

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

January 2022

[www.NCPSG.org](http://www.NCPSG.org)



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

## Holiday Festivities 2021

Happy New Year! We've made another trip around the sun and are ready to face new challenges. We closed out the last year with our annual Holiday Luncheon on December 4<sup>th</sup>. It was a great way to say goodbye to the old, hello to the new, and renew dear friendships. Thanks to Shadowridge Golf Club for being the consummate hosts as they have in years past. Here are some memories to keep and cherish.



**The Irrepressible Madonna with Paige. You can't keep a good person down!**



**Our Social Chair & event organizer, Sam Cooper. Of course he spent most of his time out with the crowd!**



**Paul Dawson led an awesome version of 12 Days of Christmas!**



**Can you believe Joan of Shadowridge has been taking care of us for a decade!!**



**Caryl & Irene at Check-in**

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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 January 3, 10:00 AM**

*Speaker:* Rex McCoy, NCPSTG Board Member

*Topic:* Hospitalization & Parkinson's

**San Rafael Catholic Church** 17252 Bernardo Center Road, San Diego, 92128

*Hosts:* Brigit King & Carol Maher

[hcmaher@cox.net](mailto:hcmaher@cox.net) or 760-749-8234

#### LA COSTA CARLSBAD

**Wednesday January 5, 1:00 PM**

*Speaker:* Mary Carol Reeder,

Palliative Care Integrations Director, Scripps Health

*Topic:* "Palliative Care And Hospice"

**Christ Presbyterian Church**

7807 Centella St Carlsbad 92009

*Host:* Sam Cooper [NCPSTGLC@gmail.com](mailto:NCPSTGLC@gmail.com)

or 520-820-0339

#### OCEANSIDE

**Wednesday January 12, 1:00 PM**

*Speaker:* Jon Schwarz of Partner in Aging

*Topic:* Alternatives in In-Home Caregivers and Residential Facilities

**First Presbyterian Church** 2001 S. El Camino Real, Oceanside 92054, at Fire Mountain Rd

*Host:* Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com)

or 760-497-1200

#### FALLBROOK

**Friday January 28, 10:00 AM**

*Speaker:* Theresa Geracitano, Fallbrook Regional Wellness Center

*Topic:* Current Offerings & Future Vision for Community & PWP

**Fallbrook Wellness Center**

1636 E. Mission Rd, Fallbrook 92028

*Host:* Irene Miller [NCPSTGF@gmail.com](mailto:NCPSTGF@gmail.com)

or 760-731-0171

### Small Social Groups

Meets Monday, January 17th, 1:00– 2:00 PM via Zoom. Please join us for a planning meeting for 2022. We need everyone's input! For details and a Zoom invitation contact Social Chairperson **Sam Cooper** [scprphd@gmail.com](mailto:scprphd@gmail.com) or 520-820-0339

### NCPSTG Board of Directors

**Wednesday January 19<sup>th</sup> 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](http://Personallyfitonline.com) or contact Doris Flood, PT at [dflood@personallyfitonline.com](mailto:dflood@personallyfitonline.com)

**CEREBRAL MOTION** Specialized personal training for PD. [Cerebralmotion.com](http://Cerebralmotion.com) or contact Mickey Burke MS at [mickey@cerebralmotion.com](mailto:mickey@cerebralmotion.com)

**COACH ME STRONG** A one-on-one exercise coaching program. [Coachmestrong.com](http://Coachmestrong.com)

**SmartXPD Online Exercise with Patrick**

An online/video exercise community. See

[SmartXPD.com](http://SmartXPD.com) or contact [patrick@smartxpd.com](mailto:patrick@smartxpd.com)

**Don Skaggs Total Healthworks:** Evidence based online only fitness program. [totalhealthworks.com](http://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](mailto: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](http://MusicWorx.com). Or **Cassandra Richtsmeier** 858-457-2201 or [crichtsmeier@musicworxinc.com](mailto: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!



