

NORTH COUNTY PARKINSON'S SUPPORT GROUP

October 2020
www.NCPSG.org



NEWSLETTER for La Costa-Carlsbad, Fallbrook, Oceanside, and Rancho Bernardo Support Groups

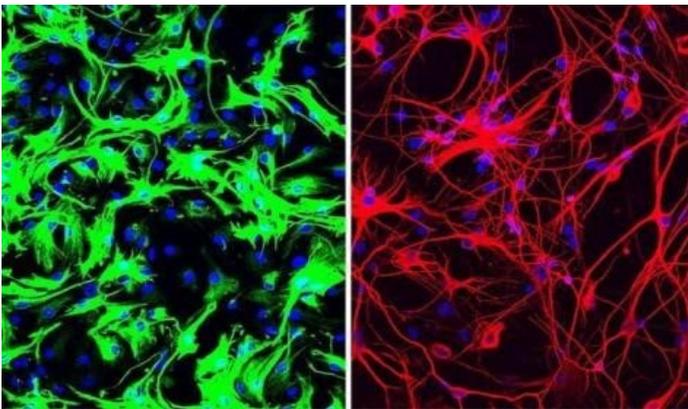
Research Advances in San Diego:

From time to time we present articles on current research on Parkinson's Disease. Please remember that such research, while hopeful, is in the early stages and may not result in actual treatments.—Ed

Local Experts

Sometimes the most exciting research is going on in our own backyard! San Diego researchers and clinicians are at the cutting edge of Parkinson's research. University of California San Diego periodically presents updates by local experts on their YouTube channel. UCTV presents Dr Irene Litvan, Dr Don Cleveland, and Dr David Higgins in a seminar on cutting edge research at <https://www.youtube.com/watch?v=RZjVZNqIa14>. Dr's Litvan and Higgins will be familiar to many of our support group attendees as volunteer speakers when we were meeting live (remember?). Additional information follows:

UC San Diego School of Medicine Parkinson's Research



Left: mouse astrocytes (L. green) before reprogramming;
Right: neurons (R. red) induced from mouse astrocytes after reprogramming. (Image credit: UC San Diego Health Sciences)

Additional information about Dr Cleveland's portion of the talk above has appeared in articles and scientific journals. Scientists at the UCSD School of Medicine have made an exciting discovery that gives hope to sufferers of Parkinson's Disease and other neurological disorders.

You may have seen research efforts, such as stem cell trials, that attempt to restore neurons to their proper function. There is an entirely new line of study. By silencing a protein in the brain of a mouse called PTB scientists observed that certain cells converted into neurons. Mice that were so treated lost the motor symptoms of Parkinson's Disease, and remained symptom free for the remainder of their lives.

Please remember: Mice aren't people! This is promising, but a lot of study is still required to see if

this research translates to human beings. For more information see this article: <https://www.studyfinds.org/accidental-discovery-leads-to-parkinsons-disease-cure-in-mice/> The article contains a link to the original publication in the science journal *Nature*. For further explanation of the science behind the findings you can watch this interview with Dr Xiang Dong Fu, PhD. But be warned, this is very technical, and not for the faint of heart!

<https://www.youtube.com/watch?v=thAKgGzz2ho>

Bonus information!

Dr Brenton Wright, MD, UCSD Dept of Neurosciences is scheduled to speak on this very topic at the next online meeting of the Oceanside Support Group. See Page 2 for details on joining the discussion. And remember, you are free to attend any of our group online meetings, not just those you would attend in more traditional times. If you see a topic of interest just contact the host to be added to the email invitation for that group. One of the few advantages to the current situation is the option to attend multiple meetings.

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Support Group Meetings

Note: NCPSTG Chapter in-person meetings are suspended until further notice. If you wish to attend any of the virtual meetings, contact the email address or phone number provided for a Zoom invitation.

Chapter Meetings

RANCHO BERNARDO - Online meeting October 5, 10:00 AM *Speaker:* Susan Miller, Author. *Topic:* Experiences in caregiving with humor. Host: Carol Maher hcmaher@cox.net or 760-749-8234

LA COSTA CARLSBAD -Online meeting October 7, 1:00 PM *Speaker:* Dr Mindy Bixby, Scripps La Jolla *Topic:* Parkinson's and the management of "off" episodes. Host: Sam Cooper NCPSTGLC@gmail.com or 520-820-0339

OCEANSIDE - Online meeting October 14, 1:00 PM *Speaker:* Brenton Wright MD, UCSD Dept of Neurosciences. *Topic:* Regenerating damaged neurons. Host: Paul Dawson paul@video-fire.com or 760-497-1200

FALLBROOK - Online Meeting October 23, 10:00 AM *Speaker:* Kindra French of 101 Mobility. *Topic:* Fall prevention and access to mobility aids. Host: Irene Miller NCPSTGF@gmail.com or 760-731-0171

Breakout Groups

People with Parkinson's: two options;
New attendees: Please email the host to request the Zoom "Invite" details.

- Monday October 12, 10am, Bill Farrington, host email: billfarr48@gmail.com
- Thursday October 15, 10am, Paul Dawson, host email: paul@video-fire.com

Care partners: Two options;
New attendees: Please email the host to request the Zoom "Invite" details.

- Monday October 12, 10am. Carol Maher, host. Email: hcmaher@cox.net
- Friday, October 16, 2pm, Sandy Miller, host email: sandy@greensails.net

Webinars to Keep Current

Michael J Fox Foundation
Free live webinars on various Parkinson's topics
<https://www.michaeljfox.org/webinars>

NCPSTG Board of Directors

Wednesday October 21st 1 - 3pm Board meets on third Wednesday. Board meetings are conducted online. **Paul Dawson 760-497-1200**

Notice!

