

NORTH COUNTY PARKINSON'S SUPPORT GROUP

June 2022

www.NCPSG.org



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

Join Us For Our Summer Social!

Here's another opportunity to be an Official, Certified, Social Human Being (version 1.0)! Join us at the Shadowridge Golf Club on Wednesday, July 27th at 11:30 AM for our annual summer Social. The club is centrally located in Vista at 1980 Gateway Drive in Vista, 92081. They always treat us well, and this year the menu sounds delicious: A choice of a French dip sandwich with au jus, or a hearty chicken cobb salad. The price for the food is \$20, but the fun and friendship are free.

Your reservation and menu choice are required by Friday July 22nd. See the last page for a reservation form. Make your choices and get it in today! We always have a blast!

And don't forget the rest of the year. We have two more large social opportunities this year: A potluck at our Rancho Bernardo chapter on Monday September 19th, and our Holiday Luncheon on Saturday, December 3rd. Save the dates!

The Good Start Program Returns This Month!

PASD's Good Start Program is a 2 ½ hour comprehensive look at Parkinson's and how we can live our best life! In-Person gatherings were suspended during the pandemic... but are restarting! The first in-person program in two years will be held in Oceanside on Thursday June 9 at 1pm. The Good Start Program will be presented around the County roughly every quarter.

Neurologist/ Movement Disorder Specialist Abigail Lawler will speak, along with several other subject experts discussing the latest developments in research, treatment, exercise, nutrition, mentors and more. Designed originally for newly diagnosed, many folks diagnosed recently or long ago attend multiple times, gaining knowledge and insight. Registration is required. Sign up online at ParkinsonsAssociation.org or by phone at 858-999 5671

Shake, Rattle and Rock!

Tremble Clefs is our favorite therapeutic singing program, strengthening the voice, having fun and socializing. On April 29 the Tremble Clefs held a live virtual benefit concert called Shake Rattle and Rock. In case you missed it, the performance may be found online at <https://www.trembleclefs.com/shake-rattle-and-rock> or on YouTube at <https://www.youtube.com/watch?v=Xe1-i4mqi-A&t=0s>. Come see what Tremble Clefs can do! Even better, join up and provide your support.

Last Call for Directory Inputs

The new directory is just about ready to go to press. This is your last chance to make any changes or updates to your contact information. Remember that you will be included in the new directory if you were in the old one, unless you tell us otherwise. If you aren't in the directory but wish to be included, also let us know. Contact Micheline at micheline.allen@cox.net.

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Support Group Meetings

Attendance at NCPSTG in-person events requires full vaccination or natural immunity (recovered from infection) against COVID-19. Attendance at an in-person event constitutes your certification of full vaccination or natural immunity.

Chapter Meetings

RANCHO BERNARDO

Monday June 6, 10:00 AM

Speaker: Kendra French of 101 Mobility

Topic: "Home Safety and Parkinson's"

San Rafael Catholic Church 17252 Bernardo

Center Road, San Diego, 92128

Hosts: Brigit King & Carol Maher

hcmaher@cox.net or 760-749-8234

LA COSTA CARLSBAD

Wednesday June 1, 1:00 PM

Speaker: Sal Avila, Pharmaceutical Rep

Topic: "Parkinson's Hallucinations and Delusions "

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday June 8, 1:00 PM

Speaker: Meagan George, PT, DPT, Neurologic Clinical Specialist

Topic: "Physical Therapy and exercise focused on Parkinson's "

First Presbyterian Church

2001 S. El Camino Real, Oceanside 92054, at Fire Mountain Rd

Host: Paul Dawson paul@video-fire.com

or 760-497-1200

FALLBROOK

Friday June 24, 10:00 AM

Speaker: Scott Stewart - Eldercare Attorney

Topic: "Be Prepared - Legal & Financial Documents for PWP's and their Carepartners"

Fallbrook Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSGF@gmail.com

or 760-731-0171

Social Groups

Small Group No Host lunch, Monday, June 20, 11:30. If you are interested in joining us, contact Social Chair Sam Cooper at scprphd@gmail.com or 520.820.0339

NCPSTG Board of Directors

Wednesday June 15, 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 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. Email Coachmestrong.com

SmartXPD Online Exercise with Patrick

An online/video exercise community. See

SmartXPD.com or contact patrick@smartxpd.com

Don Skaggs Total Healthworks: Evidence based online fitness program. Email 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

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. Or **Cassandra Richtsmeier** 858-457-2201 or 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!



