The PASD Journal

"Helping You Live Your Best Life"

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You Croissant Believe How Good This Tastes!

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PARKINSON'S ASSOCIATION OF SAN DIEGO

"Helping You Live Your Best Life"

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A MESSAGE FROM THE EXECUTIVE DIRECTOR



Dear Parkinson's Community,

The past few months have been an exciting and busy time for the Parkinson's Association of San Diego, filled with opportunities to learn, connect, and strengthen our community.

Our 9th Annual Empowerment Day was a tremendous success! Thank you to our generous sponsors, outstanding speakers, exhibitors, volunteers, and everyone who attended and made the day so special. Empowerment Day truly takes a village to put together, and we are especially grateful to our behind-the-scenes volunteers who spent hours preparing and stuffing more than 400 attendee bags with materials and resources.

Next year marks a special milestone—our 10th Annual Empowerment Day! We will begin developing the program and planning for 2027 over the next month, and we want our community to help shape the day. If you attended this year, please take a few minutes to complete our survey and tell us what topics, speakers, resources, and activities you would like to see in 2027. Your feedback is an important part of our planning. **You can access the survey here.**



Our incredible team of volunteers getting prepped and ready for Empowerment Day!

As we look toward the next few months, there is much more ahead. You can expect more community, more social activities, and more opportunities to connect with others throughout San Diego County.

Thank you for being part of the PASD community. We look forward to continuing to learn, grow, and connect with you!

Stephanie Murphy
Executive Director

COMMUNITY HAPPENINGS



Empowerment Day 2026.



Barney And Barney Grant Recipient Award Ceremony.



Marsh McLennan Agency Volunteer Information Day.





OzzJam brought in over $1,500 to the Parkinson's community!

Thank you Full Service Saloon, Sandi Shaner with SoCal REIA, and all the Ozzy fans!

THANK YOU TO OUR GENEROUS SPONSORS!

PARKINSON'S ASSOCIATION OF SAN DIEGO
"Helping You Live Your Best Life"

The Parkinson's Assocaition of San Diego is grateful for the generous support of our sponsors. Your partnership makes it possible for us to provide education, resources, connection, and support to people living with Parkinson's, their care partners, and families throughout San Diego County.

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A huge thank you to Barney & Barney for their generous $25,000 donation to the Parkinson's Association of San Diego!

This incredible support will help us continue providing programs, resources, education, and connection to individuals and families impacted by Parkinson's disease throughout San Diego County.

We are grateful to have community partners like Barney & Barney who believe in our mission and the families we serve. Thank you for making a difference in our Parkinson's community!

NO TIME LIKE THE PRESENT

BY **KAREN KOEHLER**

In case of an emergency...

Do you have all your paperwork in order for medical emergencies and future needs? Have you updated your information in your trust or will recently? Do you have a list of your medicines in at least three places so that it is easy to find? Have you placed all phone numbers that are for emergencies on the refrigerator? And phone numbers that someone can call for you as you tend to your emergency? (Please ask and let people help you). How about the POLST form? Is it on your refrigerator?

August 2026, my husband needed to be transported to the emergency room at our local hospital. The very first thing the EMT asked for was THE POLST FORM as he came through our door. He explained that it was usually a bright pink form that should be located on my refrigerator sharing our wishes in an emergency and signed by a doctor. I had heard about this form but also heard that it was optional and so I felt that I had time to research it and add it to our folder of necessary paperwork and our refrigerator. I wish I had put it on my priority list of things to do. Even though it says it is optional, it is a vital form for EMT's and hospital staff to refer to while taking care of our loved ones or ourselves. It is critical to anyone's care and once filled out it is kept on the refrigerator at all times- for easy to find access when and if needed. Take the time to fill one out for yourself at this time also.



The second form was our DNR. Followed by an Advanced Health Care Directive which should be given to your doctor to be loaded into your medical file, so that it is always available to medical staff. Always keep a current list of medicines for your loved one and self, one in your purse, wallet and one attached to your POLST.

For people with Parkinson's, forms are available on the website that require a signature from a doctor, especially if there may be a surgery or hospital stay.

Update your trust with doctor's names, addresses, and phone numbers or attach a list of this information to your trust and important papers folder. Some of this information may take some time and research, no time like now to have things in order. Your Power of Attorney may also need to be updated to make sure your wishes are current.

I thought I had a good handle on all of these things, but come to find out, it could have been so much easier if I had the information I have today. I share with you all today, so that your journey forward can be focused and enjoyed with time, love and memories and not paperwork. •

VOLUNTEER OPPORTUNITY

BY **SAM COOPER**

We all know that volunteering always gives more to the volunteer than the volunteer gives to the organization.



Members enjoy a presentation at our La Costa chapter support group.

Giving your time, helping others, doing good feels right. It feels good. It feels important because it is important for yourself and others. Exercising, social contacts, and volunteering are the most commonly listed factors for aging well. We all want to age well. We all want to feel good about ourselves.

The North County Parkinson's Support Group offers meaningful volunteer opportunities working with our North County Parkinson's Community. We have four chapters under our umbrella: Fallbrook, Oceanside, Rancho Bernardo, and La Costa/Carlsbad. We need folks for several back-up leadership positions including chapter support group leaders.

