

NORTH COUNTY PARKINSON'S SUPPORT GROUP

June 2025

www.NCPSG.org



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

Let's Go Traveling

Weather's warming up. Everything is in bloom. We're anxious to get out of the house, out of the city, maybe out of the country. It's Time to **Travel!**



Travel becomes increasingly challenging as Parkinson's advances. Perhaps we are inclined to just strike traveling off our list, as too hard these days. But with careful preparation, and considering insights of experts on the subject, we can have a rich experience - and build wonderful memories "on the road with Parkinson's."



With kudos to Steve Lester, whose three-part NCPSPG Newsletter contribution on travel graced our February, April and June 2018 editions, we've found even more comprehensive advice online. And online is where we suggest you start, before packing, even before making reservations.

Probably the best guide we've found is from *Parkinson's Community Los Angeles* in their 2024 Guide <https://www.pcla.org/blog/2024-guide-to-traveling-with-parkinsons-disease>. Click on this link right now to get a sense of the depth and scope of this article, whether you are planning to depart next Tuesday or months from now. It's a great resource.



Our own Irene Miller, who spearheaded a recent group cruise to Mexican waters, located at least eight reliable Parkinson's-related websites online. And that's where we suggest you make your first travels – Googling virtually, so your journey is well-planned, and you can concentrate on enjoying your time away! Then hurry home! We miss you already!

Recent Travel Advisories

U.S. Department of State (DOS) has five pages of **Travel Advisories**: To find the latest travel information for a specific country, look up the country by name on the [Travel Advisories page](#).

DOS offers a special **STEP (Smart Traveler Enrollment Program)** to protect you overseas: [Subscribe](#) to get up-to-date safety and security information and help them reach you in an emergency abroad.

U.S. Passports and REAL ID

In 2025, there are new travel requirements for U.S. citizens, including the REAL ID requirement for domestic flights and the **Electronic Travel Authorization (ETA) for travel to the United Kingdom**. A travel agent can help you with getting an ETA when you book. For the majority of **European Union countries**, an **ETIAS - European Travel Information and Authorization System** authorization, obtained online, will be required starting in late 2026.

The [REAL ID Act](#) requires IDs issued by a state to meet federal security standards. As of now, you must be REAL ID compliant to board domestic flights and access certain federal facilities. **The U.S. passport book and passport card are both REAL ID compliant.**



If your driver's license or state ID has a star in the upper right-hand corner, it is already REAL-ID-compliant.

Inside This Issue

Monthly Meetings	page 2
In Focus: Tammy Weimar	page 3
Directory; Media Mentions	page 4
Outreach Challenge	page 5
Summer Social RSVP form	page 6

Support Group Meetings

RANCHO BERNARDO

Monday, June 2, 10:00 AM to Noon

Speaker: Lou Ciampi

Topic: "Hallucinations and medications for the Hallucinations"

San Rafael Catholic Church 17252 Bernardo

Center Road, San Diego, 92128

Hosts: Brigit King bkicedancer@gmail.com.

858-354-2498 & Carol Maher hcmaher@cox.net
760-518-1963

LA COSTA CARLSBAD

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

Speaker: Gus Fernandez

Topic: "GUIDE-A New Medicare Program For Dementia Care"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

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

OCEANSIDE

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

Speaker: Edna Togba, Mgr. Donor Engagement
- live remote

Topic: "Davis Phinney Foundation Services and Resources"

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, June 27, 10 AM to Noon

Speaker: TBA

Topic: "TBA"

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPISGF@gmail.com

NCPISG Board of Directors

Wednesday, June 18, 1-3 PM. The Board meets online on the third Wednesday of the month.

Contact Sam Cooper NCPISGLC@gmail.com

Social Gatherings

We hope you join in our NCPISG large and small socials, where no one blinks an eye at a spilled drink or trembling hand, or soft voice. See the last page for RSVP for our Large **Summer Social June 14.**

Passings

- Ed Fitzpatrick

Our thoughts & prayers go out to family & friends.

