

NORTH COUNTY PARKINSON'S SUPPORT GROUP

February 2022

www.NCPSG.org



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

NCPSTG Program Support

NCPSTG is supported by the generous donations of the Parkinson's community. We are composed entirely of volunteers and strive to return these funds to the community with programs to enhance and improve the lives of everyone effected. So where does the money go? Here are the major programs we supported in 2021 or are starting this year.

PASD's Mentor Program

The Parkinson's Association of San Diego created the Mentor program last year. NCPSTG supported this program with \$2500 in seed money. In addition, some of our members have become mentors themselves. The program provides you with an experienced person you can contact about your specific issues. You can search for the person who would be just right for you, and can choose your method of communication (email, phone, etc.) Go to the PASD website to learn the details of how it works and search for a mentor. See <https://parkinsonsassociation.org/mentor-home/>.

Tremble Clefs

NCPSTG and Tremble Clefs have a long partnership. The COVID crisis negatively impacted the Tremble Clefs' ability to meet and perform, but they met those challenges. They depend entirely on donations and NCPSTG provided \$5000 to see them through the rough times. For those unfamiliar, the Tremble Clefs is a fun, and free therapeutic singing program for people living with Parkinson's and their care partners. To find a group or to participate on Zoom see their website at <https://www.trembleclefs.com/>

AudAbility

AudAbility, created by MusicWorx™ is a program specifically designed for Parkinsonians. It is a fee-based music therapy program that can help improve speech, swallowing, breathing and cognition. NCPSTG has partnered with AudAbility to provide scholarships (subsidies) for Parkinsonians in North County who wish to use the program. See <https://musicworxinc.com/services/clinical-music-therapy/audability-parkinsons-disease/> and click on the North County Application to apply.

Parkinson's Adult Daycare

NCPSTG has partnered with the Foundation for Senior Care in Fallbrook to provide scholarships for individuals to attend the Senior Care Adult Day program for up to five days. This is normally an \$85 cost. To see if you qualify see the website at <https://foundationforseniorcare.org/our-services/parkinsons-support/>. In the future we may add new locations to the adult daycare scholarship program.

Scholarships

You can also find links to any of the scholarship programs that we currently support, or that may be added in the future, by checking our scholarships page at <https://ncpsg.org/scholarship-opportunities>.

Exercise

Soon NCPSTG will be adding free exercise programs in Oceanside and Rancho Bernardo. The classes will be taught by qualified instructors. We will request attendees to volunteer time to setup/breakdown, or donations if you are unable to help. Look for specifics in an upcoming newsletter.

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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 February 7, 10:00 AM

Speaker: Elaine Collins, licensed agent

Topic: "Medicare 101"

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 February 2, 1:00 PM

Speaker: Dan Sweiger of Bright Star Care

Topic: "Understanding Your Home Options "

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

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

OCEANSIDE

Wednesday February 9, 1:00 PM

Speaker: Lina Hernandez of ClearPoint Neuro

Topic: "Advances in Technologies for Brain, Gene and Stem Cell Therapies"

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 February 25, 10:00 AM

Speaker: Dean Sbragia, MBA, CDP, CMDCP, CEO Medical Fitness Solutions

Topic: "Living Your Best Life: Heart Health, Balance & Cognition for PWP's"

Fallbrook Wellness Center

1636 E. Mission Rd, Fallbrook 92028

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

Social Groups

If you are interested in participating in the small groups please contact Social Chairperson Sam Cooper scprphd@gmail.com or 520-820-0339. Also, see page 4 for our large Spring Social.

NCPSTG Board of Directors

Wednesday February 16th 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!



Neil Henderson was born in a small mining community in the middle of the Cascades just as our nation was being dragged into World War II. “My dad was a salesman and in my early years we moved around a lot and experienced most of the states west of the Mississippi. I joined the Navy upon graduating from college in Montana. The Navy sent me to Northern California during the Vietnam War. Upon discharge, I went to work with a foodservice company which would later become part of Marriott. I ended my foodservice career in the mess halls at Camp Pendleton after 45 years with the same

company. My wife, Maria, and I have a blended family with 6 children and 13 grandchildren”

“My lovely bride of 29 years was diagnosed with Parkinson’s in 2019. The primary challenges we are facing include sleep disorders, stress and anxiety, movement flexibility, and coping skills. We are facing these changes on our Parkinson’s Journey together. And, of course, we are both getting older. We have found the best medicine includes keeping busy, shopping, short walks, visiting family and friends, and attending church functions. We are very fortunate in that our family has stepped up with an abundance of support which has been critical. One of our grandsons lives with us and he is a true godsend.”

“Our North County Parkinson’s Support Group has been a life saver. Maria and I were trying to do all of this on our own. When we discovered the Oceanside support group, it was like a heavy burden was being lifted. We found leaders and people who understand exactly what we are going through, show sincere concern, and offer a vast reservoir of information. I get a great deal out of the breakout sessions particularly where there is the opportunity to ask questions, get support, and sometimes just vent.”

“We also feel connected through the social activities which give us the opportunity to get acquainted with other folks in our North County community. These activities are a chance to feel comfortable in a social setting with people that understand. And we can have a little fun which all of us need. We no longer feel like we are on our Parkinson’s Journey alone.”

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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 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.

NCPSPG Directory Coming

NCPSPG is in the process of creating a new printed edition of our Directory. It's just time for an update. The Directory consists of two parts, a Resource Guide and a contact list. The Resource Guide is also issued as a separate document. The Guide provides users with information on our meetings, significant events and partner organizations, as well as other Parkinson's information resources. The contact list provides ways for our members to connect with each other for the support and social contact we all need.

If you are currently in the contact list, or have indicated that you want a Directory, you will be in the next edition unless you tell us otherwise. If you have signed in at one of our Support Group meetings you may have made that indication. If you wish to change your information or be removed from the contact list, please contact Micheline Allen at micheline.allen@cox.net no later than February 28, 2022.

Save the Date for the Spring Social!

We have a new large social event starting this year! Our cleverly-named Spring Social will be held on Monday March 21st at 11:30 AM. The venue is Bobby's Hideaway Café, which is freeway-close at Jefferson and the 78, near I-5. There's plenty of parking. Full details including menu, price, and sign-up form will be in the next newsletter. Mark your calendar!

Passings

- Margaret Girkin
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/>

CONTACTS

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Serving San Diego County with four locations:
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760-631-3000