

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

September 2024

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



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

## Michael J Fox Foundation – Event and Expo in Carlsbad!

**Parkinson's IQ + You** – an outstanding, comprehensive seminar from MJFF, focused on PwP, care partners and family, will be held in Carlsbad on **September 21** at Omni La Costa Resort & Spa – event and parking are free, with complimentary breakfast, snacks and boxed lunch.



The program concentrates on three areas of value for the PD community: (1) building a comprehensive care team and treatment plan, (2) participating in research and (3) forging community connections.

Don't miss out! Sign up on the website: [michaeljfox.org/PDIQSoCal2024](http://michaeljfox.org/PDIQSoCal2024)

**Flyer on Page 5**

## Fallbrook's David Rathgeber – Gold in Kettlebell event



On July 6, 2024, David won three gold medals at the IGSF World Kettlebell Championship in Switzerland – a repetitive weightlifting sport performed with kettlebells.

David's win continues a commitment to excel at his sport. In 2019 eight months after being diagnosed with Parkinson's he won the gold medal at the IGSF World Kettlebell Championship in Melbourne, Australia. David and his wife Nancy are regular participants at the Fallbrook Support Group, and Rx Ballroom dance.

## NCPSSG Fall Potluck – September 16 – Rancho Bernardo

Our quarterly large social gathering, this time is in Rancho Bernardo. The host chapter is providing main dishes. Oceanside to bring salads. La Costa to bring side dishes. Fallbrook to bring desserts. Its always a fun event, and a chance to meet folks from other chapters. And the food! Everyone brings their best! Y'all Come! Let your Support Group leader know how many are coming. **Flyer on Page 7**

## NCPSSG Website content summary

There are several Parkinson's-related websites chocked full of valuable information – valuable to **you!** We work hard to make our [NCPSG.org](http://NCPSG.org) one of them. See the **summary on Page 6**, including a great reading list.

## Invitation to submit your Parkinson's Journey Story

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.

We hope we can share **your** story. Not all submittals will be published. Articles should be about 450 words maximum length. Send a draft to **Paul Dawson**, [paul@video-fire.com](mailto:paul@video-fire.com) and **editor Joan Anderson**, [ncpsgnl@gmail.com](mailto:ncpsgnl@gmail.com)

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## Support Group Meetings

### RANCHO BERNARDO

**NOTE: Change of Date due to Labor Day**

**Tuesday, September 3, 10:00 AM to Noon**

Speaker: Shawn McMenamin

Topic: "A Journey Through Parkinson's Therapies"

**San Rafael Catholic Church** 17252 Bernardo

Center Road, San Diego, 92128

Host: Brigit King [bkicedancer@gmail.com](mailto:bkicedancer@gmail.com).

or 858-354-2498

### LA COSTA CARLSBAD

**Wednesday, September 4, 1:00 PM to 3:00 PM**

Speaker: Charlotte Loomis

Topic: "What Is An Aging Life Care Partner"

**Christ Presbyterian Church**

7807 Centella St. Carlsbad 92009

Host: Sam Cooper [NCPSGLC@gmail.com](mailto:NCPSGLC@gmail.com)

or 520-820-0339

### OCEANSIDE

**Wednesday, September 11, 1:00 PM to 3 PM**

Speaker: Marty Acevedo, retired Tri-City Hospital

department head, PASD Board President

Topic: "Being prepared for hospitalization –

They may not be ready for you!"

**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, September 27, 10 AM to Noon**

Speaker: Tricia Bowman - Life Coach

Topic: "Wellbeing & Wellness - Me Time"

**Fallbrook Regional Wellness Center**

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller [NCPSGF@gmail.com](mailto:NCPSGF@gmail.com)

or 760-731-0171

### Passings

- Larry Ades
- Bill Grayston
- Shari Kunz
- Paul Johnson
- Resa Workman

Our thoughts & prayers go out to family & friends

## NCPSEG Board of Directors

**Wednesday, September 18, 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.

## Physical Exercise

*In-person or On-line Options. Fees May Be Charged.*

*For more information on Scholarships see [NCPSEG.org](http://NCPSEG.org)*

### Personally Fit (NCPSEG 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 (NCPSEG Scholarships Available)

Drug-free program to enhance a healthy life span.

