

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

July 2020  
[www.NCPSG.org](http://www.NCPSG.org)



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

## Exercise, COVID-19 and Parkinson's



*Note: By the time you read this there may have been various facility openings in your locality. Keep yourself informed as to the latest guidance from your state and local authorities.*

Well, are you tired of COVID-19 yet? We sure are! As you are aware, we have been promoting exercise as one of the major ways to ease the PD journey. Well, it turns out that exercise also has a salutary effect on COVID-19 outcomes. A study at the University of Virginia School of Medicine suggests that exercise can reduce the severity of Acute Respiratory Distress Syndrome (ARDS) which is associated with poor outcomes during COVID-19 infections. The announcement is at [https://news.virginia.edu/content/exercise-may-protect-against-deadly-](https://news.virginia.edu/content/exercise-may-protect-against-deadly-covid-19-complication-research-suggests)

[covid-19-complication-research-suggests.](https://news.virginia.edu/content/exercise-may-protect-against-deadly-covid-19-complication-research-suggests)

The major complicating conditions (comorbidities) that are associated with poorer outcomes with both COVID-19 and Parkinson's Disease are things like age (sorry, can't help you there), obesity, cardiovascular problems and diabetes. And notice that exercise can address each of these issues to one degree or another. There are also social and psychological problems associated with isolation and quarantine. Loneliness, fear, frustration, boredom and apathy are common. And exercise can help address all these things. In addition, exercise has been clinically proven to slow the progress of Parkinson's Disease. So, what's the downside? There's nothing to lose by trying. Exercise!

Look on page 2 for a list of online exercise opportunities. Some other ideas for you:

- Put on some music and dance! You can do this one alone or with trusted others.
- Yoga or Tai Chi. There are online videos that allow you to follow along.
- Gardening. Hey, isn't it time you got rid of those weeds?
- Walking. Remember your social distancing!
- Strength training. You don't need a gym, just some light weights, even if you make your own. Search for no-equipment workouts for alternatives.
- Household chores/cleaning. Do your floors. It's a good workout!



If facilities that you enjoy have started reopening, take advantage if you feel safe. But remember to modify your routine to maintain distancing from other participants. Heavy breathing increases viral loads. Do your group activities outside if you can. Safety first!

As always, consult with your physician when starting an exercise program. Fight COVID, PD and quarantine with exercise!

## Large Social Update

You have probably noticed that we aren't promoting our regular July Summer Social this year. We sure miss it, and look forward to next year's event. We have also cancelled the Fallbrook Potluck in September just to be safe. But we are cautiously optimistic that we will be able to get together for the Holiday Luncheon in some format on December 12th. Keep alert for future announcements.

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## Support Group Meetings

**Note: NCPSTG Chapter in-person meetings suspended until further notice. If you wish to attend any of the virtual meetings, contact the email address provided for a Zoom invitation.**

### Chapter Meetings

**RANCHO BERNARDO - Online meeting July 6 10:00 AM**

Speaker: Mickey Burke. Topic: Exercise. Host: Carol Maher [hcmaher@cox.net](mailto:hcmaher@cox.net) or 760-749-8234

**LA COSTA CARLSBAD - Online meeting July 1 1:00 PM**

Topic "The Impact of Depression in Parkinson's Disease". Host: Sam Cooper [scprphd@gmail.com](mailto:scprphd@gmail.com) or 520-820-0339

**OCEANSIDE - Online meeting July 8 1:00 PM**

Speaker: Dr. Sandeep Thakkar- Program Director, Division of Neurosciences Hoag Hospital Topic: Movement Problems in Parkinson's Disease Host: Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com) or 760-497-1200

**FALLBROOK - Virtual Social Meeting July 24 10:00 AM**

Topic: Coffee & Conversation: Voices of Inspiration. Host: Irene Miller [NCPSTGF@gmail.com](mailto:NCPSTGF@gmail.com) or 760-731-0171

