

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

July 2023

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



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



## How About A Spring Cruise in 2024?

Join others of like minds and hearts for a California Coastal Cruise on Holland America March 30-April 5, 2024, round trip from San Diego. The fare includes nearly everything you'll need. The *MS Koningsdam* dazzles at every turn with on-board dining, entertainment, and recreation.

Cruises offer great value for your vacation dollar because the fares include nearly everything you'll need for a fantastic trip. Vacations are at least as significant for people with Parkinson's as for anyone else. Research has shown as many as 44.9% of participants experienced symptom improvement while on vacation.

Pack an extra week of medications. Have a list of medical information, prescriptions, and allergies. Don't forget your Aware And Care kit.

Spaces are **limited**. **Book** early to guarantee your needed accommodations for a \$150.00 deposit. Contact Liliana as per the page 5 flyer, or Irene Miller [IMiller4jc@gmail.com](mailto:IMiller4jc@gmail.com)

Summer  
Social



Shadowridge  
Golf  
Club



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## Chapter Meetings

### RANCHO BERNARDO

No meeting this month as church hall is not available.  
**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, July 5, 1:00 PM**

Speaker: Ed Hunter  
Topic: "The Duopa Pump"  
**Christ Presbyterian Church**  
7807 Centella St Carlsbad 92009  
Host: Sam Cooper [NCPSGLC@gmail.com](mailto:NCPSGLC@gmail.com) or 520-820-0339

### OCEANSIDE

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

Speaker: Anna Manor, Boston Scientific DBS Consultant  
Topic: "Deep Brain Stimulation"  
**Oceanside First Presbyterian Church**  
2001 S. El Camino Real, Oceanside 92054  
Host: Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com) or 760-497-1200

### FALLBROOK

**Friday, July 28, 10:00 AM to Noon**

Speaker: Shelly Cobb, M.A., M.S.  
Topic: Nutrition for Wellness  
Thrive Well: A Holistic Approach to Nutrition & Living  
**Fallbrook Wellness Center** 1636 E. Mission Rd, Fallbrook 92028  
Host: Irene Miller [NCPSGF@gmail.com](mailto:NCPSGF@gmail.com) or 760-731-0171.

**Social Groups:** If you are interested in joining our small groups, please contact Sam Cooper at [scprphd@gmail.com](mailto:scprphd@gmail.com) or 520-820-0339.

**Library At Your Fingertips:** NCPSPG has an extensive library of downloadable books on its website. Over 40 titles are available in categories such as symptoms, caregiving, exercise, testimonials and nutrition. Go to the link below and click on PD Caregiving Books

<https://ncpsg.org/resources-%26-links>

### NCPSPG Board of Directors

**Wednesday, July 19, 1 - 3 PM** The Board meets online on the third Wednesday of the month.  
Contact Sam Cooper [NCPSGLC@gmail.com](mailto: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 [NCPSPG.org](http://NCPSPG.org)**

### Personally Fit (NCPSPG Scholarships Available)

In-person and Zoom classes for Parkinson's.  
[Personallyfitonline.com](http://Personallyfitonline.com) or contact Doris Flood, PT at [dflood@personallyfitonline.com](mailto:dflood@personallyfitonline.com)

### LifeSpan Health (NCPSPG Scholarships Available)

Drug-free program to enhance a healthy life span  
<https://lifespanhealth.me/>

### NeuroLab 360 (NCPSPG Scholarships Available)

Neurologic physical therapy & wellness.  
[www.neurolab360.com](http://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](http://Cerebralmotion.com) or contact Mickey Burke MS at [mickey@cerebralmotion.com](mailto:mickey@cerebralmotion.com)

**RX Ballroom Dance** - Dance therapy, the best therapy for mitigating and reversing symptoms of brain deterioration Tuesday & Thursday 11:15 AM McCann Studio Oceanside. (no charge) Tuesday and Thursday, 1:00 PM, Fallbrook Regional Wellness Center. Erin Angelo 310-938-1620.