<https://lifespanhealth.me/>

### NeuroLab 360 (NCPSEG Scholarships Available)

Neurologic physical and occupational therapy, and wellness sessions. [www.neurolab360.com](http://www.neurolab360.com)

### Rock Steady Boxing (NCPSEG 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.rxballroomdance.com/>

or call Erin Angelo 310-938-1620

### Tai Chi - Temecula - (NCPSEG Scholarships Available)

Physical exercise & wellness.

[www.oyd-ca.com](http://www.oyd-ca.com)

### Parkinson's Exercise - Tri-City Hospital -

Led by Physical Therapist and Occupational Therapist. Every Thursday, 3 - 4 pm. (no charge) Check in at main desk.

## 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](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)

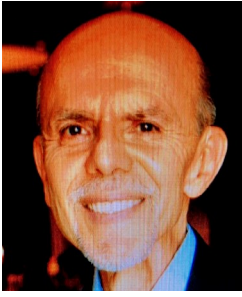
Music therapy is the use of clinical, evidence-based interventions to achieve clients' non-musical goals. See [MusicWorx.com](http://MusicWorx.com).

**Cassandra Richtsmeier**

858-457-2201 or [crichtsmeier@musicworxinc.com](mailto:crichtsmeier@musicworxinc.com)

## In Focus: Dan Guevara

By Sam Cooper



"I was born in Mexico City and moved to the United States with my mother at age 10. I grew up in San Diego. I have a son and a granddaughter. I have known my wife, Karen, since I was 12 years old. I graduated from St. Augustine High School and San Diego State University then studied law at UCLA. While a law school student, I was a founding member of a legal aid center for low-income Spanish speaking clients. I practiced for 37 years specializing in business transactions.

"Civically, I have been a member of the San Diego Planning Commission and participated in planning the redevelopment of downtown San Diego as a member of the Centre City Redevelopment Corporation. I have also been an arbitrator for the American Arbitration Association and served on many other boards including the SDGE Community Advisory Board and the Enrollment Advisory Board for San Diego University.

"I was diagnosed with Parkinson's 12 years ago although I had symptoms for a few years before that. I have light tremors and have difficulty swallowing which also affects my speech. I no longer drive which can be a burden for Karen. We have been members of the North County Parkinson's Support Group for 3 years and attend the Rancho Bernardo chapter support group.

The support group provides an invaluable community as we deal with the challenge of living with Parkinson's. The meetings are extremely informative and fun. We have made many new friends and enjoy the social activities. We also sing and play ukulele in Tremble Clefs and enjoy Rx Ballroom

Dance. It is really important our Parkinson's population continue to be active and exercise. I am also a devoted San Diego State Aztec basketball and football fan. "I have found our North County Parkinson's Support Group to be an invaluable source of support and information. It is a comforting and welcoming environment where participants truly understand the process of dealing with a condition that requires resolve and determination. Thank you to everyone that makes the group possible."

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**"It is a comforting and welcoming environment..."**

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## Persevere Study Opportunity: No medications involved

National Institute of Health-funded study testing an educational program for family caregivers of people with Parkinson's Disease Dementia or Lewy Body Dementia. Family caregivers will gain weekly educational guidance through a 12-week curriculum with short readings, resources, and activities. All participation is virtual; there are NO in-person visits. Caregivers fill out surveys and assessments at baseline, and every two weeks for nine months. To see if you are eligible, visit this link: <https://redcap.link/PERSEVERE1>

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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!**

## Legacy Gifts

While your North County Parkinson's Support Group is managed entirely by volunteers, we do have expenses and an annual budget of some \$22,000. We are very grateful for your contributions throughout the year and particularly during our annual fundraiser each April.

