

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

Newsletter for Encinitas/Cardiff, Fallbrook & Oceanside Parkinson's Support Groups **SEPTEMBER 2017**

## “It takes a village...” OUR NEWSLETTER has many team players

Our NCPSPG Newsletter requires many hands to take it from a brilliant spark in the imagination of our editorial team to its final destination, the bottom of your parakeet's cage.

### CORRESPONDING SECRETARY – **Micheline Allen**

Maintains database of membership, identifies those wishing to receive Newsletter electronically, and those wishing US Mail delivery. Prints address labels, places on envelopes, sends out electronic editions.

### EDITOR – **Stephen Lester** and others

Researches topics, writes articles, takes pictures, determines layout, builds Newsletter, submits to Board monthly for proofing, sends electronically to NeuroCenter

### REPORTER – **Sam Cooper**

Interviews FOCUS persons of interest, writes interview article

### CHURCHILL GRAPHICS – **Peter Bierle, Art Bierle**

Supplies professional quality paper for the Newsletter

NEUROLOGY CENTER - Prints the Newsletter, pays for postage, stamps envelopes

FIRST PRESBYTERIAN CHURCH OCEANSIDE – folds Newsletters for mailing and distribution

### DISTRIBUTION TEAM – **Madonna Bingham**

Assembles team to stuff 250 envelopes with Newsletters, takes copies to Post Office; passes 250 to team leader (*position available!*) who distributes to individuals (Paige, Wayne, Chris, Irene, Art, Paul & more) who hand-carry to Senior Centers, Libraries, Neurologist Offices, Physical Therapists, Exercise sites

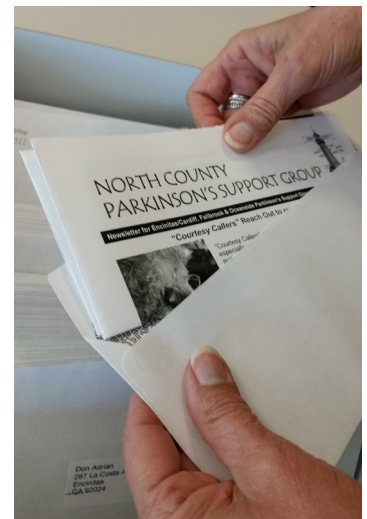
### PUBLISHER – **Paul Dawson**

We don't really know what he does, but we believe that he *thinks* he oversees it all.

READERS – **You!** 250 circulated electronically; 500 copies printed: 250 mailed, 250 distributed to North County sites and Support Group meetings, not to mention our website – Wow! More than 750 potential readers!

**We need your help!** Our goal is to have back-ups for every position – ready to step in at a moment's notice. You know how quickly things can change with Parkinson's. We need folks to help with hand-carrying Newsletters to sites across North County, replenishing monthly editions and requesting permission at new sites, like senior centers, libraries, physical therapy offices, neurologists...

Could **you** help distribute the Newsletter in your community?



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## Support Group Meetings

**ENCINITAS/CARDIFF - Wednesday, September 6<sup>th</sup> 1pm - 3pm (NCPSPG Sponsored)**  
(first Wednesday of each month) at Belmont Village, 3535 Manchester Ave., Cardiff.

**Program:** David Weil, HICAP (Health Insurance Counseling and Advocacy Program). **Topic:** Helping you understand your Medicare rights and benefits, Medicare supplemental insurance (Medigap policies); Medicare Advantage plans. Free valet parking from 12:30pm until 3:30pm. Care & Share & Refreshments.  
Call **Rex McCoy 760-519-9588**.

**OCEANSIDE - Wednesday, September 13<sup>th</sup> NEW TIME 1pm - 3pm (NCPSPG Sponsored)**  
(second Wednesday of each month) at

**NEW LOCATION: First Presbyterian Church Oceanside**, 2001 S. El Camino Real at Fire Mountain Drive, Oceanside. **Program:** Jay Rosen, Ph.D & Lori Haase-Alasantro, Ph.D, psychologists, will discuss neuropsychology of PD. Care & Share. Refreshments. Call **Paul Dawson 760-497-1200**.

