

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

October 2022

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



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

## PASD's Empowerment Day Coming Soon!

The Parkinson's Association of San Diego is hosting its next Empowerment Day on Wednesday November 30th from 8:45 AM to 3:30 PM. It will be held in the Marina Village Conference Center 1936 Quivira Way in San Diego. You can register on line at <https://parkinsonsassociation.org/> beginning September 1st.



There is already an exciting lineup of activities and presentations planned, including a performance by the wonderful Tremble Clefs. There will be booths to browse and presentations to attend. Some of the presentations include the state of research, non-motor symptoms, Deep Brain Stimulation, Parkinson's medications, various exercise opportunities, and more. There will be breakout panels on women and Parkinson's, young onset PD, care partners, and exercise and PD.

One of the greatest benefits of these events is the opportunity to get out and socialize with others in a like community. How often have you run across that person who just happens to have the experience you need, and can share a solution that is just right for you? Even better, you may have the rewarding experience of sharing your knowledge with someone who needs it!

So stay up to date with the latest in Parkinson's research, medicine and techniques, and stay connected to the Parkinson's Community. Sign up for Empowerment Day!

## Save the Date for the Holiday Luncheon

Look for a reservation form in next month's newsletter for the annual Holiday Luncheon on Saturday December 3, 2022. All the details you need will be right there.

## Tremble Clefs Annual Update

Tremble Clefs mission is to help their members strengthen their voices through singing, to feel good and have fun! The Tremble Clefs have gradually been able to move past the challenges of the past two years of COVID and now have in-person practices and performances, although they do still maintain a digital presence. They performed live at a number of venues including the PASD Empowerment Day (look for them again this year!), Holiday performances at Liberty Station, CBS 8 promotional program, PASD's 5K Walk, among many others. The culminating event of this season was aptly named Tremble Clefs, Together We Sing, their first Friends, Family & Community get together since 2019. Future growth will include Tremble Toes, a move-to-music program.

The quality of the program is ensured by professional music direction and accompaniment. But there are costs to such a program and NCPSG encourages your support. Check them out at <https://www.trembleclefs.com/>.

### Inside This Issue

- Events Calendar Page 2
- IN FOCUS: Steve Frederick Page 3
- Shop for Charity Page 4

## 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

**Monday October 3, 10:00 AM**

*Speaker:* Kristine Negrete, DrPT, NeuroLab360

*Topic:* "Parkinson's & Physical Therapy"

**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 5, 1:00 PM**

*Speaker:* Steve Gordon, Licensed broker

*Topic:* "Parkinson's and Medicare "

**Christ Presbyterian Church**

7807 Centella St Carlsbad 92009

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

or 520-820-0339

#### OCEANSIDE

**Wednesday October 12, 1:00 PM**

*Speaker:* Dr. Kash Dashtipour, Loma Linda U.

*Topic:* "Nourianz, a new oral med for patients on carbidopa levodopa experiencing "off" periods "

**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 21, 10:00 AM**

*Speaker:* Marty Acevedo, PASD, Davis Phinney Foundation Ambassador

*Topic:* "Davis Phinney Foundation Resources"

**Fallbrook Wellness Center**

1636 E. Mission Rd, Fallbrook 92028

*Host:* Irene Miller [NCPSTGF@gmail.com](mailto:NCPSTGF@gmail.com)

or 760-731-0171

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### Social Groups

If you are interested in a No Host small group lunch, 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 October 19, 1 - 3 PM** The 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. 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)

#### Coach Me Strong A one-on-one exercise coaching

program. See [Coachmestrong.com](http://Coachmestrong.com)

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### Vocal Exercise

#### 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/>

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**MusicWorx** - music therapy is the use of clinical, evidence-based interventions to achieve clients' non-musical goals. (*Watch for updates to MusicWorx's AudAbility program in the near future.*) See

[MusicWorx.com](http://MusicWorx.com). Or **Cassandra Richtsmeier** 858-457-2201 or [crichtsmeier@musicworxinc.com](mailto:crichtsmeier@musicworxinc.com)

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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!



