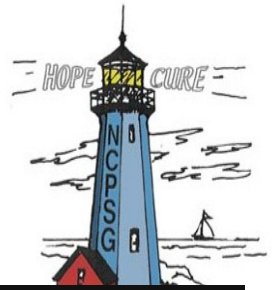


NORTH COUNTY PARKINSON'S SUPPORT GROUP

September 2018



NEWSLETTER for Carlsbad, Encinitas, Fallbrook, Oceanside and Rancho Bernardo Support Groups



July Picnic
warm day
warmer
conversations

What are they staring at?



Big News! New Support Group starts in Rancho Bernardo - October 1

Volunteers serving on our **Major Projects ad hoc committee** were asked by the Board to identify unmet needs and propose solutions. Their top priority was to form a support group serving the RB - Escondido area.

Brigit King and **Carol Maher** will be part of the leadership team at our new **Rancho Bernardo Support Group**, which will meet on the **first Monday of every month from 10 am to noon** at the **San Rafael Catholic Church**, 17252 Bernardo Center Dr, San Diego, CA 92128 beginning October 1st. Come join us for this exciting new step for the North County Parkinson's community.

Want to up your impact on Parkinson's? Consider becoming a NCPSPG Board member!

You already have an impact on Parkinson's. You participate in support group meetings. You read our Newsletter. You visit our website. You exercise. You come to socials.

Want to have a *bigger* impact? Join our Board of Directors. Fresh ideas are considered, opportunities are researched, and we embark on new services, new directions, while strengthening current programs.

We strive to serve our Parkinson's community with informative, motivating programs and activities - to improve the journey for us all. Consider joining our Board. There is a time commitment, but maybe not as much as you think. It's rewarding to be part of the team. And you do have an impact. Interested? Contact any Board member - soon!

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Support Group Meetings

ENCINITAS - Wednesday, September 5th (NCPGS Sponsored) (first Wednesday of each month, 1pm - 3 pm) **Somerford Place**, 1350 S. El Camino Real, Encinitas. (corner of Tennis Club Drive, 0.7 miles south of Santa Fe Drive)

Speaker: Julie Freelove-Charton

Topic: Importance of Exercise for Parkinson's. Call Rex McCoy 760-519-9588.

OCEANSIDE - Wednesday, September 12th

1pm - 3pm (NCPGS Sponsored)

(second Wednesday of each month) at

Oceanside First Presbyterian Church

2001 S. El Camino Real, Oceanside.

Speaker: Abigail Lawler, MD, movement disorder neurologist - Neurology Center Southern California

Topic: Parkinson's Disease: Understanding and coping with changes in symptoms. Breakouts follow where people with Parkinson's and care partners meet separately to discuss issues and successes. Refreshments. Call **Paul Dawson 760-497-1200**.

FALLBROOK - Regular meeting cancelled

because we're hosting the Fall Potluck on September 17 at our regular meeting place. Details all over this Newsletter. **(NCPGS Sponsored)** (normally meets fourth Friday of each month) 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 5th 11am - 1pm

(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

ATYPICAL Parkinson's (PwP & Caregivers)

Monday, September 17th 1pm - 3pm (third

Monday of the month) at UCSD, East Campus, 9423 Health Science Drive, Medical Center Modular 1, Room 140, La Jolla. Contact **Darlene Gerow 619-806-9649** darlene.gerow@gmail.com

NCPGS Board of Directors

Wednesday September 19th 1pm - 3pm

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

Call **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

Tremble Clefs -Therapeutic Singing Tuesdays 1pm

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

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.

Small Social Groups

Usually our small social groups gather in rotating private homes once a month. But this month is a **large** group activity, our **Fall Potluck** on September 17th, 11:30 at **Christ The King Lutheran Church**, 1620 S. Stage Coach Lane, Fallbrook. Contact **Sam Cooper** to sign up. Let him know if you will bring a main dish, side dish or dessert. Call **520-820-0339** or email scprphd@gmail.com.

Please visit our website: www.NCPGS.org We feature expanded discussions, archived Newsletters, an overview of our programs, our Board leadership and more. Updated often, we appreciate your comments.

