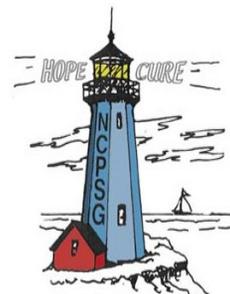


# NORTH COUNTY PARKINSON'S SUPPORT GROUP

August 2020  
[www.NCPSG.org](http://www.NCPSG.org)



NEWSLETTER for La Costa-Carlsbad, Fallbrook, Oceanside, and Rancho Bernardo Support Groups

## Walk Around YOUR Block



Madonna Bingham leads the "Bingham Bunch" on a neighborhood "Virtual Walk"

transportation to medical appointments, equipment exchange, and a 24-hour phone providing referrals to important resources, and more...

PASD runs an effective, efficient operation and depends on two major fundraisers – both of which were substantially impacted by COVID-19.

Their Annual **5K Step-by-Step Walk** each year brought well over a thousand people with Parkinson's, care partners, families and friends for a half day event at Liberty Station. In the midst of the Coronavirus pandemic, the Walk had to be redesigned. The new Walk is VIRTUAL – with no huge gathering. Instead we walk with family and close friends, wearing masks and proper distancing – ANYTIME before August 22, and ANYWHERE you want!

To document your personal adventure, you are asked to take a "selfie" or short cellphone video to share on your social media, and email to PASD for their broadcast on August 22nd.

With your help, we hope to not just match last year's donations, but to do EVEN BETTER! NCPSG has many teams you could support, or you could form your own!

If teams, and walks, and selfies are just not your "thing", your donation to PASD would help continue their important work. See the attached flyer for more information, and for a list of all the North County teams to date.

Parkinson's Association of San Diego's (PASD) sole purpose is to serve people with Parkinson's, their Care Partners and families affected by this disease. PASD provides many services for the San Diego County Parkinson's community – services provided by no other organization.

All funds raised will continue programs such as the Good Start Program for newly diagnosed, and Empowerment Day with its broad spectrum of disease experts. Their website connects with resources including a Support Group finder and many other links. They fund

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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 email address or phone number provided for a Zoom invitation.

## Chapter Meetings

### **RANCHO BERNARDO - Online meeting August 3 10:00 AM**

*Speaker:* Carly Bonnell, MSA. *Topic:* Apathy and Relations. *Host:* Carol Maher [hcmaher@cox.net](mailto:hcmaher@cox.net) or 760-749-8234

### **LA COSTA CARLSBAD -Online meeting August 5**

**1:00 PM** *Speaker:* Dr Abigail Lawler of The Neurology Center. *Topic:* Coping with changes in symptoms. *Host:* Sam Cooper [NCPSTGLC@gmail.com](mailto:NCPSTGLC@gmail.com) or 520-820-0339

### **OCEANSIDE - Online meeting August 12 1:00 PM**

*Speaker:* Tracy Park, Physical Therapist, Tri-City Medical Center. *Topic:* Parkinson's Exercise is Critical During the Pandemic  
*Host:* Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com) or 760-497-1200

### **FALLBROOK - Online Meeting August 28 10:00**

**AM** *Speaker:* Dr Benjamin Haim. *Topic:* Is DBS for me? *Host:* Irene Miller [NCPSTGF@gmail.com](mailto:NCPSTGF@gmail.com) or 760-731-0171

## Breakout Groups

**People with Parkinson's:** two options; Please email the host if you have not received previous Zoom links invitations.