### Breakout Groups

**People with Parkinson's:** two options; Please email the host to request the Zoom "Invite" details.

- Monday July 13, 10am, Bill Farrington, host email: [billfarr48@gmail.com](mailto:billfarr48@gmail.com)

- Friday July 17, 10am, Paul Dawson, host email: [paul@video-fire.com](mailto:paul@video-fire.com)

**Care partners:** Two options; Please email the host to request the Zoom "Invite" details.

- Monday July 13, 10am. Carol Maher, host. Email: [hcmaher@cox.net](mailto:hcmaher@cox.net)

- Friday, July 17, 2pm, Sandy Miller, host email: [sandy@greensails.net](mailto:sandy@greensails.net)

### Webinars to Keep Current

**Parkinson's Association of San Diego**

Connect live with San Diego Movement Disorder Specialists and other experts. Latest schedules at [Parkinsonsassociation.org](http://Parkinsonsassociation.org)

### NCPSTG Board of Directors

**Wednesday July 15<sup>th</sup> 1 - 3pm** Board meets on third Wednesday. July meeting to be conducted online.

**Paul Dawson 760-497-1200**

## Notice!

Public gatherings are restricted in California. Alternate listings are provided for online groups as normal activities are resumed.

### Physical Exercise

**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. Various times via Zoom. Fee charged. Christina Dinh

[cdinh@yadinneurowellness.com](mailto:cdinh@yadinneurowellness.com)

**PD Connect** Various times and dates.

[www.pd-connect.org/#calendar](http://www.pd-connect.org/#calendar)

**Dance for PD** Music and dance at various times

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

**SmartXPD Live Online Exercise with Patrick**

An online exercise community. Contact:

[patrick@smartxpd.com](mailto: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 1-619-363-0814 or check website: <https://www.trembleclefs.com/>

**AudAbility** - **Online activities available free or discounted.**

Music therapy program offering numerous music related activities for People with Parkinson's. (Fee charged)

**Lindsay Zehren 858-457-2201** or

[lzehren@musicworxinc.com](mailto:lzehren@musicworxinc.com).

### Small Social Groups

**Virtual Meetings 3rd Mondays at 1:00 PM online until further notice.**

Our small social groups normally gather in rotating private homes in months that we don't have a large group activity. In the meantime virtual meetings are being organized. If interested contact Social Chairperson **Sam Cooper** [scprphd@gmail.com](mailto:scprphd@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: Nelly Souther

By Sam Cooper



Nelly Souther grew up in a rural area outside of Sao Paulo, Brazil. She was the youngest of eight children whose older brothers and sisters helped to raise her after her mother passed away when she was 4. “I still savor the memories of sleeping in my dad’s lap as he rocked me to sleep,” Nelly remembers fondly.

The opportunity to come to America came when a reputable agency was hiring Brazilians as live-in maids.

“Reimbursing the flight was deducted from my monthly salary. I chose to go to Boston rather than

opportunities in Philadelphia or Hartford, Connecticut, as my cousin lived there. I spoke some English, but reading and writing came with time and night classes. After a year, I got a job as a salad girl in the cafeteria at Boston University, which included two meals a day. I rented a room from a family from Ecuador and picked up some Spanish as well. Wanting an office job, I later took an IBM key punch class and gained a position at Liberty Mutual Insurance as a keypunch operator”.

She got homesick after seven years, but wanted to see some sights in the United States first so she drove west with a roommate and a co-worker. “He introduced me to Phil, a buddy of his from his service in Vietnam. We got married and had two children. Traveling to Northern California to meet Phil’s parents, we vacationed in Baja California and drove to Alaska with friends on the Alaskan Highway returning through Western British Columbia where we found a wonderful salmon fishing area. We have returned there many times throughout our life.”

“After I noticed Phil’s posture had changed and he was dragging his foot and had a stiff neck and arms, we sought medical advice. He was diagnosed with Parkinson’s in 2010. He no longer drives, has difficulty with coordination, and requires more assistance now. Our daughter, Andrea, lives with us and is a big moral and physical support. She keeps bees on our patio and we very much enjoy sharing the honey with family and friends!”

