

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

June 2026

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



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

## Do you feel the Momentum Building? By Paul Dawson

*Much of the following is based on the new book by Dorsey and Okun described below and on the Michael J. Fox Foundation (MJFF) website – a valuable resource for your own research.*

It feels like recent developments both in Parkinson's research and in legislative action are building support for identifying and mitigating causes of PD, which ultimately will move towards the cure we've all been anticipating.

### Significant environmental correlation to PD

In January a number of us traveled to San Diego for a discussion by two neurologists, experts on Parkinson's, on their findings regarding potential causes of PD. In a discussion titled "*Parkinson's is a Man-Made Disease*" they identified a dramatic increase in people diagnosed with PD that began with the start of the industrial age. They documented a climb in neurological disease diagnoses that parallels development of industrial and agricultural chemicals. You've probably seen that too: a dramatic increase in Parkinson's patients continues today.

Ray Dorsey, M.D. and Michael S. Okun, M.D. authored the book "The Parkinson's PLAN – A New Path to Prevention and Treatment". Both spoke for more than an hour to an engaged crowd of people with Parkinson's and care partners. The Q&A session that followed demonstrated substantial interest. If you missed the discussion or want to review it again, it is available on the PASD website. [Click HERE for link.](#)

<https://parkinsonsassociation.org/parkinsons-plan-book-tour-january-27-2026/>

Genetic (inherited genetic mutation) Parkinson's is estimated at ~13% of those diagnosed, while "Idiopathic" (unknown cause) Parkinsons, represents ~87% of patients. The statistical link to industrial and agricultural chemicals that Dorsey and Okun discussed may help to explain the growing idiopathic percentage.

One highly suspect chemical is *paraquat*, a very toxic weedkiller/pesticide. The Environmental Protection Agency (EPA) has the authority to limit or cancel pesticide approvals when evidence shows harm to human health. In late 2022, the EPA announced a reassessment of paraquat's safety, but that review has not been completed as of March. As part of the process, MJFF and their partners submitted more than 90 scientific studies to the EPA documenting paraquat's harmful health effects.

Paraquat is widely used in the US, but is prohibited in many other countries. According to the Michael J Fox Foundation, in March of this year, *Syngenta*, one of the world's largest pesticide manufacturers, announced that it will stop producing paraquat. But it does not solve the problem. As long as paraquat remains approved for use in the United States, manufacturers abroad will continue to produce and export it here. One company stopping production does not remove paraquat from the market or prevent exposure. In fact, according to environmental groups, China-owned *Sinochem* exports tens of millions of pounds of paraquat to the United States each year.

**NEXT MONTH we'll have a CALL TO ACTION - ways you can help inform and motivate your government representatives at all levels to keep the momentum going!**



### Summer Social Event June 20 Registration Deadline June 12

Join us in Fallbrook!  
Gourmet burgers and fixin's to match!  
RSVP on Page 5

### Inside This Issue

Monthly Meetings	page 2
In Focus: Eileen Casal	page 3
Media Mentions; Shout Out	page 4
Summer Social Registration	page 5

## Support Group Meetings

### RANCHO BERNARDO

**Monday, June 1, 10:00 AM to Noon**

Speaker: Dr Salima Brillman, MD, MDS Neurologist  
Topic: "New System for Duopa"

#### San Rafael Catholic Church

17252 Bernardo Center Road, San Diego, 92128

Hosts: Brigit King [bkicedancer@gmail.com](mailto:bkicedancer@gmail.com),  
858-354-2498 & Carol Maher [hcmaher@cox.net](mailto:hcmaher@cox.net)  
760-518-1963

### LA COSTA CARLSBAD

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

Speakers: Dr. Elizabeth Torres, PsyD, Psychologist  
Topic: "Parkinson's And Well Being"

#### Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper [NCPSGLC@gmail.com](mailto:NCPSGLC@gmail.com)  
or 520-820-0339

### OCEANSIDE

**Wednesday, June 10, 1:00 PM to 3 PM**

Speaker: Dr. Clint Pearman, PsyD, Psychologist  
Topic: Tai Chi - Health & Wellness Mind-Body

#### Oceanside First Presbyterian Church

2001 S. El Camino Real, at Fire Mountain Rd  
Oceanside 92054

Host: Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com)  
or 760-497-1200

### FALLBROOK

**Friday, June 26, 10:00 AM to Noon**

Speaker: Dr. Ricardo Olivo, MD, Neurologist  
Topic: "Neuro Cognition"

#### Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

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

## Passings

- Barbara Batchelder
- Tom Nesvold
- Robert Stanberry
- Steve Tague
- Kenneth Wright

Our thoughts & prayers go out to family & friends

## NCPSG Board of Directors

Wednesday, June 17, 1 PM. The Board meets online on the third Wednesday of the month.

