

NORTH COUNTY PARKINSON'S SUPPORT GROUP

November 2023

www.NCPSG.org



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

Our Winter Social - Sign Up Now

Time is near when Thanksgiving leftovers are almost gone, and the holidays are just around the corner. We have a great tradition this time of year, and it should be on your "must do" list.



Our **Winter Social** is a special gathering at the beautifully decorated Shadowridge Golf Club where we enjoy a lunch that is more like a holiday dinner, take pleasure in stimulating conversation, and join in our annual "Twelve Days of Christmas" - which is more akin to a NFL game than to carols by the Yuletide log. And, who knows... we even might have door prizes donated by each Support Group chapter!

The RSVP form is attached to this Newsletter, and is also available on our website at NCPSG.org. Advanced reservations are required. We must receive your reservation by Monday, November 27.



This Special Event is **Saturday, December 2 at 11:30am**. Check-in begins at 11am.

Welcome New Directors

Please join us in welcoming two new Directors to our NCPSG Board: **Sandy Miller** and **Anne Lee**. A brief bio for Sandy and Anne and all other Directors on our Board will be presented in the next few months.

Our Board makes decisions ensuring smooth operations, and envisioning and implementing new directions. Led by **Board President Sam Cooper**, our thirteen Directors meet monthly (sometimes more often) to set policy, plan fundraising, review Scholarship offerings, discuss speakers and topics, organize social gatherings, guide the Newsletter and other publications, and much, much more. We appreciate the dedication and wisdom that each Director offers to our North County community.

Don't Miss Empowerment Day November 29th

PASD's comprehensive, enlightening, uplifting **Empowerment Day** is **Wednesday November 29!** Hope you don't miss it! It will be a day well worth the effort. Its 8:45am – 3:45 at Mission Bay San Diego. You can still register at <https://parkinsonsassociation.org> or by phone 858 215-2570.



Inside This Issue

- Events Calendar Page 2
- IN FOCUS: Tom Newvold Page 3
- Updated Contact List Page 4
- RSVP for Fall Social Page 5
- Biofeedback flyer Page 6

Support Group Meetings

RANCHO BERNARDO

Monday November 6, 10:00 AM

Speaker: Nancy Floodberg, MS, Parkinson's Foundation Ambassador

Topic: "Parkinson's Aware in Care Kit - Hospital Safety Kits"

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

Host: Brigit King bkicedancer@gmail.com.

858-354-2498

LA COSTA CARLSBAD

Wednesday November 1, 1:00 PM

Speaker: Kristine Negrete, DPT, NeuroLab 360

Subject: "Fall Recovery and Demonstrations"

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday November 8, 1:00 PM

Speaker: Richard Scott Stewart, Attorney

Topic: "Legal Issues Critical to People with Parkinson's and Care Partners"

Oceanside 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

November meeting CANCELLED

Due to a schedule conflict with the meeting site, November meeting is cancelled. No meeting scheduled for December, but watch for social gathering invitation.

Regular meeting site: **Fallbrook Wellness Center**

1636 E. Mission Rd, Fallbrook - Host:

Irene Miller NCPSGF@gmail.com or 760-731-0171

Social Groups

In November we're gearing up for our **Winter Social** on Saturday **December 2**. Reservations are required by November 27. See page 1 for information and page 5 for reservation form.

If you are interested in joining our small groups, please contact Sam Cooper at scprphd@gmail.com or 520-820-0339.

NCPSP Board of Directors

Wednesday November 15, 1 - 3 PM The Board meets online on the third Wednesday of the month. Contact Sam Cooper NCPSGLC@gmail.com or 520-820-0339.

Physical Exercise

*In-person or On-line Options. Fees May Be Charged.
For more information on Scholarships see NCPSP.org*

Personally Fit (NCPSP Scholarships Available)

In-person and Zoom classes for Parkinson's.

personallyfitonline.com or contact Doris Flood, PT at dflood@personallyfitonline.com

LifeSpan Health (NCPSP Scholarships Available)

Drug-free program to enhance a healthy life span

<https://lifespanhealth.me/>

NeuroLab 360 (NCPSP Scholarships Available)

Neurologic physical therapy & wellness.

www.neurolab360.com

Rock Steady Boxing (NCPSP Scholarships available for some affiliates)

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/>

RX Ballroom Dance - Dance therapy, the best therapy for mitigating and reversing symptoms of brain deterioration. Classes in Oceanside, Fallbrook, Rancho Bernardo, Temecula. (no charge) Details at

<https://www.rxbalroomdance.com/> or call

Erin Angelo 310-938-1620

Vocal Exercise

Tremble Clefs -Therapeutic Singing & Socializing.

