

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.NCPSSG.org](http://www.NCPSSG.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 NCPSSG 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 NCPSSG 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 NCPSSG 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** NCPSSG 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. NCPSSG 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.

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

NCPSSG is proud to partner with the



*Dedicated to the San Diego County Parkinson's community*

# North County Parkinson's Support Group



## 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, [NCPSPG.org](http://NCPSPG.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.

## Newsletter

Our monthly **Newsletter** keeps you up on recent events, future programs, medical advances, exciting research... and sometimes we profile a member. Available by mail or email.

## Annual Events

- April **Parkinson's Association SD 5K Walk/Run & Health Expo**
- July **NCPSPG Summer Social** - Oceanside
- September **NCPSPG Potluck** - Fallbrook
- October **PASD Sunset Soiree** - Del Mar  
*Knock Parkinson's Out of the Park*
- November **PASD Empowerment Day** - San Diego
- December **NCPSPG Holiday Luncheon** - Vista - Shadowridge Country Club

## NCPSPG Board of Directors

meets monthly on **third** Wednesday  
1:00 pm - 3:00  
Tri-City Wellness and Fitness Center  
6250 El Camino Real Carlsbad

## Contacts

email: [info@NCPSPG.org](mailto:info@NCPSPG.org)  
website: [www.NCPSPG.org](http://www.NCPSPG.org)

*Paul Dawson, Board President*  
*Oceanside Support Group leader*  
760 497-1200 [paul@video-fire.com](mailto:paul@video-fire.com)

*Rex McCoy, Board Vice-President*  
*La Costa Support Group leader*  
760 519-9588 [rmcco@cox.net](mailto:rmcco@cox.net)

- **Rancho Bernardo Support Group**  
meets monthly on **first** Monday  
10:00 am - 12:00  
San Rafael Catholic Church  
17252 Bernardo Center Drive  
Rancho Bernardo (SD)
- **La Costa/Carlsbad Support Group**  
meets monthly on **first** Wednesday  
1:00 pm - 3:00  
Christ Presbyterian Church - La Costa  
7807 Centella Street Carlsbad
- **Oceanside Support Group**  
meets monthly on **second** Wednesday  
1:00 pm - 3:00  
Oceanside First Presbyterian Church  
2001 S. El Camino Real Oceanside
- **Fallbrook Support Group**  
meets monthly on **fourth** Friday  
10:00 am - 12:00  
Christ The King Lutheran Church  
1620 S. Stage Coach Lane Fallbrook