

NORTH COUNTY PARKINSON'S SUPPORT GROUP

April 2022

www.NCPSG.org



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

Parkinson's Association of San Diego WALK 2022

NCPSG has a long and mutually beneficial relationship with the Parkinson's Association of San Diego. Here's the latest information on how you can support that great organization!

Exercise and Socialize! – critical advice for achieving the best physical and mental health for us all – especially for people with Parkinson's. Achieve both at the annual Parkinson's Association of San Diego's **Fighting Parkinson's Step-by-Step WALK, Saturday April 9 at Liberty Station**, Point Loma! And you'll be supporting the great work of the Parkinson's Association SD – work that benefits each one of us. In addition to the WALK itself, there will be a Health Expo with a wide variety of resources and health experts.



This year marks the 20th anniversary of PASD's major fundraiser, and NCPSG members have already formed several North County teams! You can register under the NCPSG banner in the "Fallbrook Friendly Folks", the "Bingham Bunch" and the "RB Walkers". Or you can form your own team or just walk independently. However you choose, you will be part of an exciting event and support a cause important to us all. Register online at www.ParkinsonsAssociation.org, or by phone at (858) 215-2570. See you there!

We're Older and Bolder!

North County Parkinson's Support Group and Parkinson's Association of San Diego teamed up to represent the Parkinson's community at the Carlsbad Chamber of Commerce's Older and Bolder Expo on February 26th. NCPSG was represented by its Board President Paul Dawson, as well as Board members Carol Maher, Madonna Bingham and Rex McCoy. PASD was represented by its board president, Marty Acevedo.



Carol Maher, Paul Dawson, and Marty Acevedo at Older & Bolder

We had an opportunity to reach out to the Parkinson's community who may not have been aware of the assistance and resources available to them in San Diego county, especially here in the north county. We must have touched someone, since by the end of the day we had run out of all our newsletters and most of our brochures.

We also had an opportunity to collect other resources available to our community. Various forms of caregiving and other support systems were available, and we'll be sharing some of these with you over the coming months as we vet them for appropriateness. We're always on the search for ways to help!

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Support Group Meetings

Attendance at NCPGS in-person events requires full vaccination or natural immunity (recovered from infection) against COVID-19. Attendance at an in-person event constitutes your certification of full vaccination or natural immunity.

Chapter Meetings

RANCHO BERNARDO

Monday April 4, 10:00 AM

Speaker: Mary Carol Reeder

Topic: "Hospice & Palliative Care"

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

Hosts: Brigit King & Carol Maher

hcmaher@cox.net or 760-749-8234

LA COSTA CARLSBAD

Wednesday April 6, 1:00 PM

Speaker: Cassandra Richtsmeier, MusicWorx

Topic: "Music Therapy For Parkinsonians"

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday April 13, 1:00 PM

Speaker: Quan Nguyen of Choose Well San Diego

Topic: "Evaluating Assisted Living Options with Choose Well's Free Innovative Program"

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 April 22, 10:00 AM

Speaker: Jessie Agrimis & Kristine Negrete, Doctor of Physical Therapy & Neurologic Clinical Specialist

Topic: "Neurologic Physical Therapy and Wellness"

Fallbrook Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSGF@gmail.com

or 760-731-0171

Social Groups

Small group no-host lunch Monday April 18th 11:30 AM at the Broken Yolk Cafe, 2434 Vista Way, Oceanside, CA 92054. (Note the time change). No reservations required. Event chair is Social Chairperson Sam Cooper scprphd@gmail.com or 520-820-0339

NCPSG Board of Directors

Wednesday April 20, 1 - 3 PM Board meets online on the third Wednesday of the month.

Paul Dawson 760-497-1200

Physical Exercise

(Contact Provider for In-person or On-line Options. Fees May Be Charged)

ROCK STEADY BOXING - Improve Parkinson's quality of life through non-contact boxing-based fitness curriculum. In-gym and online classes available. Find a class at:

<https://www.rocksteadyboxing.org/>

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. Email Coachmestrong.com

SmartXPD Online Exercise with Patrick

An online/video exercise community. See

SmartXPD.com or contact patrick@smartxpd.com

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

Vocal Exercise

Tremble Clefs -Therapeutic Singing and socializing.

