

# NORTH COUNTY PARKINSON'S SUPPORT GROUP



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

## Our Annual Picnic - Coming SOON!



It's Summertime! Your NCPSPG Board invites you to our annual picnic **Wednesday, July 25, at 11:30.** We will once again gather at **Aviara Park in Carlsbad** with El Pollo Loco catering. It can be chilly in the ocean air so you might want to bring a light jacket. This year there is no charge for this event, thanks to a generous anonymous donation.



Please RSVP with your name and number in your party to Sam Cooper, Social Director, [scprphd@gmail.com](mailto:scprphd@gmail.com) or text/call him at 520-820-0339. Please RSVP by July 20 so we can order food. We look forward to seeing everyone there!

> Due to the picnic, there will be no small group gathering in July. <

## STRONG DEMAND FOR PARKINSON'S ASSOCIATION OF SAN DIEGO'S " Good Start Program "

The recently held "Good Start Program" seminars – designed for newly diagnosed Parkinson's patients and their care partners – were, by all accounts, an overwhelming success. The seminars were filled to capacity and provided attendees with new information and insights. The most recent seminar, held on April 16, featured Dr. Abigail Lawler, Movement Disorders Neurologist, Neurology Center of Southern California as well as speakers who addressed Parkinson's patient and care partner perspectives, and legal issues.

The Parkinson's Association of San Diego plans to hold future sessions, all at no cost to participants. They will be 2-hour sessions including a 90-minute presentation followed by Q&A. Specific topics will include maintaining a positive attitude; understanding Parkinson's; choosing a physician; common medications; care partners; importance of exercise; nutrition; benefits of physical; occupational, speech and music therapy; legal issues; research; and support services. Please stay tuned for the dates and locations of upcoming seminars posted at [www.parkinsonsassociation.org](http://www.parkinsonsassociation.org), or call 858-999- 5671.

## Traveling With Parkinson's - Home At Last by Stephen Lester

*Stephen's travel tips started in February and continued in our April Newsletter. Now the final installment. "We hope you've had a pleasant journey, and will fly with us again."*

You've returned home, at last. And in front of you are 700 exhausted travelers, anxious to get through Customs.

Here are some hints to get you through customs and immigration a little quicker. First of all be familiar with what and how much Customs allows you to bring in to the USA. Those shop keepers will tell you anything to make a sale. And don't even try to sneak anything by these guys. Your Parkinsonian face may be great for poker but won't get you to first base with a customs officer.

Remember that long line at immigration? Well, if you look off to the side you'll see a gate with a bunch of kiosks, hardly anyone in line and a sign that says something like "Crew/GOES/TTP". This is where the smart traveler GOES. (get it?)

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## Support Group Meetings

**ENCINITAS - Wednesday, June 6<sup>th</sup> 1pm - 3pm**  
**(NCPGS Sponsored)** (first Wednesday of each month) **NEW LOCATION! Somerford Place**, 1350 S. El Camino Real, Encinitas. (corner of Tennis Club Drive, 0.7 miles south of Santa Fe Drive)  
**Speaker: Scott Stewart** of California Elder Law  
**Topic: Legal issues for seniors.** Care & Share & Refreshments.  
Call **Rex McCoy 760-519-9588**.

**OCEANSIDE - Wednesday, June 13<sup>th</sup> 1pm - 3pm (NCPGS Sponsored)**  
(second Wednesday of each month) at **Oceanside First Presbyterian Church** 2001 S. El Camino Real at Fire Mountain Drive, Oceanside.  
**Topic: Web-based Parkinson's Resources -** Michael J. Fox Foundation and other highly respected sources provide a wealth of information and support - a sampling. Care & Share. Refreshments.  
Call **Paul Dawson 760-497-1200**.

**FALLBROOK Friday, June 22<sup>nd</sup> 10 am - noon**  
**(NCPGS Sponsored)** (fourth Friday of each month) at **Christ The King Lutheran Church**, 1620 S. Stage Coach Lane, Fallbrook.  
**Speakers: Todd Dickman**  
**Topic: Mobility Challenges and Easing Pain**  
Please contact **Irene Miller 760-731-0171**

**ATYPICAL Parkinson's (PwP & Caregivers)**  
**Monday, June 18<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**.

**ATYPICAL Parkinson's (Caregivers only)**  
**Wednesday, September 5<sup>th</sup> 11am - 1pm**  
(Note: dark July 4<sup>th</sup>) (first Wednesday of every other month) at Tri-City Wellness Center, 6250 El Camino Real, Carlsbad.  
Contact **Darlene Gerow 619-806-9649**  
[darlene.gerow@gmail.com](mailto:darlene.gerow@gmail.com)

## NCPGS Board of Directors

**Wednesday June 20<sup>th</sup> 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 - 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.

