

NORTH COUNTY PARKINSON'S SUPPORT GROUP

January 2025
www.NCPSG.org



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



Make Your Resolutions Count

Happy New Year! It's the beginning of 2025 and the tradition is to come up with **New Years resolutions** - resolutions that often fall by the wayside before Valentine's Day. But given the ongoing challenges that Parkinson's presents, we suggest a different approach.



Most of us have a pretty good idea of what we *should* be doing: nutrition, exercise - physical and mental, sleep, socialization, mindfulness, and on, and on. Our suggestion for 2025 is to use the great resources we have available and to drill down and focus on what would benefit **you**. Decide on your priorities, and commit to them. "**Just Do It!**" is the slogan of the Nike brand, but it could be our mantra for this new year.

We are fortunate to have excellent resources, local and online, with the most current information on all things we could... should... WILL be doing to improve our quality of life with PD. Here are just a few:

PASD.....	https://parkinsonsassociation.org/	Parkinson's Foundation	https://www.parkinson.org/
MJFF.....	https://www.michaeljfox.org/	PMD Alliance	https://www.pmdalliance.org/
Davis Phinney	https://davisphinneyfoundation.org/		

Our Wonderful Holiday Luncheon

An annual event, our festive Holiday Luncheon was held December 7 at Shadowridge Golf Club. Members from all four chapters shared conversation, a fine lunch and joined in song with our highly competitive *Twelve Days of Christmas*. Our fearless President and Social Director Sam Cooper, who long ago suggested our support groups hold social gatherings, was unable to attend but sent best wishes. And we returned joyful messages to Sam as he recuperates from medical procedures. Here are a few smiling faces thanking him for "all things social", and wishing all of you a Happy New Year!



Call For Articles

Our North County Parkinson's Support Group is all about supporting each other so your story is important to all of us.

You are invited to write an article or send us an outline for our newsletter sharing some aspect of your Parkinson's Journey. Articles should be no more than 450 words; shorter is fine. We can't print every article, and we do edit your submittal. Send a draft to us, publisher Paul Dawson, paul@video-fire.com and editor Joan Anderson, ncpsgnl@gmail.com

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Support Group Meetings

RANCHO BERNARDO

Monday, January 6, 10:00 AM to Noon

Speaker: **Kendra French**, 101 Mobility

Topic: **"Safety at Home"** - Restoring Independence & Vitality

San Rafael Catholic Church 17252 Bernardo

Center Road, San Diego, 92128

Host: Brigit King bkicedancer@gmail.com.

or 858-354-2498

LA COSTA CARLSBAD

There will be no meeting in January as the church is closed for New Year's Day.

Christ Presbyterian Church

7807 Centella St. Carlsbad 92009

Host: Sam Cooper NCPISGLC@gmail.com

or 520-820-0339

OCEANSIDE

Wednesday, January 8, 1:00 PM to 3 PM

Speaker: **Jeff Seckendorf**, Ops. Director PASD

Topic: How **"Living with Purpose"** benefits your Parkinson's journey.

Oceanside First Presbyterian Church 2001 S. El

Camino Real, Oceanside 92054, at Fire Mountain Rd

Host: Paul Dawson paul@video-fire.com

or 760-497-1200

FALLBROOK

Friday, January 24, 8 AM to Noon

Speaker: **Dean Sgragia**, Founder CEO LifeSpan Medical Solutions

Topic: **"Exercise is Medicine"**

Contact Irene at email ncpsgf@gmail.com

Fallbrook Regional Wellness Center

1636 E. Mission Rd, Fallbrook 92028

Host: Irene Miller NCPISGF@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.

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

Our next large group event is the **Spring Social, Monday, March 17**, in the Oceanside Room at the Oceanside Broken Yolk. Information and ticket form will be in our newsletter next month.

NCPISG Board of Directors

Wednesday, January 15, 1-3 PM. The Board meets online on the third Wednesday of the month.

