

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

May 2023

[www.NCPSG.org](http://www.NCPSG.org)



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

[Parkinson's Association of San Diego Mentor program](#) by Jeff Seckendorf, Director Of Operations



Jeff Seckendorf

Going it alone? Tougging it out? Gritting your teeth? You don't have to do any or all of those.

One of the most complex parts of anyone's journey with Parkinson's is that every day can produce a new surprise. How you felt yesterday may not inform how you will feel tomorrow. This is the nature of a progressive disease.

Whether you have Parkinson's or are a care partner for someone with Parkinson's, navigating this adventure becomes your daily challenge.

This does not mean your adventure has to be a negative experience, but no one is ever going to discount that fact that it's difficult. So – what to do about that?

### **Have Someone to Talk To**

This is the key. There are people willing to help you who have traveled their own Parkinson's road. We have a team of those people who have made it their mission to help.

The PASD mentors are here for you. Each one has stepped up and offered to listen to you, speak to you about their experiences, and be absolutely sure that you know you are not alone.

Your mentor will help guide you down your road if you are newly diagnosed with Parkinson's, or have had it for a long time, or if you are caring for someone with Parkinson's.

Find a mentor. Contact a mentor. Talk to a mentor. Click on the mentor's photo to read their bio. Everyone brings something a little different to the table, so take your time choosing. All the mentors have completed the PASD Mentor Training Program and are ready to listen.

Use the contact form under the mentor's bio to send the mentor a note. You will hear back by email or phone, and you can set up a time to talk.

### **The mentors are great listeners.**

- Mentors can listen to you about your experiences and talk about how they relate to their own experiences.
- Mentors can guide you to resources that are appropriate for your specific situation.
- Mentors will not provide medical advice. Medical issues will be referred to your clinician.
- You and your mentor will decide how and when you communicate and how long your conversations are.
- Everything will be held in the strictest of confidence.

[www.mentors.parkinsonsassociation.org](http://www.mentors.parkinsonsassociation.org)

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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 constitutes your certification of full vaccination or natural immunity.

### Chapter Meetings

#### RANCHO BERNARDO

**Tuesday May 1 10:00 AM**

Speaker: Jeff Seckendorf and Dr. Timothy Murphy  
Topic: "The Psychological Effects Of Parkinson's & Mentor Program"

**San Rafael Catholic Church** 17252 Bernardo Center Road, San Diego, 92128

Hosts: Brigit King & Carol Maher [hcmaher@cox.net](mailto:hcmaher@cox.net) or 760-749-8234

#### LA COSTA CARLSBAD

**Wednesday, May 3, 1:00 PM**

Speaker: Erin Angelo

Topic: "RxBallroom Dance For Parkinson's"

#### **Christ Presbyterian Church**

7807 Centella St Carlsbad 92009

Host: Sam Cooper [NCPSTGLC@gmail.com](mailto:NCPSTGLC@gmail.com) or 520-820-0339

#### OCEANSIDE

**Wednesday May 10, 1:00 PM**

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

Topic: "Mentor program overview; Rewards of helping others with Parkinson's Disease"

#### **Oceanside First Presbyterian Church**

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

Host: Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com) or 760-497-1200

#### FALLBROOK

**Friday May 26, 10:00 AM**

Speaker: Tom Casey, CEO Spectrum Plasma

Topic: "Hope for Age Related Diseases"

**Fallbrook Wellness Center** 1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller [NCPSTGF@gmail.com](mailto:NCPSTGF@gmail.com) or 760-731-0171.

**Social Groups:** If you are interested in joining our small groups, please contact Sam Cooper at [scprphd@gmail.com](mailto:scprphd@gmail.com) or 520-820-0339.

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### NCPSTG Board of Directors

**Wednesday, May 17, 1 - 3 PM** The Board meets online on the third Wednesday of the month.

Contact Sam Cooper [NCPSTGLC@gmail.com](mailto:NCPSTGLC@gmail.com)

## Physical Exercise

**In-person or On-line Options. Fees May Be Charged. For more information on Scholarships see [NCPSTG.org](http://NCPSTG.org)**

### **Personally Fit** (*NCPSTG Scholarships Available*)

In-person and Zoom classes for Parkinson's.

