

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

November 2021

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



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

## Social Updates for the Holidays

### Small Group Update



We held our last Small Group Social this year on October 18<sup>th</sup>. The plan was for a weenie roast at Madonna's but unfortunately at the last minute she was unable to host. So our social director, Sam Cooper, was quick on his feet as usual. We met at Bobby's Hideaway Café in Carlsbad for a no-host lunch. Bobby's has been a local institution for many years and has just recently moved to its new location. Fortunately, their new home includes an uncovered patio, which served us well. Thanks to all for the flexibility!

This will be the last Small Group of the year due to the holiday season. Keep tuned for updates on next year's program. If you have thoughts, venues, or ideas please let Sam know. His contact information is on page 4.



### Prepare for the Holiday Luncheon

As in previous years our annual holiday luncheon, the last Large Group of the year, will be on the first Saturday in December. That's December 4<sup>th</sup> this year, and will again be at the Shadowridge Golf Club, 1980 Gateway Drive, Vista, Ca 92081. It starts at 11:30 AM with food service at noon. You will have the choice of chicken, salmon, or vegetarian. Cost is \$25 per person. In order for the restaurant to order food we need your reservations by November 29<sup>th</sup>. And don't forget that we require full vaccination to attend any of our live events. Please forward your name(s), menu choices and payment to NCPSG Luncheon, PO Box 230566, Encinitas, Ca 92023. See the reservation form on the last page of this newsletter. For further information contact Sam Cooper (his contact information is still on page 4).

### Parkinson's Empowerment Day



The Parkinson's Association of San Diego is hosting its annual **Empowerment Day** on Wednesday December 1<sup>st</sup>, 2021. Registration opens at 7:45 AM and the program concludes at 3:45 PM. It will be held at

the Marina Village Conference Center, 1936 Quivira Way, San Diego Ca, 92109. The PASD Empowerment Day event presents current information on every imaginable aspect of living with Parkinson's. See and hear local live presentations on exercise, medications, research, local programs and resources and much more. Space is limited and registration is required. The cost of the event is \$20 per person and includes a light breakfast and lunch. Scholarships available. (*What a deal!* - Ed.) Proof of COVID vaccination is required. Register on the PASD website or call 858-215-2570. See <https://parkinsonsassociation.org/>.

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## Support Group Meetings

Attendance at NCPSTG in-person events require full vaccination against COVID-19. Attendance at an in-person event constitutes your certification of full vaccination.

### Chapter Meetings

#### RANCHO BERNARDO

**Monday November 1, 10:00 AM**

Speaker: Thomas Jones MD.

Topic: Urology and Parkinson's.

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

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

#### LA COSTA CARLSBAD

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

Speaker: Pat McDonnell

Topic: Medtronic Neuromodulation: Deep Brain Stimulation

**Christ Presbyterian Church** 7807 Centella St Carlsbad 92009

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

#### OCEANSIDE

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

Speaker: Marty Acevedo

Topic: Preparation for Hospitalization and the Emergency Room (Incl Aware-In-Care kits)

**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

**No Meeting In November or December!**

Speaker: NA

Topic: NA

**Fallbrook Wellness Center (see you next year!)**

1636 E. Mission Rd, Fallbrook 92028

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

### Small Social Groups

There is no small group in November due to Thanksgiving. Make plans to attend our Holiday Luncheon, Saturday, December 4, 11:30 AM, at the Shadowridge Golf Club For details contact Social Chairperson **Sam Cooper** [scprphd@gmail.com](mailto:scprphd@gmail.com) or 520-820-0339

### NCPSTG Board of Directors

**Wednesday November 17<sup>th</sup> 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](http://Personallyfitonline.com) or contact Doris Flood, PT at [dflood@personallyfitonline.com](mailto:dflood@personallyfitonline.com)

**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)

**COACH ME STRONG** A one-on-one exercise coaching program. [Coachmestrong.com](http://Coachmestrong.com)

**SmartXPD Online Exercise with Patrick**

An online/video exercise community. See [SmartXPD.com](http://SmartXPD.com) or contact [patrick@smartxpd.com](mailto:patrick@smartxpd.com)

**Don Skaggs Total Healthworks:** Evidence based online only fitness program. [totalhealthworks.com](http://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.*

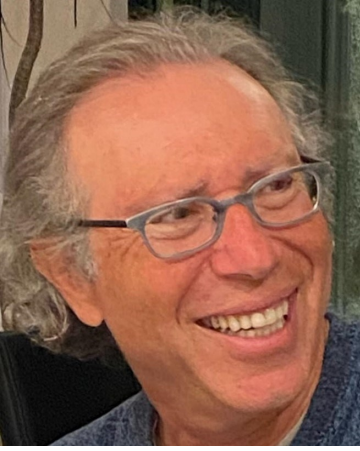
Email: [matt.sdtrembleclefs@gmail.com](mailto:matt.sdtrembleclefs@gmail.com)

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](http://MusicWorx.com). Or **Lindsay Zehren** 858-457-2201 or [lzhren@musicworxinc.com](mailto:lzhren@musicworxinc.com).



