

NORTH COUNTY PARKINSON'S SUPPORT GROUP

August 2026
www.NCPSG.org



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

New Date for PASD's Empowerment Day: Thursday, October 15, 2026 See page 6
Empowerment Day is one of the best investments of your time. Learn more about PD from experts, and share thoughts with others, all on the same journey, from around the county.

Do you feel the Momentum Building?

Doctors Dorsey and Okun discussed their book, *The Parkinson's PLAN*, in San Diego in January, reviewing research that ties the recent dramatic increase in Parkinson's disease (PD) coinciding with the industrial age and the chemicals that accompanied it. An example is the pesticide *Paraquat* which is allowed in the U.S., but banned in many other countries. The doctors suggested, and many of us agree, that the time is **now** to make everyone, especially our governmental representatives aware of the impact of PD on our lives, and the need for decisive action to control those chemicals that demonstrate a relationship to PD.

A CALL TO ACTION - ways you can help inform and motivate your government representatives at all levels to keep the momentum going! In writing your representatives, it is valuable to express your view (like "Ban Paraquat!") - but far more impactful to include your personal experience that relate to the topic and to your Parkinson's journey. Communicating with your local city council, mayor, and Board of Supervisors about Parkinson's issues helps build the momentum even further.

UC Berkeley Library: includes tips for contacting **Elected Officials and Congressional Members.**

San Diego County is represented in the U.S. House of Representatives by a member in **five congressional districts**. San Diego's congressional boundaries are changing again before the November 2026 elections. Updated maps have been certified that redraw all five districts; the shifts are substantial.

Because district boundaries can split cities and ZIP codes, the most reliable way to determine your exact representative is to use **address-based lookup tools** since there are new District Maps for the 2026 Elections. **U.S. House "Find Your Representative" tool: The San Diego County Registrar of Voters provides a similar map-based tool on its [website](#).** Use your full street address — a city name or zip code alone will often give you the wrong answer.

Congressional Representatives maintain both a **Washington, D.C. office** and a **local district office**:

- **Darrell Issa (48th):** DC (202) 225-5672, San Marcos (760) 304-7575
- **Mike Levin (49th):** DC (202) 225-3906, Oceanside (760) 599-5000
- **Scott Peters (50th):** DC (202) 225-0508, San Diego (858) 455-5550
- **Sara Jacobs (51st):** DC (202) 225-2043, San Diego (619) 280-5353
- **Juan Vargas (52nd):** DC (202) 225-8045, Chula Vista (619) 422-5963

United States Senators

Alex Padilla (D)
331 Hart Senate Office Bldg
Washington DC 20510
Use the [Padilla Contact Form](#)
(202) 224-3553

Adam B. Schiff (D)
B40C Dirksen Senate Office Bldg
Washington DC 20510
Use the [Schiff Contact Form](#)
(202) 224-3841

For the fastest response, call their local district or field offices, or use online contact forms which verifies you as a constituent.

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Support Group Meetings

RANCHO BERNARDO:

Tuesday, August 4, 10 am to 12 noon

San Rafael Catholic Church

Speakers: Sherrie Gould, Movement Disorder NP at Scripps Clinic and Maddy Schewe, Sales Rep. at Amneal Pharmaceuticals

Topic: "Crexont, newest form of Carbidopa/Levodopa"

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, August 5, 1:00 PM to 3 PM

Speaker: Marty Acevedo

Topic: "Parkinson's: Updates"

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

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

OCEANSIDE

Wednesday, August 12, 1:00 PM to 3 PM

Speaker: Marty Acevedo, Registered Dietitian

Topic: Your Diet and Parkinson's Health

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, August 28 10:00 AM to Noon

Speaker: San Diego County Sheriff's Department Community Liaison Officer

Topic: "Navigating the Road Ahead: A Guide for Driving with PD and Aging"

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPSGF@gmail.com

Passings

◆ Cheryl Kerber

Our thoughts & prayers go out to family & friends

NCPSPG Board of Directors

Wednesday, **August 19**, 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



"I was born in New York City, lived three years in Washington D.C., and moved to Denver at the age of eleven. After high school I attended the University of Pennsylvania, then moved to the U.S. Virgin Islands. A year later I married Amy, my wife of 53 years. I worked as a television reporter, an evening news anchor, and then General Manager of the CBS affiliate on St. Thomas. In 1991, I accepted the position of press secretary for the Virgin Islands Delegate to Congress in the U.S. House of Representatives. After a two year term, I returned to school and earned my MBA from the American University. I spent two years as a Senior Marketing Manager at a business-to-business newsletter publisher and then joined the nation's

largest association direct marketing agency where I developed and implemented multi-channel membership recruitment programs. Amy and I moved to San Diego from Bethesda, Maryland, in 2025 where we were members of the Parkinson's Foundation of the National Capital Area, PFNCA.

