

NORTH COUNTY PARKINSON'S SUPPORT GROUP

September 2023

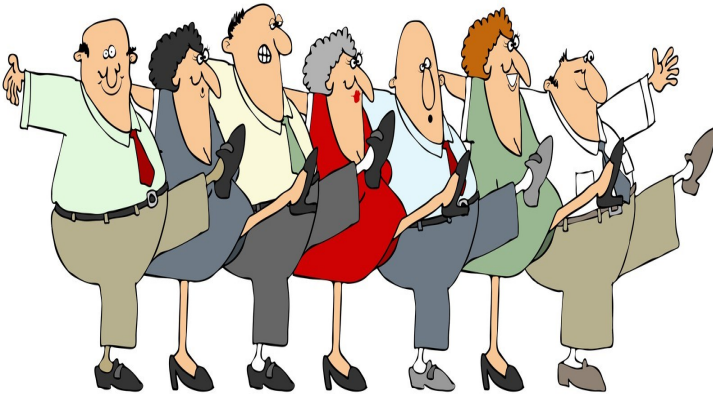
www.NCPSG.org



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

Parkinson's Exercise Class Returns to Tri-City Hospital

Exercise is the single "therapy" that can slow the progression of Parkinson's. This fact is reinforced by current research, by medical practitioners and by our own experience.



on format and staffing. Although Tracy's current assignment does not permit her direct participation, you can feel her influence.

Parkinson's Exercise Classes resumed in July, typically with two instructors: a physical therapist and a speech therapist. Thus the weekly classes combine both vocal and physical exercise. The hospital also has an additional staff member to assist those with balance issues, so they can get maximum benefit from the classes.

Parkinson's Exercise Classes are held at **Tri-City Hospital, 4002 Vista Way, Oceanside**, on **Thursdays** from **3 pm to 4**. There is no charge. The class started out small, but we anticipate that it will grow to its pre-pandemic size! NCPSPG Board made a small contribution to the hospital to help pay for exercise equipment.

In future newsletter issues we will report on similar exercise classes at other hospitals and medical facilities in north county.

Let's Do Lunch!

What could be better? Lunch with friends and a chance to make new ones! And a meal where everyone brings their favorite dish to share.



Come join us for our **Fall Social Potluck** **Monday September 18th**, San Rafael Catholic Church, 17252 Bernardo Center Drive, Rancho Bernardo, **11:30 am**.

RSVP to your Support Group Leader, and learn what you can bring to share.

See you there!

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Support Group Meetings

RANCHO BERNARDO

Note: one day shifted due to Labor Day

Tuesday September 5, 10:00 AM

Speaker: Sherrie Gould, NP, Scripps Clinic Torrey Pines

Topic: "Medications for Down Times"

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

Host: Brigit King bkicedancer@gmail.com.

858-354-2498

LA COSTA CARLSBAD

Wednesday September 6, 1:00 PM

Guests: Meagan George, DPT, NeuroLab 360

Subject: "Better Balance thru Physical Therapy "

Christ Presbyterian Church

7807 Centella St Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday September 13, 1:00 PM

Speaker: Zolton Mari, MD - Movement Disorder Specialist, Cleveland Clinic, Las Vegas (virtual)

Topic: "Continuous delivery of Levodopa - Now and in the Future"

Oceanside 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 22, 10:00 AM

Speakers: Ed Hunter, AbbVie Neuroscience - PD,, and Dr. Zolton Mari, MD, Cleveland Clinic (virtual)

Topic: "Duopa Therapy & Significance of Biomarkers for New Therapies"

Fallbrook Wellness Center 1636 E. Mission Rd, Fallbrook - *Host:* Irene Miller NCPSGF@gmail.com or 760-731-0171

Social Groups

If you are interested in joining our small groups, please contact Sam Cooper at scprphd@gmail.com or 520-820-0339. See the reservation PDF for our Fall Potluck Social in RB on **September 18, 11:30**.

NCPSPG Board of Directors

Wednesday September 20, 1 - 3 PM The Board meets online on the third Wednesday of the month. Contact Sam Cooper NCPSGLC@gmail.com or 520-820-0339

Physical Exercise

*In-person or On-line Options. Fees May Be Charged.
For more information on Scholarships see NCPSPG.org*

Personally Fit (*NCPSPG Scholarships Available*)

In-person and Zoom classes for Parkinson's. Personallyfitonline.com or contact Doris Flood, PT at dflood@personallyfitonline.com

LifeSpan Health (*NCPSPG Scholarships Available*)

Drug-free program to enhance a healthy life span <https://lifespanhealth.me/>

NeuroLab 360 (*NCPSPG Scholarships Available*)

Neurologic physical therapy & wellness. www.neurolab360.com

Rock Steady Boxing (*NCPSPG Scholarships available for some affiliates*)

