



# NORTH COUNTY PARKINSON'S SUPPORT GROUP

Newsletter for Encinitas/Cardiff, Fallbrook & Oceanside Parkinson's Support Groups **May 2018**

## Fallbrook hosts Successful Caregiver Event

NCPSG Fallbrook SG hosted a comprehensive educational session for Care Partners on March 23rd, organized by **Caregiver Coalition SD**. More than 60 caregivers heard discussions on transfers, proper use of equipment, staying physically and emotionally healthy, plus a number of resources. Thanks to Irene Miller, Fallbrook SG leader, and Carly Bonnell, UCSD researcher, for their leadership in this highly successful event.

## They Walked the Walk!

**PASD 5K Step-by-Step April 8th**

NCPSG had second largest team, and was second largest fundraiser! Congratulations!



## Cardiff is Moving to Encinitas!

*How are they going to do that?*

By Rex McCoy

We're moving! The Cardiff/Encinitas Support Group is relocating to **Somerford Place**, an Alzheimer's Assisted Living community. It's near our current location!

The move is effective in June, so we'll see you there at our **June 6<sup>th</sup> meeting**. The address is **1350 S. El Camino Real, Encinitas, 92024**.

The time hasn't changed; it's still 1 PM on the first Wednesday of each month. We thank Somerford Place for offering to host our group.



Please join us for our last meeting at Belmont Village in May. See the regular meeting announcements (page 2) for details.

We wish to thank **Belmont Village** for being such gracious hosts for the last few years. Don't forget that there will be no Encinitas meeting in July. Enjoy Independence Day instead!

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## Support Group Meetings

### **ENCINITAS/CARDIFF - Wednesday, May 2<sup>nd</sup>**

**1pm - 3pm (NCPSPG Sponsored)**

(first Wednesday of each month) at **Belmont Village**, 3535 Manchester Ave., Cardiff.

**Topics:** Tri-City Wellness Center's "**Medically Integrated Program**", and David Elliot discussing **HECMs - Home Equity Conversion Mortgages**, Free valet parking from 12:30pm until 3:30pm. Care & Share & Refreshments.

Call **Rex McCoy 760-519-9588**.

### **OCEANSIDE - Wednesday, May 9<sup>th</sup>**

**1pm - 3pm (NCPSPG Sponsored)**

(second Wednesday of each month) at **Oceanside First Presbyterian Church** 2001 S. El Camino Real at Fire Mountain Drive, Oceanside.

**Speaker:** **Dr. Andres Bratt-Leal**, research scientist, The Scripps Research Institute, La Jolla.

**Topic:** **Pluripotent Stem Cell Research** - status of "Summit4StemCells" supported project, and stem cell research in general. Care & Share. Refreshments.

Call **Paul Dawson 760-497-1200**.

### **FALLBROOK Friday, May 25<sup>th</sup> 10 am - noon**

**(NCPSPG Sponsored)** (fourth Friday of each month) at **Christ The King Lutheran Church**, 1620 S. Stage Coach Lane, Fallbrook.

**Speakers:** **Amanda Sandoval & Robin Gilliland**

**Topic:** **Rock Steady Boxing**

Please contact **Irene Miller 760-731-0171**

### **ATYPICAL Parkinson's (Caregivers only)**

**Wednesday, May 2<sup>nd</sup> 11am - 1pm** (first Wednesday of every other month) at Tri-City Wellness Center, 6250 El Camino Real, Carlsbad. Contact **Darlene Gerow 619-806-9649**  
[darlene.gerow@gmail.com](mailto:darlene.gerow@gmail.com)

### **ATYPICAL Parkinson's (PwP & Caregivers)**

**Monday, May 16<sup>th</sup> 1pm - 3pm** (third Monday of the month) at UCSD, East Campus, 9423 Health Science Drive, Medical Center Modular 1, Room 140, La Jolla. Call **Darlene Gerow 619-806-9649**.

## NCPSPG Board of Directors

**Wednesday May 16<sup>th</sup> 1pm - 3pm**

Tri-City Wellness Center, large conference room, 6250 El Camino Real, Carlsbad.

Contact **Paul Dawson 760-497-1200**

## Physical Exercise

### **CARDIFF LOCATION - Tuesdays & Thursdays**

**11am - noon (NCPSPG Sponsored)** Encinitas Elks Lodge, 1393 Windsor Rd., Cardiff. Take I-5 to Santa Fe exit east to Windsor Rd. and turn right. (Fee charged). Call **Betty Byrd 760-635-1144**.

### **OCEANSIDE LOCATION - Fridays 11am - Noon**

Tri-City Hospital, 4002 Vista Way, Oceanside, Assembly Room, check room on arrival. (Free) Valet parking available. Call **Tracy Park, PT, 760-940-3617**.

### **DANCE FOR PARKINSON'S - Thursdays**

**2:30 - 3:30pm (NCPSPG Sponsored)** Space donated by the **Performing Arts Workshop**, 1465 Encinitas Blvd. A102, Encinitas. (East of El Camino Real) Led by Cheryl (Balbes) McIlhon, professional dance instructor. Optional social gathering follows. Call **Cheryl McIlhon 248-755-7431**.

