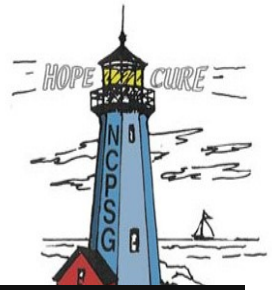


# NORTH COUNTY PARKINSON'S SUPPORT GROUP

November 2018



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



## Rancho Bernardo Meeting Huge Success!

We didn't know what to expect. Our new support group in Rancho Bernardo apparently has tapped into a need for support groups along the I-15 corridor. **We welcomed 67** people with Parkinson's and Care Partners who enjoyed the humor and magic of Dan Thomas - a person with Parkinson's!

Using our typical format of information presentation followed by breakout group discussions, our team of leaders made everything go smoothly - although like ducks on a lake, there was lots of furious paddling below the surface. Thanks to Brigit King, Carol Maher, Sue DeWinter, Rick Ankrom, Linda Ankrom, Howard Maher, Ken King and several others! **And Welcome to all our new friends!**

## Holiday Luncheon Just Around Corner

Christmas music piped into markets and the Mall. Toys fill the shelves at Costco. And our Holiday Luncheon reservation form is included in our Newsletter. Must mean the holidays are almost here.

Our annual Holiday Luncheon is a wonderful gathering of our Parkinson's family. **Saturday December 8, 11:30 - 2 pm.**, again this year it is at Shadowridge Country Club, Vista, where they always prepare a great meal. It's a chance to bring family and friends for a warm, fun-filled culmination of our highly successful year.

Please join us. Fill out the reservation form. Mail it along with your check (still \$25 per person) to reserve your seat. **November 28** is the deadline for us to receive your reservation. Early responses are appreciated.

## PASD Empowerment for Parkinson's - Friday, November 30

Parkinson's Association San Diego (PASD) hosts it's comprehensive "Empowerment" event at Marina Village Conference Center, San Diego. If you attended last year, you were impressed by the broad scope of important subjects, presented by experts. This year subjects include latest research, managing PD, deep brain stimulation, music, boxing, yoga, and caregiver support - a partial list.

In addition to the presentations, this year's event will have opportunities to contact resources, including NCPG and other support groups from around the County. The cost of \$20 per person includes a light breakfast and lunch. If the fee is an obstacle for you, scholarships are available through PASD.

There are three ways to register (and registration is required). By phone: **858 200-7277**. Online: [www.ParkinsonsAssociation.org](http://www.ParkinsonsAssociation.org) or by mail using a form available at support group meetings. Hope to see you there.

## Annual Registration - Please Renew Every Year!

If you haven't registered in the last month, please do so ASAP. Annual Registration forms were enclosed with last month's Newsletter and are available at meetings. We need to confirm your information. And based on responses, we can plan our programs and activities for 2019. It's important to our organization.

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## Support Group Meetings

**RANCHO BERNARDO - Monday, November 5<sup>th</sup> (NCPGS Sponsored)** (first Monday of each month, 10 am - noon) **OUR NEWEST SUPPORT GROUP!**  
**San Rafael Catholic Church**, 17252 Bernardo Center Drive, San Diego (RB)  
**Speaker:** Rex McCoy, care partner, Support Group leader, hospitalization preparedness expert  
**Topic:** Being Prepared for Hospitalization  
Call Brigit King 858-354-2498.

**ENCINITAS - Wednesday, November 7<sup>th</sup> (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:** Sherrie Gould, Nurse Practitioner Scripps Clinic Movement Disorder Clinic  
**Topic:** Xadago - new prescription medication for "off" episodes (sponsored by US WorldMeds) Call Rex McCoy 760-519-9588.

**OCEANSIDE - Wednesday, November 14<sup>th</sup> 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.  
**Topic:** Duopa - a prescription medicine used to treat motor fluctuations in advanced Parkinson's disease. (sponsored by Abbvie) 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 - (NCPGS Sponsored)** (usually meets fourth Friday of each month) at **Christ The King Lutheran Church**, 1620 S. Stage Coach Lane, Fallbrook.  
**November and December regular meetings cancelled due to holidays.** Holiday gathering to be announced. Call Irene Miller 760-731-0171

**ATYPICAL Parkinson's (Caregivers only) Wednesday, November 7<sup>th</sup> 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](mailto:darlene.gerow@gmail.com)

**ATYPICAL Parkinson's (PwP & Caregivers) Monday, November 19<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. Contact Darlene Gerow 619-806-9649 [darlene.gerow@gmail.com](mailto:darlene.gerow@gmail.com)

Check with Exercise group leaders regarding meetings around Thanksgiving.

## 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 assigned 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. 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

**MEDICAL INTEGRATED PROGRAM - Mondays & Wednesdays, 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](http://www.trembleclefs.com/san-diego)

**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).

## Small Social Groups

In November and December, holidays and our Holiday Luncheon pre-empt small social groups. Come and join us for our Holiday Luncheon and in January for the return of small groups. Contact Sam Cooper, Social Chair, [scprphd@gmail.com](mailto:scprphd@gmail.com) or call/text 520-820-0339.

## Board of Directors

Board's November/December meeting will be held Wednesday, **November 28 10am - noon** at the Madonna Inn Conference Center 1438 Kurtz St. Oceanside Contact Paul Dawson 760 497-1200.

Somerford Place, Encinitas, Oceanside First Presbyterian Church, Christ the King Lutheran Church Fallbrook, and San Rafael Catholic Church, RB provide their facilities at no charge. We Thank You!

## In Focus: Linda Diller - Paying it forward

By Sam Cooper



You probably have never met Linda Diller. She is not one of our regular members, doesn't attend one of our support groups, and has never been at one of our North County social activities. But Linda is performing an invaluable service for our Parkinson's community.

