

NORTH COUNTY PARKINSON'S SUPPORT GROUP

April 2021 (Parkinson's Awareness Month)

www.NCPSG.org



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

Exercise Notes and Resources

Exercise is one of the most powerful treatments for Parkinson's disease. Many ask about the "best" exercise routine for Parkinson's. Most doctors say a safe, enjoyable regimen that helps manage your personal symptoms is the best approach.

Exercise and Parkinson's

The universal benefits of exercise in helping everyone feel better and improving overall health are well documented. There is evidence, too, that exercise may hold specific benefits for people with Parkinson's disease (PD):

- **Preventing or slowing progression:** Studies have linked exercise to reduced risk of Parkinson's and slower progression. While scientists don't know exactly why, they believe exercise may help brain cells stay healthy.
- **Managing symptoms:** Some symptoms, such as balance and constipation, are particularly helped by exercise. Exercise also improves strength, is linked to better brain health and helps lessen or manage other symptoms.
- **Avoiding isolation:** Parkinson's can be isolating. Many people exercise with a group or with friends and family, making exercise a social activity, as well. Staying active in your community lowers stress and helps ease symptoms.



What Type Is Best

Understandably, many people ask for "the best" kind of exercise to help treat Parkinson's disease. Some people swear by dance classes or boxing. Others find tai chi and yoga helps their balance. Through the Michael J Fox Foundation's community Team Fox, people with Parkinson's run marathons or bike for their health and to raise money for research.

The best exercise is the one that your care team approves and that appeals to you, because you'll stick with it. Your exercise routine will vary depending on your overall fitness level, but a good first step is to talk to your physician and have a thorough checkup before starting any activity. If your doctor agrees, one good way to start is with a physical therapist. This way, you can get an "exercise prescription" and work with an expert to determine what you can do safely.

For a list of local exercise resources, both physical and vocal, see the list on page 2. And for this month only here are a few bonus resources (click the link to be connected):

- For a Michael J Fox Foundation podcast on the importance of exercise see [Michael fox Podcast-How Exercise Can Manage Parkinson's](#).
- Dr Mindy Bixby: Empowering Mind and Body While Sheltering at Home [Dr. Mindy Bixby PASD Webinar](#)
- County of San Diego Aging and Independence Services Feeling Fit Club: [Feeling Fit Club TV Class](#)

And don't forget to check with your local Senior Center for on-line or in-person options. They usually offer free or low-cost exercise programs for seniors right in your own community!

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Support Group Meetings

Note: NCPSTG Chapter in-person meetings are suspended until further notice. If you wish to attend any of the virtual meetings, contact the host for a Zoom invitation.

Chapter Meetings

RANCHO BERNARDO - Online meeting April 5, 10:00 AM *Speaker:* Joanne Hamilton. *Topic:* Intimacy and Parkinson's. Hosts: Carol Maher & Brigit King hcmaher@cox.net or 760-749-8234

LA COSTA CARLSBAD - Online meeting April 7, 1:00 PM *Speaker:* Open forum with Dr Melissa Houser *Topic:* "Ask the Doctor" Host: Sam Cooper NCPSGLC@gmail.com or 520-820-0339

OCEANSIDE - Online meeting April 14, 1:00 PM *Speaker:* Lindsey Unger, Speech-Language Pathologist *Topic:* Voice therapy for people with Parkinson's. Host: Paul Dawson paul@video-fire.com or 760-497-1200

FALLBROOK - Online Meeting April 23, 10:00 AM *Speaker:* Annela Flores, Director MusicWorx. *Topic:* Drumming Music Therapy for Cognitive Improvement. Host: Irene Miller NCPSGF@gmail.com or 760-731-0171

Breakout Groups

People with Parkinson's: two options;
New attendees: Please email the host to request the Zoom "Invite" details.

- Monday April 12, 10am, Bill Farrington, host email: billfarr48@gmail.com
- Thursday April 15, 10am, Paul Dawson, host email: paul@video-fire.com

Care partners: Two options;
New attendees: Please email the host to request the Zoom "Invite" details.

- Monday April 12, 10am, Carol Maher, host. Email: hcmaher@cox.net
- Friday, April 23, 2pm, Sandy Miller, host email: sandy@greensails.net

Small Social Groups

Virtual Meetings 3rd Mondays at 1:00 PM
Monday April 19, 1pm. Our small social groups are meeting online until restrictions on gatherings are lifted. Contact Social Chairperson **Sam Cooper** scprphd@gmail.com or 520-820-0339

NCPSTG Board of Directors

Wednesday April 21st 1 - 3pm Board meets on third Wednesday. Board meetings are conducted online.
Paul Dawson 760-497-1200

Physical Exercise

(Contact Provider for in-person Options)
(Fees May Be Charged)

ROCK STEADY BOXING - Virtual Programs available Check their website for more information.
<https://www.rocksteadyboxing.org/>

ONLINE EXERCISE CLASS - Classes for strength, agility and balance. Yadinneurowellness.com or Christina Dinh cdinh@yadinneurowellness.com

PERSONALLY FIT ONLINE Zoom classes for PD. Personallyfitonline.com or contact Doris Flood, PT at dflood@personallyfitonline.com

CEREBRAL MOTION Specialized personal training for PD. Cerebralmotion.com or contact Mickey Burke MS at mickey@cerebralmotion.com