Contact Sam Cooper [NCPSGLC@gmail.com](mailto: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 (NCPSG 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 (NCPSG Scholarships Available)

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

### NeuroLab 360 (NCPSG Scholarships Available)

Neurologic physical and occupational therapy, and wellness sessions. [www.neurolab360.com](http://www.neurolab360.com)

### Rock Steady Boxing (NCPSG 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** - (NCPSG Scholarships Available) Physical exercise & wellness.  
[www.oyd-ca.com](http://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](mailto:matt@trembleclefs.com)  
or [laura@trembleclefs.com](mailto: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](http://www.parkinsonvoiceproject.org)



“My husband, Daniel, and I have no children. Daniel has no family in the United States. He is a retired naval architect and came here in the 1980’s. An avid sailor, he was involved in various regattas in the US and South America. At one point, he sailed from South America to the US. His hobbies include fishing and painting as well as golf and pickle ball.

“Daniel was diagnosed in the mid 2010’s. Current symptoms include bradykinesia, dystonia, internal tremors, and various nonmotor symptoms. He feels like he is at the

mercy of his Parkinson’s symptoms as they are irregular, making it difficult to organize a productive day.

He doesn’t attend the La Costa chapter support group meetings as he is not ready to engage in a support group yet. As I attend our meetings and relay the information to him each month, he feels this is sufficient.

“The support group meetings are very helpful. I learn a lot as the speaker always provides important information allowing us to understand the various aspects of Parkinson’s and strategies for management of the disease. The Care Partner group is particularly valuable as it allows insights into what other Care Partners are going through with the challenges and changing expectations as the disease progresses. Friends listen to our challenges and changes in our lifestyle and are quite supportive.

“It is very important to learn how to help your loved one and yourself. Get the most out of each day. Celebrate the good days and the “on” times.”

**“ It is very important to learn how to help your loved one and yourself.**

**Get the most out of each day.**

**Celebrate the good days and the “on” times. ”**

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## Social Gatherings

We hope you join in our NCPSPG large and small socials, where no one blinks an eye at a spilled drink or trembling hand, or soft voice. Contact Sam Cooper [NCPSGLC@gmail.com](mailto:NCPSGLC@gmail.com) or phone 520-820-0339.

There’s still time to register for our **Summer Social** in Fallbrook. Reservation form is on page 5. The Fallbrook chapter members are always welcoming hosts. We predict you’ll have a fun time, greeting old friends and make new ones.

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## 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](mailto: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

### Finding the Best Clinical Trial for You

This one hour presentation discusses how to pick a trial and what participation might mean for you.

In this *Third Thursdays Webinar*, the expert panel will walk through the process and share what to expect before, during and after a trial. Join to ask your questions live.

Date: Thursday, June 18, 2026

Time: 9 am Pacific Time Zone for one hour

[Register here](#)

Once you register, you will receive an email from "Michael J. Fox Foundation Webinar" with a link to watch the webinar. You will receive this email automatically upon registering, two days before and two hours before the live event.

**NOTE:** You must have Javascript and Cookies enabled in your browser preferences to access this webinar.

## The PASD Journal

is a bi-monthly publication of  
Parkinson's Association of San Diego

PASD is a separate non-profit and is closely aligned with NCPSPG's mission and goals

### IN THIS ISSUE:

Stephanie Murphy –  
*The Walk*

Jeff Seckendorf –  
*Pivot Proudly*

Steve Steinberg –  
*Your Mental Health*

Lisbeth Garces –  
*Our Hispanic Community*

Sherrie Gould, NP  
*Bali - the 2026 Trek*



[Click HERE for link](#)

## NCPSPG OFFICERS, DIRECTORS, LEADERS

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### Newsletter Published Online

Our monthly NCPSPG Newsletter is available on our website [NCPSPG.org](http://NCPSPG.org). It is posted about one week before the end of the month. Archived editions are also available there.

**Micheline Allen**, our Corresponding Secretary reminds members to have the address [info@ncpsg.org](mailto: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](http://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!**

## **NCPSG Summer Social** Saturday, June 20, 11:30-1:30

**Location:** Fallbrook Regional Wellness Center, 1636 East Mission Road, Fallbrook

**Catered by Firehouse Food Truck**



### **MENU**

**Entrée comes with coleslaw, French fries, dessert and beverage**  
**COST \$24 per person**

#### **SMASH BURGER**

Two Angus beef patties, double cheese, grilled onions, pickles, lettuce, secret sauce, on a bun  
 (when selecting indicate cheese or no cheese)

#### **VEGGIE BURGER**

No meat alternative, double cheese, grilled onions, pickles, lettuce, secret sauce, on a bun  
 (when selecting indicate cheese or no cheese)

**PULLED PORK SANDWICH** served on a brioche bun

**Tear here**

NUMBER OF TICKETS \_\_\_\_\_

PHONE \_\_\_\_\_

NAME

MENU CHOICE

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Mail bottom half of form and check made out to:

**DEADLINE FOR RESERVATIONS: Friday, June 12**

NCPSG

Hosts NCPSG Fallbrook

P.O. Box 230588

Encinitas CA 92023