In Focus: Irene Miller

By Sam Cooper



Irene Miller was born in Tokyo, Japan, and "had the privilege of being exposed to many countries and cultures". She graduated from California State University, Fresno, with a business degree where she met her "best friend and future husband", Pete. After getting married in 1976, the new couple returned to Pete's childhood home, the Miller Peach and Nut Ranch, where he worked with his dad. Their son Vincent was born three years later.

What started out as a temporary part-time job with JC Penney turned into a 33 year career in retail management for Irene by way of Modesto, Sacramento, San Diego, Hawaii, Las Vegas, Arizona, Nevada, and Oregon ultimately ending in a store manager position and finally landing in Fallbrook.

But their life has hardly been all work. "One of my fondest memories is our Route 66 trip celebrating Pete's 50th birthday in our 'mellow yellow mini Cooper'. It was also a very special joy to visit Israel and see the Holy Land."

Irene's role as caregiver began in 2009 with Pete's diagnosis of Parkinson's. She noted that taking care of her mother in the late 1980's who had Alzheimer's "helped prepare me to some degree to help my husband. What I have found about being a caregiver is you can try your best to be prepared to face the challenges through education and experience, but just when you think you have it figured out, it moves."

Her best advice to fellow caregivers is "to remain flexible. Ask yourself does this matter in the big picture? It's the little moments that make the difference. Live. Love. Laugh. Make sure you take time for yourself. You can't take care of your loved one if you don't take care of yourself. It helps put things in perspective for everyone."

Pete and Irene are very involved in our North County Parkinson's Support Group. Irene is the group leader for our Fallbrook support group and a member of our Board. They also attend the Oceanside support group as well as many of our social activities. "Attending these activities is a very important part of our lives. It is a time we can both socialize, make new friends and feel part of a unified group."

We really are in this together and the many wonderful people we have met are such a big part of that." The Millers have been involved in several research studies and Irene is currently participating in the UCSD Caregivers Study.

"We have a wonderful son who lives with us and is a big help with Pete's daily needs. We also have an outside caregiver a couple days of week which makes a big difference. Along with our NCPSPG friends we have great neighbors and friends and an extended family I can reach out to when the load becomes too heavy. Pete and I have great faith in the promise from Hebrews 13: 5-6 "The Lord is my helper. I will not fear...I will never leave or forsake you."

To her fellow caregivers, Irene offers this: "You are creating your own world every day with your thoughts. After each of your creations, can you say 'It was good'? Every choice you make and every action you take is creating positive or negative in your world and for your loved one. Choose the catch phrase Pete and I coined -DOPT, Dwell On The Positive. Time is a river. You cannot touch the same water twice because the flow that has passed will never pass again. Enjoy every moment you can."

Finally, Irene offers this observation from Martha Washington: "I have learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances."

"You are creating your own world every day with your thoughts. After each of your creations, can you say 'It was good'?"

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Her best advice to fellow caregivers is "to remain flexible. Ask yourself does this matter in the big picture? It's the little moments that make the difference. Live. Love. Laugh."

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Equipment & Service Exchange

Parkinson's Association San Diego - PASD - has a special relationship with a local moving and storage company. People can donate mobility and other devices that can help people with Parkinson's disease. The company will pick up the items and store them (or people can drop them off). When callers with PD that need these items call PASD, they are routed to the company and will get these items at no charge.

If you wish to **request equipment** or **donate equipment**, please call **Chris Buscher**, PASD Executive Director, at **858 999-5671**.

Fallbrook Hosts Fall Potluck

Our annual Potluck, named by some as "Fall in Fallbrook" happens on Monday, September 17, 11:30, Christ The King Lutheran Church, Fallbrook hosted by our Fallbrook Support Group. Great food, 'cause you brought it, and great conversation too.

Contact **Sam Cooper** to sign up. Let him know if you will bring a main dish, side dish, or dessert. Call/text **520-820-0339** or email scprphd@gmail.com.

More Picnic snapshots



And from the front page...

ANSWER: They're looking for that one piece of "Extra Crispy" chicken.



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

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Picked Up Your DIRECTORY yet?

If you signed up to be included in our **Directory**, but haven't picked yours up yet, it will be available at the next support group meeting. If you no longer wish to receive the Directory, or have your name removed, please contact Micheline at 760-631-0649.