**FALLBROOK - September (NCPSPG Sponsored)**  
Regular meeting is cancelled as we are hosting the annual NCPSPG Potluck on Monday, September 18, 11:30 am. See you there! FBSG normally meets fourth Friday of the month, 10am - noon, at Christ The King Lutheran Church, 1620 S. Stage Coach Lane, Fallbrook.  
Call **Irene Miller 760 731-0171**

**ATYPICAL Parkinson's (Caregivers only) Wednesday, September 6<sup>th</sup> 11am-1pm** (first Wednesday of every other month) at Tri-City Wellness Center, first floor Conference Room, 6250 El Camino Real, Carlsbad.  
Call **Judy Chamuler 619-788-3584**.

**ATYPICAL Parkinson's (PwP & Caregivers) Note change: Monday, October 16<sup>th</sup> 1pm - 3pm** (third Monday of the month) at UCSD, East Campus, 9423 Health Science Drive, Medical Center Modular 1, Room 140, La Jolla. Call **Darlene Gerow 619-806-9649**.

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## NCPSPG Board of Directors

**Wednesday, September 20<sup>th</sup> 1pm - 3pm (NCPSPG Sponsored)** Tri-City Wellness Center, 6250 El Camino Real, Carlsbad.  
Call **Paul Dawson 760-497-1200**.

## Physical Exercise

**CARDIFF LOCATION - Tuesdays & Thursdays 11am - noon (NCPSPG Sponsored)** Encinitas Elks Lodge, 1393 Windsor Rd., Cardiff. Take I-5 to Santa Fe exit east to Windsor Rd. and turn right. (Fee charged). Call **Betty Byrd 760-635-1144**.

**OCEANSIDE LOCATION - Fridays 11am - Noon** Tri-City Hospital, 4002 Vista Way, Oceanside, Assembly Room, check room on arrival. (Free) Valet parking available. Call **Tracy Park, PT, 760-940-3617**.

**DANCE FOR PARKINSON'S - Thursdays 1:15pm - 2:15pm (NCPSPG Sponsored)** Space donated by the **Performing Arts Workshop**, 1465 Encinitas Blvd. A102, Encinitas. (East of El Camino Real) Led by Cheryl (Balbes) McIlhon, professional dance instructor. Optional social gathering. (Free) Call **Cheryl McIlhon 248-755-7431**.

**PERSONALLY FIT - Tuesdays & Thursdays 2pm - 3pm** Parkinson's exercise classes at Personally Fit in Rancho Bernardo. (Fee charged.) Call **858-485-6706** for more information. Silver Sneakers accepted for entrance.

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## Vocal Exercise

**AudAbility** - This music therapy program offers numerous music related activities for People with Parkinson's. (Fee charged) For more information, call **Lindsay Zehren at 858-457-2201** or email [lzehren@musicworxinc.com](mailto:lzehren@musicworxinc.com).

**Tremble Clefs-Therapeutic Singing Tuesdays 1pm - 2:30pm** St. Andrews Episcopal Church, 890 Balour Dr., Encinitas. New members always welcome. (Free) Call **Matt Ignacio 619 708-4150** or check website: [www.trembleclefs.com/san-diego](http://www.trembleclefs.com/san-diego)

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## Small Social Groups

**Parkinsonians and Caregivers - (NCPSPG Sponsored)**

**Who Doesn't Like A Potluck!**  
Please join us for our annual NCPSPG Fallbrook Potluck, **Monday, September 18, 11:30**, at Christ The King Lutheran Church, 1620 South Stagecoach Lane, Fallbrook 92028 hosted by our Fallbrook support group.

The Fallbrook folks are bringing the hot dishes. The rest of us will bring sides dishes, salads, or desserts. RSVP to Sam Cooper [scprphd@gmail.com](mailto:scprphd@gmail.com)  
See you and your appetite there!

Belmont Village provides our meeting space at their Cardiff facility at no charge.  
Please let them know we appreciate it!

## In Focus: Micheline Allen



You may not know Micheline Allen, but she is a huge behind the scenes part of our North County Parkinson's Support Group family. Not only does she email you the newsletter each month, as Corresponding Secretary for the Board Micheline handles everything from the Directory to the Courtesy Callers to get well and sympathy cards for our members and all correspondence. Most of all she manages our database which is crucial for our overall operation.

