

NORTH COUNTY PARKINSON'S SUPPORT GROUP

December 2022

www.NCPSG.org



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

A 2022 Retrospective

So what were we up to this year? Here are some highlights:

January - NCPSG teamed up with the Foundation for Senior Care in Fallbrook to provide scholarships for their Adult Day program.

February – We announced support for various local programs, including PASD's Mentor program, Tremble Clefs, Adult Day Care and exercise. We also represented the Parkinson's community at the Carlsbad Chamber of Commerce's Older and Bolder Expo.

March – We held our first ever annual Spring Social at a local eatery. We also included Natural Immunity (recovered from COVID) as qualifying to attend our events.

April – NCPSG supported PASD's annual fundraising Step-by-Step Walk at Liberty Station.

May – Announced the award to Madonna Bingham for being the second top fundraiser for the PASD Step-by-Step Walk, collecting just under \$13,000!

July – Our big Summer Social at Shadowridge Golf Club on the 27th with over 60 attendees was a great success.

August – NCPSG announced our extensive scholarship (subsidy) program for various activities in North County, including exercise and day care. See NCPSG.org for details.

September – Our first Rancho Bernardo Fall Social Potluck. Hosted by the RB team with entertainment by the Tremble Clefs, it was a blowout! We also provided an outreach team at Solana Beach's Senior Fair.

October – Added LifeSpan Health of Fallbrook, and NeuroLab 360 of Encinitas to the scholarship program.

November – We provided a team to man a booth at PASD's annual Empowerment Day.

December – And finally this month is our annual Winter Social. [Reservation Form on last page!](#)

Happy New Year!

What's a Small Social?



From time to time, we report on our large social events in this newsletter (Hope you are enjoying our Winter Social this month!). But you also see the page two event notification about Small Socials. What are they? When do they happen? Where do they happen? Well, in order to get the details, contact our Social Chair, Sam Cooper as noted on the events page in order to get on the mailing list. But briefly, on most of those months where we don't have a large event, a few of us get together in someone's home or in a local establishment just to swap stories and otherwise hang out. There are no fees or reservations (but buy your own if we meet in the local pub). This is a chance for you to socialize in a more intimate environment where everyone understands your journey and is completely non-judgmental. Here's a photo of some of the crew at one of our recent get-togethers. Just another chance for fun!

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Support Group Meetings

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

Chapter Meetings

RANCHO BERNARDO

Monday December 5, 10:00 AM

Speaker: Dawn Beers O'Brian

Topic: "Travel for the Disabled"

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 December 7, 1:00 PM

Speaker: Sasha Kamfiroozie, Attorney

Topic: "Legal Issues And Parkinson's"

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

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

OCEANSIDE

Wednesday December 14, 1:00 PM

Speaker: To Be Announced

Topic: "To Be Announced"

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

Holiday Social in Lieu of the December Meeting.

Holiday Social Monday Dec 12th, 11:30-2:30 . RSVP by Friday 12/9. Call Irene for details. 760-731-0171

Fallbrook Wellness Center (see you next year!)

1636 E. Mission Rd, Fallbrook 92028

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

Social Groups

If you are interested in a No Host small group lunch, please contact Sam Cooper at scprphd@gmail.com or 520-820-0339

NCPSTG Board of Directors

Wednesday December 21, 1 - 3 PM The 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. For more information on Scholarships see NCPSTG.org)

Personally Fit (NCPSTG Scholarships Available)

In-person and Zoom classes for Parkinson's.

Personallyfitonline.com or contact Doris Flood, PT at dflood@personallyfitonline.com

LifeSpan Health (NCPSTG Scholarships Available)

Drug-free program to enhance a healthy life span

<https://lifespanhealth.me/>

NeuroLab 360 (NCPSTG Scholarships Available)

Neurologic physical therapy & wellness.

www.neurolab360.com

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/>

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

RX Ballroom Dance - Dance therapy, the best therapy for mitigating and reversing symptoms of brain deterioration. Tues & Thurs 11:15 McCann Studio Oceanside. Erin Angelo 310-938-1620

Vocal Exercise

Parkinson Voice Project - Speak Out home practice exercise Monday - Friday 8 AM PST @ www.parkinsonvoiceproject.org

Tremble Clefs -Therapeutic Singing & 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/>

MusicWorx - music therapy is the use of clinical, evidence-based interventions to achieve clients' non-musical goals. (*Watch for updates to MusicWorx's AudAbility program in the near future.*) See 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!



