

NORTH COUNTY PARKINSON'S SUPPORT GROUP

December 2021

www.NCPSG.org



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

Why Our COVID Policy?

Recently there have been questions raised as to how and why your Board has established NCPSG's COVID policy. This article hopes to address your concerns.

What is our policy? First, we have decided that we will conduct live Support Group and Social meetings. Please note that as of this writing NCPSG is the only large San Diego County Parkinson's Support Group to conduct live meetings. All others remain online. Second, to mitigate the risks of meeting live we have established the requirement that attendees be fully vaccinated (14 days after last dose of the course of vaccination), and that masks be worn at indoor events where food is not being consumed.

NCPSG is following the guidance of local San Diego County public health officers. The disease is following different trajectories throughout the country, and CDC guidance, while useful, is very general. Our local officers translate that national guidance and our county situation to regional orders and advice. They have done a pretty good job, since medical facilities were never overwhelmed. (Remember "flatten the curve?") As of this writing the county has fully vaccinated over 74% of the eligible population and over 82% is partially so. (Children over 5 were recently added to the eligible population, so percentages have been adjusted accordingly.)

Some people make a personal choice to remain unvaccinated, or to not wear masks in public. We have no say in that matter. Our members are making the same choices. But as a registered non-profit organization that serves a particularly vulnerable population, we don't have that flexibility. We must protect the least among us. We also must protect our standing in the community. Therefore, in order to balance live meetings with risks and public guidance, we have chosen the requirement to vaccinate and mask.

We will monitor the guidance and situation and make changes when and where necessary. If you have made other choices, we respect that, as we hope you respect ours. If you can't join us now, we hope to see you as restrictions ease. We will announce any changes in this newsletter and at our Support Group meetings. Your feedback at info@ncpsg.org is welcome.

Our Newsletter and Email

If you are reading this through the email link, then congratulations! But if you are trying to receive the newsletter by email and are having trouble, here are some tips:

To ensure receipt of your email copy of the newsletter be sure to add info@ncpsg.org to your Contact list. Each Internet Service Provider (ISP) and email application has its own rules, so if you don't receive your newsletter be sure to check your Junk/Spam/Promo or similar folder. Be sure to mark our forwarding email as "not Junk/Spam". If you still have trouble, contact us at the email above, leave a message at our message line, 760-201-5773, or contact our webmaster Caryl Parrish at 760-753-5004.

Also remember that you can always just go to our website at <https://ncpsg.org/> and download the latest, or back copies of the newsletter. You'll see the link front and center on the first web page. Or, as an alternative, if you have trouble with downloading from email links, just use the notification as a reminder to go to the website and pick up your latest copy.

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Support Group Meetings

Attendance at NCPSTG in-person events require masking and full vaccination against COVID-19. Attendance at an in-person event constitutes your certification of full vaccination.

Chapter Meetings

RANCHO BERNARDO

Monday December 6, 10:00 AM

Speaker: Mickey Burke of Cerebral Motion.

Topic: Exercise and Parkinson's.

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

No Meeting in December For PASD's

Empowerment Day (sign up at <https://parkinsonsassociation.org/>)

Speaker: NA

Topic: NA

Christ Presbyterian Church (see you next year!)

7807 Centella St Carlsbad 92009

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

OCEANSIDE

Wednesday December 8, 1:00 PM

Speaker: TBA

Topic: TBA

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

No Meeting In December!

Speaker: NA

Topic: NA

Fallbrook Wellness Center (see you next year!)

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSTGF@gmail.com or 760-731-0171

Small Social Groups

There is no small group in December. Enjoy our Holiday Luncheon, Saturday, December 4, 11:30 AM, at the Shadowridge Golf Club. See the reservation form on the last page. For details contact Social Chairperson **Sam Cooper** scprphd@gmail.com or 520-820-0339

NCPSTG Board of Directors

Wednesday December 15th 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. 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 only fitness program. 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 **Lindsay Zehren** 858-457-2201 or lzhren@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!