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, 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/>

Parkinson Voice Project - Speak Out home practice exercise Monday - Friday 8 AM PST online at www.parkinsonvoiceproject.org

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. **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!



“I was a cabinet maker. I went through an apprentice program in the 1970’s. You may have seen my work at The Four Seasons Residence Club Aviara in Carlsbad or at various Macy’s in San Diego County. The last 25 years I drew shop blueprints on the AutoCad program for my employer. I also made many furniture items in my home shop that are in my home.

“I have been married to my wife, Terri, for 49 years. She is a wonderful person and a wonderful Care Partner. We have two children and two grandsons. My children have been very supportive and the grandsons bring much joy, especially the

6 year old who mimics me by walking with my cane saying ‘I’m an old man!’

“I was diagnosed with Parkinson’s 24 years ago. For the first 20 years my symptoms were mild, only some hand and arm tremors. I continued working, playing golf, walking, and gardening. In the past few years, however, my symptoms have progressed and I have other medical issues that complicates my Parkinson’s. I can no longer play

golf or walk much and have not worked for 12 years. I really miss those activities, but I do play bridge a couple of times a week with friends and my wife. When it’s difficult for me to travel, friends and family come to the house. I value these connections greatly including Paul Dawson who was our former next door neighbor.

“I find the support group meetings to be helpful and am learning a lot. The breakout groups are fine and I really enjoy the social activities. It helps to share with others and meet new people. I have learned intestinal fortitude and really do feel like I am not on my Parkinson’s Journey alone. Each day is precious.”

**“When its difficult for me to travel,
friends and family come to the house.
I value these connections greatly...”**

**“I find the support group meetings to be helpful
and I am learning a lot.**

**“I have learned intestinal fortitude
and really do feel like
I am not on my Parkinson’s Journey alone.
Each day is precious.”**

NCPSEG 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 and 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.

Must Be Doing Something Right: PASD Mentor Program

Last month we mentioned the value of the Mentor Program to newly diagnosed or those well along on the journey. It has been highly successful, and PASD has made the Mentor Program platform available to other Parkinson's organizations across the nation, where they use our training modules and contact procedures, but have their own local Mentors. In the short time its been available, independent Parkinsons organizations in Northern Nevada/Reno, Michigan and Southern Florida have signed on, each with their own volunteer Mentors and contacts!

Check it out on the Parkinson's Association of San Diego website: <https://mentors.parkinsonsassociation.org> and connect with someone whose undergone the training and who can provide insights - or just be a good listener.

NCPSPG "Business Cards" for You to Pass Out

We have prepared simple card handouts the size of business cards which you could carry and hand to someone you know or meet who is dealing with Parkinson's: as a person with the disease, a care partner, or others affected by PD. It includes a list of our NCPSPG services and the date, time and address of each of our chapter meetings. It's a low-key way to let them know that there are resources that they would find valuable – as we "Fight Parkinson's Together!"

Volunteer!

We're all volunteers. All Board members, officers, support group leaders are volunteers. Same with our greeters, refreshment team, sound folks, breakout facilitators.

Is there a way **you** could help? Volunteering benefits our members; its a fun and rewarding way to contribute to our Parkinson's community.

Newsletter Published Online

Our monthly NCPSPG Newsletter is available on our website www.NCPSPG.org. It is posted about one week before the end of the month. Archived editions are also available there. Challenged by computers? Lack online access? Speak with your Support Group leader or **Micheline Allen**.