[Personallyfitonline.com](http://Personallyfitonline.com) or contact Doris Flood, PT at [dflood@personallyfitonline.com](mailto:dflood@personallyfitonline.com)

### **LifeSpan Health** (*NCPSTG Scholarships Available*)

Drug-free program to enhance a healthy life span

<https://lifespanhealth.me/>

### **NeuroLab 360** (*NCPSTG Scholarships Available*)

Neurologic physical therapy & wellness.

[www.neurolab360.com](http://www.neurolab360.com)

### **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/>

**Cerebral Motion** Specialized personal training for PD. [Cerebralmotion.com](http://Cerebralmotion.com) or contact Mickey Burke MS at [mickey@cerebralmotion.com](mailto:mickey@cerebralmotion.com)

### **RX Ballroom Dance** - Dance therapy, the best

therapy for mitigating and reversing symptoms of brain deterioration Tuesday & Thursday 11:15am McCann Studio Oceanside. (no charge)  
Erin Angelo 310-938-1620

## Vocal Exercise

**Parkinson Voice Project** - Speak Out home practice exercise Monday - Friday 8 AM PST @ [www.parkinsonvoiceproject.org](http://www.parkinsonvoiceproject.org)

### **Tremble Clefs** -Therapeutic Singing & 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](mailto:matt.sdtrembleclefs@gmail.com)

Website: <https://www.trembleclefs.com/>

### **MusicWorx for Parkinson's** (*Formerly AudAbility*)

Music therapy is the use of clinical, evidence-based interventions to achieve clients' non-musical goals. See [MusicWorx.com](http://MusicWorx.com). Or **Cassandra Richtsmeier** 858-457-2201 or [crichtsmeier@musicworxinc.com](mailto: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!**



Jill Cole and her husband, Jeff, live in Fallbrook. “We have been married for 50 years. That in itself is an accomplishment since it is his second marriage! We have two children and three grandchildren. I taught school in Fallbrook for many years and take a great deal of pleasure in seeing former students and their parents around town. That is one of the many charms of living and working in a small town. We have a second home in Baja where we spend a couple of months at a time, but we always come back to Fallbrook.”

Being able to share with someone who knows what you’re going through is so invaluable. Knowing you’re not alone means everything.”

In retirement, Jill has found watercolor painting to be a very therapeutic hobby. “It helps me a lot especially since Jeff’s diagnosis with Parkinson’s in 2016. The garden and mosaics also fill my days since I find myself at

home more of the time now. Our small town has also provided us with the opportunity to meet three other couples whose husbands all have Parkinson’s. We get together frequently which is very beneficial.” Jill and Jeff attend the Fallbrook chapter support group of our North County Parkinson’s Support Group. They both find the group “Very very helpful. The informational speakers are always very interesting and the breakout groups allow the opportunity to learn about how others are doing and bounce ideas off one another. Being able to share with someone who knows what you’re going through is so invaluable. Knowing you’re not alone means everything.”

“Life has definitely changed for us. It’s not the life we had before. It’s different now, but it’s not all negative, it’s just different. You have to find joy where you can and help your loved one feel good about their successes. Life is a journey and we are all on the journey together.”

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### NCPSPG Notices

- ◆ **Summer Social** Saturday, June 17, at the Shadowridge Golf Club in Vista. The ticket form is attached. Mail your check in now to join the fun!" Social gatherings are an important part of what we do to stay active and involved. NCPSPG hosts four large gatherings a year in Spring, Summer, Fall and Winter. Small gatherings happen in most alternate months.
- ◆ **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.
- ◆ You may click the links in this newsletter to be taken directly to the referenced resource. If you find a broken link, contact the editor at [ncpsgnl@gmail.com](mailto:ncpsgnl@gmail.com).



## Our 2023 Budget

Our Board of Directors has made available a summary of our annual budget. Our fiscal year is the calendar year. We are a 501(c)3 non-profit and truly appreciate your donations.

### Mailing address :

**NCPGS**  
**PO Box 230566**  
**Encinitas CA 92023**

### Website: (Donations accepted)

[NCPGS.org](http://NCPGS.org)

### Passings

Bob Dawson

Our thoughts & prayers go out to family & friends

## Scholarship Opportunities

We offer scholarships so you can try several fee-based services, and then decide if you want to continue at your own expense. See our website [NCPGS.org](http://NCPGS.org) for the current options and the application form.