Alan Waldvogel grew up in Alhambra, California, playing various sports, working summer jobs, riding dirt bikes in the high desert, and camping in the Sierras. He received his BS in Biology at UC Riverside then finished his Pharm.D. at UC San Francisco relocating to San Diego where he accepted a position at Scripps Memorial La Jolla. “I worked there for 28 years as a clinical pharmacist and manager. I left Scripps in 2011 to accept a position at Pomerado Hospital in Poway retiring in 2020.”

“Early in my career I met my wife, Karen, who was a pharmacy technician at the

time working her way through SDSU. She currently teaches transitional kindergarten at Grapevine Elementary in Vista. We have one daughter, Madeline, who is at the University of Oklahoma pursuing her BS in Nursing.”

“I was diagnosed with Parkinson’s in 2019 after having periodic tremor in my left hand. My current symptoms are still largely in the honeymoon phase with some tremor, minor dystonia, and nocturia. I find that my tremor increases in stressful situations. I have participated in three research trials including a lengthy cognition test followed by a 90 minute MRI. I am currently involved in a Creative Education Care Group for Parkinson’s patients. I am also involved in the Topaz study and will soon receive an IV medication which will hopefully prevent fractures for two years as Parkinson’s patients have a high propensity to fall. These studies are a great way to pay it forward and potentially help others.”

“Understanding exercise is important, I joined 9 Round Boxing in Encinitas. On off days I take active long walks and continue to play senior softball six months a year and ski in the winter. I also try to keep up with my wife and daughter on long hikes in national parks throughout the West.”

“The La Costa chapter is my home group. Attending the support group meeting is really helpful. Not only are the informational speakers excellent, but the breakout group is a great opportunity to learn from and support each other. As Sam says at every meeting, ‘You may not need the information today, but you may well need it sometime later.’ It is another way of assuring each other we are not alone on our Parkinson’s Journey.”

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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, website and other 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 caryl.parrish@gmail.com. If you find a broken link, contact Rex at ncpsgnl@gmail.com.

PASD Resource Center

Where to start? Sometimes when confronted with new problems you just don't know where to begin. Are you newly diagnosed? Do you have trouble sleeping? Do you need financial aid with medications? What about intimacy and Parkinson's? PASD now has a resource center that is a great starting point for these and many other topics. Go to the PASD website <https://parkinsonsassociation.org/> and click on the Resource Center under the Living with Parkinson's menu item. Or go directly to <https://parkinsonsassociation.org/courses/pasd-resources/>. (We gave you both links because you may just want to explore the site once you're there.)

Look at a sample of the range of topics provided:

- Care Partner and Caregiver Resources
- Clinical Trials and Research Projects
- Deep Brain Stimulation
- Diet and Nutrition
- Hospitalization and Surgery
- Newly Diagnosed
- Early Onset Parkinson's
- Service Dogs
- Transportation

As of this writing there are twenty-three topics covered. It's a great place to start. And if you have discovered resources during your Parkinson's journey, share them with PASD. They may wind up on the resource page.

Passings

- Tom Murphy
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 :

**NCPSG
PO Box 230566
Encinitas CA 92023**

Our Website: (Donations accepted)

NCPSG.org

Our Facebook page: (Donations accepted, no fees)

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

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Our continuing thanks to the
Neurology Center of Southern California
for our Newsletter postage.



Serving San Diego County with four locations:
Carlsbad, Escondido, Poway, La Jolla
760-631-3000

North County Parkinson's
Support Group

Holiday Luncheon

Saturday, December 4th, 11:30 AM

Shadowridge Golf Club

1980 Gateway Drive, Vista 92081

\$25.00 per ticket

Menu Choices (indicate # in the space):

Salmon _____

Chicken _____

Vegetarian _____

NCPSPG requires all attendees be
COVID vaccinated
I/we acknowledge _____

Number of tickets ordered _____

Please Print

Name(s) _____

Your phone number

***We must receive your reservation by
Monday Nov 29***

Mail this form to and check made out to NCPSPG:

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