

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

November 2024

[www.NCPSG.org](http://www.NCPSG.org)



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

## Traveling with Parkinson's

During holidays, traveling is often a daunting, exhausting prospect for people with Parkinson's and their companions because of mobility and medical issues. Careful preparation with a travel agent provides peace of mind and provides a contact if trouble arises while traveling. An agent will know in advance if travel is delayed or changed and will contact the travelers to put in place new plans. There are several highly visible comprehensive agencies such as [AARP](#), [AAA](#), [Costco](#), and [Sam's Club](#) staffed with agents familiar with the needs of senior citizens. Agents can also help people far in advance of travel to file for trusted traveler programs like [Global Entry](#) and [TSA PreCheck](#) that will make check-ins easier and international travel less stressful. Agents can also make sure that information is correctly filed with your airlines and determine if a Visa is required and assist with getting it.

The most recent travel advisory tailored to senior travelers is found in the October *AARP Bulletin* in the column "Your Money" that includes a digital link on page 21 to the *AARP magazine: The Travel Issue* at [aarp.org/travelissue](http://aarp.org/travelissue) and [aarp.org/travel-discounts](http://aarp.org/travel-discounts)



Here are some aspects of travel to consider before making reservations:

- ◆ People with disabilities planning travel must provide for extra, special assistance they need to travel. For instance, if a borrowed wheelchair is required to get from the curb to the mode of travel, how is it going to be available? Is the airline or train going to have a person with it meet you at the curb? How to handle TSA and Customs? Who will provide a wheelchair when making connections? At the destination? Is a luggage cart going to be needed? Who will load it, push it, and unload it? Is the traveling companion physically able to do those tasks and push a wheelchair? Is a travel wheelchair or walker going onboard with the PwP? A travel agent can advise availability and costs of hiring a Red Cap or other contract help.
- ◆ Is a Service Dog also traveling? Know there is a legal difference between a trained Service Dog and a Companion Dog. When making reservations for transportation, tell the agent you travel with one and expect to have to present the [TSA form for a service dog](#) filled out (you keep a copy with you) and filed with them far in advance. There are some service dog restrictions. On trains for long range trips in compartments for handicapped people, ask your agent what the rules are. In hotels some require a form be filed out at registration explaining what service the dog performs, and this is a lawful request under the ADA. The form usually states the hotel fee for service dogs, and it is common to see a hotel state it does not allow a dog to be in a room solo and to charge you a flat fee for the stay.
- ◆ When booking destination excursions, consider how much assistance and what equipment is allowed or not allowed, including use of a service dog. An agent can advise.



## Send in Form for Winter Social

Our special Winter Social will be held at the Shadowridge Golf Club in Vista on **Saturday, December 7**. The luncheon is hosted in a beautifully decorated room, and a fine meal is served. The best part is meeting and sharing with others, who are almost as fascinating as you! The Reservation form is on Page 5.

**Additional Travel Tips on Page 4**

## Inside This Issue

Monthly Meetings	page 2
In Focus: David Rathgeber	page 3
Contacts; More Travel	page 4
Winter Social Form	page 5

## Support Group Meetings

### RANCHO BERNARDO

**Monday, November 4, 10:00 AM to Noon**

Speaker: Megan Robbins, Scripps Safe Driving

Topic: Driving with Parkinson's

**San Rafael Catholic Church** 17252 Bernardo

Center Road, San Diego, 92128

Host: Brigit King [bkicedancer@gmail.com](mailto:bkicedancer@gmail.com)

or 858-354-2498

### LA COSTA CARLSBAD

**Wednesday, November 6, 1:00 PM to 3:00 PM**

Speaker: Sherrie Gould

Topic: "Parkinson's And Sleep"

**Christ Presbyterian Church**

7807 Centella St. Carlsbad 92009

Host: Sam Cooper [NCPISGLC@gmail.com](mailto:NCPISGLC@gmail.com)

or 520-820-0339

### OCEANSIDE

**Wednesday, November 13, 1:00 PM to 3 PM**

Speaker: Pablo Corona HICAP non-profit

Topic: "Medicare options - Open Enrollment NOW"

**Oceanside First Presbyterian Church** 2001 S. El

Camino Real, Oceanside 92054, at Fire Mountain Rd

Host: Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com)

or 760-497-1200

### FALLBROOK

**Friday, November 22, 10 AM to Noon**

Speaker: Michele McClory & Oaken

Topic: "Canine Companions"

**Fallbrook Regional Wellness Center**

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller [NCPISGF@gmail.com](mailto:NCPISGF@gmail.com)

or 760-731-0171

## Social Gatherings

We hope you join in our NCPISG large and small socials, where no one blinks an eye at a spilled drink or tremoring hand, or soft voice.

If you are interested in joining our small groups, please contact Sam Cooper at [scprphd@gmail.com](mailto:scprphd@gmail.com) or 520-820-0339.