"Because Parkinson's robs its victims of so many aspects of day to day living...attending a support group, Tremble Clefs, and the quarterly socials are powerful tools."

"I was diagnosed with Parkinson's in January of 2009. Since then I have experienced nearly every symptom. The most debilitating symptoms have been loss of balance and incontinence. Incontinence is annoying and inconvenient, but balance is frightening and dangerous. I also have neuropathy, which contributes to my walking problems, and scoliosis, which adds back and leg pain making needed exercise difficult.

"We joined the La Costa chapter support group of the North County Parkinson's Support Group and find the informational speakers very helpful. The breakout sessions are an opportunity to share with other people who have Parkinson's and learn from their experiences. I have also joined Tremble Clefs to address my increasing voice impairment, but I soon discovered that the program is so much more than voice therapy. It is just plain fun! The once a week singing sessions feature musical standards dating as far back as the 1950's making the songs trips down memory lane.

"Because Parkinson's robs its victims of so many aspects of day to day living, it's too easy to turn inward and shut out the world around you. But attending a support group, Tremble Clefs, and the quarterly socials are powerful tools. The North County Parkinson's Support group is a leader in helping those of us on our Parkinson's Journey."

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

Emerging Roles of Clinical Trials

Before emerging therapies can be approved for widespread public use, they must first be tested in controlled clinical research settings to ensure that new medical treatments are safe and effective. By joining a [study](#), participants are playing a vital role in helping doctors and scientists. Researchers are exploring new pathways for treatment of Parkinson's disease. Ongoing clinical trials are evaluating potential new approaches to evaluate if they can help reduce "OFF" time and improve daily motor function without worsening dyskinesia.

Local research studies are evaluating investigational add-on treatments for adults with Parkinson's disease. Discover if you qualify today. Take the [2-Minute Survey](#). If eligible, we'll match you to a Parkinson's study and call you within 2 minutes to answer your questions. Confidential • No obligation • No cost. Read our FAQs to learn more about clinical research studies for people with Parkinson's disease, and what one might expect as a participant.

Frequently Asked Questions [Link](#)



Watch for the upcoming [PASD Journal](#) edition with a feature article on Support Groups -

You may see someone you know!

PASD fetes NCPSPG Volunteers

Carol Maher and **Brigit King** have provided compassion, friendship, and unwavering support as leaders of the Rancho Bernardo Group. Their dedication has made a lasting impact on countless individuals and families in our Parkinson's community.

Please join us in thanking them for their years of service and the difference they have made. We are deeply grateful for their commitment and wish them all the best in this next chapter.

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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!

Micheline Allen, our Corresponding Secretary reminds members to have the address info@ncpsg.org in your [contact list](#), to ensure your newsletter link does not go to your junk mail.

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!



Fall Potluck

When: **Tuesday, September 22, 2026** 11:30 am

Where: **San Rafael Church - Parish Hall**

17252 Bernardo Center Dr.
San Diego (Rancho Bernardo) CA 92128

Main Dishes provided by NCP SG Rancho Bernardo chapter

Oceanside chapter members: **Salads**

La Costa chapter members: **Side Dishes**

Fallbrook chapter members: **Desserts**

More Information

Please call **Cindy** 760 415 0637 or **Tom** 858 209 0322





PARKINSON'S
ASSOCIATION OF SAN DIEGO

"Helping You Live Your Best Life"

SAVE *the* DATE!



**EMPOWERMENT
DAY**



Educate. Empower. Connect.

Stronger Together in the Parkinson's Community.



OCTOBER 15, 2026

**TOWN AND COUNTRY HOTEL
SAN DIEGO, CA**

500 Hotel Circle North
San Diego, CA 92108

Join us for a day of inspiration, education, wellness, and community resources designed to support and empower individuals and families living with Parkinson's disease.



More details to come!

Together, we empower.
Together, we thrive.

