

NORTH COUNTY PARKINSON'S SUPPORT GROUP

June 2021

www.NCPSG.org



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

We're Back!!!

Our plans for our annual Summer Social were interrupted last year by the pandemic. But if current health guidelines remain in place (or improve!), we will be able to meet again this year. Join us on Wednesday, July 28, at 11:30 AM at the Shadowridge Golf Club, 1980 Gateway Drive, Vista 92081.



A Holiday Luncheon, but you get the idea!

Safety first! We are requiring all participants to certify that they are fully vaccinated. As of this writing, masks and social distancing are no longer required for the fully vaccinated, but be alert for changes. We will have the entire ballroom, not just the half we normally occupy at our December Holiday Luncheon. Tables will be spaced according to official guidelines as of the event. Plates will be individually served.

Our menu will be fun summer fare: gourmet hamburgers and all the fixings for \$16 per plate. There will be a vegetarian patty option available. There will also be an no-host bar. No charge for the fun and fellowship! Dress casually, Hawaiian shirts are encouraged! Just mail in the

attached form by Friday July 23rd so we can get the final head count. Direct any questions to our Social Director, Sam Cooper at scprphd@gmail.com.

And while we're on that subject...

Your NCPSG Board is closely monitoring the current health guidelines and are hopeful that we will be able to meet in person in the near future. This will depend not only on county health officials, but also the availability of the facilities where we meet. Our group leaders have kept in touch with the various facilities, and they are anxious to meet again also. We'll announce our plans as soon as they are firm. Watch this space.

We are also considering continuing a Zoom support group meeting for those who cannot attend in person meetings. We would like your feedback. Let your group leaders know your thoughts at any of our virtual meetings. Or let us know at info@ncpsg.org or call our message line at 760-201-5773 .

NCPSG Partners with MusicWorx to Provide Access to AudAbility Classes

Your NCPSG Board has voted to subsidize AudAbility classes for eligible persons. AudAbility is a music therapy program tailored to the individual. AudAbility's music therapists are trained to use music to work towards individual physical, cognitive, speech, social, and emotional goals. Due to the professional nature of the class, fees are charged. If you are a Parkinsonian who lives in the North County area, you may be eligible to receive the cost of two months of lessons (or eight classes). You can choose from the options of AudAbility Voice, AudAbility Harmonica, or Chair Yoga on a monthly or drop-in basis.

To apply or determine eligibility go to MusicWorx's AudAbility website at <https://musicworxinc.com/services/clinical-music-therapy/audability-parkinsons-disease/>.

Click on the North County Scholarships link to apply and to see a list of eligible zip codes. Questions? Contact Lindsay Zehren at lzehren@musicworxinc.com.

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Support Group Meetings

Note: NCPGS 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 June 7, 10:00 AM Speaker: Carol Clupny, Speech Pathologist. Topic: "The Ribbon of Road Ahead". Hosts: Brigit King & Carol Maher hcmaher@cox.net or 760-749-8234

LA COSTA CARLSBAD - Online meeting June 2, 1:00 PM Speaker: Roberta Robertson, atty Topic: "Estate Planning for Parkinsonians & Partners" Host: Sam Cooper NCPSSGLC@gmail.com or 520-820-0339

OCEANSIDE - Online meeting June 9, 1:00 PM Topic: Join us for a timely topic related to your Parkinson's journey. paul@video-fire.com or 760-497-1200

FALLBROOK - Online Meeting June 25, 10:00 AM Speaker: Sherrie Renee, Meridian Senior Living Director Topic: Senior Living - What's the Buzz? Host: Irene Miller NCPSSGF@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 June 14, 10am, Bill Farrington, host email: billfarr48@gmail.com
- Thursday June 10, 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 June 14, 10am, Carol Maher, host. Email: hcmaher@cox.net
- Friday, June 25, 2pm, Sandy Miller, host email: sandy@greensails.net

Small Social Groups

Virtual Meetings 3rd Mondays at 1:00 PM
Monday June 21, 1pm. Our small social groups are meeting online until restrictions on gatherings are lifted. Contact Social Chairperson **Sam Cooper** scrphd@gmail.com or 520-820-0339

