

NORTH COUNTY PARKINSON'S SUPPORT GROUP

March 2024

www.NCPSG.org



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

Don't Topic-Shop

By Sam Cooper

Our North County Parkinson's Support Group has four chapters under our umbrella: Fallbrook, Oceanside, Rancho Bernardo, and La Costa. While each chapter has its own unique personality, each group meets once a month with the same format. The first hour consists of announcements and an informational speaker. The second hour offers separate breakout groups - one for folks with Parkinson's and one for Care Partners. While anyone is welcome to attend any chapter, most people attend the closest group. The speakers are announced in our monthly newsletter (see page 2).

As I tell our La Costa chapter support group each month, don't "topic-shop". Don't decide whether or not you're going to attend based on thinking the speaker will or will not have something to offer you today. You may not need the information today, but you may surely need it tomorrow.

I lost my wife, Ruth, to Parkinson's-related Dementia some 5 years ago. Several years before this I heard a speaker at our Vista support group, which later became our Oceanside chapter, that folks with cognitive issues were not candidates for DBS (Deep Brain Stimulation). This allowed me as her Care Partner to focus on what I could do for her, and not what I couldn't do.

Mark your calendar. Make a commitment to attend your support group each month regardless of the speaker. Learn all you can. After attending and leading hundreds of support group meetings over the last 12 years, I have used every bit of everything I have ever learned in one way or another. You are not alone on your Parkinson's Journey. We will see you next month at your support group meeting.

Sam Cooper leads the La Costa chapter and is President of our NCPSG Board of Directors

PASD's Good Start Program

March 5 First United Methodist Church 2111 Camino del Rio South, San Diego (Mission Valley)
This three-hour program has five presenters including Dr. Brenton Wright, Movement Disorder Neurologist, and Marty Acevedo, PASD Board President. Designed for newly diagnosed people with Parkinson's and their care partners, but everyone who would like to update their knowledge base of PD are also more than welcome to attend. Register on PASD website:

<https://parkinsonsassociation.org/>

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 . Group rate staterooms are all reserved. Limited open rate 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 4

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Support Group Meetings

RANCHO BERNARDO

Monday, March 4, 10 :00 AM to noon

Speaker: **Lisa Tataryn**

Topic: "Training the Brain"

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

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

LA COSTA CARLSBAD

Wednesday, March 6, 1:00 PM to 3:00 PM

Speaker: **Jeff Seckendorf**,

Topic: "Living With A Purpose"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

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

OCEANSIDE

Wednesday, March 13, 1:00 PM to 3 PM

Speaker: **Dr. Dashtipour, MD, MDS**

Topic: "Inbrija" - inhaled levodopa powder for "OFF" episodes

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, March 22, 10 AM to Noon

Speaker: Dr Dashtipour, M.D., Assoc. Prof. Neurology / Research Director Loma Linda

Topic: "More Days with Good On Time / Managing PD Symptoms"

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. Our large group **Spring Social** is on March 18

Passings

- **Les LaPlante**

Our thoughts & prayers go out to family & friends

NCPGS Board of Directors

Wednesday, March 20, 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 NCPGS.org*

Personally Fit (NCPGS Scholarships Available)

In-person and Zoom classes for Parkinson's.

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

LifeSpan Health (NCPGS Scholarships Available)

Drug-free program to enhance a healthy life span

<https://lifespanhealth.me/>

NeuroLab 360 (NCPGS Scholarships Available)

Neurologic physical therapy & wellness.

www.neurolab360.com

Rock Steady Boxing (NCPGS 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

In Focus: Laura Rappaport

By Sam Cooper



"I was born in Los Angeles and am the middle of three sisters. I grew up in Inglewood and attended Morningside High School. I married my first husband in 1966 and have two children and two granddaughters. I moved to Encinitas in 1973 and divorced in 1979. Knowing I would need to support myself and two children, I first got my manicurist license and then in 1978 my real estate license. I have been a realtor with Coldwell Banker since 1994 and am

currently active, but I cannot devote as much time now as my first priority is helping my husband, Richard. "I was blessed to have met Richard in 1997. We married in 1999. I now have three stepchildren and five step grandchildren with a great grandchild expected this June. Richard and I have been very fortunate to be able to travel the world and share many wonderful adventures together.

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I try to find activities
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We were both very active with my playing golf and Richard playing tennis. This is changed now with his diagnosis of Parkinson's and Alzheimer's. It is hard to watch someone you love who was so active and intelligent decline. I try to find activities that he can still enjoy including attending stage productions, movies, and going out for lunch and dinner.

"The La Costa chapter support group has been very helpful for me as a Care Partner. The speakers are always very informative. The Care Partner group allows us to share our experiences, frustrations, and ideas of what works for others in caring for our loved ones. Patience is one of the areas I need to improve on! Richard and I really enjoy the social activities. It's a way to meet others who understand what you're going through in a more enjoyable social environment.

"This is a difficult journey, but I so appreciate the help and support and advice from those in our group. It is very comforting to know we really are not on our Parkinson's Journey alone."

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.

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!

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!

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.



PARKINSON'S
ASSOCIATION OF SAN DIEGO

Step-by-Step 5K Walk April 6, 2024

In memory of **Madonna Bingham**, your NCPSPG 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! **Register online** at

<https://raceroster.com/events/2024/82261/fighting-parkinsons-step-by-step-5k>

Our mailing address :

NCPSPG

PO Box 230566

Encinitas CA 92023

Our Website: (Donations accepted)

NCPSPG.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 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**.

To update or remove your contact info, please let **Micheline Allen** know. 760-631-0649

ncpsgCS@gmail.com

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

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

Mail ticket form and make check payable to:

NCPSG
PO Box 230566
Encinitas, CA. 92023