**MEDICAL INTEGRATED PROGRAM - Tuesdays & Thursdays** Tri-City Wellness & Fitness Center, 6250 El Camino Real, Carlsbad. Parkinson's exercise classes (Fee charged.)  
Call **Susan Webster 760-931-3171**.

## 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](mailto: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](http://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](mailto:scprphd@gmail.com) or call/text **520-820-0339**.

Somerford Place provides our meeting space at their Encinitas facility at no charge.  
Please let them know we appreciate it!

## In Focus: Frances Hubert

By Sam Cooper



Born and raised in Indiana, Frances Hubert dealt with adversity from an early age. Her father died when she was 14. She quit school at age 17 to work with her mother in a restaurant and then a factory.

At age 18 she completed her GED and enlisted in the USMC, serving from 1952-55. After being discharged she returned home to work in the factory until 1956. "Every penny and spare minute was devoted to building a house that was never completed due to a cheating contractor, a union strike, and the plant moving to Alabama. We had no reserves.

Mother lost everything.  
That was when I knew I  
needed a new start.  
A girlfriend and I  
moved to California -  
The Promised Land."

California proved to be just that. Frances completed a BA in Art and met her husband, John, in 1959. They married in eight weeks. "John was a Master Chief and served 23 years in the Navy. During his frequent deployments I stayed busy around the house, worked, and completed a teaching credential which I never used as I became a realtor." Finding success as a realtor allowed her to focus on investment properties and return to San Diego State to learn printmaking including etchings, stone, lithographs, linoleum cuts, and wood cuts.

In 1990 the Huberts left El Cajon and built a house in Fallbrook. "I was able to put together a nice print studio. I learned recently that the symptoms I had been experiencing for years was Parkinson's,"

John and Frances attend the NCPSP Fallbrook Support Group meetings. They hope to gain more from their North County participation through attending sponsored workshops and our social activities. "I haven't been involved in any research, but it's clear that's an important thing people need to do if they can."

Consistent with her belief that "you take what life gives you and deal with it", Frances has started painting again. "I do triptyches (three panels) for our church. I did the "Empty Tomb Of Jesus". My last painting is Jesus talking to "The Woman At The Well". It is 5X6 feet. I recently started another 5X6 painting of Jesus washing the feet of the disciples."

"Even though we are still relatively new, I am already benefiting from the support group here in Fallbrook. Everything I know about Parkinson's I have learned from these wonderful folks. I thank you all very much."

Thank you, Frances, for being a model for all of us as we continue our Parkinson's journey together. And thank you for reminding all of us that it's not how many times life knocks you down, it's how many times you get up.

**Frances' belief is that  
"you take what life gives you  
and deal with it"**

**"Even though we are still  
relatively new (to NCPSP),  
I am already benefiting from the  
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these wonderful folks.**

**Thank you, Frances,  
for reminding all of us that  
it's not how many times  
life knocks you down,  
it's how many times you get up.**

## Our Thanks to Belmont Village

Always warm hospitality, warm cookies and a nice meeting environment, we've enjoyed our stay, and wish we could stay longer. Before moving on to Somerford Place on June 6, Rex McCoy, on behalf of NCPSPG, presented a token of our thanks to Paula Lemkuil.



## Traveling with Parkinson's

Final in series - continued from page 1



Let me tell you about a couple of programs that the government maintains for the seasoned traveler. The following link shows a comparison of the programs:

<https://www.dhs.gov/trusted-traveler-comparison-chart>

The first is called TSA Check Free and is run by the TSA. for domestic flights only. You apply online, pay a fee of \$85, go in for an interview and have your fingerprints taken. After being accepted you are allowed to use the usually shorter TSA check free line through security, leave your shoes on and not have to dig your computer out of your carryon.

[www.tsa.gov/tsa-precheck](http://www.tsa.gov/tsa-precheck)

The second program is run by ICE and is called GOES/TTP for Global Entry Trusted Traveler. After applying online and paying a fee of \$100 you go in for an interview to verify identity and have fingerprints taken. After being accepted you get all of the benefits of the TSA check Free and you get to use the short line at customs and immigration.

[www.globalentry.gov](http://www.globalentry.gov)

GOES requires you to be a citizen/permanent resident and TSA check Free does not.. Both programs issue you what is called a trusted or known traveler number. Use this number when booking your flight and you'll always get to thumb your nose at the jealous people in the long line.

Well, there you have it, everything you need to know to be a well-seasoned traveler. Don't forget, with all of the hassle of trip preparation and dealing with Dr Parkinson, it is easy to forget that the purpose of traveling is to HAVE FUN!! - by Stephen Lester

## Knock Out Parkinson's - PASD Gala

Saturday, October 6

Scripps Aquarium, La Jolla



Save the Date!



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Our thoughts and prayers are with  
Cynthia and Elsie, families and friends

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