### Passings

- Linda Roach
- Don Bradley

Our thoughts & prayers go out to family & friends

## NCPISG Board of Directors

**Wednesday, November 20, 1-3 PM.** The Board meets online on the third Wednesday of the month.

Contact Sam Cooper [NCPISGLC@gmail.com](mailto:NCPISGLC@gmail.com)

or 520-820-0339.

## Physical Exercise

*In-person or On-line Options. Fees May Be Charged.*

*For more information on Scholarships see [NCPISG.org](http://NCPISG.org)*

### Personally Fit (NCPISG Scholarships Available)

In-person and Zoom classes for Parkinson's.

[Personallyfitonline.com](http://Personallyfitonline.com) or contact Doris Flood, PT at

[dflood@personallyfitonline.com](mailto: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](http://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.rxballroomdance.com/>

or call Erin Angelo 310-938-1620

### Tai Chi - Temecula - (NCPISG Scholarships

Available) Physical exercise & wellness.

[www.oyd-ca.com](http://www.oyd-ca.com)

### Parkinson's Exercise - Tri-City Hospital - Led

by Physical Therapist and Occupational Therapist.

Every Thursday, 3 - 4 pm. (no charge) Check in at

main desk.

## 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](mailto: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](http://www.parkinsonvoiceproject.org)

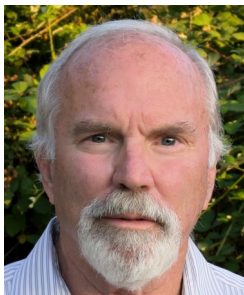
### MusicWorx for Parkinson's (Formerly AudAbility)

Music therapy is the use of clinical, evidence-based

interventions to achieve clients' non-musical goals. See

[MusicWorx.com](http://MusicWorx.com). **Cassandra Richtsmeier**

858-457-2201 or [crichtsmeier@musicworxinc.com](mailto:crichtsmeier@musicworxinc.com)



After serving in the United States Marine Corps for 23 years, David Rathgeber retired as a lieutenant colonel, then spent another 20 years working as a civil servant retiring in December of 2022. He holds six degrees including a Ph.D. in Business Administration. Having participated in martial arts since high school, David holds a black belt in Jiu-Jitsu, Judo, Sombo, and three styles of karate. He was the National silver medalist in the AAU combat Sombo tournament some 25 years ago. Also an avid kettlebell advocate, in November of 2019, he won a gold medal at a World Championship kettlebell competition in Melbourne, Australia, and in July of this year won 3 gold medals in the World Championship kettlebell competition in Aigle, Switzerland.

"I was diagnosed with Parkinson's in March of 2019. My most visible motor symptom is a tremor in my left hand. I have a myriad of non-motor symptoms including occasional bouts of anxiety and depression. In addition to participating in the Rx Ballroom Dance program and Rock Steady Boxing, I do a great deal of forced exercise and yoga therapy on my own. I don't want to participate in any research studies that involve taking drugs, but through the VA I have participated in eight studies that involved non-medical approaches to treating Parkinson's."

"I have been attending the Fallbrook chapter support group for about a year. The group surprised me with their attitude. I was afraid there would be a lot of whining, but it's not like that at all. It is truly a support group where we uplift each other. We are really a community; some would refer to us as a family. I have also attended a couple of social activities and have enjoyed them immensely. My friends help keep me grounded and not take myself too seriously. My wife, Nancy, is my main support. She puts up with a lot and makes sure I take care of myself even when I don't want to do so and keeps me moving forward."

**"...I particularly value the Care Partner breakout group. It provides a safe haven to exchange information and advice..."**

"My Parkinson's Journey has been one of constant learning and growth. This disease was not given to me as a punishment. I am learning. I have learned to grow in humility and compassion. Those of us with Parkinson's need to keep a sense of humor. Learn to laugh at yourself. It will make others more comfortable and limit their reactions of pity and exasperation."

### Register Now for PASD Empowerment Day December 4

Here is one great opportunity to learn more from subject experts about our very complex disease: Parkinson's Association of San Diego's **Empowerment Day** December 4 at a new location, Four Points by Sheraton, San Diego. Click here for [Registration](#) information. There will be about 20 speakers, experts in their fields, and about 60 representatives who provide services for the Parkinson's community. A \$25 fee covers a light breakfast and very nice lunch. It is an important conference to attend, and if the fee is an obstacle, contact Paul Dawson, serving on the PASD Board.

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

**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!**

## More Traveling with PD

Here are more suggestions from Parkinson's Foundation - <https://www.Parkinson.org>

- Let your airline or other carrier know about your diagnosis and any mobility problems when you make reservations.
- Request wheelchair or electric cart service to help with luggage and getting around the airport. Request early boarding.
- Don't let time pressures cause anxiety. Plan plenty of extra time.
- Pay attention to your medication schedule - important in the stress of travel. Compensate for time zones.
- Bring all meds for the entire trip in your carry on with original labels attached. Consider a duplicate supply in checked baggage. Bring copies of your PASD Medical Safety documents in all baggage.
- Consider requesting a hotel room with accessibility features like grab bars, roll-in shower, and early check-in.
- Plan to exercise. Plan meals with fresh fruit and fiber. Remember to keep hydrated.
- Check in with your medical insurance before travel to understand coverage out-of-area. Travel medical insurance is a consideration.

