



NORTH COUNTY PARKINSON'S SUPPORT GROUP

Newsletter for Encinitas/Cardiff, Fallbrook & Oceanside Parkinson's Support Groups February 2018

Parkinson's Program at Tri City Wellness Center

The **Step by Step for Parkinson's Program** is a new Medically Integrated offering at Tri-City Wellness Center. Started in August 2017 with a very generous grant from Tri-City Medical Center and the Parkinson's Association, the program was put into place. Behind the scenes, Marty Acevedo worked very passionately to bring this to fruition. Her efforts paid off when the partnership between TCWC and the Parkinson's community began working together.



The program offers a beautiful, state of the art facility in Carlsbad with a full-membership included as a part of the program. On Tuesdays and Thursdays from 11:00 am to 12:30 pm, their participants come to exercise with their team of Certified Fitness Specialists in the Group Exercise Room. TCWC works together in community on balance, strength training and coordination exercises.

The recumbent bikes are also used to work up to an RPM (revolution per minute) of 70 - 90.

Clinically it has been shown to slow progression of PD by forced cadence of 70-90 RPM for 45 minutes 3-5 times per week. But they don't always start there! They start wherever you are!

The TCWC Step by Step for Parkinson's program offers an initial and ongoing fitness assessments to track your progress. There is ongoing Parkinson's education, social activities and resources for support in our area.

Dance for Parkinson's has just been added January 2018 and is a huge success! We have received wonderful feedback about the class. No experience is necessary. We partner with *Rock Steady Boxing* and Alex Higley, who is located just across the street. Guest speakers have included: Speech Pathologists, Audability Harmonica Programming, Physical Therapy, Neurology, and a Neuro-Surgeon is on schedule for March 2018.

Nutrition is also included each month. Please contact Susan Webster at TCWC, [760-931-3127](tel:760-931-3127) for more information.



Traveling with Parkinson's

By Stephen Lester

Does a diagnosis of Parkinson's mean you can't travel anymore? Of course not. But it does mean that you will have to keep your disease in mind when making your plans. Here are a few simple suggestions that can make things a little easier.

Destination Remember, you do have a disease. If you're like me you have found that your endurance is now limited so booking that Himalayan trek may not be a good idea.

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Happy Valentine's Day!

Support Group Meetings

ENCINITAS/CARDIFF - Wednesday, February 7th

1pm - 3pm (NCPGS Sponsored)

(first Wednesday of each month) at **Belmont Village**, 3535 Manchester Ave., Cardiff.

Speaker: Dr. Vincent Filoteo.

Topic: Parkinson's and Cognition Issues

Free valet parking from 12:30pm until 3:30pm. Care & Share & Refreshments.

Call **Rex McCoy 760-519-9588**.

OCEANSIDE - Wednesday, February 14th

1pm - 3pm (NCPGS Sponsored)

(second Wednesday of each month) at

Oceanside First Presbyterian Church

2001 S. El Camino Real at Fire Mountain Drive, Oceanside.

Speaker: Tracy Park, Physical Therapist

Topic: Exercise: Key to Staying Ahead of PD

Tracy, who leads Tri-City Hospital's outstanding weekly exercise classes, shows us how to make the most of exercise opportunities. We also expect to see two examples of equipment that helps us deal with PD. Care & Share. Refreshments.

Call **Paul Dawson 760-497-1200**.

FALLBROOK Friday, February 23rd 10am - noon.

(NCPGS Sponsored) (fourth Friday of each month)

at **Christ The King Lutheran Church**, 1620 S. Stage Coach Lane, Fallbrook.

Speaker: Carly Bonnell, UCSD Researcher

Topic: Maintaining & Improving Daily

Interaction in Dealing with PD Challenges

Call **Irene Miller 760-731-0171**

ATYPICAL Parkinson's (PwP & Caregivers)

Monday, February 19th 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**.

ATYPICAL Parkinson's (Caregivers only)

Wednesday, March 7th 11am-1pm (first

Wednesday of every other month) at Tri-City Wellness Center, 6250 El Camino Real, Carlsbad.

Contact **Jim Reiser 858-245-2093**,

jreiser@hospicenorthcoast.org

NCPGS Board of Directors

Wednesday February 21st 1pm - 3pm

Tri-City Wellness Center, large conference room, 6250 El Camino Real, Carlsbad.

Contact **Paul Dawson 760-497-1200**

Physical Exercise

CARDIFF LOCATION - Tuesdays & Thursdays

11am - noon (NCPGS 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 - NEW TIME:

Thursdays 2:30 - 3:30pm (NCPGS 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 follows.

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.

Vocal Exercise

AudAbility - This music therapy program offers numerous music related activities for People with Parkinson's including harmonica & drumming. (fee charged) For more information, call

Lindsay Zehren at 858-457-2201 or email **lzehren@musicworxinc.com**.

Tremble Clefs -Therapeutic Singing **Tuesdays 1pm - 2:30pm** St. Andrews Episcopal Church, 890 Balfour Dr., Encinitas. New members always welcome. (Free) Call **Deanna Hastings at 619-363-0814** or check website: **www.trembleclefs.com/san-diego**

Small Social Groups

Our small social groups gather in rotating private homes on the third Monday of each month that we don't have a large group activity . Come and join us in a safe environment where we all understand and support each other. Contact **Sam Cooper**, Social Chair, **scprphd@gmail.com** or call/text **520-820-0339**.

Belmont Village provides our meeting space at their Cardiff facility at no charge.

Please let them know we appreciate it!

