

NORTH COUNTY PARKINSON'S SUPPORT GROUP

March 2022

www.NCPSG.org



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

NCPSG Social Season and the Spring Social

NCPSG has always endorsed the benefits of social activities. Many of our activities are inherently social. Think of our Support Group gatherings, the exercise classes you may attend, or the fun you may have at Tremble Clefs. But sometimes you just want to get together for no real reason at all and discuss “shoes and ships and sealing wax, and cabbages and kings”. (Apologies to Lewis Carroll.) NCPSG has a social calendar for that very thing. Most months we will have a large or a small group social. A large social invites everyone from all of our groups, and rotates locations throughout North County. Food is a big part of large socials, and we'll either take ticket reservations at a local restaurant or organize a potluck. Small socials are more intimate, and take place either in the home of one of our members who volunteer to host, or a local restaurant as a no-host gathering. Small groups don't require reservations. All of our socials take place mid-day. Look for detailed announcements in the appropriate newsletter.

Let's look at the plan for the remainder of the year. (Save the dates!):

March: ***Announcing our new large group Spring Social!*** It will take place on Monday, March 21st at 11:30 AM at Bobby's Hideaway Cafe, 1814 Marron Road in Carlsbad. Bobby's is a long-time local institution that has recently moved to its new location just off the 78 at Jefferson Rd (near the I-5), so it's freeway-close. There is plenty of free parking. Please use the reservation form on the last page of this newsletter. Bobby needs time to order the food, so reservations are required by Wednesday March 16th.

April: Small group no-host lunch Monday April 18th 1 PM at the Oceanside Broken Yolk.

May: Small group no-host lunch Monday May 16th 1 PM at Bobby's Hideaway Café.

June: Small group Monday June 20th 1 PM. Location TBA.

July: Our large group Summer Social Wednesday July 27th 11:30 AM at Shadowridge Golf Club, Vista. Reservations required.

August: No group

September: Our Fall Social! Date TBA. Will be held at San Rafael Catholic Church in Rancho Bernardo. It's a potluck so we'll be organizing that ahead of time. Stay tuned!

October: Small group Monday October 17th at 1 PM. Location TBA.

November: No group, but be sure to make your reservations for the Winter Social.

December: The Winter Social on Saturday December 3rd, 11:30 AM at Shadowridge Golf Club, Vista. Reservations required.

Remember that NCPSG has a full vaccination or natural immunity policy to attend our in-person events. Our Social Chair, Sam Cooper does a great job creating and arranging the social program. For more information on any event or the program overall contact him at scprphd@gmail.com.

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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 March 7, 10:00 AM

Speaker: Jon Schwarz, Partners in Aging
Topic: "Finding Caregivers & Residences"

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 March 2, 1:00 PM

Speaker: Marty Acevedo, Parkinson's Association of San Diego

Topic: "Parkinson's, the ER, and Hospitalization"

Christ Presbyterian Church
7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com
or 520-820-0339

OCEANSIDE

Wednesday March 9, 1:00 PM

Speaker: Amy Carlson

Topic: "How to have Parkinson's – My story of living with PD"

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 March 25, 10:00 AM

Speaker: Dr. Jim Helms & Victoria Helms; DDS
Topic: "Follow Your Passion" - From a Dentist to Sculptor"

Fallbrook Wellness Center

1636 E. Mission Rd, Fallbrook 92028
Host: Irene Miller NCPSGF@gmail.com
or 760-731-0171

Social Groups

Our Spring Social is Monday, March 21, 11:30 at Bobby's Hideaway Café. See the front page and the insert for more information. Event chair is Social Chairperson Sam Cooper
scprphd@gmail.com or 520-820-0339

NCPSTG Board of Directors

Wednesday March 16th 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!



Vince Miller, whose mom describes as “an absolute godsend”, lives with his parents, Pete and Irene Miller, and helps care for his father. “Like my dad, Pete, who grew up on a farm in Modesto, I grew up fascinated with all the different kinds of plants and animals. This piqued my interest in school to study the Life Sciences. I enjoyed working at the Cal Poly Pomona Biotrek Program where I maintained the fish tanks and was able to work with Professor Baskin in collecting field data on the endangered Santa Ana Sucker.”

“Dad’s Parkinson’s symptoms have gotten progressively

worse in the past six months. He falls a lot and needs help with showering and getting dressed. And because he doesn’t want to be a burden, he is reluctant to ask for help which leads to more falls for which he was recently hospitalized.

Parkinson’s can be humbling and devastating. Having struggled with being able to focus because of my Attention Deficit Disorder, I can relate to my dad’s struggles. When he feels like he has lost his identity or can’t focus or complete tasks, I try to remind him what a full life he has had and how very much he has accomplished that should make him feel proud of all the things he’s done. But it’s hard. He is a proud man and knows he can’t do things like he used to be able to do.”

“Things are different with Parkinson’s. You must learn to do things differently and adapt. You struggle with your pride. I can see that and understand that. It has taught me humility.”

“Parkinson’s has also allowed me to understand my dad better and grow closer to him. And for this I am grateful every day.”

“My mom co-leads the Fallbrook support group chapter and we attend that as well as the Oceanside group. I participate in the Care Partner breakout sessions. We see a palliative care doctor, do physical therapy, and attend workout programs and voice classes together. We also attend the large group social activities. These are all very helpful and keeps my dad staying busy.”

“Things are different with Parkinson’s. You must learn to do things differently and adapt. You struggle with your pride. I can see that and understand that. It has taught me humility. Parkinson’s has also allowed me to understand my dad better and grow closer to him. And for this I am grateful every day.”

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 Support Group 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.

Change to NCPST COVID Policy

Information published by the CDC has indicated that natural immunity (recovered from previous infection) is as effective as vaccination against severe illness or death from COVID. NCPST will therefore add natural immunity to be able to attend our in-person events. You must be fully vaccinated, or have recovered from a previous COVID infection (with or without vaccination) to attend our live events. In addition, masks are now optional.

Don't Have PD? Want to help?

The Michael J Fox Foundation is conducting the Parkinson's Progression Markers Initiative. From the MJFF website: "PPMI follows people — with and without Parkinson's — over time to learn more about how disease starts and changes. That information may lead to insights and tools that can help better diagnose, treat and even prevent brain disease. The study shares its data set — the most robust in Parkinson's research — with scientists to speed breakthroughs."

The great thing about PPMI is that non-PD persons can contribute to a study that may be affecting a loved one. To learn more and sign up see the website at <https://www.michaeljfox.org/>

Passings

- Bob Sherman
- Bruce Berend

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 :

NCPST
PO Box 230566
Encinitas CA 92023

Our Website: (Donations accepted)

NCPST.org

Our Facebook page: (Donations accepted, no fees)

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

CONTACTS

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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

Spring Social

Monday March 21st, 11:30 AM

Bobby's Hideaway Cafe

1814 Marron Rd Carlsbad 92008

\$14.00 per ticket

Menu Choices (indicate # in the space):

Chicken Caesar Salad _____

Bobby's Big Burger + Fries _____

Tukey Avocado Croissant _____

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
Wednesday March 16***

Mail this form to and check made out to NCPSPG:

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