Physical Exercise

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

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 (NCPISG Scholarships Available)

In-person and Zoom classes for Parkinson's.

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

LifeSpan Health (NCPISG Scholarships Available)

Drug-free program to enhance a healthy life span.

<https://lifespanhealth.me/>

NeuroLab 360 (NCPISG Scholarships Available)

Neurologic physical and occupational therapy, and wellness sessions. www.neurolab360.com

Rock Steady Boxing (NCPISG 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 - (NCPISG Scholarships Available) Physical exercise & wellness. www.oyd-ca.com

Vocal Exercise

Tremble Clefs -Therapeutic Singing & Socializing

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

North Coastal Chapter (Encinitas)

Tuesdays at 1:00 PM (no charge)

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/>

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

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. **Cassandra Richtsmeier**

858-457-2201 or crichtsmeier@musicworxinc.com



"I was born in Anaheim, California, in 1960 to the most wonderful parents and grew up in the "Leave It To Beaver" era. The model of my father working hard to provide a life so my mother could stay at home with the children played a huge role in who I am today; happily married to my husband, Steve, Mother of 8 - *his, mine and ours* - and Nana to 20 grandchildren. While our lives have been a roller coaster of youth sports, carpooling, family vacations, and wonderful holidays, it hasn't been without heartache. Our youngest daughter was born with congenital heart disease and underwent 3 open heart surgeries before her third birthday forging an even stronger family bond and creating a new normal.

"When Steve was diagnosed with Parkinson's two years ago, the news really threw me into a dark place. I just couldn't imagine a future where my strong, capable husband, who was always the one taking care of all of us, might someday not be that person any longer. I know Steve probably has shared some of my fears, but he never gave into them. Instead he made a choice to do everything he could to fight what would become a new normal for our family.

"He contacted all of his friends and family so they could come alongside us in this fight. He began going to Rock Steady Boxing. Together we attend RX Ballroom Dance, and the Fallbrook chapter of the North County Parkinson's Support Group. This has allowed us to develop new friends and expand our knowledge base by learning from those who have come before us. We both feel this is a vital part of our Parkinson's Journey. The breakout group for Care Partners is the best resource for me. While sometimes it's to hear about the things that may lie ahead, the positive and encouraging love and support shared between us far outweighs the unknown fears. These amazing people know how I feel because they feel the same way. Together we are a family.

"What I would share with others on their Parkinson's Journey is to take each beautiful day one day at a time. Look for something good in it and be grateful. None of us are promised tomorrow."

**"..take each beautiful day
one day at a time.
Look for something good
in it and be grateful.
None of us are promised
tomorrow."**

Summer Social - Coming Soon

Fallbrook chapter is hosting our Summer Social, and hosting it in Rancho Bernardo! - And its just around the corner! Please see the RESERVATION form on the last page. Save the date. Complete the form. Mail in your reservation! Then join us for food, fun and great conversation!

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!

Parkinson's Media Mentions

Science News reports discovery of a new body-fluid biomarker for Parkinson's disease. Researchers report a "misfolded protein facilitates reliable diagnosis even in the early stages of Parkinson's disease in body fluids."

Researchers from the **PRODI Center** for Protein Diagnostics at Ruhr University Bochum, Germany, and the biotech company **betaSENSE** have now discovered a biomarker in the spinal fluid that facilitates a reliable diagnosis at an early stage and can shed light on the progression of the disease and the effect of a therapy. They first published their findings in the journal **EMBO Molecular Medicine**.

News source:

Ruhr-University Bochum. "New body-fluid biomarker for Parkinson's disease discovered." *ScienceDaily*. *ScienceDaily*, 25 April 2025. <www.sciencedaily.com/releases/2025/04/250425113455.htm>.