Contact Sam Cooper 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*

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

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

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 Pasadena, California, moved to Corona, California, when I was 5, and San Diego when I was 15. I have a younger brother with whom my dad and I spent every summer vacation camping while visiting numerous national and state parks. I have always loved to dance and learned hula, Tahitian, and tap as a young girl. I was inspired by an enthusiastic PE teacher to pursue a degree in Physical Education at San Diego State University. During Spring Break of 1984, I embarked on a 9-day bicycle ride from San Francisco to San Diego during which my riding partner and I carried all our gear. On the final day we literally rode to the front door of our apartment. I felt the biggest sense of accomplishment that I had experienced up to that point.

I met my future husband my first year at SDSU. We married 5 years later and raised two daughters and a son together. I opened a home day care which allowed me to stay home and be very involved with our children's school activities. Two years later I began working as a Personal Trainer and 3 years later opened a mobile personal training business for Seniors. I retired in 2021.

I was diagnosed with Parkinson's in 2012 after a frustrating 2 years of seeing 3 different neurologists. I was relieved just to have an answer. I set out to learn as much as I could about the disease by attending the PASD Good Start Program. I joined Rock Steady Boxing which was a physical and emotional outlet. I met my current husband, Steve, in the Rock Steady class. He has Parkinson's as well. A few members started our own support group and have been meeting monthly for the past 6 years. About 3 years ago, I began attending the Rancho Bernardo support group founded by a former Rock Steady Boxing member, Howard Maher, and his amazing wife Carol.

**"I see my Parkinson's
as a nuisance
most of the time and
have never thought
of myself as
having an illness..."**

Steve and I volunteer at the New Member table during the monthly meeting and now have a whole new group of folks with Parkinson's we call our friends. The monthly speakers are very informative and the breakout sessions provide us with a chance to share our experiences, dilemmas, and solutions. My friends and family are very good about assisting me when I freeze or am in Off Mode, but my husband is my biggest help. He has completely different symptoms than I do and is usually good about recognizing when I need his help. We are so lucky to have each other to depend on.

"I see my Parkinson's as a nuisance most of the time and have never thought of myself as having an illness. I firmly believe it is up to each of us to look for opportunities to engage socially and physically. I am completely open with strangers about having PD which is so much easier than trying to hide it. We didn't ask for it, but we are living with it successfully and with purpose. Parkinson's is not a death sentence. Engage life and never stop moving."

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!

Rock Climbing helps Parkinson's

The CBS news magazine, ***Sunday Morning*** recently aired a segment about how doing sport climbing can help people with Parkinson's:

<https://www.youtube.com/watch?v=HLLAWJckKDw>

A randomized, controlled trial named ***Climb Up! Head UP!*** in the scientific community examined the effectiveness and feasibility of several kinds of sport climbing. The activity is done in a controlled environment in several ways such as boulder climbing, lead climbing, or top-rope climbing.

A 2021 study published by the science journal, ***Nature***, and the Parkinson's Foundation in ***NPJ Parkinson's Disease*** measured 48 inexperienced climbers aged 64 plus or minus 8 years. All completed a 12-week course of climbing or an unsupervised physical training group. and showed improvement of symptoms on the Movement Disorder Society-Sponsored Revision of the Unified Parkinson's Disease Rating Scale part III (MDS-IPDRS-III). Medical researchers concluded the trial provides class III evidence that sport climbing is highly effective and feasible in mildly to moderately affected PD patients and reduces bradykinesia, tremor, and rigidity in mildly to moderately affected participants with Parkinson's disease.

Volunteer!

All Board members, officers, support group leaders are volunteers as are our greeters, refreshment team, sound folks, and breakout facilitators. Is there a way you could help? Volunteering benefits our members; it's a fun and rewarding way to contribute to our Parkinson's community.

Our mailing address:

NCPSPG
PO Box 230566
Encinitas, CA. 92023

Our Website: (Donations accepted)
NCPSPG.org

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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. 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!