Jeff Seckendorf manages the Parkinson's Association of San Diego website, including email marketing, and the Mentor Program. See [www.parkinsonsassociation.org](http://www.parkinsonsassociation.org) But his interest in video started long before. "I am a lifelong filmmaker, but retired about 12 years ago to start a scuba training and certification agency. It actually was an education project. We created the industry's first online training program for scuba. I still own and operate that company, UTD Scuba Diving. A few years ago, I created a scuba coaching model for dive training." During his time

**"My advice to folks with Parkinson's and their Care Partners, family, and friends is exercise. ... Everyone needs a balance of aerobic exercise, strength training, mobility, and balance work."**

**"We may not be able to cure Parkinson's right now, but with support we can make the journey as good as it can be. There is a tremendous amount of support in San Diego County. Take advantage of all that is available."**

making movies, Jeff created a mentoring program for emerging directors and spent the next 20 years teaching film workshops and classes. "I'm also a scuba instructor, flight instructor, and a competitive cyclist. Education and mentoring has always played a huge role in every aspect of my career."

"I got involved with the Parkinson's community by participating in the international treks Sherrie Gould organized. Although I missed her trip to Kilimanjaro, I went to the Mt. Everest Base Camp, Machu Picchu, the Camino de Santiago, and this year we are going to the Dolomites. I've made two films while on these treks to support the fundraising efforts. I now have a hundred friends with Parkinson's."

"It was at a PASD meeting when Dr. Abbey Lawler suggested the need for some kind of structured exercise program for people with Parkinson's. COVID had just hit and gyms and programs like **Rock Steady Boxing** were closing so I offered the idea of using a coaching model for Parkinson's exercise. With the amazing help and guidance from Marty Acevedo, we created **Coach Me Strong** [www.coachmestrong.com](http://www.coachmestrong.com) It follows the same model as endurance athletes have been using for decades."

"My advice to folks with Parkinson's and their Care Partners, family, and friends is *exercise*. Just walking a few minutes each day is good but not enough. Everyone needs a balance of aerobic exercise, strength training, mobility, and balance work. We may not be able to cure Parkinson's right now, but with support we can make the journey as good as it can be. There is a tremendous amount of support in San Diego County. Take advantage of all that is available."

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### NCPSP 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 Newsletter, website and other 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](mailto:micheline.allen@cox.net). If you find a broken link, contact Rex at [ncpsgn@gmail.com](mailto:ncpsgn@gmail.com).

## Yummy and Healthy

A [recent study](#) about diet and Parkinson's disease found that people who ate a plant-based diet had a lower risk of developing the disorder. The following recipe was developed by Linda Monastra and published in Brain & Life.

### Nutty Granola

Makes 6 cups

- 4 cups rolled oats
- ½ cup raw pecans, roughly chopped
- ½ cup raw slivered almonds
- ½ cup roughly chopped raw walnuts
- ½ cup roughly chopped raw cashews
- 1 ½ tsp ground cinnamon
- ½ tsp sea salt
- 1/3 cup extra virgin olive oil
- ½ cup honey
- 1 teaspoon vanilla extract

Preheat oven to 350°F.

In large bowl, combine rolled oats, pecans, almonds, walnuts, cinnamon, and salt and stir to coat with the spices.

In medium skillet, warm honey and olive oil over low heat until honey becomes liquid. Turn off heat, add vanilla extract, and gently whisk to combine. Add liquids to nut mixture. Stir until oats and nuts are evenly coated.

Spread mixture evenly on 11" x 17" tray and bake for 15 minutes. Take out tray and stir mixture to keep oats and nuts from sticking to tray. Continue to bake for an additional 15 minutes, until golden brown.

Remove from oven and allow to cool.

For a free subscription to Brain & Life see <https://www.brainandlife.org/>

### Passings

- Bud Nelson
- Joe Semerad

Our thoughts & 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](mailto:micheline.allen@cox.net)

**Our mailing address :**

**NCPSG  
PO Box 230566  
Encinitas CA 92023**

**Our Website: (Donations accepted)**

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

**Our Facebook page: (Donations accepted, no fees)**

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

## CONTACTS

<b>General Contact (Email)</b>	<a href="mailto:info@ncpsg.org">info@ncpsg.org</a>
<b>Phone Message Line</b>	760-201-5773
<b>Rancho Bernardo Support Group Leaders</b>	
Carol Maher	<a href="mailto:hcmaher@cox.net">hcmaher@cox.net</a> 760-749-8234
Brigit King	<a href="mailto:bkicedancer@gmail.com">bkicedancer@gmail.com</a> 858-354-2498
<b>La Costa Support Group Leader</b>	
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<b>La Costa Co-leader</b>	
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<b>Oceanside Support Group Leader</b>	
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<b>Oceanside Co-Leader, Library</b>	
Madonna Bingham	<a href="mailto:granny6mb@gmail.com">granny6mb@gmail.com</a> 760-757-7564
<b>Fallbrook Support Group Leader</b>	
Irene Miller	<a href="mailto:NCPSGF@gmail.com">NCPSGF@gmail.com</a> 760-731-0171
<b>Fallbrook Support Group Co-Leader</b>	
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Caryl Parrish	

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

**Holiday Luncheon**

**Saturday, December 4th, 11:30 AM**

**Shadowridge Golf Club**

1980 Gateway Drive, Vista 92081

**\$25.00 per ticket**

**Menu Choices (indicate # in the space):**

Salmon \_\_\_\_\_

Chicken \_\_\_\_\_

Vegetarian \_\_\_\_\_

NCPSPG requires all attendees be  
COVID vaccinated  
I/we acknowledge \_\_\_\_\_

Number of tickets ordered \_\_\_\_\_

**Please Print**

Name(s) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your phone number

\_\_\_\_\_

***We must receive your reservation by  
Monday Nov 29***

Mail this form to and check made out to NCPSPG:

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