In Focus: Ron Hanshew

By Sam Cooper



Ron Hanshew grew up in the east-most portion of the San Francisco Bay area, the son of a plumbing contractor. In the 6th to 8th grade, Ron & friends took “free” rides on railroad freight and ate rabbit & chicken prepared and shared by hobos. Life was an adventure!

At age 14, Ron began working on planes at an airport. He washed and waxed planes, taxied them to get fuel, removed screws, bolts and nuts releasing maintenance panels for mechanics to check. The best part of this job was that Ron’s earnings were applied to flying lessons. He became a licensed Private Pilot while still in high school. Later in college and the army, Ron used his pilot’s license to get an instrument rating and commercial license along with instructors and multi-engine qualifications.

Ron’s careers, from park ranger to district parks superintendent (25 years) army officer (6 years) and teacher (6 years) saw him moving throughout California while enjoying a variety of leadership roles.

Ron rose quickly through the ranks not getting “caught” for pranks on a chief ranger. One of the senior park aides talked Ron into putting a bikini on a blow-up manikin and putting “her” in the bottom of the patrol boat. She was visible to the chief ranger who watched employees from the state highway far above. The chief ranger sped down to meet the patrol boat and catch the park aides with a girl. Of course the “girl” was nowhere to be seen.

Promotions took Ron to Sacramento and eventually back to supervise one of the largest districts in the state park system, stretching from Los Angeles County to San Diego County and inland to the Arizona border. His responsibility included oversight of law enforcement, public safety, interpretation, maintenance of facilities and vehicles, representing executive management at public forums (such as the White House and Nuclear Regulatory Commission) and even a Jane Fonda-led protest rally.

Ron was the first Director of the CA State Railroad Museum. For six years he operated the biggest and best railroad museum in the world acquiring steam engines and speciality railroad cars from all over the world.

Another assignment had Ron living in Auburn and working in Stockton; 80 miles each way. Ron bought a small Cessna aircraft and flew back and forth each day. On weekends he took his two children flying around northern CA and beyond.

After retiring from State Parks in December 1992, Ron soon found his new life too tame. He returned to the university where he earned a degree and a teaching credential. He taught fifth grade for six years. After working & living in spectacular scenic areas, dressing in a uniform with a badge and firearm, Ron missed the outdoors and being close to nature. He says, “32 fifth graders were a hand full, but they gave me the most satisfaction of all the places I worked. The elementary school where I taught was populated mostly by Hispanic low income agricultural working families.” They brought with them a colorful set of clothing, delicious food and a thorough propensity for a joyous way of life. They also believed that girls in a family would prepare for life as a wife and mother. Ron discovered a very intelligent 11 yr. old young lady with a family who stood in the way of her even going to college. Ron weighed in as an advocate for the young woman and turned the situation around. She graduated UC Berkeley with honors.

Ron was diagnosed with Parkinson’s Disease 11 years ago. Although he intended that the disease would not run his life, he has found that the disease has been in the driver’s seat since year 10. Disease has changed his activities from running to walking, from pilot to passenger, and from travelling anywhere anytime to going to places where the climate is temperate and the facilities are accessible. Ron has been through many courses of various medicines and treatments for Parkinson’s, Diabetes and Prostate Cancer. Last March he had DBS surgery to control tremors that in 2016 interfered with daily living. Now things are looking better, and the team of physician, caregiver (Ron’s wife Sandy) and patient work to make his life as much like it has always been.

[Parkinson's] Disease has changed his activities from running to walking, from pilot to passenger and from travelling anywhere anytime to going to places where the climate is temperate and the facilities are accessible

Now things are looking better

Join Team NCPSTG PASD 5K Step-by-Step Sunday April 8

Liberty Station - Point Loma

We are excited about being part of Parkinson's Association San Diego's major event **5K Walk Step-by-Step!**

Join "**Team NCPSTG**", and help PASD in providing services throughout the County. Register online. Be sure to join our team. Walk with us if you can. *Listen for more info at meetings and via Newsletter & email.*



Traveling with Parkinson's

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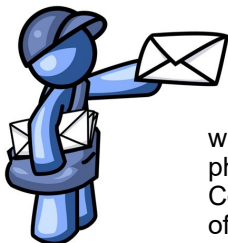
Most tours list how strenuous their tours are so you can plan accordingly. A good possibility is a cruise. You only have to unpack once and you always have a quiet place to rest when you have an offday.

Before you go Check with your Doctor to see if your condition is stable enough for travel, Pack extra medication in case there's a trip delay and for off days.

Consider trip insurance. If you have a premium credit card you may automatically get trip cancelation and trip delay coverage if you use the card to pay for the trip.

Make sure you are covered for medical emergency treatment and evacuation, and covered for pre existing conditions. Check the weather reports for your destination and pack accordingly. Remember, your disease makes you more sensitive to the environment, especially warm weather.

Getting there Getting to the airport can be cheap using public transport but can be a hassle if you have suitcases and carry-ons. Consider a taxi, car service or a friend to drop you at the airport. Airports for the non seasoned traveler are confusing and huge. Consider using a wheel chair service. They'll pick you up at the check in counter, help you navigate security and immigration and get you to the right gate. This can be very helpful, especially if you have a short layover between flights. ...to be continued.



Please check: Do We Have Your Latest Contact Info?

Please ensure that we are notified when you change address, email or phone number. Advise our Corresponding Secretary Micheline Allen of any changes. 760-631-0649

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Passing

◆ Joe Yatchman

Our thoughts and prayers are with
Linda, his family and friends

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