

NORTH COUNTY PARKINSON'S SUPPORT GROUP

September 2022

www.NCPSG.org



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

Social Programs Galore!

New Location for the Fall Social (and it's a Potluck!)

Our Fall Social will be a potluck, Monday, September 19, 11:30 AM, hosted by our Rancho Bernardo chapter support group, at San Rafael Catholic Church, 17252 Bernardo Center, San Diego 92128. Folks from the Rancho Bernardo group will bring main dishes. Our La Costa and Fallbrook folks are asked to bring side dishes and Oceanside or those not affiliated with a group will bring salads or desserts. Due to Covid concerns, the food will be served. Table settings and drinks will be provided. We look forward to seeing everyone then! See the flyer on the last page.

Summer Social Report

From one party to the next! We met on Wednesday July 27th at the Shadowridge Golf Club for our Summer Social. Over 60 folks attended! The food was great, and the portions were big. Half the participants had to make use of a take-out box. It's a nice problem to have. The feedback was great, so join us next time!



So good, you just have to reach!



Social Chair Sam Cooper keeping an eye on things. Good job Sam!



Your humble Editor was even allowed time to partake.

Just a note about future socials: Next year's Summer Social will be in June so that we can better pace between the large events. And it will be on a Saturday, so we don't conflict with the Tremble Clefs schedule. We don't want to cramp anyone's style!

New Scholarships

Last month we announced our scholarship (subsidy) program to allow persons with Parkinson's in North County to try out fee-based programs in the local area. This permits you to see if these programs are right for you without financial risk. We've just added two new providers to the program. Under the Exercise category we have two additional options: LifeSpan Health of Fallbrook, and NeuroLab 360 of Encinitas. Under the Day Care/Respite category we are hoping to add the Glenner Adult Daycare Center in Encinitas. For more information and to apply see our website at <https://ncpsg.org/scholarship-opportunities>.

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Support Group Meetings

Attendance at NCPSTG in-person events requires full vaccination or natural immunity (recovered from infection) against COVID-19. Attendance at an in-person event constitutes your certification of full vaccination or natural immunity.

Chapter Meetings

RANCHO BERNARDO

Tuesday September 6, 10:00 AM

Note date change due to Labor Day

Speaker: Sherrie Gould, NP

Topic: "Hallucinations & Delusions in Parkinson's"

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 7, 1:00 PM

Speaker: Sherrie Gould, NP

Topic: "Parkinson's and Depression"

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

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

OCEANSIDE

Wednesday September 14, 1:00 PM

Speaker: Erin Drake

Topic: "Rx Ballroom Dancing" – Exciting new Parkinson's and Care Partners exercise program"

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 23, 10:00 AM

Speaker: Lindsey Unger

Topic: "Speak Out With Confidence"

Fallbrook Wellness Center

1636 E. Mission Rd, Fallbrook 92028

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

Social Groups

If you are interested in a No Host small group lunch, please contact Sam Cooper at scprphd@gmail.com or 520-820-0339

NCPSTG Board of Directors

Wednesday September 21, 1 - 3 PM 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)

Personally Fit (NCPSTG Scholarships Available)

In-person and Zoom classes for Parkinson's.

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

LifeSpan Health (NCPSTG Scholarships Available)

Drug-free program to enhance a healthy life span

<https://lifespanshealth.me/>

NeuroLab 360 (NCPSTG Scholarships Available)

Neurologic physical therapy & wellness.

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 or contact Mickey Burke MS at mickey@cerebralmotion.com

Coach Me Strong A one-on-one exercise coaching program. See Coachmestrong.com

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

Website: <https://www.trembleclefs.com/>

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. Or **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!



Kathy Frederick was an RN for 38 years, the last 31 years at the Sharp Mary Birch NICU in San Diego where she enjoyed working with the babies and families. “I retired when my Parkinson’s became more advanced, but nursing must have been in my blood because I was a candy striper during high school in Southern Indiana.” Married to husband, Steve, for 42 years they have “two lovely daughters and four of the cutest grandchildren all who live close by.”