### **PERSONALLY FIT - Tuesdays & Thursdays 2pm -**

**3pm** Parkinson's exercise classes at Personally Fit in Rancho Bernardo. (Fee charged.) Call **858-485-6706** for more information. Silver Sneakers accepted for entrance.

### **MEDICAL INTEGRATED PROGRAM - Tuesdays & Thursdays**

Tri-City Wellness & Fitness Center, 6250 El Camino Real, Carlsbad. Parkinson's exercise classes (Fee charged.) Call **Susan Webster 760-931-3171**.

## Vocal Exercise

**AudAbility** - This music therapy program offers numerous music related activities for People with Parkinson's including harmonica & drumming. (fee charged) For more information, call **Lindsay Zehren at 858-457-2201** or email [lzehren@musicworxinc.com](mailto:lzehren@musicworxinc.com).

**Tremble Clefs** -Therapeutic Singing **Tuesdays 1pm - 2:30pm** St. Andrews Episcopal Church, 890 Balfour Dr., Encinitas. New members always welcome. (Free) Call **Deanna Hastings at 619-363-0814** or check website: [www.trembleclefs.com/san-diego](http://www.trembleclefs.com/san-diego)

## Small Social Groups

Our small social groups gather in rotating private homes on the third Monday of each month that we don't have a large group activity . Come and join us in a safe environment where we all understand and support each other. Contact **Sam Cooper**, Social Chair, [scprphd@gmail.com](mailto:scprphd@gmail.com) or call/text **520-820-0339**.

Belmont Village has provided our meeting space at their Cardiff facility at no charge.  
And freshly baked cookies too. Please let them know we appreciate it!

## In Focus: Betty Byrd

By Sam Cooper



Behind every great organization is a great Treasurer. And behind our great organization, the North County Parkinson's Support Group, our great Treasurer is Betty Byrd. Your annual donations? Betty Byrd. Tickets for our Holiday Luncheon? Betty Byrd. Special donations to our group? Betty Byrd.

Born and raised in Joliet, Illinois, where according to Betty, "I will be buried", she spent 32 years as a service representative in the telephone industry starting her career with Illinois Bell Telephone and retiring with Pacific Telephone in Del Mar. Betty relocated from Illinois to California as her husband, Jim, was in the Navy serving with Naval Investigative

Services and stationed in San Diego. When Betty retired she opened the very successful clothing store, The Birds Nest, in San Jacinto, California, where the Byrds had a second home for many years.

Always involved in volunteering, she was a Board member and Past President of the San Jacinto Chamber of Commerce and President of the San Jacinto Museum Association. She also worked with her husband in the auction business until he retired in 1999 due to Parkinson's. The Byrds lived in Del Mar for 45 years before moving to a senior community in Encinitas.

Betty has always been an active volunteer as a member of Sweet Adelines, a life member of Soroptimist International, a Deacon and choir member at the Solana Beach Presbyterian Church, co-treasurer for the Mexican American Educational Guidance Foundation, past treasurer for the Tremble Clefs of San Diego, a member of the Boys and Girls Club of the San Dieguito Foundation, and a member of the High Country Villas Social Committee.

Betty was recently honored as the Citizen Of The Year by the Encinitas Elks Lodge where she coordinates our North County Parkinson's Support Group exercise class. "I have always felt it was important to give back to the community. I have been very blessed in many ways in my life and feel an obligation to share that and help where I can." Her motto? Never slow down.

After her husband passed away, Betty made the decision to remain involved with the North County Parkinson's community. "We benefited greatly from this group while Jim was still alive and I am grateful for that. Staying involved with the group seemed like the right thing to do. I gain comfort knowing I can continue to help".

As anyone who knows Betty can confirm, she is an energetic and positive personality. But she is always a strong "look you in the eye" kind of person who also tells it like she sees it. And our North County Parkinson's Support Group is very glad to have her. Thank you, Betty, for all you do for all of us.

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## Save the Date: Saturday, October 6 Parkinson's Association SD Gala 2018



### Special guest speaker: **Rasheda Ali** presented at **Scripps Aquarium at UCSD, La Jolla**

The Knock-Out Gala will feature keynote speaker, **Ms. Rasheda Ali**. Ms. Ali is an internationally known author, speaker, and PD advocate who wrote,

*I'll Hold Your Hand So You Won't Fall:  
A Child's Guide to Parkinson's Disease,*

inspired by her children and her father, Muhammad Ali, who suffered from Parkinson's.

## Save the Date: Friday, November 30 PASD Empowerment Event

(same location as last Empowerment, Mission Bay)

This is a comprehensive day-long event presenting the latest in research, treatment options, care partner resources, and much more!

## Parkinson's Foundation 5K "Moving Day" June 16 - Liberty Station

(yes, same place, but different organization, different date/time)

Some confusion has arisen with the **Parkinson's Foundation** scheduling a fundraiser 5K at the same venue some two months after the just-completed **Parkinson's Association San Diego 5K**. The two organizations are both non-profits (as are we) but have different missions. While PASD serves our county, PF is national in scope.

NCPSPG does not plan to field a team of walkers, but as we know, ALL exercise is beneficial to us. Parkinson's Foundation is a valuable information resource, and contributions will benefit their work. While we're strong supporters of Parkinson's Association San Diego, we also encourage your support and contributions to all organizations that serve the Parkinson's community.

## CONTACTS

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