

NORTH COUNTY PARKINSON'S SUPPORT GROUP

November 2026

www.NCPSG.org



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

Unique Approach to Research Funding

It's incredibly frustrating! Parkinson's has such a huge impact on the lives of those diagnosed with PD as well as family, friends, and particularly, care partners. It's so different for each individual, but there are some common threads. Patients must deal with PD directly every day, but often wish for contributions to fund promising research to make treatment more effective, and ultimately to put an end to PD.

The Michael J. Fox Foundation [MJFF] has an approach to research funding worth considering, whether making a significant donation, or a small amount to be combined with others to find and fund research "with the best odds – and then going all in." Learn more about the MJFF Strategic Research Agenda on its website: <https://www.michaelfox.org/our-strategic-research-agenda> We've borrowed from that site for the following key points.



The plan focuses on identifying and supporting research closely related or critical to the patient, avoiding duplication of projects and giving donated funds as much impact as possible. It has four main elements: Clear Disease diagnosis, Better Treatments, Faster Clinical Trials, and "Catalyzed Communities." They define this last element as combining patient experiences and insights with researcher and clinicians studies to determine basic understanding of the disease, industry and regulators to evaluate and approve promising approaches, and governmental regulators creating pathways supporting access to healthcare.

Clearer Disease Diagnosis means focusing on detailed discoveries of how various apparent forms of PD differ and how treatments can be designed for each form – even each individual patient. Much valuable data has been and continues to be obtained from the MJFF-led PPMI study, in which some readers have been participants. Understanding these differences leads to better treatments.

MJFF's second element – Better Treatment Pipelines - is to support advancements in new therapies from the most promising sources – academic research and pharma as well. Controlling the disease, reducing symptoms is where current treatment is today. The goal is treatment that slows or stops the disease. MJFF currently funds over 180 therapies in the "pipeline" – over half of which are potentially disease-modifying – potentially slowing or stopping the disease! Part of their approach is their panels of experts who vet proposals, set guidelines and milestones for progress, and monitor progress. Continued funding depends on meeting goals and sharing non-proprietary information with other researchers.

Faster Clinical Trials is the third element in the MJFF approach, greatly energized by the previously mentioned PPMI and the identification of "alpha-synuclein seeding assay" which for the first time allows for detecting misfolded proteins presence in PwP with 93% accuracy. This helps facilitate expedited clinical trials. Read more on their website, especially on "platform trials" – where multiple treatments can be evaluated at once, and their "Path to Prevention" trial. ...all moving research ahead far faster, and towards our goal of ending PD. Yes, your donation, large or small, towards PD research can have an amazing impact – an impact we're starting to feel today!

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Support Group Meetings

We make every effort to accurately report guest speakers and topics - but things can change, and we have to make last minute adjustments. We appreciate your understanding.

RANCHO BERNARDO:

Tuesday, November 3, 10 am to 12 noon

Speaker: Megan Robbins, Scripps Specialist

Topic: "Certified Driving Rehabilitation"

San Rafael Catholic Church

17252 Bernardo Center Road, San Diego, 92128

Hosts: Tom Lipinczyk, t.pinzack1@gmail.com or

858-209-0322, and Cindy Schmoke,

cindy1rdh@yahoo.com 760-415-0637

LA COSTA CARLSBAD

Wednesday, November 4, 1:00 PM to 3 PM

Speaker: Dan Sweiger

Topic: "Survival Guide For Care Partners" Christ

Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper NCPSGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday, November 11, 1:00 PM to 3 PM

Speaker: Megan Murfey

Topic: "Navigating Medical Insurance Open Enrollment"

Oceanside First Presbyterian Church

2001 S. El Camino Real, at Fire Mountain Rd

Oceanside 92054

Host: Paul Dawson paul@video-fire.com

or 760-497-1200

FALLBROOK

Friday, November 20, 10:00 AM to Noon

changed to 3rd Friday due to Thanksgiving

Speaker: Erin Raskin, DACM, LAC

Topic: "Holistic Care / Integrative Medicine alternatives for Parkinson's"

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSGF@gmail.com

Passing

◆ Bill Bishop

Our thoughts & prayers go out to family & friends

NCPSPG Board of Directors

Wednesday, November 18, 1 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, see [Scholarships](#)

Tri-City Hospital - Parkinson's Exercise

Led by a Physical Therapist and an Occupational Therapist. Every Thursday, 3 - 4 pm. (no charge) Check in at hospital main desk.