“I was diagnosed in January, 2007. The first 10 years weren’t too bad, but balance

has become an issue and I am now reluctantly using a walker. As we prepared to move to a single story house last October, I fell and broke the C2 vertebrae in my neck. Challenges also include being recently diagnosed with breast cancer, but I continue to try and stay active. I was in Rock Steady Boxing for 2 years, dance for 2 years, and exercised at Personally Fit. I was also in the Coach Me Strong program for one year, Tremble Clefs, bike, and walk. With all the recent falls, I now do mostly chair exercise online. I have participated in four research studies including one for the last several years through the VA. I know staying active physically and socially is very important.”

“We have attended the Rancho Bernardo support group for 3 years now. The speakers and the breakout group are very helpful as are the social activities.”

“Attitude is everything. It’s really important to stay positive, stay active, and stay informed.”

“If you have to have Parkinson’s, San Diego is the best place to be with all of the resources available here.”

“We have attended the Rancho Bernardo support group for 3 years now. The speakers and the breakout group are very helpful as are the social activities. Knowing that others are going through similar kinds of things makes me feel supported and I can occasionally pass on something I have learned. I am very fortunate to have such a supportive and loving husband as my full-time Care Partner. My daughters also help when they can. The grandchildren know something is not right, but draw me pictures and give me hugs.”

“Attitude is everything. It’s really important to stay positive, stay active, and stay informed. I find people genuinely want to help even strangers when I fall or freeze in public. If you have to have Parkinson’s, San Diego is the best place to be with all of the resources available here. Remember to be you, not your Parkinson’s.”

NCPSG 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.

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 ncpsgcs@gmail.com or Caryl at carylparish@gmail.com. If you find a broken link, contact Rex at ncpsgnl@gmail.com.

National Legislation to End Parkinson's

From the Michael J Fox Foundation website:
Representatives Paul Tonko (D-NY) and Gus Bilirakis (R-FL) have introduced The National Plan to End Parkinson's Act (H.R.8585) in the House. This bipartisan legislation will, for the first time, unite the federal government in a mission to prevent and cure Parkinson's, alleviate financial and health burdens on American families, and reduce government spending over time.

This is the first legislation of its kind and has monumental potential for accelerating a cure and caring for people and families living with Parkinson's. For more information and to support the legislators see <https://www.michaeljfox.org/news/congress-introduces-national-plan-end-parkinsons-act>

Kinky Boots for a Wellness Center

The Summit for Stem Cell Foundation raises awareness about evidence-based regenerative medical therapies focused on Parkinson's. The Foundation is hosting a fundraiser dinner and performance of Kinky Boots, a musical based on a true story, with music and lyrics composed by Cyndi Lauper. The funding will support the creation of a Wellness Center for Parkinson's in Vista, Ca, so it will benefit the North County community. The Performance will be on September 13th at the Moonlight Theater in Vista at a time TBA. For more information and tickets see <https://www.summitforstemcell.org/events/kinky-boots/>

Passings

- Carol Dulmage
- John McMahon

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

Our mailing address :

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PO Box 230566
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Our Website: (Donations accepted)
NCPSG.org

Our Facebook page: (Donations accepted, no fees)
<https://m.facebook.com/NorthCountyParkinsonsSupportGroup/>

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NORTH COUNTY PARKINSON'S SUPPORT GROUP

FALL SOCIAL POTLUCK

Main Dishes provided by NCPSSG Rancho Bernardo

-Oceanside Members (Salads & Deserts)-

-La Costa/Fallbrook Members (Side Dishes)-



WHEN: Monday, September 19th, 2022

Starts at 11:30 AM

WHERE: San Rafael Church (Parish Hall)

17252 Bernardo Center Dr.

San Diego, CA 92128

MORE INFORMATION: Please visit www.NCPSSG.org

or call 858-354-2498 or 760-749-8234

NCPSSG serves the North San Diego County Parkinson's community...providing Parkinson's disease education, patient and family support, exercise and social opportunities and encouraging research.
