

NORTH COUNTY PARKINSON'S SUPPORT GROUP

March 2021
www.NCPSG.org

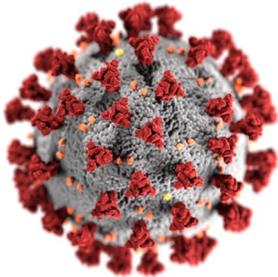


NEWSLETTER FOR EVERYONE AFFECTED BY PARKINSON'S IN NORTH SAN DIEGO COUNTY

Protein Origami

Sometimes it's good to take a step back and look at the advances science is making in our behalf. Note the rapid development of mRNA (messenger RNA) vaccines in recent months. It's important to realize that new methodologies in research are encouraging for all of us!

With that being said, imagine this: You stretch a piece of elastic between two pins. You are given a bowl of small magnets of different sizes, shapes, and strengths. You also have a type-written sheet of paper with instructions to glue specific magnets at certain spacing and orientations onto the elastic. Now cut the elastic and let it snap into shape. That's a protein! Well, an analog at least. The shape the bundle takes is determined by how you glued the magnets onto the elastic. And those type-written instructions? That's DNA! Really, mostly all that DNA does is provide instructions on how to make a protein.



You may be thinking, so what? Well, our bodies are almost entirely made of protein. And proteins cause almost everything to happen. And what proteins do is largely determined by their shape. Yes, their *shape*. For example, remember the famous picture of the COVID-19 virus - the one showing us a ball-like entity covered in spikes? Well those spikes covering the outside are really just folded proteins shaped to fit in a certain spot on the cells in your body like a key into a lock.

Let's take a closer look as how protein shapes play a role in Parkinson's. One of the significant factors in all Neurodegenerative Diseases is misbehaving proteins. In Parkinson's it's the Alpha-synuclein protein. Although everybody has Alpha-synuclein, in Parkinsonians it gets tangled up into clusters that eventually become Lewy Bodies. Is that because the protein is misshapen somehow? Perhaps. Alpha-synuclein is encoded by the instructions produced by a certain gene on your DNA. There is ongoing research to determine if something goes wrong with the coding of that gene and others.

Recently Google's *DeepMind Technologies* has developed an artificial intelligence program called *AlphaFold 2*. This program can predict with high accuracy the folding of proteins based on the instructions (DNA) and other inputs it is given. In the long term this sort of technology may be able to address the specific "misfolded proteins" that causes disease. Yes, that's in the future, but the many recent advances in biology are a sign of hope for future cures for diseases that are currently incurable. Stay positive!

See this article for more details: <https://deepmind.com/blog/article/alphafold-a-solution-to-a-50-year-old-grand-challenge-in-biology>. Hat tip to science writer Tom Chivers at Unherd.com for inspiration for this article.

An Evening/Weekend Support Group?

NCPSG offers several support group options, as you can see by the listings on page 2. However, we are also aware that not everyone can make it to the daytime meetings, even if conducted remotely. Newly diagnosed people with Parkinson's and/or care partners who are still employed often have a strong desire to learn more about Parkinson's and to share coping skills with others.

So we would like to solicit your thoughts on creating an evening or weekend support group. We currently use Zoom as the tool for our virtual meetings. We could establish a Zoom weekend or evening meeting if there is a need. Leadership of the new support group would eventually emerge from the participants, but our current leaders would initially shepherd the process. If there is interest please let us know at info@ncpsg.org, or call Paul Dawson (contact info on page 4.)

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Support Group Meetings

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

Chapter Meetings

RANCHO BERNARDO - Online meeting March 1, 10:00 AM Speaker: Dr David Higgins. Topic: Living with COVID-19. Host: Carol Maher hcmaher@cox.net or 760-749-8234

LA COSTA CARLSBAD -Online meeting March 3, 1:00 PM Speaker: Rhonda Provençal Topic: Housing And Resources In A Pandemic Host: Sam Cooper NCPSTGLC@gmail.com or 520-820-0339

OCEANSIDE - Online meeting March 10, 1:00 PM Join us for a timely topic regarding Parkinson's . Host: Paul Dawson paul@video-fire.com or 760-497-1200

FALLBROOK - Online Meeting March 26, 1:00 PM Note: time change this meeting only! Speaker: Dr. Brenton Wright UCSD Movement Disorder Specialist Topic: "Ask the Doctor" Host: Irene Miller NCPSTGF@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.