Maria Elena Henderson is a first-generation Salvadorian. Born in Los Angeles the oldest of three siblings, until age 13 she was led to believe she was born in San Salvador, El Salvador, as her parents wanted to foster pride in their native homeland. Maria loved the time she spent with her sister doing ceramics, embroidery, and crochet. At age 16, she was selected to perform with the first “Young Americans” choir touring Europe noting “That was a wonderful wonderful time in my life.” She grew up with the belief that in America, everyone has the opportunity to become the person they want to become with the help of God, family, friends, and a lot

of self initiative. Maria and her husband, Neil, are a blended family with 6 children, 3 boys and 3 girls, and 13 grandchildren.

Although she was diagnosed with Parkinson’s in 2019, there were signs for 15 years before that including violent dreams and sleepwalking. She finally went to see a doctor after her daughters thought she was “walking funny”. “My greatest challenges now are short term memory loss, midsection mobility, stress, sleep disorders, depression, loneliness, and the feeling of being smothered by society’s dysfunction, and this Covid monster we are all dealing with.”

**“...last September I was introduced to the North County Parkinson’s Support Group and the Oceanside chapter. After the first meeting my perspective has changed completely. What a true blessing this group has already been.”**

**“It really changes everything when you realize you are not alone in this struggle.”**

**“More than anything else we need to keep moving. Life is a gift.”**

“Since my diagnosis, I have been getting a lot of support from family, church, and the small groups I participate in, but last September I was introduced to the North County Parkinson’s Support Group and the Oceanside chapter. After the first meeting my perspective has changed completely. What a true blessing this group has already been. The informational speakers are wonderful. The breakout groups are very supportive and I really enjoyed the small group lunch at Bobby’s in October. It really changes everything when you realize you are not alone in this struggle.”

In some of her darkest valleys, Maria has found that her faith is what sustains her particularly Proverbs 3. “Trust in the Lord with all your heart and lean not on your own understanding.” She is trying to do just that. “I am getting daily exercise, staying in touch with family and friends, getting out as much as possible, and praying for those who can’t. Life is different now, but my life is blessed nonetheless. More than anything else we need to keep moving. Life is a gift.”

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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 Newsletter, website and other 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](mailto:micheline.allen@cox.net) or Caryl at [caryl@parrish@gmail.com](mailto:caryl@parrish@gmail.com). If you find a broken link, contact Rex at [ncpsgnl@gmail.com](mailto:ncpsgnl@gmail.com).

## Fallbrook Daycare Support

NCPSTG has teamed up with the Foundation for Senior Care in Fallbrook to provide scholarships for their Adult Day program. The \$85 daily cost of the program may be covered for up to five days for qualified individuals.

To see if you qualify check our websites: <https://foundationforseniorcare.org/our-services/parkinsons-support/> or

<https://ncpsg.org/scholarship-opportunities>

Look for details on all NCPSTG's programs in an upcoming issue. We (you!) do a lot!

## PASD Empowerment Day Videos Online

PASD's Empowerment Day was held on December 4th, and had excellent attendance. But for those of you who could not attend, PASD has generously posted videos of all the sessions online! See <https://parkinsonsassociation.org/empowerment-overview/> for the videos.

## No Change to NCPSTG COVID Policy

We know that everyone is watching the new Omicron variant. It's early days, but the information and guidance currently available to us indicates no change to our current COVID policy (full vaccination and masking at in-person Support Group Meetings.) We will advise if that changes.

### Passings

- David Anderson
- Lois Yeackle

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](mailto:micheline.allen@cox.net)

**Our mailing address :**

**NCPSTG**  
**PO Box 230566**  
**Encinitas CA 92023**

**Our Website: (Donations accepted)**

[NCPSTG.org](http://NCPSTG.org)

**Our Facebook page: (Donations accepted, no fees)**

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

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