**Parkinson Voice Project** - Speak Out home practice exercise Monday - Friday 8 AM PST @ [www.parkinsonvoiceproject.org](http://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](mailto: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](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!**



**Cathy Zych**

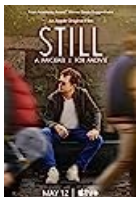
“I’m from Southern California. I returned to college after our kids were in high school and graduated from Cal State, San Marcos with a teaching degree. I taught Special Education for 20 years. I enjoy baking, gardening, and walking on the beach with my husband, Wayne. We have two children and five grandchildren.”

“Within a couple of months after Wayne’s Parkinson’s diagnosis we started attending the La Costa chapter support group. I organize bringing snacks with Penny Rich. The information, encouragement, support, and new friends have all been very very helpful. The breakout group for Care Partners is particularly good. We share questions, information, and concerns. I feel I have a much better idea of what to expect as Wayne progresses and possible solutions to problems I may encounter. As important as the information has been, knowing you’re not alone on your Parkinson’s Journey is just priceless.”

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“We really enjoy the social activities. We like the small group which we have hosted and always attend the large group events. It’s always great to see everyone and feel welcomed. I have developed friendships within our La Costa group that gets me out socially and gives me a break. Our daughter is a great backup when I need time as well.”

“I would share with other Care Partners the importance of getting involved in a support group early. It will help you become more proactive. I would also encourage them to take that vacation you’ve always wanted to take with your loved one early in the diagnosis. Being a Care Partner is challenging. Don’t feel guilty about taking time for yourself. Do something you enjoy. The better you take care of yourself, the better you can take care of your loved one. And be kind to yourself. You’re doing a great job.”



Michael J. Fox movie “STILL”  
<https://m.imdb.com/title/tt19853258/>

Follows the life of beloved actor and advocate Michael J. Fox, exploring his personal and professional triumphs and travails, and what happens when an incurable optimist confronts an incurable disease.

The Michael J. Fox Foundation Parkinson's Podcast  
<http://bit.ly/3OX7BiW>

“If Not Us, Who? Humans behind a Biomarker Breakthrough”

**PD speech therapist on TV CBS Ch 8 July 6: Zevely Zone, 6am, 4pm, 6pm 7pm, 10pm**

## Our 2023 Budget

Our Board of Directors has 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.

### Mailing address :

**NCP  
PO Box 230566  
Encinitas CA 92023**

### Website: (Donations accepted)

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

### Passing

Ron Hanshaw

Our thoughts & prayers go out to family & friends

## 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 **NCP.org** for the current options and the application form.

### Parkinson's Mentorship Program

Need help dealing with diagnosis or care giving? Find help by watching this video from the Parkinson's Association Mentor Program

<https://mentors.parkinsonsassociation.org/>

Use the search filters to choose mentors who work with people with Parkinson's or who work with care partners. Click on the mentor's photo to read their bio. Everyone brings something a little different to the table, so take your time choosing. All mentors have

### Newsletter

We recognize that some readers may have no internet access. In that case, please contact **Micheline Allen** at 760-631-0649 or [ncpsgcs@gmail.com](mailto:ncpsgcs@gmail.com) for a printed copy. Otherwise, the newsletter will be available on our website. To update or remove your contact information, contact **Micheline**.

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](mailto:ncpsgnl@gmail.com).

### Facebook

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

## CONTACTS

<b>General Email Contact</b>	<a href="mailto:info@ncpsg.org">info@ncpsg.org</a>
<b>Rancho Bernardo Support Group Leaders</b>	
Carol Maher	<a href="mailto:hcmaher@cox.net">hcmaher@cox.net</a> 760-749-8234
Brigit King	<a href="mailto:bkicedancer@gmail.com">bkicedancer@gmail.com</a> 858-354-2498
<b>La Costa Support Group Leader</b>	
Sam Cooper	<a href="mailto:NCPSGLC@gmail.com">NCPSGLC@gmail.com</a> 520-820-0339
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<b>Oceanside Support Group Leader</b>	
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<b>Fallbrook Support Group Leader</b>	
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<b>Social Director</b>	<a href="mailto:scprphd@gmail.com">scprphd@gmail.com</a> 520-820-0339
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**Holland America Line®**