- Wednesday March 10, 10am, Bill Farrington, host email: billfarr48@gmail.com
- Thursday March 11, 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 March 8, 10am, Carol Maher, host. Email: hcmaher@cox.net
- Friday, March 26, 2pm, Sandy Miller, host email: sandy@greensails.net

Webinars to Keep Current

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

NCPSTG Board of Directors

Wednesday March 17th 1 - 3pm Board meets on third Wednesday. Board meetings are conducted online. **Paul Dawson 760-497-1200**

Notice!

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

Physical Exercise

(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

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 lzhren@musicworxinc.com.

Small Social Groups

Virtual Meetings 3rd Mondays at 1:00 PM
Monday March 15, 1pm. Our small social groups are meeting online until restrictions on gatherings are lifted. Contact Social Chairperson **Sam Cooper** sccprphd@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: Barbara Farrington

By Sam Cooper



Barbara Farrington was born in Victoria, British Columbia, and moved to the United States when she was three years old. “After living in Los Angeles and then Seattle, our family of five moved to Orange County. I attended Chapman University where I later earned an MS in Curriculum Development. My husband, Bill, and I met at Disneyland while working there when we were both in college. I taught at an elementary school in Placentia Unified School District for several years

before moving to San Diego in 1985 and raising our three children. I taught high school at Santa Fe Christian for twenty-three years and was Chair of the Fine and Performing Arts Department for many of those years. I retired three years ago and love having the time now to dote on our grandchildren.”

“I consider myself to be Bill’s wife first and his care partner secondly. Shortly after I retired in 2017, I was diagnosed with Stage Four Cancer and am very fortunate there has been no sign of cancer for three years now. In addition to his Parkinson’s, Bill has had

five major spinal surgeries. We’ve had an occasional part-time caregiver to our home to assist both of us when necessary. It was hard to do, but being willing to say ‘No, I can’t do that or we need some help’ was very important following my lifestyle changes after the cancer diagnosis. We have to take care of ourselves first, or we can’t take care of anyone else. I was encouraged in this by a friend of Bill’s from Tremble Clefs. She said it’s about ‘self care without guilt’. I am very grateful to her for this perspective.”

“Our adult children have been critically supportive. I am also blessed with a group of six female friends that I can call or text and ask for prayer. When we get together practicing social distance and wearing masks, we spend time praying for each other. I am so very grateful for their support and encouragement. As a couple you have to find out what works for you. With my own health issues and Bill’s desire to be as independent as possible, there is a fine line between nagging him and caring for his safety. As my daughter who is a licensed MFT continually reminds me, I have to let go of some things to be able to hold on to other things.”

The North County Parkinson’s Support Group has been very helpful for us. There is so much information available and Bill remains very involved with the Tremble Clefs where he is on the Board and able to bring his years of business experience to this excellent organization. We have certainly had to make adjustments in our life, but there is still so much joy to experience with family and close friends. Nana and Grandpa Bill so enjoy our time with the grandchildren, especially miniature golf with our grandson, Knox! You need to find joy in life where you can. God has continued to provide for us and we are most grateful.”

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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 rmcco@cox.net.

A Thanks from Tremble Clefs

The following message was received from Tremble Clefs in response to the donation announced in our last newsletter. (Edited for space)

Dear Paul and Board Members of the North County Parkinson's Support Group,

We are thrilled and most appreciative with the news of your generous donation to Tremble Clefs San Diego. Your organization has been supportive of our program in many ways. You were instrumental in establishing our Rancho Bernardo chorus, known as the *North Inland Tremble Clefs*.

Thank you for moving forward with your decision, [and] we are particularly grateful for contributions during this trying time. We have just reimbursed our director for new software and a computer with new features so he can coordinate a Virtual Vocal Project, an upcoming Vocal Workshop and several more virtual Talent Shows. We haven't been able to hold the usual 2-3 big annual, fundraising events. But our expenses go on - salaries for our director & accompanists, new music costs, bookkeeping expenses, D&O insurance etc.

So again, thank you from all of us at Tremble Clefs. Special thanks to you, Paul, for your leadership and kudos to you all for the success of the North County Parkinson's Support Group.

Sincerely,
Karen and the Tremble Clefs Board of Directors

Passings

- Randy Fleetwood
 - Wayne Johnson
 - Sam Lazar
 - Jay Scrivener
- Our thoughts and 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/>

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