NCPSSG Board of Directors

Wednesday June 16th 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/>

In Focus: Paul Dawson

By Sam Cooper



Born in La Jolla just yards from the beach, Paul could hear the breakers from the delivery room, beginning a lifetime love of the ocean. In high school he started a medical careers club and after graduation volunteered in an ER and hospital pathology department. With Vietnam and the draft bearing down, he joined the Navy Reserve and served six years with active duty in Napa-Sonoma, Okinawa, Japan, and the Philippines. "I wanted to be a corpsman in Vietnam, so the Navy put me in cryptologic communications."

Paul then discovered sailing. "Our family bought a 35' boat. I would take her out with friends and we'd sail the coast and scuba dive at Catalina Island." After visiting LA City Fire's comm center and talking with firefighters, he found his life's work. Applying to every fire department in Orange and San Diego County, Paul was offered a position at Vista and was on Vista's first paramedic Team. Some five years later, he was promoted to fire inspector then Fire Marshall and completed a Masters in Management from Redlands and served on several area committees co-chairing the county wide Fire-Arson Task Force.

"I met Eva, the love of my life, during this time and we were married in 1984. She had two great children from a previous marriage. I now have five grandchildren-each one smarter and better looking than yours!" Retiring from Vista in late 2000 after 26 years of service, Paul pursued a videography passion and won a Pacific Southwest Region Emmy Award in 2001 for a PSA series on burn survivors and volunteered to assist in recovery after the 2003 Cedar Fire. "I was then hired as a County Fire Marshall, a position I held for 8 years until my care partner duties took precedence. Eva was diagnosed with Parkinson's in 1997 and waged a courageous battle for 21 years."

Paul is President of our North County Parkinson's Support Group Board. Under his leadership we have become our own 501c3, created a fourth support group at Rancho Bernardo, and added a second Tremble Clefts group. He is the co-leader of our Oceanside group and a Mentor in the newly created Mentor Program. He is a member of the PASD Board chairing the 2020 Walk which was virtual due to the pandemic but raised more money than the 2019 Walk. Paul was recently the first recipient of the Kathy Bruyere Outstanding Achievement Award.

"I try to interject humor in all situations and keep a positive outlook. Life is too short to take it seriously. What I've learned from each of you helped me immensely in dealing with Eva's challenges especially in her last months. Our faith in God, our church family and our North County PD community strengthened Eva and me through it all. It is so rewarding to be part of our NCPSPG's amazing leadership team, as well as PASD, and county-wide support groups serving those who are fighting Parkinson's. The relationships I have formed have just been invaluable. I feel very grateful and am very fortunate in many ways. We really are in this together."

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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 ncpsgnl@gmail.com.

A Parkinson's Version of the Golden Rules

1. I am a person not a disease.
2. Parkinson's is only one of my life's challenges.
3. I am an equal not an invalid.
4. Respect, kindness, and patience are the cornerstones of my relationships.
5. Offers of help are a valuable part of any interaction.
6. Using my skills and abilities for activities and projects is how I manage my disease and related fatigue, apathy, depression, anxiety, anger, and isolation.
7. My thoughts and ideas are important even if my voice is weak. I want to and expect to be asked to speak up when I can't be heard.
8. There is a difference between helping and taking over.
9. Laugh with me as I laugh with you.
10. I have immense thanks and gratitude for all the ways people help and assist me.

These rules were created by the Colorado Springs Parkinson's Support Group and published in *Brain & Life*. See <https://www.brainandlife.org/>

A Passing of Note

Past president of PASD Rick Brydges, a retired Naval Aviator at the rank of Captain, was active in the Parkinson's community for many years. Not long before his passing he was instrumental in obtaining funding from the Tri-City Medical Center that benefitted members of the North County family.

Passings

- Rick Brydges
- Frank Sheppard

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 :

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PO Box 230566
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Our Website: (Donations accepted)

NCPSG.org

Our Facebook page: (Donations accepted, no fees)

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

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