

NORTH COUNTY PARKINSON'S SUPPORT GROUP

July 2021

www.NCPSG.org



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

Transition To Reopening

The Big Picture

On June 15th 2021 the state of California fully reopened the economy. See <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Beyond-Blueprint-Framework.aspx> for details. All meetings and assemblies are returning to normal, except for mega events. You can expect a general return to normal at our social and support group meetings. But we must remember that COVID-19 is still endemic (circulating) in the environment.

Since our community is particularly vulnerable to this disease your board has adopted a policy of requiring vaccination to attend our activities. You may self-attest your vaccination. Nobody will be checking vaccine "passports". The text of the policy follows, and will appear in our newsletter for the indefinite future:

"Attendance at NCPSG in-person events require full vaccination against COVID-19. Attendance at an in-person event constitutes your certification of full vaccination."

Social Events

Social events are returning, with our Summer Social kicking off the activities on Wednesday, July 28th at 11:30 AM at the

Shadowridge Golf Club in Vista. You will find a ticket form as the last page of this newsletter and also on our website. (Ignore the masking requirements on the form.) Join us for our first live event in over a year! And remember that there are other large and small social activities we offer throughout the year. We will notify you about the details as they come available.

In-person Support Group Meetings

We offer four support groups in the San Diego North County area. La Costa serves our south coastal population, and Oceanside serves north coastal. Rancho Bernardo serves the inland population and Fallbrook is there for the north inland folks. Our goal is to begin in-person meetings in August. But be alert, this will be affected by our host facilities. We will notify you of updates as we receive them. The location and times of the meetings will be published on our page 2 Events Calendar next month. Hope to see you there!

PASD 5K Walk Goes Live!

The PASD annual 5K Walk will be held in-person at 9 AM Saturday, August 21st at Liberty Station in Point Loma. For those who cannot attend there will be a Virtual Walk option. The Walk will feature the walk itself (including shortcuts if you need), medical and support exhibitors, entertainment, and the fun of being together! Get more information and register online at <https://parkinsonsassociation.org/>.

PASD is the umbrella organization for "all things Parkinson's" in San Diego County. Not only do they sponsor their own programs such as Empowerment Day and the recently announced [Mentor Program](#), they also coordinate activities among all the various support groups throughout the region. It's a great cause and NCPSG encourages your participation. We will even have several teams you can join when you register! Go North County! See your group leader and next month's newsletter for details.

Inside This Issue

- Events Calendar Page 2
- IN FOCUS: David Miles Page 3
- Live Well Today Page 4



In-person meetings are returning!

Support Group Meetings

Note: NCPSPG Chapter in-person meetings are suspended until further notice. If you wish to attend any of the virtual meetings, contact the host for a Zoom invitation.

Chapter Meetings

RANCHO BERNARDO - Online meeting July 5, 10:00 AM Speaker: Tanya Finnerty. Topic: Caregiving Protection. Hosts: Brigit King & Carol Maher hcmaher@cox.net or 760-749-8234

LA COSTA CARLSBAD - Online meeting July 7, 1:00 PM Speaker: Jessica Ackerman Topic: "Virtual Reality Therapy And Parkinson's Disease" Host: Sam Cooper NCPSGLC@gmail.com or 520-820-0339

OCEANSIDE - Online meeting July 14, 1:00 PM Speaker: David Kunkel, MD, UCSD, Gastroenterologist Topic: Constipation & Parkinson's. paul@video-fire.com or 760-497-1200

FALLBROOK - Online Meeting July 23, 10:00 AM Speaker: Carly Bonnell, UCSD MSW, School of Medicine, Dept. Psychiatry Topic: Mindfulness & Self Care Host: Irene Miller NCPSGF@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 July 12, 10am, Bill Farrington, host email: billfarr48@gmail.com
- Thursday July 15, 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 July 12, 10am, Carol Maher, host. Email: hcmaher@cox.net
- Friday, July 23, 2pm, Sandy Miller, host email: sandy@greensails.net

Small Social Groups

Virtual Meetings 3rd Mondays at 1:00 PM
Monday July 19, 1pm. Our small social groups are meeting online until restrictions on gatherings are lifted. Contact Social Chairperson **Sam Cooper** scprphd@gmail.com or 520-820-0339

NCPSPG Board of Directors

Wednesday July 21st 1 - 3pm Board meets on third Wednesday. Board meetings are conducted online.
Paul Dawson 760-497-1200

Physical Exercise

(Contact Provider for in-person Options)
(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

Dance For Parkinsons Online classes combining music and dance for PD. DanceforPD.org

Don Skaggs Total Healthworks: Evidence based virtual fitness program totalhealthworks.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 lzehren@musicworxinc.com.

Webinars to Keep Current

Michael J Fox Foundation
Free live webinars on various Parkinson's topics
<https://www.michaeljfox.org/webinars>

Parkinson's Association of San Diego
Listing of webinars and other current important topics
<https://parkinsonsassociation.org/2020-webinars/>



A native Californian, David Miles spent his early teenage years in Singapore and finished high school in Washington, DC. After graduating from the University of Virginia in 1980 with an undergraduate degree in Biochemistry, he worked for several years as a research lab tech. When funding for the research ended, he returned to study at the University of Maryland in Baltimore. "I met David Higgins, who was a postdoc at the National Institute Of Health. After I completed my Ph.D. in 1990, we moved to San Diego for

postdoctoral fellowships. And on a leap of faith we both took positions with a startup biotech company, Invitrogen Corporation.

David worked in R&D and I held positions in technical service, quality assurance, manufacturing, contract research and finally marketing."

