

NORTH COUNTY PARKINSON'S SUPPORT GROUP

February 2023

www.NCPSG.org



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



He may have been talking about the one that got away, but to us he's demonstrating the breadth of his contribution to NCPSG

Thank you Rex McCoy!

Rex McCoy, Vice President of the NCPSG Board of Directors and Newsletter Editor has announced his retirement. Rex has been supporting our organization in many ways for a decade, first as care partner for his wife Anne, and after her passing as Cardiff, Encinitas and La Costa support group leader.

As newsletter editor, he has brought a level of excellence to our communications that will be hard to replace. And the wisdom and organization he's brought to our Board of Directors as vice-president has been truly valuable.

Board members sent messages to Rex, and a few are copied and edited here:

"Thank you, Rex, for your many years of volunteer service to our North County community. While I am distressed to see you go, As Editor you made our newsletter not only an on time communication conduit for our folks, but you turned it into an art form. Our La Costa support group only survived because of you. I may be running with the baton now, but you're the one that kept the baton to pass. When needed, you ran a tight and productive Board meeting. I always appreciated your immediate and positive reinforcement after one of our large group events. You were a steadying force for all of us. We always knew which Rex would show up."

- Sam Cooper

"I am so sorry to learn of your resignation. You have done such a wonderful job as editor. You have always had the newsletter completed for print in a timely manner, which can be quite a challenge. You have served our group in so many ways. Thank you for all of your services. You will be so..... missed Rex!"

- Carol Maher

"I was sad to hear this news but will respect your decision. Your years of service on NCPSG board & as Editor are much appreciated! Your professional, positive attitude, allowing for discussion & consistency. You have been the even keel and kept us a float during some rocky times."

- Irene Miller

The NCPSG Board of Directors wish you well and thank you for your valuable service.

Spring Social

Social gatherings are an important part of what we do to stay active and involved. NCPSG hosts four large gatherings a year - Spring, Summer, Fall and Winter. Small gatherings happen in most alternate months. Our Spring Social this year will be on March 20 with a lunch at the Broken Yolk restaurant in Oceanside. A reservation form and meal selection is the final page of this newsletter. Please mail your reservation in early! It promises to be fun!



Rex and friend on Oceanside pier

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- Spring Social RSVP attached

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

LA COSTA CARLSBAD

Wednesday February 1, 1:00 PM

Guests: Tremble Clefs

Subject: "Voice Exercise And Socialization "

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

RANCHO BERNARDO

Monday February 6, 10:00 AM

Speaker: Joanne Hamilton.

Topic: Psychosocial Effects of 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

OCEANSIDE

Wednesday February 8, 1:00 PM

Speaker: Sherrie Gould, NP, Scripps Movement Disorder Clinic

Topic: "Deep Brain Stimulation overview and Live Remote DBS Programing" First of a 3 part series.

Oceanside 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 24, 10:00 AM

Speakers: Amanda & Stephen Fritcher

Topic: Rock Steady Boxing

Fallbrook Wellness Center 1636 E. Mission Rd,

Fallbrook 92028

Host: Irene Miller NCPSGF@gmail.com

or 760-731-0171

Social Groups

If you are interested in joining our small group, please contact Sam Cooper at scprphd@gmail.com or 520 820 0339. See the reservation attachment for our Spring Social on March 20.

NCPSTG Board of Directors

Wednesday February 15, 1 - 3 PM The Board meets online on the third Wednesday of the month.

Contact Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

Physical Exercise

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: Tuesday & Thursday 11:15am McCann Studio Oceanside, and Tuesday & Thursday 1pm Fallbrook Regional Wellness Center (no charge) Erin Angelo 310-938-1620 www.RxBallroomDance.com

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 for Parkinson's (*Formerly AudAbility*)

Music therapy is the use of clinical, evidence-based interventions to achieve clients' non-musical goals. 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!



Linda Won was born in Seattle but grew up in San Francisco's Chinatown and North Beach area until after high school when her family moved to Daly City. "After getting married in 1980, my husband, Andy, and I lived in San Diego until 1993 when we moved to Poway. I attended San Francisco State College where I majored in biological sciences and earned my teaching credentials. In Daly City I taught 4th grade and ESL to K-8 students. I continued teaching ESL and then Science to elementary age students in San Diego.

When my first son was born in 1982, I took a leave of absence and then resigned. Nine years later when our

second son was in the first grade I returned to teaching, accepting a position at Wilson Middle School for 17 years before retiring as a computer teacher in 2009. I enjoy gardening, hiking, traveling, and creating birthday and thank you cards on the computer."