COACH ME STRONG A one-on-one exercise coaching program. Coachmestrong.com

SmartXPD Live Online Exercise with Patrick
An online exercise community. See SmartXPD.com or contact patrick@smartxpd.com

Dance For Parkinsons Online classes combining music and dance for PD. DanceforPD.org

Don Skaggs Total Healthworks: Evidence based virtual fitness program totalhealthworks.com

Vocal Exercise

Tremble Clefs -Therapeutic Singing with chapters in Encinitas and Rancho Bernardo

Virtual practice Wednesdays at 10:00 AM and Thursdays at 1:00 PM

Melodi Denton at 619-363-0814 or see website: <https://www.trembleclefs.com/>

AudAbility - Online music related activities

By MusicWorx.com. Music therapy program for People with Parkinson's. **Lindsay Zehren** 858-457-2201 or lzehren@musicworxinc.com.

Webinars to Keep Current

Michael J Fox Foundation

Free live webinars on various Parkinson's topics
<https://www.michaeljfox.org/webinars>

Parkinson's Association of San Diego

Listing of webinars and other current important topics
<https://parkinsonsassociation.org/2020-webinars/>

In Focus: Jeanene Cook

By Sam Cooper



Jeanene Graven Cook was born in San Diego and grew up in Point Loma with her twin sister and an older sister. “I had a pretty ideal childhood growing up in the 50’s in Southern California. After graduating from Point Loma High School in 1961, I attended San Diego State where I earned my teaching credential. I taught first grade in San Diego, worked in the Poway School District, and was the Calendar Editor of the San Diego Family Magazine for about seven years.”

“We are very fortunate that friends and family are so supportive now as things are definitely different, but we celebrate each day and try to look for the positive.”

“Parkinson’s has changed some things, but has also made us appreciate our life even more. You have to just keep going. Count your blessings. Even now there are a lot of them.”

“I met my husband, Vern, on a blind date while I was teaching first grade and Vern was working for San Diego Gas and Electric. Our two sons live in the local area with our wonderful daughters-in-law and three grandchildren with the exception of our grandson who is in Seattle. We love being involved in our grandchildren’s lives and enjoyed watching them when they were younger and their parents were working. Over the years we’ve participated in a lot of their school, sports, and social activities and have fun going on outings and trips together.

Before Covid changed the world, Vern and I enjoyed traveling and have taken cruises to Alaska, Mexico, through the Panama Canal, the St. Lawrence River in Canada, and France where we visited the beaches of Normandy. We have also traveled to Oregon and the Mojave Desert many times to visit Vern’s family and friends. Our last trip was taking the train up to Santa Barbara to see my sisters and celebrate our birthdays. I enjoy collecting vintage California pottery and dinnerware. I also belong to the Children’s Hospital Auxiliary, Wednesday, Etc., and the American Association of University Women.”

“Vern was diagnosed with Parkinson’s two years ago and with the encouragement of Bob and Joan Barr we became involved with our North County Parkinson’s Support Group. We were only able to meet in person once, but have gained so much information and encouragement via Zoom. We feel better equipped to handle our life together now. Vern also attends Michael J. Fox Foundation webinars. We are very fortunate that friends and family are so supportive now as things are definitely different, but we celebrate each day and try to look for the positive. We are very much looking forward to meeting again in person and making new friends.”

“Parkinson’s has changed some things, but has also made us appreciate our life even more. You have to just keep going. Count your blessings. Even now there are a lot of them.”

NCPGS Notice

We provide information in our newsletter and chapter meetings on a broad array of Parkinson’s-related topics and perspectives. Please recognize that **a presentation should not be interpreted as our endorsement.** Do your own research, and talk with your neurologist before taking action.

Did you know?

If you are receiving this newsletter electronically you can click on the links and be taken directly to the resource. To switch to electronic delivery contact Micheline at micheline.allen@cox.net. If you find a broken link, contact Rex at ncpsgnl@gmail.com.

Covid Vaccine for Caregivers

Did you know that the caregiver of a person eligible to receive the vaccine for COVID-19 may also be eligible to receive the vaccine concurrently?

The caregiver may be able to obtain the vaccine on an informal basis when accompanying the principle to the vaccination site. There have been many anecdotal reports to that effect. However it would be prudent to have a doctor's note identifying the caregiver and requesting the concurrent vaccination. A sample letter for you to share with your physician is reproduced below:

"(PwP's name) is under my professional care with chronic medical conditions that make them immunocompromised and at a high risk of complication or death if exposed to COVID-19. (Caregiver's name) accompanies (PwP's name) to various medical appointments and provides assistance with in-home care for the patient. Therefore, under the California Department of Health and Human Services, this caregiver qualifies as an informal caregiver. Please provide COVID-19 immunization in accordance with the California Department of Public Health Phase 1A guidelines." (Dr. Signature)

Passings

- David Austin
- Howard Maher
- Pat Kenney

Our thoughts and prayers go out to family and friends

To update or remove your contact info, please let **Micheline Allen** know. 760-631-0649
micheline.allen@cox.net

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Our Website: (Donations accepted)

NCPSG.org

Our Facebook page: (Donations accepted, no fees)

<https://m.facebook.com/NorthCountyParkinsonsSupportGroup/>

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