These amounts, however, rarely meet our budgetary commitments. Several of our members throughout the years have included the North County Parkinson's Support Group in Wills or Family Trusts in the form of a legacy gift. This may be a one time amount or an ongoing contribution.

The loss of a loved one, particularly after a chronic illness, is a very difficult time. Folks often find comfort knowing that sharing a financial gift will allow others to benefit. Please consider a legacy gift and discuss the structure of such with your estate attorney. Serving our North County Parkinson's community is not possible without your help. Thank you for considering a legacy contribution.

- Sam Cooper, Board President

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## 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.

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 and our monthly newsletter.

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### Our mailing address:

**NCPSPG**  
**PO Box 230566**  
**Encinitas, CA. 92023**

Our Website: (Donations accepted)

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

## NCPSPG OFFICERS, DIRECTORS, LEADERS

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Micheline Allen.....	760-631-0649

## Newsletter Published Online

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

The Michael J. Fox Foundation presents

# Parkinson's IQ+YOU

Education for Empowerment



## Free Parkinson's Educational Event

Saturday, September 21, 2024  
Carlsbad, CA

### **Omni La Costa Resort & Spa**

2100 Costa Del Mar Rd, Carlsbad, CA 92009

9:00 a.m. – 2:00 p.m. PST

(Partner Expo and Check-in will open at 8:00 a.m.)

Parkinson's IQ + You is a free event presented by The Michael J. Fox Foundation designed to empower attendees to manage the disease, learn about the latest research and connect with local resources.



Scan to register or visit  
[michaeljfox.org/PDIQSoCal2024](https://michaeljfox.org/PDIQSoCal2024)





## NCPSPG Website Resources

For whatever stage of Parkinson's you are experiencing, there are resources to assist you, your care partner, and family. The NCPSPG website <https://ncpsg.org> is a comprehensive resource. To access the numerous documents be sure to select the **category** and follow the **link**.

Some highlights from our website and links:

An extensive library is available through the following link: **Education & Resources – Resource Links** at top of page **Book Recommendations** is available to download.

Categories include **Parkinson's Foundation Library, Leisure Reading & Testimonials, Care Giving, Exercise, and Diet & Nutrition**. Over 40 titles! Here are some current books:

- ◆ [\*Living Well with Parkinson's\*](#) - Glenna Wotton Atwood, informative & inspiration guidance.
- ◆ [\*Take That & Take That\*](#) - Martha Kowal, memoir of 28 years living with Parkinson's.
- ◆ [\*Shaken\*](#) - Mark Holt Rogers, a remedy for uncertainty after a 10-minute diagnosis.
- ◆ [\*Smoothies for Parkinson's\*](#)- Toni Fairman & Ingrid Johnson, local Rock Steady Coach.

NCPSPG Chapter groups are an excellent way to receive information from expert speakers, share concerns, and receive support. **NCPSPG Meetings** lists the Chapter location and meeting times. Our monthly Newsletter lists chapter speakers and topics.

Exercise is the most important thing to do, and research finds that it can slow down decline in quality of life. **Programs/Scholarships – Exercise Programs**.

PwPs often have difficulty with the volume of their voice, and swallowing. Exercising the voice daily is important. **Programs/Scholarships – Therapeutic Singing**.

If you are interested in a fee-based program but are not sure about committing to a contract, our Scholarship program may be of help. A number of programs qualify. Programs/Scholarships - Scholarship opportunities. Access to resources from a number of other organizations is available through **Education & Resources – Resources & Links**

The **NCPSPG Newsletter** is an important source of current information. Updated each month and archived, the Newsletter has information on meetings, special events, articles and helpful contacts.

We hope that you will explore the NCPSPG website <http://ncpsg.org> and find it useful.



## NORTH COUNTY PARKINSON'S SUPPORT GROUP

# POTLUCK LUNCH

*Main Dishes provided by NCPSSG 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

**MORE INFORMATION: Please visit [www.NCPSSG.org](http://www.NCPSSG.org)**  
or call 858-354-2498 or 760-749-8234

*NCPSSG 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.*