Public gatherings are restricted in California. Alternate listings are provided for online groups until normal activities are resumed.

Physical Exercise

(Fees May Be Charged)

ROCK STEADY BOXING - Virtual Programs available Check their website for more information.
<https://www.rocksteadyboxing.org/>

ONLINE EXERCISE CLASS - Classes for strength, agility and balance. Various times via Zoom.
Christina Dinh cdinh@yadinneurowellness.com

PD Connect Various times and dates.
www.pd-connect.org/#calendar

Dance for PD Music and dance at various times
www.danceforparkinsons.org

SmartXPD Live Online Exercise with Patrick
An online exercise community. Contact:
patrick@smartxpd.com

Vocal Exercise

Tremble Clefs -Therapeutic Singing with chapters in Encinitas and Rancho Bernardo
Virtual practice Wednesdays at 10:00 AM and Thursdays at 1:00 PM
Melodi Denton at 619-363-0814 or check website:
<https://www.trembleclefs.com/>

AudAbility - Online activities available free or discounted.
Music therapy program offering numerous music related activities for People with Parkinson's. **Lindsay Zehren** 858-457-2201 or lzehren@musicworxinc.com.

Small Social Groups

Virtual Meetings 3rd Mondays at 1:00 PM online until further notice.
Our small social groups normally gather in rotating private homes in months that we don't have a large group activity. In the meantime virtual meetings are being organized. If interested contact Social Chairperson **Sam Cooper** scprphd@gmail.com or 520-820-0339

Christ Presbyterian Church La Costa, Oceanside First Presbyterian Church, Christ the King Lutheran Church Fallbrook, and San Rafael Catholic Church, RB provide their facilities at no charge. We Thank You!



Bill Shinner was born and raised in Brentwood, California. “I am the youngest of four siblings and have three wonderful sisters. Unfortunately, my mother passed away when I was only ten years old. That was very hard, but my sisters watched over me.”

After graduating from Loyal High School in Los Angeles in 1969, he went on to Menlo College in Atherton, California,

where he met his wife, Debbie. They have been married for 49 years. “I transferred to USC finishing my Masters in 1975. We then moved to Northern California where Debbie was born and raised. I went on to get my Broker’s license and opened my own real estate company. We had our three children, April, Kim, and Scott while living there. I coached many of their sports activities as they were growing up. We wanted a more rural lifestyle and decided to move to Fallbrook in 1986. I continued in real estate and went on to get my Contractor’s license and build custom homes.”

“We joined our North County Parkinson’s Support Group about three years ago and attend the Fallbrook chapter meetings. I participate in Rock Steady Boxing with my friends Frank, Pete, and Dean.”

“I enjoy the new friends I have met in our Fallbrook group and don’t feel alone. Meeting others who are also dealing with Parkinson’s helps.”

“You need to take each day at a time and stay busy. Stay active. Stay positive.”

“Almost everything is becoming difficult for me now including dressing myself, walking, and my short term memory. My symptoms also include hallucinations which has been particularly difficult for my wife. We joined our North County Parkinson’s Support Group about three years ago and attend the Fallbrook chapter meetings. I participate in Rock Steady Boxing with my friends Frank, Pete, and Dean.”

“I enjoy the new friends I have met in our Fallbrook group and don’t feel alone. Meeting others who are also dealing with Parkinson’s helps. My family, including our five wonderful grandchildren, is sensitive to my diagnosis and are all very helpful and very kind. They know how vital it is for me to stay active even when all of the medications I am taking make me tired. It is truly a blessing I have such support. You need to take each day at a time and stay busy. Stay active. Stay positive.”

NCPSPG Notice

We provide information in our newsletter and chapter meetings on a broad array of Parkinson’s-related topics and perspectives. Please recognize that ***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 live meetings and events and may use them in our Newsletter, website and other promotional materials. Please tell the Support Group leader at the start of every meeting or event if you do not want your image to appear.

Parkinson's Registry

The California Parkinson's Disease Registry requires healthcare providers diagnosing or providing treatment to Parkinson's disease patients to report each case of Parkinson's disease to the California Department of Public Health beginning July 1, 2018. The information is used to record the distribution and prevalence of Parkinson's Disease. The information is protected, and the patient has the right to access what information has been provided. The information is provided directly by physicians, and patients need take no action.

The program is authorized under the California Health and Safety Code, and was to terminate on January 1, 2021. The legislature introduced Assembly Bill (AB) 2821 to extend the program for another year. The legislature unanimously authorized the program, but provided no funding to support it. The Michael J Fox Foundation has agreed to provide the required funding.

As of this writing the bill has been forwarded to the governor's office for signature. He must sign by September 30 for the legislation to take effect.

For Frequently Asked Questions concerning the registry see <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDSRB/Pages/CPDR-FAQs.aspx>

Passings

- Phil Souther

Our thoughts and prayers go out to family and friends

Changes - Changes - Changes

If you have changed your phone, email or mailing address, or if you no longer want to receive our Newsletter, please let **Micheline Allen** know. 760-631-0649 micheline.allen@cox.net

Our mailing address :

**NCPSG
PO Box 230566
Encinitas CA 92023**

Our Website: (Donations accepted)

NCPSG.org

Our Facebook page: (Donations accepted, no fees)

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

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Our continuing thanks to the
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for our Newsletter postage.



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760-631-3000