Another researcher, Steve Bryson, PhD., wrote about this same discovery in **Parkinson's News Today** "A newly developed test was able to distinguish with an accuracy of 95% between individuals with and without Parkinson's disease." Researchers in a new study from Germany use samples of cerebrospinal fluid (CSF) the liquid surrounding the brain and spinal cord, via a spinal tap. The test measures a protein called alpha-synuclein. In Parkinson's this is misfolded into toxic clumps called "Lewy bodies" interfering with the dopaminergic neurons. These nerve cells produce dopamine.

A collaboration between **Mayo Clinic** laboratories and **Amprion**, a San Diego based company, expands access to Amprion's diagnostic test: **SAAmplify-aSYN**. The FDA awarded a "*Breakthrough Device Designation*" for their test.

It is not currently commercially available for diagnosing Parkinson's.

Our mailing address:

NCPGS
PO Box 230566
Encinitas, CA. 92023

Our Website: (Donations accepted)

NCPGS.org

NCPGS OFFICERS, DIRECTORS, LEADERS

Rancho Bernardo Co-Leaders **ncpsgRB@gmail.com**
Carol Maherhcmaher@cox.net..760-749-8234
Brigit King.....bkicedancer@gmail.com..858-354-2498

La Costa Leader **ncpsgLC@gmail.com**
Sam Cooper.....scprphd@gmail.com..520-820-0339
NCPGS Board President

La Costa Co-Leader
Art Braun.....artjbraun@gmail.com..760-550-0508

Oceanside Leader **ncpsgO@gmail.com**
Paul Dawson.....paul@video-fire.com..760-497-1200
NCPGS Past President - PASD Executive Committee

Oceanside Co-Leader
Sandra Miller.....sandy@greensails.net..909 374-7755

Fallbrook Leader **ncpsgF@gmail.com**
Irene Miller.....imiller4jc@gmail.com
NCPGS Board Vice President

Fallbrook Co-Leader **ajlopiccolojr@gmail.com**
Tony Lo Piccolo.....951-751-2242

Treasurer, Recording Secretary, Webmaster
Caryl Parrish.....760-753-5004..**ncpsgTR@gmail.com**

Corresponding Secretary **ncpsgCS@gmail.com**
Micheline Allen.....760-631-0649

Social Director
Sam Cooperscprphd@gmail.com..520-820-0339

Scholarship Director
Paul Dawson.....paul@video-fire.com..760-497-1200

Video Media
Art Bierle.....arthurbierle@gmail.com..760-749-2182

Director
Anne Lee.....annelee_500@hotmail.com..760-305-3548
Fallbrook Breakout Group Facilitator

Newsletter Publisher.....paul@video-fire.com...760-497-1200
Paul Dawson

Newsletter Editor.....**ncpsgNL@gmail.com**
Joan Anderson

Newsletter FOCUS Reporter
Sam Cooperscprphd@gmail.com..520-820-0339

Newsletter Mailing – Database **ncpsgCS@gmail.com**
Micheline Allen.....760-631-0649

Newsletter Published Online

Our monthly NCPGS Newsletter is available on our website **NCPGS.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**.

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!

Outreach Activities

April was **Parkinson's Awareness month** worldwide so there were local events celebrating it.

On Sunday, April 13, twenty-five volunteers, both warriors and care partners from NCPSPG Fallbrook staffed our **Outreach booth** at the Fallbrook Annual Avocado Festival, attended by over 100,000 folks. Many stories were shared with passersby of their loved ones now living with Parkinson's or affected in the past. Educational materials were distributed and a chance drawing for a handmade, custom jointed bear. At the end of the day, the winner, Milly Manor from Corona, was notified of her winning.



More than thirty-five individuals from the local Fallbrook chapter of NCPSPG and their friends, gathered at Pala Mesa resort for our annual local Parkinson's Awareness Walk, organized by Carolyn and Scottie Scott that raised over \$1500 for the cause. Carolyn made her contribution with the sales of her original design of enamel ware tulip necklace and earrings. The morning was concluded at the Pala Mesa restaurant, Aqua Terra with brunch.