- Monday August 10, 10am, Bill Farrington, host email: [billfarr48@gmail.com](mailto:billfarr48@gmail.com)
- Thursday August 13, 10am, Paul Dawson, host email: [paul@video-fire.com](mailto:paul@video-fire.com)

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

- Monday August 10, 10am. Carol Maher, host. Email: [hcmaher@cox.net](mailto:hcmaher@cox.net)
- Friday, August 21, 2pm, Sandy Miller, host email: [sandy@greensails.net](mailto:sandy@greensails.net)

## Webinars to Keep Current

### **Parkinson's Association of San Diego**

Learn from San Diego Movement Disorder Specialists and other experts. Archived webinars at [Parkinsonsassociation.org](http://Parkinsonsassociation.org)

## NCPSTG Board of Directors

**Wednesday August 19<sup>th</sup> 1 - 3pm** Board meets on third Wednesday. August meeting to be conducted online. **Paul Dawson 760-497-1200**

## Notice!

Public gatherings are restricted in California. Alternate listings are provided for online groups until normal activities are resumed.

## Physical Exercise

(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. Various times via Zoom.

Christina Dinh [cdinh@yadinneurowellness.com](mailto:cdinh@yadinneurowellness.com)

**PD Connect** Various times and dates.

[www.pd-connect.org/#calendar](http://www.pd-connect.org/#calendar)

**Dance for PD** Music and dance at various times

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

### **SmartXPD Live Online Exercise with Patrick**

An online exercise community. Contact:

[patrick@smartxpd.com](mailto:patrick@smartxpd.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 1-619-363-0814 or check website: <https://www.trembleclefs.com/>

**AudAbility - Online activities available free or discounted.**

Music therapy program offering numerous music related activities for People with Parkinson's. **Lindsay Zehren 858-457-2201** or [lzhren@musicworxinc.com](mailto:lzhren@musicworxinc.com).

## Small Social Groups

**Virtual Meetings 3rd Mondays at 1:00 PM online until further notice.**

Our small social groups normally gather in rotating private homes in months that we don't have a large group activity. In the meantime virtual meetings are being organized. If interested contact Social Chairperson **Sam Cooper** [scprphd@gmail.com](mailto:scprphd@gmail.com) or 520-820-0339

Christ Presbyterian Church La Costa, Oceanside First Presbyterian Church, Christ the King Lutheran Church Fallbrook, and San Rafael Catholic Church, RB provide their facilities at no charge. We Thank You!

## In Focus: Bill Farrington

By Sam Cooper



Born in Van Nuys and raised in Orange County, Bill Farrington is a “California guy through and through”. Having graduated from USC with a degree in Philosophy, Bill worked for 7 years in banking and finance. He then owned a running store for 5 years. That led to a 33 year career with ASICS as the national manager of team sales. He has been married for 49 years to his wife, Barbara, who taught Art for 23 years at Santa Fe Christian High School.

They have 3 grown children “all with college degrees and career positions”. Bill notes that in addition to his

family, “singing The Messiah with a local church and coaching Special Olympics for 7 years are definitely highlights of my life.”

Bill was diagnosed with Parkinson’s 19 years ago and finished the last 8 years of his career with ASICS symptomatic. “I have always tried to set a good example as a PwP, but it’s getting harder. Major challenges are my gait, 5 major back surgeries-I am fused from top to bottom-weight, and general health.” Bill credits his wife as his caregiver. “Barbara cares for me during the day taking care of all our meals, the household, shopping, and errands. She’s smart enough to let me do the things I can still do including 100% of my own personal care. She emphasizes that she is my wife before my caregiver.” Bill goes on to say “My friends call me their hero and tell me how much I inspire them although they call me stubborn. I prefer to think of myself as persevering. And I can still play a pretty good game of ping-pong!”

Bill has been involved with our North County Parkinson’s Support Group for some 3 years and regularly attends the La Costa support group. “I am on the Board of Directors for Tremble Clefs and really enjoy singing and sharing with such a great bunch of folks. I also host a Zoom breakout group for PwP’s drawing on my 12 Step experience that features brutal truth in a safe and secure environment. It is all very rewarding and very helpful.”

