

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

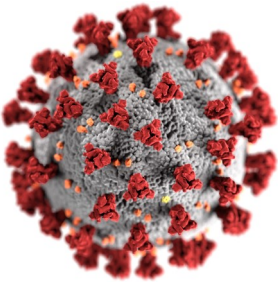
October 2021

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



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

## More on COVID and the Parkinson's Community



So tired of this guy!



By now we are all tired of hearing about and dealing with COVID-19. But it's still with us. And not only is the virus changing, so are scientific predictions and public policy. Last month we announced the NCPSG policy when dealing with COVID. Here we provide our latest understanding of where we stand and where we may be going. Our bottom line is to encourage full vaccination in our population.

Remember the terms "flatten the curve" and "herd immunity"? In San Diego County we are well past the "flatten the curve" issue. We have high levels of vaccination (77.2% eligible population fully vaccinated) and sufficient hospital capacity to care for the seriously ill. Many health officials are not sure that herd immunity is achievable. (Herd immunity is the indirect protection from an infectious disease that happens when a population is immune either through vaccination or immunity developed through previous infection.) So why no herd immunity?

- We don't know the proportion of the population that must be immune in order to achieve herd immunity because the disease is still new, only 18 months or so.
- Even the vaccinated or previously infected may get infected (though at a low rate and usually very mild).
- The vaccinated who get a breakthrough mild infection may still be transmissible.
- The virus constantly changes. Delta is the big variant now, but others have been announced. (Mu anyone?)
- Vaccine distribution is uneven, within and between countries and even states and localities.
- Immunity by either vaccine or natural infection may reduce/expire over time.
- Humans change their behavior: If vaccinated, if tired of isolation, need to make a living, just tired of masking, just get used to it in the background.

If we don't achieve herd immunity the prediction is that ALL unvaccinated will eventually meet the virus. So, we encourage you to get vaccinated for your protection from severe disease. San Diego County reports that the unvaccinated are *51 times* more likely to be hospitalized than the vaccinated if infected by COVID-19! And remember that you must be fully vaccinated to attend our live events, and also wear a mask until otherwise announced. This will end. It's just taking longer than we hoped.

## PASD 5K Walk a Big Success!



Madonna is trucking!

Wonderful news! PASD just announced the following:

Over 700 walkers came out in perfect weather at Liberty Station on Saturday, August 21. Over \$166,000 was raised for the Parkinson's Association of San Diego. This overwhelming level of commitment from the community is what enables us to continue to provide programs, education, and resources for the Parkinson's community in San Diego. Special acknowledgement to Madonna Bingham who has raised over \$114,000 for the Parkinson's Association of San Diego over the last decade! Madonna, you're awesome! Thank you to everyone who participated and donated. We appreciate all your support! Circle April 9, 2022 on your calendar as the walk returns to springtime!

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## Support Group Meetings

Attendance at NCPGS 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 October 4, 10:00 AM**

*Speaker:* Maya Pinchman.

*Topic:* Wills, Trusts & Medicaid Insurance.

**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 October 6, 1:00 PM**

*Speaker:* Dr. Sandeep Thakkar, Movement Disorder Specialist

*Topic:* Inbrija: New Medication For Off Times

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

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

#### OCEANSIDE

**Wednesday October 13, 1:00 PM**

*Speaker:* Laurie Dunne of Canine Companions

*Topic:* Specialty trained dogs to assist PwP

**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 October 22, 10:00 AM**

*Speaker:* Leslie Salmon, Certified Instructor, Sage Yoga Studios

*Topic:* Yoga for Parkinson's

**Fallbrook Wellness Center (new location)**

1636 E. Mission Rd, Fallbrook 92028

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

### Small Social Groups

Monday October 18th at 4 PM. The Annual World Famous Weenie Roast at Madonna's. (Don't forget the requirements for vaccination and indoor masking, but Madonna has a great outdoor venue!)

For details contact Social Chairperson **Sam**

**Cooper** [scprphd@gmail.com](mailto:scprphd@gmail.com) or 520-820-0339

### NCPGS Board of Directors

**Wednesday October 20<sup>th</sup> 1 - 3pm** 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 [lzehren@musicworxinc.com](mailto:lzehren@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!

## In Focus: Larry Muschek

By Sam Cooper



Larry Muschek grew up in Philadelphia with his parents and two sisters. “The other boys in the neighborhood and I did all of the fun, but sometimes dangerous things boys do growing up in a large city. At a young age I caught my ring finger in a car door hinge which amputated part of my finger. My mother signed me up for piano lessons! From that point on, academics and piano practice became the center of my childhood.”

Larry met his wife, Nancy, in high school. They celebrated 57 years of marriage this August. He attended the

Philadelphia College of Pharmacy and Science earning his bachelor’s in Chemistry. Nancy attended Thomas Jefferson University receiving her RN degree. They later moved to Michigan where Larry completed his Ph.D. in Biochemistry and did post-doctoral research in cardiovascular pharmacology at Michigan State University.

Even during the early days of school and work and raising three daughters, in retrospect Larry feels like he was already showing early signs of non-movement Parkinson’s disease. “I struggled with chronic constipation and very active REM sleep disturbances to the point I was concerned I would hurt my dear wife.” He retired to a life of volunteer activities including building houses in Mexico and working on several fire rehab teams. “But I continued having sleep issues and over time swallowing difficulties. When cognitive slowing and depression began to develop, I was finally directed to a Movement Disorder Specialist. It took years to finally get the applicable medications. You don’t have to look like Michael J. Fox to have Parkinson’s.”

Larry typically attends our La Costa chapter support group. “The chapter meetings are very valuable and include critical information. The PwP group is particularly helpful as is Tremble Clefs. It helps a great deal knowing other people who are on a similar journey. Just being around people who understand is very helpful.”

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**“The chapter meetings are very valuable and include critical information. The PwP group is particularly helpful as is Tremble Clefs”**

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### NCPSPG 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 [ncpsgnl@gmail.com](mailto:ncpsgnl@gmail.com).

## The Parkinsons Foundation

The mission of the Parkinson's Foundation is to make life better for people with Parkinson's disease by improving care and advancing research toward a cure. The PF is a 2016 merger between the National Parkinson's Foundation (NPF) and the Parkinson's Disease Foundation (PDF).

The PF focuses on three major areas:

- Provide life-changing support to people living with Parkinson's and their caregivers
- Fund game-changing research on treatment and care
- Convene the best minds from every corner of the global Parkinson's community to find new approaches that enhance care and move us closer to a cure.

The PF provides educational resources including an online library. They have recently announced \$4.3 million in various grants for clinical research. As advocates for patient centered care they have designated a network of care centers, including the UCSD Movement Disorder Center as "Centers of Excellence".

This is also the organization that provides the Parkinson's Hospital kit (aka the "Aware in Care" kit). This kit provides the tools for a Parkinsonian to address their special needs during a hospital stay. The kits are free or a nominal shipping charge.

An exciting new project is called PD GENERation, which offers genetic testing and counseling for Parkinsonians at no cost. The project is designed to help scientists understand PD and develop new and better therapies.

For more information on these and many other programs see their website at <https://www.parkinson.org/>

### Passings

- Carl Hoge
- Robert Friedman
- William Yetman

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/>

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for our Newsletter postage.



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