

NORTH COUNTY PARKINSON'S SUPPORT GROUP

February 2021
www.NCPSG.org



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

Supporting programs

The purpose of the North County Parkinson's Support Group is to support the Parkinson's community in North San Diego County with informational, social and exercise opportunities to assist those affected in navigating their Parkinson's journey. This newsletter publishes a number of such opportunities on page 2, and also provides additional information in its articles. NCPSG programs are funded by the generosity of its members and by other donations and legacy gifts. These gifts are deeply appreciated and allow us to continue aiding the community. We are pleased to announce that we will be able to continue supporting all programs that we hosted in 2020. In addition, your generosity has allowed us to consider expanding support to some additional programs. After careful consideration, your Board has decided to make the following additions:

Tremble Clefs



Tremble Clefs is a therapeutic singing program for Parkinsonian's and their care partners. It strengthens the voice, provides an opportunity to socialize, and it's just *fun*. The program is free to join. But it does cost money to run since it utilizes music professionals. To that end NCPSG is donating \$5000 to Tremble Clefs for 2021 to help them keep operating. So take advantage of this great opportunity and join Tremble Clefs for free. See <https://www.trembleclefs.com/>.

Resounding Joy/AudAbility

AudAbility is a music therapy program tailored to the individual which reaches non-musical goals. Similar to Tremble Clefs in focus on good breathing practice, louder voice volume, posture, wider pitch range, addressing some of the more serious voice symptoms of Parkinson's, AudAbility's music therapists are trained to use music to work towards individual physical, cognitive, speech, social, and emotional goals. You can choose from the options of AudAbility Voice, AudAbility Harmonica, or Chair Yoga. Due to the professional nature of the class, fees are charged on a monthly or drop-in basis. NCPSG is working with MusicWorx, the AudAbility provider, to create a portal to allow us to subsidize the costs of some lessons. Watch for future announcements on how to obtain financial assistance.

Day Care

Variety in experiences in activities and social contacts benefits everyone, including people with Parkinson's. In addition, from time to time the care partner needs to take care of the business of life and needs a place for the Parkinsonian to stay that is safe and enriching. Day Care operations can provide both. These facilities may charge fees that affect their availability. NCPSG is investigating established daycare facilities with a mind to subsidizing their use. Candidate facilities include the Glenner Centers and Fallbrook Senior Care. Once these facilities are finalized, we will publish procedures to obtain the financial assistance (called "scholarships" as the current term.) Attend your local group meeting to get the most current information.

Feedback

NCPSG will monitor the use of these programs to see if our financial support should be continued in future years. If you have thoughts about NCPSG programs, either current or future possibilities, please let us know by emailing info@ncpsg.org. These programs are all made possible through the generosity of our community either as ongoing donations or as legacy gifts. Please consider us in your giving plans.

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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 February 1, 10:00 AM Speaker: Amy Carlson. Topic: How to live well with Parkinson's. Host: Carol Maher hcmaher@cox.net or 760-749-8234

LA COSTA CARLSBAD -Online meeting February 3, 1:00 PM Speaker: Dr David Higgins Topic: Vaccines & Viruses 101: The Making of a Pandemic Host: Sam Cooper NCPSTGLC@gmail.com or 520-820-0339

OCEANSIDE - Online meeting February 10, 1:00 PM Speaker: NP Sherrie Gould. Topic: GOCOVRI (amantadine) reducing dyskinesia and OFF time + general Q&A regarding Parkinson's. Host: Paul Dawson paul@video-fire.com or 760-497-1200

FALLBROOK - Online Meeting February 26, 10:00 AM Speaker: Karen Geuy/ Patty Sargent Topic: Fallbrook Foundation Senior Care. Host: Irene Miller NCPSTGF@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 February 8, 10am, Bill Farrington, host email: billfarr48@gmail.com
- Thursday February 11, 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 February 8, 10am. Carol Maher, host. Email: hcmaher@cox.net
- Friday, February 26, 2pm, Sandy Miller, host email: sandy@greensails.net

Webinars to Keep Current

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

NCPSTG Board of Directors

Wednesday February 17th 1 - 3pm Board meets on third Wednesday. Board meetings are 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. 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

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.