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 and occupational therapy, and wellness sessions. 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. <https://www.rocksteadyboxing.org/>

Rx Ballroom Dance - Dance therapy, the best therapy for mitigating and reversing symptoms of brain deterioration. Classes in Oceanside, Fallbrook, Rancho Bernardo. (no charge) Details at

<https://www.rxbalroomdance.com/>

or call Erin Angelo 310-938-1620

Tai Chi - Temecula - (NCPSPG Scholarships

Available) Physical exercise & wellness.

www.oyd-ca.com

Vocal Exercise

Tremble Clefs -Therapeutic Singing & Socializing

North Coastal Chapter (Encinitas)

Tuesdays at 1:00 PM (no charge)

Bethlehem Lutheran Church, 925 Balour Dr,

Encinitas, CA 92024

Inland Chapter (Rancho Bernardo)

Wednesdays at 10:00 AM (no charge)

San Rafael Catholic Church in the Parish Hall,

17252 Bernardo Center Road, San Diego 92128

Fallbrook Chapter

Wednesdays at 10:00 AM *Sing Strong* zoom

Community Health and Wellness Center Room B4

1636 E. Mission Road, Fallbrook, CA 92028

Email: matt@trembleclefs.com

or laura@trembleclefs.com

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

Sing Strong sessions on zoom: <http://bigt.ly/TC-zoom>

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

In Focus: Ralf Goericke

By Sam Cooper



Originally from Germany, Ralf has called the United States home for more than 40 years. He and his wife, Liz, have been married for 34 years. Together they raised two children, Sammy and Katarina. They are the pride and joy of his life. His career took him from the East Coast to the Scripps Institution of Oceanography where he spent decades as a biological oceanographer. His passions include hiking, traveling, and reading.

He was diagnosed with Parkinson's in the summer of 2022 now recognizing the early signs-tremor, depression,

anxiety, and mild cognitive changes-had been present for years before. Current medications keep the tremors in check and helps him feel like his old self. "The biggest challenge I am facing right now is balance, forcing me to step back from surfing and biking." Ralf credits his mentor through the Parkinson's Association Of San Diego with helping him find his footing and putting his condition in perspective. He does physical therapy regularly and hits the gym every other day.

"The first time I walked in, something shifted. I realized I wasn't alone. The informational speakers are very helpful, but it's the breakout group that means the most to me. It's the feeling that we are trying to help each other. That we are all in this together."

"Through my movement disorder specialist, I have participated in two research studies, the PD Gene study and a biomarker study. I hope to participate in more studies in the future." Ralf has been attending the La Costa chapter support group for the last two and a half years. "The first time I walked in, something shifted. I realized I wasn't alone. The informational speakers are very helpful, but it's the breakout group that means the most to me. It's the feeling that we are trying to help each other. That we are all in this together. I have developed new friendships that have grown deep. This was my primary motivation for agreeing to become the facilitator of the breakout group. I have also become a Mentor for people who are newly diagnosed with Parkinson's."

If you ask Ralf how he is doing, he'll tell you about his hikes, the mystery novel he's reading, or his latest travel plans, not about Parkinson's. "That's exactly how I prefer it. I don't want to be defined by Parkinson's. I want people to treat me as myself, not as a patient." His advice for others facing a new diagnosis is simple. "Find a mentor. Join a support group. Exercise. Socialize. Don't give up on your old life, adapt so you can keep enjoying it. As a member of our breakout group, Debbie, likes to say, 'Try your best to do all those things now that you might not be able to do next year.'"

