

NORTH COUNTY PARKINSON'S SUPPORT GROUP

January 2021
www.NCPSG.org



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

Women and Parkinson's Disease

The biological sexes do not always respond alike to the same condition. Since 1994 the law has required that clinical trials include members of both sexes. Marianne J. Legato, MD, PhD, notes that "Many diseases are multifactorial at the genetic level, and how genes are expressed is profoundly influenced by sex." So what about the sex differences in PD?

1. Frequency and diagnosis: Men are one and one-half times more likely to have PD. But that means that the diagnosis in women is more likely to be delayed, since it's not the first thing to come to mind. Also, initial diagnosis may simply be off-base. You may have your own story in that regard.
2. Symptoms: The classic symptom of PD, tremors, is less likely to be present in women. Women's symptoms tend to be more affective. That is things like cognition, fatigue, and depression. Also, stiffness is more common. These differences may lead to a delayed diagnosis as noted above. And, though survival is better than for men, disability is worse.
3. Medications: Women may be more vulnerable to side effects, so dosages may need to be adjusted. And some medications may affect bone thinning, which should be monitored.
4. Hormones: Estrogen seems to have a protective effect, perhaps accounting for sex differences. But that effect diminishes after menopause. And the whole area of menstrual cycles, birth control pills and pregnancy are complex and best discussed with your Movements Disorder Specialist.

Sleep and Parkinson's Disease

The good news is that people with PD are no more likely than anyone else to have sleep apnea. (But see a Sleep Specialist if you suspect apnea.) The bad news is that staying asleep is often the problem. Why is that? When you awaken periodically, as is natural during the sleep cycle, then the need to urinate, the stiffness that keeps you from shifting position, and recurring tremors may keep you awake. Also Rapid Eye Movement (REM) sleep behavior disorder is common in PD patients. Daytime napping brought on by fatigue or the reaction to medications may also interfere with sleep at night. Try to balance daytime activity with rest periods to reduce napping.

Experts recommend:

1. Invest in a good mattress and pillow
2. Establish and keep a bedtime and wake-up routine.
3. No televisions in the bedroom!
4. Avoid caffeine after noon, and water in the evening.
5. Review your medications with your physician for sleep effects.

Remember that good sleep isn't only good for your body. It also promotes better mental health outcomes!

Brain and Life

The items above were curated from a free print and online resource, Brain & Life. The website is brainandlife.org. Browse the articles online or click on the link at the top "get our free magazine" to get a free print edition six times a year. It is a publication of the American Academy of Neurology and is partially supported by relevant advertising.

Inside This Issue

- Events Calendar Page 2
- IN FOCUS: Vern Cook Page 3
- Current Situation Page 4

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 January 4, 10:00 AM *Speaker:* Marty Acevedo. *Topic:* Being prepared for the hospital. *Host:* Carol Maher hcmaher@cox.net or 760-749-8234

LA COSTA CARLSBAD -Online meeting January 6, 1:00 PM *Speaker:* Lindsay Zehren *Topic:* Music and Parkinson's Disease. *Host:* Sam Cooper NCPSTGLC@gmail.com or 520-820-0339

OCEANSIDE - Online meeting January 13, 1:00 PM *Speaker:* Roberta Robertson, attorney. *Topic:* Estate planning and legal issues for PwP and CPs. *Host:* Paul Dawson paul@video-fire.com or 760-497-1200

FALLBROOK - Online Meeting January 22, 10:00 AM *Speaker:* Dr. David Higgins *Topic:* COVID vaccine - Operation Warp Speed, what you need to know. *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 January 11, 10am, Bill Farrington, host email: billfarr48@gmail.com
- Thursday January 14, 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 January 11, 10am. Carol Maher, host. Email: hcmaher@cox.net
- Friday, January 22, 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 January 20th 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 lzhren@musicworxinc.com.

Small Social Groups

Virtual Meetings 3rd Mondays at 1:00 PM
Monday January 18, 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: Vern Cook

By Sam Cooper



Vern Cook was born July 18, 1943, in Monterey Park, California. “My father worked for the American Potash Chemical Corporation in Trona, California, in the Mojave Desert near Death Valley. I graduated from Trona High School in 1961. There were 60 students in my class. My high school years were filled with college prep classes, sports, and Student Council.

My Junior year, I was selected by the American Legion to attend California Boys State in Sacramento. I was Student Body President

my Senior year.”

He graduated from San Diego State College in 1966 where he majored in Mathematics. “After graduation, I went to work for San Diego Gas And Electric as a computer programmer. Over the course of my 40+ year career, I also worked for Control Data Corporation, San Diego City Schools, General Dynamics, and the Computer Sciences Corporation. I retired from the Computer Sciences Corporation in 2005 as a Senior Manager. I was very fortunate I was able to remain in San Diego my entire career.”

“...my greatest accomplishment is having been fortunate enough to be married to a wonderful gal for 53 years. Jeanene really is my everything.”

“I try to stay busy and get exercise every day.”

“Family and friends have been incredibly supportive as have the people we have met through the support group. It makes a real difference knowing you’re not alone.”

“In 1966 I met Jeanene Graven, a teacher at Balboa Elementary School. We were married in 1967 and have two wonderful sons who graduated from Mt. Carmel High School and three terrific grandchildren ages 13, 15, and 19. I have had a good life and am proud of the many things I have done, but my greatest accomplishment is having been fortunate enough to be married to a wonderful gal for 53 years. Jeanene really is my everything.”

“I was diagnosed with Parkinson’s in June of 2019 and was invited to attend the Rancho Bernardo chapter of our North County Parkinson’s Support Group. After only one meeting, Covid-19 changed the world and I have been attending the meetings via Zoom as well as the monthly Michael J. Fox webinars. Before they had to shut down, I was attending a Rock Steady Boxing class at the Rancho Bernardo Personally Fit Gym. I miss that activity. I also miss our in-person support group meetings and the breakout sessions. The information available and the opportunity to form friendships with folks who are also dealing with Parkinson’s is very very helpful. When the virus is over, I would be interested in participating in a genetics study group.”

“I try to stay busy and get exercise every day. I also belong to the Rotary Club of Rancho Bernardo which includes many community activities even during these times. It makes me feel like I am involved and contributing something important. Family and friends have been incredibly supportive as have the people we have met through the support group. It makes a real difference knowing you’re not alone.”

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.

Current Situation

Well, by now you are aware that there is good news and bad news. First, the bad. The COVID-19 virus has spread aggressively through our communities in recent weeks. As a result, additional health orders have been issued to further restrict physical contacts. For example, indoor dining, worship, political and grooming services are prohibited. A summary of the latest restrictions are at the County website at https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/reopening.html .

But for the good news: The Food and Drug Administration has approved the first of the vaccines for the virus. These will be distributed shortly to priority recipients, beginning with health care workers and high-risk individuals. You may be one of the latter. Many of our group meeting will be discussing the vaccines in detail. Check the calendar page each month.

What does that mean for NCPSPG? For now, there is no change. We will continue to meet online while restrictions apply. (Attending online isn't hard! Contact one of the group leaders for help!) But we also see a way forward. We are fairly hopeful that our Summer Social may take place. And we are very optimistic about next year's Holiday Luncheon. As far as our in-person group meetings are concerned, they will be activated when health orders allow and facilities are available. This newsletter is your best source for that information. Hang in there!

Passings

- Stanley Jarrett
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 :

NCPSPG
PO Box 230566
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Our Website: (Donations accepted)

NCPSPG.org

Our Facebook page: (Donations accepted, no fees)

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

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