"My next leap of faith found me leaving my position as Director For Molecular Biology Products and returning to school again, this time at the California School Of Culinary Arts in Pasadena. It proved to be a humbling experience and it grew my self-confidence more than any graduate program. I completed the program in 2003 then worked for Father Joe's Village for two years."

During the last 17 years, David has volunteered with a wide range of nonprofits including the San Diego Human Dignity Foundation, The HIV Funding Collaborative, The San Diego LGBT Center, Alliance San Diego, San Diego Museum Of Art, and the Parkinson's Association Of San Diego. He and David currently lead the UCSD Parkinson's Support Group Network.

"Things changed when my husband, David, who has a family history of Parkinson's, was diagnosed with Parkinson's himself. The greatest challenge for me as a care partner is adapting to the ever changing needs that Parkinson's brings to our family. Time management is a challenge as is the unexpected nature of Parkinson's. And I continue to struggle with taking care of myself, often finding myself unsure about what I really need at any given time."

"The North County Parkinson's community is inspiring. We are fortunate to have family members in San Diego who are wonderfully understanding and supportive. Listen to your loved one who has Parkinson's with gratitude for who they are and compassion for what they deal with every moment of every day. I am very grateful that Parkinson's has brought into my life a multitude of people from all walks of life. I would never have had the opportunity to build these new friendships otherwise. There is tremendous strength in knowing we are not on our Parkinson's Journey alone."

"The North County Parkinson's community is inspiring. We are fortunate to have family members in San Diego who are wonderfully understanding and supportive."

"I am very grateful that Parkinson's has brought into my life a multitude of people from all walks of life."

"There is tremendous strength in knowing we are not on our Parkinson's Journey alone."

NCPSG 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 ncpsgnl@gmail.com.

Live Well Today

The Davis Phinney Foundation's mission is to help people with Parkinson's "live well today". The objective is to provide resources that improve the quality of life for people who are managing the many symptoms of Parkinson's. Those resources include webinars, the Parkinson's Podcast, a web log (blog), and the "Every Victory Counts" manual. You can get a print copy of the manual in the US and Canada.

The Foundation also partners with leading researchers and institutions to fund quality of life research that shows promise to help change how people live with Parkinson's. Also, similar to PASD's mentor program, their website offers an opportunity to connect with "ambassadors" who can help answer your questions. PASD's own Marty Acevedo is our local Davis Phinney ambassador.

The Foundation is a 501(c) 3 non-profit founded in 2004 by Davis Phinney, a professional bicycle road racer and Olympic medal winner. Diagnosed with Parkinson's in 2000 he refused to give in. Through the Foundation he is sharing his message of exercise, diet, and attitude to improve the Parkinson's quality of life. Learn more at <https://davisphinneyfoundation.org/>

This article is one of an occasional series profiling national and regional Parkinson's organizations. We hope you find it useful.

Passings

- Norma Samples
- Chuck Bakan
- Jerry Stoller

Our thoughts & prayers go out to family and friends

To update or remove your contact info, please let **Micheline Allen** know. 760-631-0649
micheline.allen@cox.net

Our mailing address :

**NCPSG
PO Box 230566
Encinitas CA 92023**

Our Website: (Donations accepted)

NCPSG.org

Our Facebook page: (Donations accepted, no fees)

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

CONTACTS

General Contact (Email)	info@ncpsg.org
Phone Message Line	760-201-5773
Rancho Bernardo Support Group Leaders	
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
La Costa Co-leader	
Bill Farrington	billfarr48@gmail.com 760-815-5234
Oceanside Support Group Leader	
Paul Dawson NCPSG Board President	paul@video-fire.com 760-497-1200
Oceanside Co-Leader, Library	
Madonna Bingham	granny6mb@gmail.com 760-757-7564
Fallbrook Support Group Leader	
Irene Miller	NCPSGF@gmail.com 760-731-0171
Fallbrook Support Group Co-Leader	
Carly Bonnell	cbonnell@ucsd.edu 858-534-3708
Treasurer, Recording Secretary & Webmaster	
Caryl Parrish	carylparrish@gmail.com 760-753-5004
Corresponding Secretary	
Micheline Allen	micheline.allen@cox.net 760-631-0649
Social Director	
Sam Cooper	scprphd@gmail.com 520-820-0339
Video Documentation	Google: Arthur Bierle on Vimeo
Arthur Bierle	760-749-2182
Board Member Emeritus	
Thelma Balbes	
Newsletter	
Publisher	
Paul Dawson	paul@video-fire.com 760-497-1200
Editor	
Rex McCoy	ncpsgnl@gmail.com 760-519-9588
Focus Interviews	
Sam Cooper	scprphd@gmail.com 520-820-0339
Printed Edition Distribution	
Madonna Bingham	granny6mb@gmail.com 760-757-7564
Electronic Distribution	
Caryl Parrish	carylparrish@gmail.com 760-753-5004

Our continuing thanks to the
Neurology Center of Southern California
for our Newsletter postage.



Serving San Diego County with four locations:
Carlsbad, Escondido, Poway, La Jolla
760-631-3000

**North County Parkinson's
Support Group**

Summer Social

Our first in-person gathering in ages!

Wednesday, July 28, 11:30 AM

Shadowridge Golf Club

1980 Gateway Drive, Vista 92081

\$16.00 per ticket

Menu:

Gourmet hamburger, cole slaw, chips,
iced tea/water

Beef burgers served unless indicated below:

Number of veggie burgers _____

NCPSG requires all attendees be COVID
vaccinated

I/we acknowledge _____

Number of tickets ordered _____

Please Print

Name(s) _____

Face masks per current health order

Table distance and seating per current California guidelines

Your phone number _____

Final day to purchase tickets is Friday, July 23.

Mail this form and check made out to NCPSG:

NCPSG

PO Box 230566

Encinitas, CA 92023