Fundraising Champs

To spread awareness. North County Parkinson's Support Group (NCPSPG) Fallbrook attendees were challenged to "show-up" and that they did! A team was created at the PASD Annual Step by Step Walk by Steve & Tammy Weimer. Their team raised over \$5600 and was awarded 3rd place in the category of Top 5 Individual Fundraising Champions. Tammy making her contribution with her cupcakes and cookies, "Baking for a Cause." In San Diego, PASD reported more than 1300 walkers and 60 vendors collaborated to spread awareness.

Fallbrook is a very active chapter! They are bringing knowledge of PD and the resources available through NCPSPG to their whole area. What could your local support group do to spread the word? Lets make it a challenge: **Can RB outdo FB?** **Can La Costa out perform O'side?** Reaching more people means helping more people.

Community Involvement

We have an **Outreach Team** that brings Parkinson's Awareness to public events.

If you learn of future community events, let Carol Maher or Paul Dawson know, or tell your Support Group leader. Maybe we can reach out there too! The further in advance we learn of a community opportunity, the better the chances of us being able to participate.



North County PARKINSON'S Support Group presents



Theme: **Americana Summer Social Barbeque**

Event Date: **June 14, 2025, Saturday 11:30-1:30**

Location: **Ed Brown Senior Center** - 18402 W. Bernardo Drive, San Diego (Rancho Bernardo) -
Across from Casa de Campanas

DIRECTIONS: From **I-15**, take the **Pomerado Road/West Bernardo Drive offramp**.

Turn west* on **West Bernardo Drive** (* if northbound on I-15, turn LEFT – if southbound, turn LEFT).
Continue on to Rancho Bernardo Community Parkway.

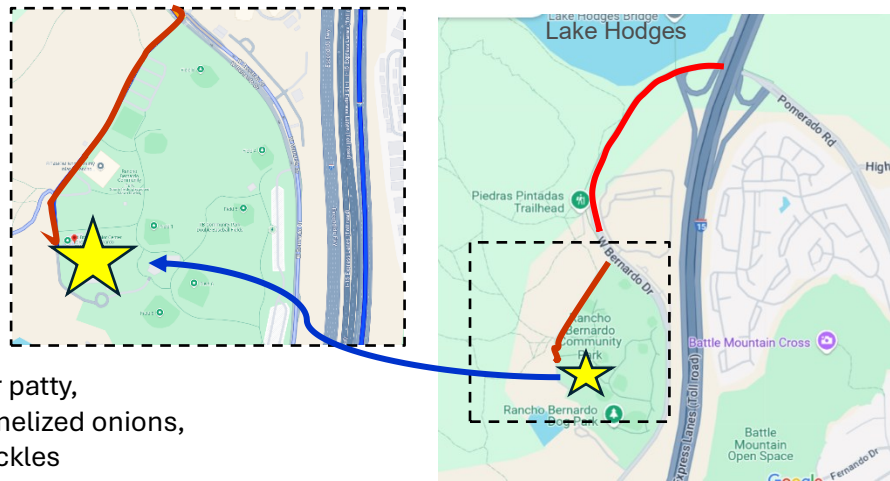
Turn onto **Rancho Bernardo Community Parkway** (traffic signal). Continue on to the
Ed Brown Senior Center

Catering by:
Flavor Chef Catering Food Truck

Your Meal Choices:

The Flavor Burger – 7 oz patty,
cheese or no cheese, arugula,
caramelized onions, garlic mayo,
tomato, brioche bun, pickles

Veggie Flavor Burger - Veggie burger patty,
cheese or no cheese, arugula, caramelized onions,
garlic mayo, tomato, brioche bun, pickles



Entree comes with **Baked Beans & Potato Salad**

Dessert & Beverage

Hosted by: **NCPSPG Fallbrook chapter**

Cost: **\$29** per person

CUT HERE

NUMBER OF TICKETS ORDERED _____

YOUR PHONE NUMBER (____) _____

NAME

MENU CHOICE

Reservations must be **received** by Friday, June 6

Mail this form (bottom half) and check made out to:

NCPSPG
P.O. Box 230566
Encinitas CA 92023