Jim and one of his creations

Jim Helms grew up in Palos Verdes, California “On the edge of the LA basin where I married my wife, Victoria, in 1969. After I completed dental school, my first position was as a pediatric dentist in a small town in Switzerland. Living in a small town inspired me to look for the same in the States. I chose Fallbrook where I practiced for 34 years. We have three wonderful kids who are amazingly supportive and offer physical help when needed as well as helping with projects around the house.”

“I was diagnosed with Parkinson’s in 2013. Special challenges include extreme fatigue and unstable balance which hampers my walking. I do Rock Steady Boxing in

Temecula twice a week and online Zoom classes with Patrick LoSasso. Victoria and I have attended the Fallbrook chapter support group for 3 years. The informational speakers are informative and I enjoy the great camaraderie. I find the PwP breakout group very helpful. I am able to share problems and seek coping strategies with others who are dealing with Parkinson’s as well. We hear this all the time, but it’s true. You are not alone on your Parkinson’s Journey. We also have a group of three other long term couples where each of the husbands have Parkinson’s. We share lunch once a month, talk and laugh and support each other.”

“I have always had a love for the visual arts. Once our youngest child left for college, I was able to pursue the development of my artistic skills. My work has had several permutations. My current medium is mild steel. I visit local steel fabricators to collect some of their discarded pieces. With these pieces I make various forms and shapes that become sculptures. This has enabled me to develop my skills and motivates me to remain active and battle my Parkinson’s challenges.”

“Having Parkinson’s has made me more sensitive to other people’s battles with various afflictions. And it’s made me realize that having Parkinson’s doesn’t mean I am going to die tomorrow. Life can and will continue. It will be different. There will be twists and turns and you’ll have to modify things, but continue to do what you love. Don’t let Parkinson’s define you. Be you.”

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“...you’ll have to modify things, but continue to do what you love. Don’t let Parkinson’s define you. Be you.”

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 promotional materials. Please tell the event 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 or Caryl at carylparish@gmail.com. If you find a broken link, contact Rex at ncpsgnl@gmail.com.

American Parkinson's Disease Association

The American Parkinson Disease Association (APDA) states that it is the largest grassroots network dedicated to fighting Parkinson's disease (PD) in the US, having over 1400 support groups nationwide. Although none of these groups are in San Diego, APDA nevertheless provides a host of educational and other resources online that you may find extremely useful.

APDA's educational programs not only address the general population, but also reaches out to specialized populations. Are you a caregiver, veteran, Spanish speaker, early onset or a first responder? See <https://www.apdaparkinson.org/resources-support/> for a link to your community. Of particular note is the 1-2 hour training course for first responders that enable them to interact appropriately with Parkinson's patients in the first critical moments.

Have you ever had trouble remembering all the things that have happened to you between visits with your neurologist? We encourage you to keep a log, and to write questions for your physician. APDA has made that easier with a symptom tracker app for iPhone or Android devices. The app is free to download, enables you to keep a log of symptoms, and can help prepare for a doctor's visit. Download it at <https://www.apdaparkinson.org/apda-symptom-tracker/>.

For all APDA's resources, see the website at <https://www.apdaparkinson.org/>. This article is the latest in a series on large local or national Parkinson's organizations.

Passings

- Bill Shinner

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

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/>

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Printed Edition Distribution	granny6mb@gmail.com 760-757-7564
Electronic Distribution	carylparish@gmail.com

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

Wednesday July 27th, 11:30 AM

Shadowridge Golf Club

1980 Gateway Drive, Vista 92081

\$20.00 per ticket

Menu Choices (indicate # in the space):

Chicken Cobb Salad _____

French Dip Sandwich _____

NCPSPG requires all attendees be
COVID vaccinated or naturally immune.
I/we acknowledge _____

Number of tickets ordered _____

Please Print

Name(s) _____

Your phone number

***We must receive your reservation by
Friday, July 22nd.***

Mail this form to and check made out to NCPSPG:

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