North Inland Chapter (Rancho Bernardo)

Wednesdays at 10:00 AM

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, in the Youth Multi Use Center, 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/> Facebook:

<https://www.facebook.com/TrembleClefsSD>

AudAbility - Professional music therapy program for People with Parkinson's.

Check the website to see if you are eligible for special subsidies for North County residents for this program.

MusicWorx.com. Or **Cassandra Richtsmeier** 858-457-2201 or crichtsmeier@musicworxinc.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!



Girija Muralidhar lives in Poway with her husband, daughter, and two cats. She is a research scientist and has a Ph.D. in Biochemistry and has completed postdoc study in Immunology. Her 30 year research career was spent in various institutions in San Diego studying how the immune system works and developing vaccines.

“I was diagnosed with Young Onset Parkinson’s Disease in 2004, but as is common was symptomatic before that. I had DBS surgery in 2013. This surgery and newer medications have allowed me to live with

“I have attended the Rancho Bernardo chapter support group for several years... The people in our support group are a caring part of my Parkinson’s family.”

“More than anything else I have learned in my 20 year Parkinson’s journey it is to have a positive attitude.”

“You may not be able to control having Parkinson’s, but you can definitely control your reaction to Parkinson’s.”

minimal challenges for the 20 years Parkinson’s has been part of my life. I find it extremely important to keep busy. I am a patient advocate as well as a trained Research Advocate for the Parkinson’s Foundation and served on the People With Parkinson’s Advisory Committee for three years. I regularly review research grant applications, protocols for clinical trials, participate in research studies, and attend scientific conferences. I also give talks from the perspective of a researcher turned patient advocate and lobby on Capitol Hill for increased funding for Parkinson’s research. I co-authored the book “The Peripatetic Pursuit Of Parkinson’s” which has been well received by PwP’s and Care Partners. I enjoy “translating” scientific articles into plain English and promoting Parkinson’s awareness for the general public.”

“I have attended the Rancho Bernardo chapter support group for several years and lead the breakout group for PwP’s with Linda Won. The people in our support group are a caring part of my Parkinson’s family. My immediate family and friends are very supportive and are patient with my slow movements. They are there when I need help.”

“More than anything else I have learned in my 20 year Parkinson’s journey it is to have a positive attitude. Keep yourself active mentally, physically, and socially. Find what you are passionate about and pursue it. You may not be able to control having Parkinson’s, but you can definitely control your reaction to Parkinson’s.”

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 promotional materials. Please tell the Support Group leader if you do not want your image to appear.

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 or Caryl at carylparish@gmail.com. If you find a broken link, contact Rex at ncpsgnl@gmail.com.

Golf for a Good Cause

The beautiful golf course at Encinitas Ranch will be the site of the Parkinson's Association of San Diego's annual golf fundraiser. If you would rather golf than walk (see page one!) then join PASD on Monday May 16th at noon. The course is located at 1275 Quail Gardens Drive, Encinitas, 92024. The entry fee includes 18 holes of golf, a dinner reception, gifts, a silent auction and more. All proceeds benefit the Parkinson's Association of San Diego and fund vital programs and services to local Parkinson's families. For more information and to sign up see <https://parkinsonsassociation.org/>.

Notes on Nutrition and Parkinson's

One of our favorite people, Marty Acevedo has been a long time friend of NCPSPG. She also serves as the current board president for PASD. But did you know she is a Registered Dietitian Nutritionist (RDN), as well as meeting the challenges of Parkinson's herself? She has authored an insightful article on nutrition and Parkinson's on the Davis Phinney website that is well worth your time. She notes that a lifestyle change, rather than a "diet" will probably be most effective. Not only do you obtain the proper nutrients from food rather than supplements, you also avoid the stresses of trying to adhere to a specific regimen. To read her insightful article go to <https://davisphinneyfoundation.org/how-can-nutrition-help-you-live-well-with-parkinsons/>.

Passings

- Howard Busby

Our thoughts & prayers go out to family & friends

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

Our mailing address :

NCPSPG
PO Box 230566
Encinitas CA 92023

Our Website: (Donations accepted)
NCPSPG.org

Our Facebook page: (Donations accepted, no fees)
<https://m.facebook.com/NorthCountyParkinsonsSupportGroup/>

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760-631-3000