**We are a 501(c)3 non-profit organization, dedicated to serving the Parkinson's community.
Your donation of funds and of volunteer service are truly appreciated! Thank You!**

NCPSPG OFFICERS, DIRECTORS, LEADERS

Rancho Bernardo Co- Leaders	ncpsgRB@gmail.com
Carol Maher	hcmaher@cox.net ..760-749-8234
Brigit King.....	bkicedancer@gmail.com ..858-354-2498
La Costa Leader	ncpsgLC@gmail.com
Sam Cooper.....	scprphd@gmail.com ..520-820-0339
NCPSPG Board President	
La Costa Co-Leader	
Art Braun.....	artjbraun@hotmail.com 760 550-0508
Oceanside Leader	ncpsgO@gmail.com
Paul Dawson.....	paul@video-fire.com ..760-497-1200
NCPSPG Past President - PASD Board member	
Oceanside Co-Leader	
Madonna Bingham..	granny6mb@gmail.com 760-757-7564
Fallbrook Leader	ncpsgF@gmail.com
Irene Miller.....	imiller4jc@gmail.com ..760-731-0171
NCPSPG Board Vice President	
Fallbrook Co-Leader	toddandlorie@yahoo.com
Lorie & Todd Frame.....	760-453-3045
Treasurer, Recording Secretary, Webmaster	
Caryl Parrish....	carylparish@gmail.com ..760-753-5004
Corresponding Secretary	ncpsgCS@gmail.com
Micheline Allen....	760-631-0649
Social Director	
Sam Cooper	scprphd@gmail.com ..520-820-0339
Video Media	
Art Bierle.....	arthurbierle@gmail.com .. 760-749-2182
Directors	
Anne Lee.....	annelee_500@hotmail.com ..760-757-7564
Sandra Miller.....	sandy@greensails.net ..909 374-7755
Board Director Emeritus	Thelma Balbes
Newsletter Publisher	paul@video-fire.com
Paul Dawson.....	760 497-1200
Newsletter Editor	
Joan Anderson	ncpsgNL@gmail.com
Newsletter FOCUS Reporter	scprphd@gmail.com
Sam Cooper	520-820-0339
Newsletter Mailing – Database	ncpsgCS@gmail.com
Micheline Allen.....	760-631-0649

Our mailing address :

**NCPSPG
PO Box 230566
Encinitas CA 92023**

Our Website: (Donations accepted)

NCPSPG.org

To update or remove your contact info, please let **Micheline Allen** know. 760-631-0649

ncpsgCS@gmail.com

RESERVATION FORM

Please complete and submit with your check by November 27

[no ticket purchase at the door]



NCPSG's **Winter Social**

Saturday, December 2, 2023, 11:30

Check-in 11:00

Shadowridge Golf Club
1980 Gateway Drive, Vista



Entrée choices:

- ◆ Honey Glazed Salmon with mashed potatoes and vegetables
- ◆ Lemon Roasted Chicken with mashed potatoes and vegetables
- ◆ Butternut Squash (vegetarian)

All choices include water, ice tea or coffee, rolls with butter, salad, and dessert.

\$31.00 per ticket.

Number Of Tickets ____

Please indicate your name, guests names, and entrée selections:

Name

Menu Choice

Your phone number _____

We must receive your reservation by Monday, November 27, 2023

Make your check payable to "NCPSG". Mail this form and your check to:

NCPSG
PO Box 230566
Encinitas, CA 92023



NCPSPG provides information in our newsletter and chapter meetings on a broad array of Parkinson's-related topics and perspectives.

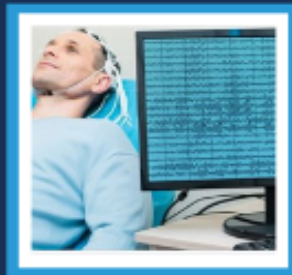
A presentation should not be interpreted as our endorsement.

Do your own research and talk with your neurologist before taking action.



BIOFEEDBACK PROGRAM

A New Way to Manage Your Parkinson's Symptoms



Unlock a New Era of Parkinson's Care with Biofeedback!

This proven scientific breakthrough is revolutionizing symptom management, offering hope and innovation like never before. Discover the power of the SMARTPD Program and take control of your life today!

Biofeedback Success: Real Relief for Parkinson's

- ✓ Reduce Brain Fog
- ✓ Improve Sleep
- ✓ Boost Motivation and Mood
- ✓ Ease Pain and Stiffness
- ✓ Reduce Tremor
- ✓ Increase Mobility
- ✓ Improve Balance
- ✓ Calm Anxiety

SPECIAL OFFER

Book Your Free Discovery Call Today

Use discount code* BRAINPOWER to receive 20% off all services

**expires 11/30/23*

BOOK NOW



CONTACT US



www.smartpdprogram.com



858-204-2896



info@smartpdprogram.com



543 Encinitas Blvd, Suite 114