“Parkinson’s for me is a ‘Do over’. It is a chance to live a second life. My first life was very independent and achievement orientated. My second life is very dependent and relationship orientated. It has taught me a lot and made me a better person. It has been an intensely personal journey. You get the best advice you can from doctors, and caregivers, and friends, but you are the one that has to make the decision to embrace that advice. Knowing what to do is not enough. You have to commit to do it. You have to keep going especially when the times get tough. There are only two choices. You can give up or you can go on. I chose to go on.”

“The support and relationships we have found in our North County Parkinson’s Support Group has been critical and I can’t reiterate enough the difference it has made. We really are in this together. We really are not alone. I have met many wonderful people here. It is an honor to share my Parkinson’s Journey with you.”

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It is a chance to live a second life.”**

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### NCPSPG Notices

***We take photos and videos at our meetings and events and may use them in our Newsletter, website and other promotional materials. Please tell the Support Group leader at the start of every meeting or event if you do not want your image to appear.***

***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.***

## “It must be true... I saw it on the Internet!”

We are inundated with health news from many sources, from conventional news broadcasts to YouTube videos to our local newspaper. How do we know if the information is of good quality? A tool developed by the United Kingdom’s National Health Service and The British Library in the mid 1990’s has been updated and is available online for everyone from health professionals to consumers to use to evaluate the credibility of a source. It doesn’t prove the information is perfect, but it does enhance confidence in the source. The tool is called the Discern Instrument, and it’s available online at

[http://www.discern.org.uk/discern\\_instrument.php](http://www.discern.org.uk/discern_instrument.php).

The tool is simply a 16-part questionnaire that you use to evaluate the source of the information. As you gain experience using the tool you will better be able to have confidence that your source is science-based evidential medicine (or not). The Home page for the site includes links to instructions on its use. For more details see

<http://www.discern.org.uk/index.php>

By the way, a peer reviewed study of YouTube videos concerning coronavirus information conducted in mid-March demonstrated that videos originating from physicians was the best quality. General news outlets showed poor results. The link is

<https://onlinelibrary.wiley.com/doi/epdf/10.1002/rmv.2132>.

So, do your own research before making life decisions.

### Passings

- Edward & Beverly Burruss
- John Dailey
- Warren “Skip” Lellbach
- Al Walker
- Edwin Harte
- Jack Zaner

Our thoughts and prayers go out to family and friends

**Our mailing address :**

**NCPSG  
PO Box 230566  
Encinitas CA 92023**

**Our Website: (Donations accepted)**

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

**Our Facebook page: (Donations accepted, no fees)**

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

## CONTACTS

### Rancho Bernardo Support Group Leaders

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760-749-8234  
Brigit King [bkicedancer@gmail.com](mailto:bkicedancer@gmail.com)  
858-354-2498

### La Costa Support Group Leader

Sam Cooper [NCPSGLC@gmail.com](mailto:NCPSGLC@gmail.com)  
520-820-0339

### La Costa Co-Leader

Eva Zamora 760-814-3479

### Oceanside Support Group Leader

Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com)  
NCPSG Board President 760-497-1200

### Oceanside Co-Leader, Library

Madonna Bingham [granny6mb@gmail.com](mailto:granny6mb@gmail.com)  
760-757-7564

### Fallbrook Support Group Leader

Irene Miller [NCPSGF@gmail.com](mailto:NCPSGF@gmail.com)  
760-731-0171

### Fallbrook Support Group Co-Leader

Carly Bonnell [cbonnell@ucsd.edu](mailto:cbonnell@ucsd.edu)  
858-534-3708

### Treasurer, Recording Secretary & Webmaster

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### Corresponding Secretary

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760-631-0649

### Parkinson’s Association Advisory Board Liaison

Thelma Balbes (PA Advisory Board member) 760-918-9887

### Social Director

Sam Cooper [scprphd@gmail.com](mailto:scprphd@gmail.com)  
520-820-0339

### Video Documentation

Arthur Bierle Google: [Arthur Bierle on Vimeo](#)  
760 749-2182

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