**Join the North County Parkinson's  
Support Group**

**California Coastal Cruise**

**Sailing on the MS Koningsdam**

**Saturday March 30<sup>th</sup>, 2024- Friday April 5<sup>th</sup>, 2024**

**Roundtrip from San Diego**

**Port of Calls:**

**Santa Barbara, Monterey and Ensenada, Mexico**

**Verandah Staterooms \$1079.00\***

**Oceanview Stateroom \$819\***

**Inside Stateroom \$699\***

\*Pricing is for Midship Staterooms Cruise fare only, other category pricing available upon request. Rates are per person based on double occupancy and subject to change and availability. Additional taxes and port fees of \$155 per person not included.

Travel Insurance optional, at additional cost.

**Reserve your spot NOW with a refundable deposit of \$150 per person**

**CALL LILIANA AT 619-397-6434 or email [almeida.liliana@acc.aaa.com](mailto:almeida.liliana@acc.aaa.com)**



## Tremble Clefs

Annual "Friends, Family, and Community" Event

# "GET 2 KNOW US"

## CONCERT & FLEA MARKET FUNDRAISER



TREMBLE  
CLEFS

Saturday, August 19

1-3 p.m. (Doors open at 12:30 p.m.)

San Rafael Catholic Church

(In the Parish Hall)

17252 Bernardo Center Dr.

San Diego, CA 92128

(Directions online)

Join us for this exciting **2-PART** event!

1

### GET 2 KNOW US OUR MUSIC

Enjoy a concert by Tremble Clefs Combined Voices  
(North Inland, North Coastal, and San Diego Central)  
performing the greatest hits of the year.



Light refreshments  
will be served.

2

### GET 2 KNOW US OUR CRAFTS & COLLECTIONS

Enjoy our first ever Fabulous Flea Market.  
Purchase unique items offered by Tremble Clefs  
members, showcasing their skills, talents, arts,  
crafts & collections.



#### Items for purchase may include:

- Home-made baked goods/food items
- Garden creations
- Handicrafts
- Gift Baskets
- Collector's Items
- Gift Certificates
- Artwork



**100%**  
of proceeds  
from sale benefit  
Tremble Clefs!

Tremble Clefs is a 501(c)(3) non-profit organization providing a FREE  
therapeutic singing program for people living with Parkinson's and their care partners.

## Weekly Parkinson's Exercise Class RESUMES at Tri-City Medical Center!

Many members recall the outstanding PARKINSON'S EXERCISE CLASS offered at Tri-City Hospital over the last decade. Designed by Physical Therapists and Speech Therapists familiar with Parkinson's, it was well-attended by NCPSTG members from several of our chapters. Classes were suspended because of the COVID pandemic, but are returning, beginning July 6<sup>th</sup>.

Your NCPSTG Board of Directors is supporting the classes with limited funds for exercise equipment and other supplies. We all know the incredible value of exercise on our Parkinson's journey. Your NCPSTG Board is proud to support this and other exercise programs.



Tri-City Medical Center

ADVANCED HEALTH CARE  
FOR YOU

### Tri-City Medical Center Presents Therapeutic Classes

#### Parkinson's Exercise Group

**Description:** This exercise program is designed to improve the quality of life for those with Parkinson's disease. The purpose is to help restore maximum function. The Class begins with a warm-up, followed by upper extremity, lower extremity and trunk strengthening, then a fun activity to increase coordination, balance or mobility. The session ends with a cool-down activity. The class will also incorporate vocal exercises with focus on improving vocal loudness for successful communication.

Participants are also given written exercises to perform at home and are encouraged to ask questions relating to their disease process.

**Time:** Every Thursday from 3:00 – 4:00 in Assembly Room 3, Tri-City Medical Center, lower floor, beginning on July 6<sup>th</sup>.

To confirm room assignment, please check at front desk, or by phone: call hospital operator (760) 724-8411.

This exercise group is free of charge and is monitored by a licensed Physical Therapist and Speech-Language Pathologist with your safety in mind.

It's safe and tailored to you needs.

It's FUN!

Greater Independence is a phone call away (760) 940-7272

4002 Vista Way, Oceanside, CA 92056 > (760) 724-8411