Small Social Groups

Virtual Meetings 3rd Mondays at 1:00 PM
Monday February 15, 1pm. Our small social groups are meeting online until restrictions on gatherings are lifted. Contact Social Chairperson **Sam Cooper** sccprphd@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: Sherrie Gould

By Sam Cooper



For the past 15 years, Sherrie Gould has worked as a nurse practitioner at the Movement Disorders Center with Scripps Clinic. She grew up in Buenos Aires, Argentina, returning to the United States at age 17 to complete her undergraduate degree at the University of Michigan's School Of Nursing. After graduating, she moved to San Diego where after raising her three children, she decided at age 48 to earn her Master's Degree in nursing from the University of San Diego and

become a family nurse practitioner. "My husband and I live on a beautiful canyon where we often hike with our two dogs and enjoy cycling and skiing and doting on our three grandchildren."

"My connection to the Parkinson's community runs deep. I started a non-profit called Summit4StemCell whose sole purpose was to fund a non-embryonic stem cell project for the treatment of Parkinson's Disease. I am very proud Dr. Houser and I began this important work. I have also teamed up with people from around the globe to raise funds for our

Parkinson's community through Pedaling For Parkinson's, Cooking For A Cause, and Climbing For A Cause which has resulted in persons with Parkinson's and their loved ones hiking to the top of Kilimanjaro, the Base Camp of Everest, the Salcantay trek in Peru, Camino de Santiago in Spain, and in September of this year we plan to trek the Dolomite Mountains in Italy. I am very grateful for these opportunities and the lifelong friendships I have developed with many of you."

Sherrie is a familiar face in our North County Parkinson's Support Group. "Not only are many of you patients, but I have had the privilege to present at several of your chapter meetings on new medications and new information on living well with Parkinson's."

She offers this advice. "For those of you with Parkinson's, don't let your disease define you. Don't let it stop you from participating in life. Your biggest weapons are a positive and determined attitude with daily and purposeful exercise and medication management. To all you family caregivers, patience is a virtue. Your loved one may not do things as well or as quickly as he or she once did, but they are the same person you have known and loved all these years and they need you now more than ever."

"I want to thank each and every one of you for the significance you have brought into my life. I am a richer person for knowing you. I believe we can not only climb mountains, we can move them!"

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NCPSPG 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 rmcco@cox.net.

Respite for Veterans' Caregivers

Are you caring for a Parkinsonian who is also a veteran? Do you need a spot of relief to prevent caregiver burnout? The Elizabeth Dole Foundation and the Department of Veterans Affairs has teamed up with CareLinX to provide no-cost respite services to military/veteran caregivers. The program provides 24 hours of respite care in the areas of light housekeeping, grooming and bathing, transportation, meal preparation, grocery shopping and similar items. The program does not provide medical services such as physical therapy or complex medication administration. San Diego County has been selected as a location where these services are available, though the intent is to roll out the program nationwide.

To use the program, you must be able to prove you are the caregiver to a veteran. A photo of an eligible ID may be all that is required. To apply for the service, go to the Hidden Heroes website at <https://hiddenheroes.org/respite/>. You can learn all about the services offered, eligibility requirements, and how to apply. Please note that if you are currently ineligible due to location (zip code), your information will be kept on file, and you will be contacted when the program expands to your area. Also note that a section on the page under eligibility states that there is a December 11, 2020 deadline. That deadline was for a specific holiday program. You can still apply for the main program. Also, if there is COVID in the household then the provider will work with you to schedule services when the household is no longer quarantined.

Passings

- Mark Churchill
Our thoughts and prayers go out to family and friends

Changes - Changes - Changes

If you have changed your phone, email or mailing address, or if you no longer want to receive our Newsletter, 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.



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