See <https://www.Parkinson.org> for details on Packing Wisely, COVID-19 precautions, Foreign Travel, along with additional details on AIR RAIL BUS CRUISE travel.

More suggestions and insights are found at:

<https://www.MichaelJFox.org>

<https://www.DavisPhinneyFoundation.org>

Careful travel preparation contributes to a less stressful, far more enjoyable trip.

Our mailing address:

**NCPSPG**

**PO Box 230566**

**Encinitas, CA. 92023**

Our Website: (Donations accepted)

[NCPSPG.org](https://www.NCPSPG.org)

## NCPSPG OFFICERS, DIRECTORS, LEADERS

<b>Rancho Bernardo Co-Leaders</b>	
Carol Maher .....	<a href="mailto:hcmaher@cox.net">hcmaher@cox.net</a> ..760-749-8234
Brigit King.....	<a href="mailto:bkicedancer@gmail.com">bkicedancer@gmail.com</a> ..858-354-2498
<b>La Costa Leader</b>	
Sam Cooper.....	<a href="mailto:scprphd@gmail.com">scprphd@gmail.com</a> ..520-820-0339
NCPSPG Board President	
<b>La Costa Co-Leader</b>	
Art Braun.....	<a href="mailto:artjbraun@gmail.com">artjbraun@gmail.com</a> ..760-550-0508
<b>Oceanside Leader</b>	
Paul Dawson.....	<a href="mailto:paul@video-fire.com">paul@video-fire.com</a> ..760-497-1200
NCPSPG Past President - PASD Executive Committee	
<b>Oceanside Co-Leader</b>	
Sandra Miller.....	<a href="mailto:sandy@greensails.net">sandy@greensails.net</a> ..909 374-7755
<b>Fallbrook Leader</b>	
Irene Miller.....	<a href="mailto:imiller4jc@gmail.com">imiller4jc@gmail.com</a> ..760-731-0171
NCPSPG Board Vice President	
<b>Fallbrook Co-Leader</b>	
Tony Lo Piccolo.....	<a href="mailto:ajlopiccolojr@gmail.com">ajlopiccolojr@gmail.com</a> ..951-751-2242
<b>Treasurer, Recording Secretary, Webmaster</b>	
Caryl Parrish.....	760-753-5004.. <a href="mailto:ncpsgTR@gmail.com">ncpsgTR@gmail.com</a>
<b>Corresponding Secretary</b>	
Micheline Allen.....	760-631-0649
<b>Social Director</b>	
Sam Cooper .....	<a href="mailto:scprphd@gmail.com">scprphd@gmail.com</a> ..520-820-0339
<b>Scholarship Director</b>	
Paul Dawson.....	<a href="mailto:paul@video-fire.com">paul@video-fire.com</a> ..760-497-1200
<b>Video Media</b>	
Art Bierle.....	<a href="mailto:arthurbierle@gmail.com">arthurbierle@gmail.com</a> ..760-749-2182
<b>Director</b>	
Anne Lee.....	<a href="mailto:annelee_500@hotmail.com">annelee_500@hotmail.com</a> ..760-757-7564
Fallbrook Breakout Group Facilitator	
<b>Board Director Emeritus</b> Thelma Balbes	
<b>Newsletter Publisher</b> .....	
Paul Dawson	<a href="mailto:paul@video-fire.com">paul@video-fire.com</a> ...760-497-1200
<b>Newsletter Editor</b> .....	
Joan Anderson	<a href="mailto:ncpsgNL@gmail.com">ncpsgNL@gmail.com</a>
<b>Newsletter FOCUS Reporter</b>	
Sam Cooper .....	<a href="mailto:scprphd@gmail.com">scprphd@gmail.com</a> ..520-820-0339
<b>Newsletter Mailing – Database</b>	
Micheline Allen.....	<a href="mailto:ncpsgCS@gmail.com">ncpsgCS@gmail.com</a> ..760-631-0649

## Newsletter Published Online

Our monthly NCPSPG Newsletter is available on our website [NCPSPG.org](https://www.NCPSPG.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](mailto: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!**





**Saturday, December 7, 2024, 11:30 A.M**

**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.

1. Honey Glazed Salmon with mashed potatoes and vegetables
2. Lemon Roasted Chicken with mashed potatoes and vegetables
3. Butternut Squash (vegetarian)

**We must receive your reservation by Monday, December 2, 2024**

**\$32.00 per ticket. Number Of Tickets \_\_\_\_\_**

**Name**

**Menu Choice**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your phone number \_\_\_\_\_

Make your check payable to "NCPSG" and mail this form and your check to:

NCPSG  
PO Box 230566  
Encinitas, CA. 92023