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/>

RX Ballroom Dance - Dance therapy, the best therapy for mitigating and reversing symptoms of brain deterioration Tuesdays & Thursday 11:15 AM McCann Studio Oceanside, and 1 PM at Fallbrook Regional Wellness Center. (no charge) Erin Angelo 310-938-1620

NeuroFeedBack - Variety of services for PwP based on non-intrusive EEG and biofeedback. (fee charged) www.smartpdprogram.com

Vocal Exercise

Parkinson Voice Project - Speak Out home practice exercise Monday - Friday 8 AM PST online at www.parkinsonvoiceproject.org

Tremble Clefs -Therapeutic Singing & Socializing. *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, 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 for Parkinson's (*Formerly AudAbility*)

Music therapy is the use of clinical, evidence-based interventions to achieve clients' non-musical goals. 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!



Penny Rich was raised in Claremont, California. “I met my husband, Alan, in an ice cream shop. We celebrated 57 years of marriage this July. We moved to North County in the 1970’s to raise our two daughters, Traci and Cami. Besides being a full-time mom, I kept busy working in a law office and as a teacher’s assistant for my girls and later my grandkids. For over 40 years I have embraced fundraising, the last 35 years focused on Rady Children’s Hospital Auxiliary. As Chairperson of the local board I was given a Distinguished Service Award.”

“When Alan was diagnosed with Parkinson’s, I was in shock. For nearly 20 years his symptoms were mild, but in the last 5 years they have become more visible and puzzling for those around him. I am learning to adapt and keep an eye out for changes. With a positive attitude, humor,

and all of the resources available to us, my family and I have adjusted to this new reality. Once we found out Alan had Parkinson’s, we decided to capitalize on life while we could and spent time traveling the world with friends and family. While our travel has slowed down, I still find time for lunch with friends, cooking, and working in my garden.”

“We joined the La Costa support group a year ago. The informational speakers are very valuable, and I have found a lot of camaraderie sharing experiences with others in the Care Partner group. Art Braun does a wonderful job with our group. We always enjoy the large and small social groups. It’s very supportive to be with others who understand our challenges and triumphs. Family and friends are always willing to help as well. Being surrounded by such love and support is a real blessing.”

“Parkinson’s has made us even more grateful for the life we have had and for the future ahead of us. You have to face each day with a positive outlook and be thankful. Learn as much as you can and surround yourself with a strong support system. We really aren’t on this journey alone.”

**“I am learning to adapt
and keep an eye out for changes.**

**“Once we found out Alan had Parkinson’s,
we decided to capitalize on life while we could ...
traveling the world with family and friends.**

**“We always enjoy the large
and small social groups.
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who understand our challenges and triumphs.”**

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

You may ***click the links*** in this newsletter to be taken directly to the referenced resource. If you find a broken link, contact the editor at ncpsgNL@gmail.com.

Parkinson's Association of San Diego Mentor Program

Need help dealing with PD diagnosis or care giving? Find help by watching this video from the Parkinson's Association San Diego Mentor Program <https://mentors.parkinsonsassociation.org>

Use the search filters to choose mentors who work with people with Parkinson's or who work with care partners. Click on the mentor's photo to read their bio. Everyone brings something a little different to the table, so take your time choosing. All mentors have completed the PASD Mentor Training.

Passings

- Gary Wright
- Don Glenn

Our thoughts & prayers go out to family & friends

Cruizin' the California Coast!

A fun adventure awaits! We have arranged a cruise up the California coast on Holland American Line sailing from San Diego March 30, 2024 to April 5. A wonderful way to see our beautiful coast and ports from a different perspective, enjoy shows and dining, and to get to know others.

For details and to reserve your spot contact Liliana by email: almeida.liliana@ace.aaa.com or call at 619-397-6434.

New! Care Partner Training Program

Gain valuable insight on caregiving in the new PASD online classes specifically for you, at <https://parkinsonsassociation.org/courses/parkinsons-care-partner-training-program/>

Volunteer!

We're all volunteers. All Board members, officers, support group leaders are volunteers. Same with our greeters, refreshment team, sound folks, breakout facilitators.

Is there a way you could help? Volunteering benefits our members; its a fun and rewarding way to contribute to our Parkinson's community.

Newsletter Published Online

Our monthly NCPDG Newsletter is available on our website www.NCPDG.org. It is posted about one week before the end of the month. Archived editions are also available there. Challenged by computers? Lack online access? Speak with your Support Group leader or **Micheline Allen**.

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To update or remove your contact info, please let **Micheline Allen** know. 760-631-0649

ncpsgCS@gmail.com

**We are a 501(c)3 non-profit organization, dedicated to serving the Parkinson's community.
Your donation of funds and of volunteer service are truly appreciated! Thank You!**