

NORTH COUNTY PARKINSON'S SUPPORT GROUP

September 2021

www.NCPSG.org



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

In-Person Meetings Begin!

The Summer Social



Hawaiian Shirts Included!

We met at the Shadowridge Golf Club on July 28th for an afternoon of fun and food! For most of us it was our first social outing in well over a year. Almost 70 of our members gathered to catch up and share their stories. Friendships were renewed or made. As usual the club's staff was attentive, and the food was great! Oh, those burgers! Thanks to all who helped with finance, check-in, and other duties. Special thanks to Sam Cooper, our Social Director for the arrangements. Great job guys!

You may remember our report in May this year that Madonna Bingham was awarded special recognition for raising over \$100,000 over the years for the Parkinson's Association of San Diego. Our Social was

the first opportunity to present the award. Marty Acevedo, PASD's new board president, was on hand to make the presentation. Well deserved!



Marty Acevedo (L) & Madonna Bingham

Support Groups

Our first in-person support group meetings also began in August. Before the first meeting we did add a masking requirement to respond to the increased transmission of the Delta variant. (The COVID-19 situation changes rapidly. Please see our note on page 4.) We were able to hit the ground running with speakers and breakout sessions. All our groups met in the same facility as prior to the pandemic except Fallbrook. See page 2 for details on our September schedule. Thanks to all who attended.



Betty Byrd checking in



Carly Bonnell speaks on mental health



Sam Cooper welcomes the La Costa folks



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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

Tuesday September 7, 10:00 AM (Note Change due to Labor Day)

Speaker: Sherrie Gould NP.

Topic: Parkinson's Medications.

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

Hosts: Brigit King & Carol Maher

hcmaher@cox.net or 760-749-8234

LA COSTA CARLSBAD

Wednesday September 1, 1:00 PM

Speaker: Lindsey Unger; Speech - Language Pathologist; MS. CCC-SLP

Topic: Converse With Confidence, LSVT & Speakout Therapy

Christ Presbyterian Church 7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com or 520-820-0339

OCEANSIDE

Wednesday September 8, 1:00 PM

Speaker: To Be Announced

Topic: To Be Announced

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

Friday September 24, 10:00 AM

Speaker: Jessie Agrims & Kristine Negrete; CPT

Topic: Exercise is Medicine

Fallbrook Wellness Center (new location)

1636 E. Mission Rd, Fallbrook 92028

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

Small Social Groups

Monday September 20 at 1 PM. Hosted by Stephen & Stephanie Lester. (Don't forget the requirements for vaccination and indoor masking). For details contact Social Chairperson **Sam Cooper** scprphd@gmail.com or 520-820-0339

NCPSTG Board of Directors

Wednesday September 15th 1 - 3pm Board meets on third Wednesday. Board meetings are conducted online. **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 or contact Doris Flood, PT at dflood@personallyfitonline.com

CEREBRAL MOTION Specialized personal training for PD. Cerebralmotion.com or contact Mickey Burke MS at mickey@cerebralmotion.com

COACH ME STRONG A one-on-one exercise coaching program. Coachmestrong.com

SmartXPD Online Exercise with Patrick

An online/video exercise community. See

SmartXPD.com or contact patrick@smartxpd.com

Don Skaggs Total Healthworks: Evidence based online only fitness program. 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

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. Or **Lindsay Zehren** 858-457-2201 or lzhren@musicworxinc.com.

In Focus: Thelma Balbes

By Sam Cooper



Thelma Balbes, a founding member of our North County Parkinson's Support Group and long time advocate, has been named Board Member Emeritus by our North County Parkinson's Support Group Board of Directors. Her citation reads "In deep appreciation of your amazing contributions to the North County Parkinson's Support Group and the Parkinson's community. Your leadership and wisdom have touched us all."

After her diagnosis with

Parkinson's, Thelma's initial experience with a support group was when she lived in St. Louis before she and husband, Ray, moved to Carlsbad in the early 2000's where she founded a support group here. The group initially met in the evenings at the Sunrise Assisted Living Facility. "First it was the Carlsbad group, which became the Encinitas group, which became the Cardiff group. This group is now the Carlsbad group again and is one of our four support groups. In St. Louis we had one of the more active support groups, but I think we are doing much more here in North County."

**"Parkinson's is a journey because it is always changing."
"You never know what the day will bring. It's like driving across the country. You never know what the traffic will be like. It might slow you down, but you keep going."**

Thinking North County should have a formal agreement with the Parkinson's Association of San Diego, Thelma met with then Executive Director, Ron Hendrix. "We hammered out a formal agreement which required changing our by-laws slightly, but it was a good fit." Since then our North County Parkinson's Support Group has become our own Non-profit Organization, but we still maintain a strong relationship with the Parkinson's Association of San Diego and partner with them on several activities.

Thelma shares that "Parkinson's is a journey because it is always changing. You never know what the day will bring. It's like driving across the country. You never know what the traffic will be like. It might slow you down, but you keep going."

On behalf of all us in our North County Parkinson's community, thank you Thelma. You have truly been an inspiration for all of us.

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. If you find a broken link, contact Rex at ncpsgnl@gmail.com.

NCPSPG & COVID-19 (It's a Moving Target)

COVID-19 has proven to be a moving target. As of this writing the predominate Delta variation is highly infectious. There will probably be other variations in the future. Public health officials struggle to keep pace with the pandemic. Despite the best intentions public guidance may be in flux until sufficient data is collected and analyzed. The disease impact also varies based on the local population (age, vaccination rates, vulnerability, crowding, etc.)

So what is NCPSPG doing in response? Our membership is a particularly vulnerable population, many of whom are immunocompromised. We also do not have the luxury of rapid response to changes in the situation. We only communicate monthly via this newsletter or the meetings you attend. Therefore our strategy is to exercise an abundance of caution. We select the most cautious approach in the hopes that our measures are sufficient to guard our population during our activities.

Therefore, for the foreseeable future NCPSPG requires full vaccination to attend our live events. We also currently require masks indoors. Circumstances and public health guidance may require additional changes as the pandemic progresses. These changes may be more or less restrictive depending on the situation. Just stay alert to our communications, and please be patient.

Passings

- Bernie Slovut
- Steve Tomiyama

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

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PO Box 230566
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Our Website: (Donations accepted)

NCPSPG.org

Our Facebook page: (Donations accepted, no fees)

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

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Serving San Diego County with four locations:
Carlsbad, Escondido, Poway, La Jolla
760-631-3000