Nelly and Phil have attended our Oceanside chapter group since 2014 where she helps with the check-in and setting up the kitchen. “The support and information we get from the support group is invaluable to us and helps me understand as a caregiver what my husband is going through. The resources are incredible and the monthly speakers are always very knowledgeable. We also really enjoy the social activities organized by Sam and have hosted a small group each Spring for years. I know we can’t do that in person right now, but things will open up again for everybody soon.”

“Belonging to our North County Parkinson’s Support Group makes us feel like we are not alone and are on this journey together. I really can’t say enough how important this support has been. We are better together.”

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### NCPSPG Notices

***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 at the start of every meeting or event if you do not want your image to appear.***

***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.***



## Tribute to Peter Bierle



"Last Flight"

We were saddened to learn of the sudden death of Peter Bierle. Peter, owner of Churchill Graphics and Golden Rule Bindery, has helped us for years with preparation and printing of our Newsletter, and in designing other printed communications. Peter, an experienced pilot, was flying with his niece Raquel when

he experienced engine failure. He had just installed 4-point seatbelts, which Raquel thinks probably saved her life. Raquel is recovering at home from multiple injuries. Raquel told reporters how proud she was that he steered his falling plane away from homes. Art Bierle, Peter's father, is on the NCPSPG Board of Directors. Art and his wife Pat are thankful for the continuing recovery of granddaughter Raquel.

## Parkinson's Association of San Diego's Annual Walk rescheduled to August 22

The format changed too. Instead of thousands gathering, we're respecting COVID-19 precautions. This year's Walk is now VIRTUAL. If you registered for the postponed April 4, 2020 5K Walk, you are already re-registered!

We'll walk safely in small groups, anywhere, anytime. We'll take selfies and cellphone videos, and then share them on our social media and on a webinar on August 22. We'll celebrate people with Parkinson's. Funds raised will help the Parkinson's Association support our San Diego County Parkinson's community with critical services.

To see event details, team information, donate, volunteer or REGISTER online:

[www.ParkinsonsAssociation.org](http://www.ParkinsonsAssociation.org) or REGISTER by phone: 858 200-7277

Our mailing address :

**NCPSPG**  
**PO Box 230566**  
**Encinitas CA 92023**

Our Website: (Donations accepted)

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

Our Facebook page: (Donations accepted, no fees)

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

## CONTACTS

### Rancho Bernardo Support Group Leaders

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760-749-8234  
Brigit King [bkicedancer@gmail.com](mailto:bkicedancer@gmail.com)  
858-354-2498

### La Costa Support Group Leader

Sam Cooper [scprphd@gmail.com](mailto:scprphd@gmail.com)  
520-820-0339

### La Costa Co-Leader

Eva Zamora [3evazamora@gmail.com](mailto:3evazamora@gmail.com)  
760-814-3479

### Oceanside Support Group Leader

Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com)  
NCPSPG Board President 760-497-1200

### Oceanside Co-Leader, Library

Madonna Bingham [granny6mb@gmail.com](mailto:granny6mb@gmail.com)  
760-757-7564

### Fallbrook Support Group Leader

Irene Miller [imiller4jc@gmail.com](mailto:imiller4jc@gmail.com)  
760-731-0171

### Fallbrook Support Group Co-Leader

Carly Bonnell [cbonnell@ucsd.edu](mailto:cbonnell@ucsd.edu)  
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### Treasurer, Recording Secretary & Webmaster

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### Corresponding Secretary

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### Parkinson's Association Advisory Board Liaison

Thelma Balbes (PA Advisory Board member) 760-918-9887

### Social Director

Sam Cooper [scprphd@gmail.com](mailto:scprphd@gmail.com)  
520-820-0339

### Video Documentation

Arthur Bierle Google: [Arthur Bierle on Vimeo](#)  
760 749-2182

### Newsletter

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