*Kathy Frederick, who was the "In Focus" for our September newsletter, passed away August 27. Our September newsletter had already been printed. As we often do, the care partner was to be featured the following month. With Steve Frederick's permission, we include his "In Focus" here. Our deepest condolences to Steve and his family.*

"I grew up in a farming area of Northern Illinois with three younger sisters. Even though they live all over the country we all remain close. My career was mostly in sales, 13 years in international business development and the rest in Southern California retiring from 3M in 2015. In retirement I enjoyed skiing, fishing, and the outdoors in general the first few years. These days with caregiving

requiring a lot of close to home time, it's more drawing, cooking, working out, and gardening."

"My wife, Kathy, and I have two daughters who are both married. The one daughter has two boys and the other daughter has two girls. The grandchildren range in age from 3 to almost 8. Kathy was diagnosed with Parkinson's almost 16 years ago. The first 10 years were manageable and we continued to travel a lot. The last 5 years have been an ever increasing challenge. She falls frequently. Some people freeze and then fall, but Kathy just falls. Getting her to use a walker has been a challenge and is only so helpful. Sometimes she needs a wheelchair which is actually less stressful for me. We carry both in the car. Last October she fell and broke her neck resulting in a month in rehab and a long recovery. Her falls often include a hit to the head and neck which is scary. A recent diagnosis of breast cancer came as quite a shock. One the drugs the doctors prescribed caused a huge downward spiral. She quit that treatment but is only halfway recovered. It became obvious I needed in home help and we are working on that now."

"Kathy and I are involved in as many North County Parkinson's programs as possible including attending the Rancho Bernardo support group and Tremble Clefs. She can no longer do the more strenuous activities like Rock Steady Boxing but continues to exercise online, rides a stationary bike, and participates in various therapies. And as a retired nurse, Kathy is always online researching Parkinson's and any new developments."

"The North County Parkinson's Support Group has been very helpful. It's comforting to join with people in a similar situation, learn from them, share ideas, and make new friends. The breakout groups are especially helpful giving each of us a view into other people's experiences and problems.. So many have been through this and have valuable information and often novel solutions. Both of our daughters have also stepped up to help and seeing the grandchildren at least every other week helps keep you young. We have an active social life and often have people over for get togethers or meet in restaurants. We don't want to get isolated."

"Carry on and live life to the fullest. Stay active and participate in the things you always enjoyed as best you can for as long as you can."

**"Kathy and I are involved in as many North County Parkinson's programs as possible..."**

**"The North County Parkinson's Support Group has been very helpful. It's comforting to join with people in a similar situation, learn from them, share ideas, and make new friends."**

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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 promotional materials. Please tell the event leader if you do not want your image to appear.

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 [ncpsgcs@gmail.com](mailto:ncpsgcs@gmail.com) or Caryl at [carylparrish@gmail.com](mailto:carylparrish@gmail.com). If you find a broken link, contact Rex at [ncpsgnl@gmail.com](mailto:ncpsgnl@gmail.com).

## Shop for Charity

Do you shop on Amazon? Would you like to support a Parkinson's charity? Would you like to provide that support at no cost to yourself? Well the Parkinson's Association of San Diego (PASD) is a participant in Amazon's Smile program. Amazon Smile provides 0.5% of eligible purchases to eligible charities at no cost to the shopper. Go to <https://smile.amazon.com/> and log in to your Amazon account, choose your charity, and start shopping!

## Medications to Avoid

Parkinson's isn't just one thing. It has a number of symptoms, each often requiring treatment with its own medication. In addition, your body doesn't stand still and is subject to all the other diseases and issues that anyone else may experience. That means that you may be prescribed medications that can interfere with your Parkinson's meds, or even worse cause real problems. We recommend that you consult with your pharmacist to ensure no adverse interactions with your medications. Getting your meds at a single source, or advising your pharmacist of meds obtained elsewhere, will make that job much easier.

For a free, downloadable medication guide see <https://davisphinneyfoundation.org/medication-guide/>

You can search the medications by type and symptom, or alphabetically.

## Passings

- Ira Rosenthal
- Kathy Frederick
- Gary Minor

Our thoughts & prayers go out to family & friends

To update or remove your contact info, please let **Micheline Allen** know. 760-631-0649  
[ncpsgcs@gmail.com](mailto:ncpsgcs@gmail.com)

**Our mailing address :**

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**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

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for our Newsletter postage.



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