Corresponding Secretary	ncpsgCS@gmail.com
Micheline Allen...	760-631-0649
Social Director	
Sam Cooper	scprphd@gmail.com 520-820-0339
Video Media	
Art Bierle.....	arthurbierle@gmail.com 760-749-2182
Director	
Anne Lee.....	annelee_500@hotmail.com 760 305 3548
Board Director Emeritus	Thelma Balbes
Newsletter Publisher	paul@video-fire.com
Paul Dawson.....	760-497-1200
Newsletter Editor	
Joan Anderson	ncpsgNL@gmail.com
Newsletter FOCUS Reporter	scprphd@gmail.com
Sam Cooper	520-820-0339
Newsletter Mailing – Database	ncpsgCS@gmail.com
Micheline Allen.....	760-631-0649

Newsletter Published Online

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



SUMMER SOCIAL
SATURDAY, JUNE 15, 2024, 11:30
CHECK-IN 11:00
Shadowridge Golf Club
1980 Gateway Drive, Vista

\$22.00 per ticket

Includes coffee, iced tea, water and rolls with butter
Prime Rib French Dip Sandwich with fries or chips
Classic Chicken Cobb Salad
Vegetarian

Number of tickets ordered _____

Name

Menu Choice

Your phone number _____

We must receive your ticket form by Monday, June 10, 2024

Write your check payable to North County Parkinson's Support Group and mail to:

NCPSC
P.O.Box 230566
Encinitas, CA. 92023

2024 Parkinson's Step by Step Walk at Liberty Station