Cheryl Dicus, wife and Care Partner of Robert Dicus, was born and raised in the Bay area. "I met Robert while I was out dancing when attending USD. We traveled quite a bit when we were first married and after 10 years settled in the San Diego area to raise our family. Throughout our 46 year marriage I have had several jobs from waitress to teacher. We also started our own business, Cassie's Crepes, which we ran for 12 years. It was a family business which our four daughters helped with until they all got married."

"Robert was diagnosed with Parkinson's in 2010. We had just become empty nesters

and I noticed he was having difficulty. After a trip to the emergency room, the neurologist diagnosed him with Parkinson's. We were familiar with the disease because both my father and mother had Parkinson's. A friend referred us to Rock Steady Boxing which Robert loved. Before the pandemic he was going 5 days a week. We also participate in Tremble Clefs and attend the Rancho Bernardo chapter of the North County Parkinson's Support Group. These are all great organizations and they have made a big difference in our life. The speakers are always very informative and the breakout groups give us the opportunity to discuss problems and hear solutions that other people have used."

"We also participate in Tremble Clefs and attend the Rancho Bernardo chapter of the North County Parkinson's Support Group. These are all great organizations and they have made a big difference in our life."

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"I am also grateful for the many social opportunities as it gets us out of the house and lets us meet new people."

"Parkinson's can be a scary disease and is forever evolving, but support is just a meeting or phone call away. I do not feel isolated or alone on this journey. I am also grateful for the many social opportunities as it gets us out of the house and lets us meet new people. Our Parkinson's Journey has been one of discovery. I have learned a lot about myself, like I am stronger than I ever thought I could be. I express myself through watercolors, a hobby that I love and one that keeps me calm in good times and bad. But knowing we are not alone has changed everything."

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 event leader if you do not want your image to appear.

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

End of Year Items

Annual Appeal

NCPSTG is dependent upon the participation of its members and interested community. Our funds derive from your generosity, and our activities succeed because of your participation. To that end you will soon receive our annual appeal to donate, volunteer, and otherwise participate in our community. Thanks in advance, and for all you have done for the community in the past. In the meantime, should you wish to make a donation in this tax year it would be very welcome. All donations for the year are acknowledged by a letter from NCPSTG for tax purposes and are sent out in January.

Taxes

NCPSTG is a registered 501 (c) 3 (non-profit) organization. As such any donations to us may be tax deductible. See your accountant since we aren't allowed to give tax advice.

Library At Your Fingertips

Did you know that NCPSTG has an extensive library of downloadable books? Over 40 titles are available in categories such as symptoms, caregiving, exercise, testimonials and nutrition. Just go to the NCPSTG website and go to the resource page (link below). Click on the PD Caregiving Books link at the top for a list and summary of the titles. If you know of any other such titles, let us know.

<https://ncpsg.org/resources-%26-links>

Passings

- None Reported

Our thoughts & prayers go out to family & friends who lost loved ones this year

To update or remove your contact info, please let **Micheline Allen** know. 760-631-0649

ncpsgcs@gmail.com

Our mailing address :

**NCPSTG
PO Box 230566
Encinitas CA 92023**

Our Website: (Donations accepted)

NCPSTG.org

Our Facebook page: (Donations accepted, no fees)

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

CONTACTS

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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

Winter Social

Saturday, December 3rd, 11:30 AM

Shadowridge Golf Club

1980 Gateway Drive, Vista 92081

\$28.00 per ticket

Menu Choices (indicate # in the space):

Salmon _____

Chicken _____

Vegetarian _____

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

Number of tickets ordered _____

Please Print

Name(s) _____

Your phone number

***We must receive your reservation by
Monday Nov 28***

Mail this form and check made out to NCPSPG to:

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