Welcome to
North County Parkinson’s Support Group

Come join us!
- Educational and motivating programs
- Sharing of successes and strategies
- Offering exercise opportunities
- Social events - large and small
... a caring community

www.NCPSG.org

On the Value of Support Groups

Nobody understands Parkinson's like the patients themselves and their care partners.

Nobody will take charge in this journey unless we do it ourselves.

This kind of information simply isn't available from any other entity.

It's the kind of thing that can only be developed here within the community itself.

That's the tremendous value of our support groups.
- Rex McCoy, Care Partner, Support Group Leader

Member Reflections

"Caregiving can be overwhelmingly difficult and isolating. As the caregiver for my husband, the NCPSG has been a lifesaver.

"The monthly meetings keep me aware of the latest updates in the Parkinson’s community. The speakers cover a wide variety of topics which I always find informative.

"The small group social gatherings make for a comfortable setting to just visit with other people in the same situation who aren’t trying to understand. They do understand.

"In the NCPSG you meet a great community of friends all facing the same challenges. We are all in this together. No one has to feel alone."
- Eileen C.

"The NCPSG has been a great help for me as a person struggling with Parkinson’s. It gives me the chance to learn, meet new people, and feel safe.

"Sitting in the Person with Parkinson’s support group is a hugely valuable experience as is the monthly large group speakers and small social groups.

"I am so glad to have found friends here.”
- Ruth C.

North County Parkinson’s Support Group

Our Purpose
- Providing information to People with Parkinson’s (PwP), care partners (CP), their families, friends and the public;
- Encouraging participants to share their challenges and successes in coping with Parkinson’s;
- Offering exercise programs, social support and fellowship to PwP and their families;
- Supporting scientific research to find a cure for Parkinson’s; and
- Acquainting participants with helpful community resources.

Our History

NCPSG was founded in 1982 by Helen Steele, the spouse of a Person with Parkinson’s (PwP). The purpose of the group remains unchanged.

Over the years, under the leadership of dedicated volunteers, the organization expanded to more communities, and expanded programs to include social and exercise opportunities. With a vision of a greater service potential, the north county leaders invited the San Diego Parkinson’s group (now PASD) to reach beyond San Diego City limits for occasional joint panel discussions and other events. That relationship grew over the years to the benefit of our entire region.

Our support of Parkinson’s Association San Diego has continued. NCPSG members have been top fundraisers for Parkinson’s Association’s annual 5K Step-by-Step Walk for several years. Fully financially self-sufficient for decades, we have become our own independent non-profit. We continue to support the work of the Parkinson’s Association of San Diego assisting unserved portions of our county.

NCPSG is a 501(c)(3) non-profit; donations are greatly appreciated and may be deductible.

NCPSG is proud to partner with the
Support Groups
Monthly meetings typically include an educational component followed by time for care partners and people with Parkinson’s to meet separately. Our chapters are highly interactive and organize social, exercise and educational events throughout the year. Support Group meetings provide a forum for sharing strategies for coping with Parkinson’s, support research and clinical trials, and promote friendships to help one another on our Parkinson’s journey.

Social Gatherings
Support Groups provide valuable information, but we need more… to be able to relax among friends and just talk. Where we don’t have to explain “off” time or be embarrassed over a spilled drink. Monthly Small Group Socials meet in homes, with about 15-20 folks, all on the same road we’re on. Large Group Socials are held in July, September and December.

Exercise Programs
Exercise is critical for a Person with Parkinson’s (PwP) to maintain physical as well as mental fitness. We sponsor an exercise program at Encinitas Elks Lodge weekly on Tuesdays and Thursdays, and support a program for PwP at Tri-City Hospital every Friday. Dance for Parkinson’s is offered along with other PD-focused exercise programs at Tri-City Wellness and Fitness Center, Carlsbad. Rock Steady Boxing and other Parkinson’s exercise programs abound in North San Diego County.

Therapeutic Singing
PwP often experience an ever-quieter speaking voice, difficulty with enunciation and with swallowing. There are two therapeutic singing / musical programs for PwP and their CPs: Tremble Clefs in Encinitas and Rancho Bernardo, and AudAbility. They’re so much fun, and have demonstrated benefits for voice, breathing and swallowing. And you don’t have to be able to carry a tune or read music!

Resources
Our website, NCPSG.org has a wealth of information about Parkinson’s, our activities, and our background. A Resource Guide provides important contacts and scheduled events. Our annual member Directory is available to all those who agree to be listed in it.