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 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.

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!

PD Media Mentions

In September, the United States Food and Drug Administration approved [a once a day pill](#) for Parkinson's motor symptoms. Tavadon, will be sold under the brand name [Juvmo](#), a new drug in an existing class of Parkinson's drugs: dopamine agonists. "People with Parkinson's need more than one path to symptom control," said Rachel Dolhun, MD, DipABLM, principal medical advisor at The Michael J. Fox Foundation (MJFF), "Every new treatment expands what people and their doctors can consider, increasing the chances of finding an approach that fits each person's symptoms, priorities and daily life." According to MJFF, an ongoing study (TEMPO-4) is designed to gather data beyond the clinical trials to better understand tavadon's longer-term safety, side effects and benefits.

[In this episode](#) of the MJFF Parkinson's Podcast, part of its award-winning Parkinson's Science POV series, host Maggie Kuhl, vice president of patient engagement at MJFF, leads a conversation with MJFF Chief Scientific Officers Brian Fiske, PhD and Mark Frasier, PhD, about how researchers are building a more diverse pipeline of potential treatments. They discuss how learning more about Parkinson's is opening doors to new approaches, and the importance of centering that really matters for people living with the disease.



PASD JOURNAL

Shout Out to a NCPSPG Volunteer

Vicki Meiner is the Fallbrook check-in volunteer and exercise leader. She helps with creating a theme with our refreshment committee and goes all out decorating making each meeting event special. Those attending the Fall Potluck saw her handiwork on the deserts. She loves creating special memories!

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Newsletter Published Online

Our monthly NCPSPG Newsletter is available on our website NCPSPG.org. It is posted about one week before the end of the month. Older editions too!

Please contact our Corresponding Secretary **Micheline Allen** if you have moved, or your email address or phone number has changed:

Micheline Allen: ncpsgCS@gmail.com
or 760-631-0649

Our mailing address: Website: (Donations accepted)

NCPSPG NCPSPG.org
PO Box 230566
Encinitas, CA. 92023

**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!**



Emergency Funding Available

Parkinson's Association of San Diego [PASD] received a generous short-term grant from the San Diego Foundation for **EMERGENCY FUNDING** to help individuals or families impacted by Parkinson's disease in North County.

Communities include:

Oceanside

Escondido

Encinitas

Rancho Bernardo

Vista

San Marcos

Carlsbad

Fallbrook

This funding is intended to help bridge an unexpected financial gap during a time of need.

- No income reporting is involved.
- Application is simple and brief
- Funding can assist with
 - **rent,**
 - **mortgage payment**
 - **utility bills**
 - **food**
 - **transportation** - like rides to appointments, support groups or exercise classes
 - **other expenses** impacting the person with Parkinson's

Dealing with Parkinson's is challenge enough. If you are being impacted by high utility bills, transportation costs, food costs, or other emergency expenses, please apply.

Contact **Anna, PASD Program Manager**, at anna@parkinsonsassociation.org or call **(619) 324-9799** who will help you fill out a brief application (with no income questions) and will expedite a decision.



NPSG Winter Social
Saturday, December 5, 2026, 11:30
Check-in 11:00
Shadowridge Golf Club
1980 Gateway Drive
Vista

All choices include water, iced tea, or coffee, rolls with butter, salad, and dessert.

- Classic Caesar Salad
- Honey Glazed Salmon with mashed potatoes and vegetables
- Lemon Roasted Chicken with mashed potatoes and vegetables
- Butternut Squash Ravioli (vegetarian)

\$37.00 per ticket. Number Of Tickets _____

Name

Menu Choice

Your phone number () _____

We must receive your reservation by Monday, November 30, 2026.

Make your check payable to "NCPSEG". Mail this form and your check to:

NCPSEG
PO Box 230566
Encinitas, CA 92023