## Parkinson's Mentorship Program

Need help dealing with diagnosis or care giving? Find help by watching this video from the Parkinson's Association Mentor Program

<https://mentors.parkinsonsassociation.org/>

Use the search filters to choose mentors who work with people with Parkinson's or who work with care partners. Click on the mentor's photo to read their bio. Everyone brings something a little different to the table, so take your time choosing. All mentors have completed the PASD Mentor Training.

### Directory

If you want a PDF of our Directory, please make sure our Corresponding Secretary, **Micheline Allen**, has your current information. 760-631-0649 or [ncpsgcs@gmail.com](mailto:ncpsgcs@gmail.com)

### Newsletter

We recognize that some readers may have no internet access. In that case, please contact **Micheline Allen** at 760-631-0649 or [ncpsgcs@gmail.com](mailto:ncpsgcs@gmail.com) for a printed copy. Otherwise, the newsletter will be available on our website. To update or remove your contact information, contact **Micheline**.

## CONTACTS

### General Email Contact

[info@ncpsg.org](mailto:info@ncpsg.org)

### Rancho Bernardo Support Group Leaders

Carol Maher

[hcmaher@cox.net](mailto:hcmaher@cox.net)

760-749-8234

Brigit King

[bkicedancer@gmail.com](mailto:bkicedancer@gmail.com)

858-354-2498

### La Costa Support Group Leader

Sam Cooper

[NCPSGLC@gmail.com](mailto:NCPSGLC@gmail.com)

NCPGS Board President

520-820-0339

### La Costa Co-leaders

Art Braun

[artjbraun@hotmail.com](mailto:artjbraun@hotmail.com)

760-550-0508

Wayne Zych

[j.wa.zych@gmail.com](mailto:j.wa.zych@gmail.com)

760-717-1145

### Oceanside Support Group Leader

Paul Dawson

[paul@video-fire.com](mailto:paul@video-fire.com)

760-497-1200

### Oceanside Co-Leader, Library

Madonna Bingham

[granny6mb@gmail.com](mailto:granny6mb@gmail.com)

760-757-7564

### Fallbrook Support Group Leader

Irene Miller

[NCPSGF@gmail.com](mailto:NCPSGF@gmail.com)

760-731-0171

### Fallbrook Support Group Co-Leaders

Lorie & Todd Frame

[toddandlorie@yahoo.com](mailto:toddandlorie@yahoo.com)

760 453-3045

### Treasurer, Recording Secretary & Webmaster

Caryl Parrish

[carylparrish@gmail.com](mailto:carylparrish@gmail.com)

760-753-5004

### Corresponding Secretary

Micheline Allen

[ncpsgcs@gmail.com](mailto:ncpsgcs@gmail.com)

760-631-0649

### Social Director

Sam Cooper

[scprphd@gmail.com](mailto:scprphd@gmail.com)

520-820-0339

### Video Documentation

Arthur Bierle

Google: [Arthur Bierle](#) on [Vimeo](#)

760-749-2182

### Board Member Emeritus

Thelma Balbes

### Newsletter

**Publisher**

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520-820-0339

### Electronic Distribution

Caryl Parrish

[carylparrish@gmail.com](mailto:carylparrish@gmail.com)

760-753-5004

North County Parkinson's Support Group  
Summer Social  
Saturday, June 17, 2023, 11:30  
Check-in 11:00

Shadowridge Golf Club  
1980 Gateway Drive  
Vista

\$21.00 per ticket

Includes coffee, ice tea, water, rolls with butter  
\*Prime Rib French Dip with fries  
\*Classic Chicken Cobb Salad  
\*Vegetarian

NCPSG requires attendees at all our events to be Covid vaccinated or naturally immune having recovered from Covid.

Please initial                      Acknowledged \_\_\_\_\_

Number of Tickets ordered \_\_\_\_\_

Name	Menu Choice
_____	_____
_____	_____
_____	_____

Your phone number \_\_\_\_\_

We must receive your reservation by Monday, June 12, 2023

Mail this form and your check to:  
NCPSG  
PO Box 230566  
Encinitas, CA 92023

Mail this form and your check payable to NCPSG