Micheline grew up in London during World War II and remembers the V-1 rockets known as "Doodlebugs" flying overhead. She lived there until marrying her husband Ray, of 54 years.

"I had the privilege of being a stay at home Mum to raise our two daughters. We lived in England until moving to the States in 1987 when Ray had the choice of opening a new office for the defense industry in either Newport, Rhode Island, or San Diego both of which have a large naval presence. Fortunately, he chose San Diego. We have lived here ever since."

Micheline worked 15 years for a bank in London before the birth of her first daughter. While raising her family, she volunteered with the Towns Women's Guild that ran educational programs. She assisted with the set-up of Ray's new office and went on to work in the Finance Department of the City of Encinitas, again for 15 years, until retiring.

According to Micheline her greatest life accomplishment is "Raising two beautiful and caring daughters who have become very accomplished and independent young ladies". She did note that being a grandmother is a close second.

Ray was diagnosed with Parkinson's in 2007. As her husband's caregiver, Micheline said the greatest impact is "losing your freedom when you are used to being very busy." When Ray had a fall and pneumonia in 2015 things changed. He now struggles with mobility and dementia which Micheline noted "causes confusion and anxiety in crowds or loud places so we are not able to participate in the social activities as we would like to do".

She is able, however, to make a huge contribution serving on our Board and every one of us benefits from her efforts. Micheline encourages everyone to take advantage of our programs. "The 'Support' part of our group's name is so important for caregivers and their loved ones. The sharing of resources and advice through our monthly meetings, support group sessions, and social activities is just critical."

Micheline encourages all of us to "accept that each day is a new day with a new challenge. Embrace that. Draw on your patience and tolerance and give consideration to what your loved one is going through. Reach out to others."

Finally, Micheline's advice to her fellow caregivers is to "Make time for yourself. Accept that life is different now and you need to adapt. Parkinson's has brought our family even closer together and for that I am grateful.

**Accept that  
each day is a new day  
with a new challenge.  
Embrace that.**

**Draw on your  
patience and tolerance  
and give consideration  
to what your loved one  
is going through.**

**Reach out to others.**

**Make time for yourself.  
Accept that life  
is different now  
and you need to adapt.**

Micheline Allen

## Caring for Spouse with Cognitive Issues?

UC San Diego School of Medicine is conducting a research study of support methodologies for caregivers. **The study focuses on the health of the caregiver.**

We were advised that regulations prohibit our summarizing the project in writing without specific prior text/language approval, but a comprehensive presentation on this interesting study was made to the Oceanside Support Group.

If you are interested or want more information contact **Josefina Olvera**, Project Coordinator at 858 534-9479

## VA Healthcare research for PwP

VA San Diego Healthcare System is sponsoring research for **people with Parkinson's** at their La Jolla campus examining the effectiveness of two different interventions for PD. Each intervention program is in a group format, meeting about 1 1/2 hours once a week for ten weeks, led by a licensed psychologist.

One group is a **cognitive rehabilitation program** that teaches individuals with PD strategies that may improve their thinking abilities such as memory and concentration. The other is **supportive care** intervention that allows participants to discuss concerns with other adults living with PD. Both groups are led by licensed psychologists. Participants are randomly assigned to one of the groups.

For more info contact **Celina Pluim**, Study Coordinator at 858 552-8585 ext. 5593.

## Save the Date - PA Golf Tournament

Take a swing at PD! Parkinson's Association announces a Golf Tournament at

**The Crossings at Carlsbad -  
Monday, October 30th**



This is a major fundraiser for PA and promises to be lots of fun. See more info as the date approaches on their website - [ParkinsonsAssociation.org](http://ParkinsonsAssociation.org).

## CONTACTS

### Encinitas/Cardiff Support Group Leader

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### Parkinson's Association Liaison

Thelma Balbes (PA Board member) 760-918-9887

## Passing

- Marilyn Kotter
- Gennie Waters

Our sympathies to their families and friends.

Our continuing thanks to the  
Neurology Center of Southern California  
for our Newsletter printing and postage.



Serving San Diego County with four locations:  
Carlsbad, Escondido, Poway, La Jolla  
760-631-3000  
[www.neurocenter.com](http://www.neurocenter.com)