"I was diagnosed with Parkinson's in 2015. I was stunned but did research and confirmed the importance of exercise. I have attended Rock Steady Boxing classes for 7 years and feel the workouts help tremendously. I am probably more physically fit than I have ever been. I also sing with Tremble Clefs, exercise with PD-Connect, and practice Qi gong. My current motor symptoms are stiffness and tremor. Andy and I attend the Rancho

Bernardo support group. I really appreciate the informational speakers and the PwP breakout group facilitated by Girija Muralidhar. Everyone is an inspiration to me in some way. Hearing how other people deal with challenges helps me deal with my own. I'm also involved with a Rock Steady Boxing support group."

"I am very fortunate to have a supportive circle of friends and family. In 2016, a group of special friends surprised me with a "We've Got Your Back" theme party. Many of them participate in the annual 5K PASD Walk and attend our Tremble Clefs events. My husband Andy, AKA Chef Andre, is my biggest supporter. Both of our sons are also very supportive. Parkinson's reminds me to focus on what really matters. It has gotten me to step out of my comfort zone and be proactive. I help facilitate our monthly PwP breakout group and send monthly notes to our breakout group after each meeting."

"Find something you like to do and keep your mind and body active every day. Exercise and socialize. Live well each day. I really appreciate and thank all the North County Parkinson's Support Group volunteers for all that they do. A very special thank you to those people who continue to volunteer after the passing of their loved ones. We have such a wonderful Parkinson's community in North County. You are all such an inspiration!"

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"Everyone is an inspiration to me in some way. Hearing how other people deal with challenges helps me deal with my own."

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.

You may click the links in this newsletter to be taken directly to the referenced resource. If you find a broken link, contact the editor at ncpsgnl@gmail.com.

Our 2023 Budget

In prior years our Board of Directors have made available a summary of our annual budget. Our fiscal year is the calendar year. We are a 501(c)3 non-profit and truly appreciate your donations.

Annual Budget FY 2023 - Summary

Income	\$ 6600
Donations, memorials, grants	
Fundraisers & other income	\$40,180
Includes 2021 carryover funds	
Total	\$46,780
Operating Expenses	\$32,900
Social events, contributions to Parkinson's services, scholarships, etc	
Administrative Expenses	\$13,880
Accounting, office supplies, newsletter, website, etc	
Total	\$46,780

All of our Board members, officers, support group leaders, committee chairs are volunteers.

Is there a way you can help by volunteering? Volunteering benefits our members and is a fun and rewarding way to contribute to our Parkinson's community.

Scholarship Opportunities

We offer scholarships so you can try several fee-based services, and then decide if you want to continue at your own expense. See our website **NCPSPG.org** for the current options and the application form.

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

Our mailing address :
NCPSPG
PO Box 230566
Encinitas CA 92023

Our Facebook page: (Donations accepted, no fees)
<https://m.facebook.com/NorthCountyParkinsonsSupportGroup/>

Our Website: (Donations accepted)
NCPSPG.org

CONTACTS

General Email Contact	info@ncpsg.org
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Carol Maher	hcmaher@cox.net 760-749-8234
Brigit King	bkicedancer@gmail.com 858-354-2498
La Costa Support Group Leader	
Sam Cooper	NCPSGLC@gmail.com 520-820-0339
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North County Parkinson's Support Group

Spring Social

Monday, March 20 11:30

Check-in 11:00

Oceanside Broken Yolk

2434 Vista Way, Oceanside

\$16.50 per ticket

Menu Choices:

Drinks: hot tea/cold tea, coffee, soda, lemonade

- ◆ **Hamburger** with choice of French fries, onion rings or side salad
- ◆ **Club Sandwich** with choice of French fries, onion rings or side salad
- ◆ **Grilled Chicken Caesar Salad**
- ◆ **Veggie Wrap** with choice of French fries, onion rings or side salad

NCPSPG requires all attendees be COVID vaccinated or naturally immune (recovered from COVID).

I/ We acknowledge _____ Please initial

Number of tickets ordered _____

Please Print	MENU CHOICE
Name(s) _____	_____
_____	_____
_____	_____
_____	_____

Your Phone Number (____) _____

We must receive your reservation by March 15.

Mail this form and check made out to **NCPSPG** to:

**NCPSPG
PO Box 230566
Encinitas CA 92023**