"I was raised on the East Coast, went to college in the Midwest, married in San Francisco, raised my kids in Hawaii, and now find myself in San Diego which is as far East as I plan to get from now on." Linda has a long history of volunteerism beginning in San Francisco at the Letterman Army Hospital during the Vietnam War. While in Hawaii for 26 years, she did a lot of "professional volunteering" including the American Cancer Society which honored her as Hawaii's Volunteer of the Year. In addition to her volunteering and raising her children, Linda ran the Honolulu Marathon.

After returning to the mainland while helping elderly families transition to smaller living spaces, Linda realized there was a need for such a service and she founded *Senior Move Masters*. That was 15 years ago. Her company went on to become the first member of the industry association, the National Association of Senior Move Managers. "Helping people at that point in their lives where moving to a smaller space makes more sense, I quickly realized I was running into a lot of durable medical equipment with no place to go. Your standard charitable organizations aren't allowed to take this equipment. Since I have never learned to say no, I became foster mom to all this used equipment needing a good home.

"Several years ago my company was hired to help a member of your North County Parkinson's Group. During this time, I met Chris Buscher (CEO of the Parkinson's Association of San Diego) and we started to chat. So I set aside part of my warehouse in Carlsbad for storage. My warehouse is open for anyone who wants to donate used equipment or anyone who needs equipment. I have the equipment and thankfully don't need it. Others don't have it and do need it. It's pretty simple really."

While Linda is donating storage, she is generally not available to pick up equipment or to deliver equipment and would appreciate anyone who is able to deliver their donation or pick up needed equipment. But Linda added there is another possibility. "If we are doing a move in the area and someone has equipment to donate or needs equipment delivered, with a little advance notice we will be happy to help." Her philosophy is wonderfully simple. "Everything is free. The only thing I ask is that you pay it forward. And when you're done with the equipment, either return it to me or pass it on to someone else in need."

Linda did say that while her storage service is free, "I do like to get hugs and give hugs." You can contact Linda on her cell phone at 760-310-1435, or call her office at 760-942-4525. Thank you, Linda. You are an important part of our North County Team.

**Linda has a long history of volunteerism ...**  
**She founded *Senior Move Masters*.**  
**"I quickly realized I was running into a lot of durable medical equipment with no place to go... I became foster mom to all this used equipment needing a good home.**  
**"So I set aside part of my warehouse in Carlsbad for storage... open for anyone who wants to donate used equipment or anyone who needs equipment. I have the equipment and thankfully don't need it. Others don't have it and do need it. It's pretty simple really."**

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**Sign up for our NCPSPG Holiday Luncheon Saturday December 8 - Registration form attached**

Please visit our website: [www.NCPSPG.org](http://www.NCPSPG.org) We feature expanded discussions, archived Newsletters, an overview of our programs, our Board leadership and our Purpose and Goals.



## Photos from PASD Gala

Dawson party (L)  
and Miller party  
(R) - at the  
PASD "Knock  
Out Parkinson's"  
Gala - and it  
was a great  
party!



Irene Miller is recognized by PASD for "Leadership, Support and Dedication," along with Thelma Balbes, Madonna Bingham, Rex McCoy and Paul Dawson.

Keynote speaker Rasheda Ali, daughter of Mahammad Ali, gave a moving presentation to the crowd of 330 guests.

## ...and from RB First Meeting



At the start of the meeting, Paul leads RB group in brief exercise.

Appears that Paul could benefit from a somewhat longer personal exercise routine!

## Today's TO DO List

- ☐ Complete & mail ANNUAL REGISTRATION form (available at meetings if you lost yours)
- ☐ Sign up for HOLIDAY LUNCHEON
- ☐ EXERCISE
- ☐ Register for PASD Empowerment Day
- ☐ Have FUN!
- ☐ EXERCISE
- ☐ Plan to do something you enjoy - then DO IT

## CONTACTS

### Rancho Bernardo Support Group Co- Leaders

Carol Maher 760-749-8234  
[hcmaher@cox.net](mailto:hcmaher@cox.net)  
Brigit King 858-354-2498  
[icedancer@san.rr.com](mailto:icedancer@san.rr.com)

### Encinitas Support Group Leader

Rex McCoy [rmcco@cox.net](mailto:rmcco@cox.net)  
NCPGS Board Vice President 760-519-9588

### Encinitas Co-Leader

(vacant)

### Oceanside Support Group Leader

Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com)  
NCPGS Board President 760-497-1200

### Oceanside Co-Leader

Madonna Bingham [granny6mb@gmail.com](mailto:granny6mb@gmail.com)  
760-757-7564

### Fallbrook Support Group Leader

Irene Miller [imiller4jc@gmail.com](mailto:imiller4jc@gmail.com)  
760-731-0171

### Treasurer

Betty Byrd 760-635-1144

### Recording Secretary & Webmaster

Caryl Parrish [cparrish@prodigy.net](mailto:cparrish@prodigy.net)  
760-753-5004

### Corresponding Secretary

Micheline Allen [micheline.allen@cox.net](mailto:micheline.allen@cox.net)  
760-631-0649

### Parkinson's Association Liaison

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

### Social Director

Sam Cooper [scprphd@gmail.com](mailto:scprphd@gmail.com)  
520-820-0339

### Video Documentation

Arthur Bierle Google: Arthur Bierle on Vimeo  
760 749-2182

### Library

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760-757-7564

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Paul Dawson 760-497-1200

### Focus Interviews

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### Printed Edition Distribution

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760-757-7564

## Passings

### ♦ Lynda Squier

Our thoughts and prayers are with  
Tim, family and friends

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



Serving San Diego County with four locations:  
Carlsbad, Escondido, Poway, La Jolla  
760-631-3000