The support group leaders find monthly speakers, run the meeting, and serve as the liaison with the venue. Social activities leaders plan and facilitate social activities which are critical to our community as Parkinson's is an increasingly isolating disease. We currently have four large social events a year, but the social director volunteer could bring new ideas. Community outreach leaders find community events such as wellness weekends and staff a North County Parkinson's Support Group table handing out materials and sharing our mission. The corresponding secretary handles all correspondence including a welcome letter and welcome packet to new folks. The recording secretary takes notes at our monthly Board meeting. The web manager updates our website. While everyone is a volunteer, we do have expenses and the treasurer maintains our finances. While having had some exposure to Parkinson's would certainly be helpful, it is not a requirement. The only requirement is the desire to become part of a vibrant community in North County. A community that offers support, educational and social opportunities to folks on the Parkinson's Journey. We encourage everyone to exercise and socialize. As we continually emphasize to our community-you are not alone on your Parkinson's Journey. •



The PASD community enjoying our Fall Social Potluck.

Please contact Board President Sam Cooper at scprphd@gmail.com to begin a highly rewarding life experience where your help will be valued and celebrated!

ONCE-DAILY
NUPLAZID®
(pimavanserin) 34mg capsules

For people experiencing Parkinson's-related hallucinations and/or delusions:

DON'T BACK DOWN. SPEAK UP.



Actor portrayal

Indication

NUPLAZID® is a prescription medicine used to treat hallucinations and delusions associated with Parkinson's disease psychosis.

Important Safety Information

What is the most important information I should know about NUPLAZID?

- **Medicines like NUPLAZID can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia).**
- **NUPLAZID is not approved for the treatment of patients with dementia who experience psychosis unless their hallucinations and delusions are related to Parkinson's disease.**

Who should not take NUPLAZID?

- **Do not take NUPLAZID if you** have had an allergic reaction to any of the ingredients in NUPLAZID. Allergic reactions have included rash, hives, swelling of the tongue, mouth, lips, or face, throat tightness, and shortness of breath.
- **Do not take NUPLAZID if you have certain heart conditions** that change your heart rhythm. It is important to talk to your healthcare provider about this possible side effect. Call your healthcare provider if you feel a change in your heartbeat.

What other warnings should I know about NUPLAZID?

- **QT Interval Prolongation:** NUPLAZID may increase the risk of changes to your heart rhythm. This risk may increase if NUPLAZID is taken with certain other medications known to prolong the QT interval. Tell your healthcare provider about all the medicines you take or have recently taken. Please also see **What is the most important information I should know about NUPLAZID?**

What medicine might interact with NUPLAZID?

- **Tell your healthcare provider about all the medicines you take.** Other medicines may affect how NUPLAZID works. Some medicines should not be taken with NUPLAZID. Your healthcare provider can tell you if it is safe to take NUPLAZID with your other medicines. Do not start or stop any medicines while taking NUPLAZID without talking to your healthcare provider first.

What are the common side effects of NUPLAZID?

- The **common side effects** of NUPLAZID include swelling in the legs or arms, nausea, confusion, hallucination, constipation, and changes to normal walking. These are not all the possible side effects of NUPLAZID. For more information, ask your healthcare provider about this medicine.

How should I take NUPLAZID?

The recommended dose of NUPLAZID is one 34 mg capsule once per day, taken by mouth, with or without food.

NUPLAZID is available as 34 mg capsules and 10 mg tablets.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. You can also call Acadia Pharmaceuticals Inc. at 1-844-4ACADIA (1-844-422-2342).

Please see Brief Summary of Important Information about NUPLAZID on the following page.

Mind your mind. Ask your doctor if NUPLAZID could be right for you. Download the discussion guide.

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ONCE-DAILY
NUPLAZID®
(pimavanserin) 34mg capsules

Brief Summary of Important Information About NUPLAZID® (new-PLA-zid)

What is NUPLAZID used for?

NUPLAZID® (pimavanserin) is a prescription medicine used to treat hallucinations (such as seeing or hearing things that others do not) and delusions (such as believing things that are not true) associated with Parkinson's disease psychosis in adults. It is not known if NUPLAZID is safe and effective in people under 18 years of age.

What is the most important information I should know about NUPLAZID?

- **Increased risk of death in elderly patients with dementia-related psychosis: Medicines like NUPLAZID can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia).**
- **NUPLAZID is not approved for the treatment of patients with dementia who experience psychosis unless their hallucinations and delusions are related to Parkinson's disease.**

Who should not take NUPLAZID?

Do not take NUPLAZID if you are allergic to pimavanserin or any of the other ingredients in NUPLAZID. Get emergency medical help if you are having an allergic reaction. Symptoms may include:

- rash
- throat tightness
- hives
- shortness of breath
- swelling of the tongue, mouth, lips, or face

NUPLAZID may increase the risk of certain changes to your heart rhythm. Therefore, do not take NUPLAZID if:

- You have certain heart conditions that change your heart rhythm, or
  - — known QT prolongation as measured on an ECG (a device that traces the electrical activity of the heart)
  - — a history of certain irregularities of heart rhythm (discuss the specifics with your doctor)
- You are currently taking medicines that are known to prolong the QT interval. Ask your healthcare provider if you are not sure if you are taking any of these medicines. Examples include:
  - — some medicines used to treat abnormal heart rhythms (for example, quinidine, procainamide, amiodarone, sotalol)
  - — some antipsychotic medicines (for example, ziprasidone, chlorpromazine, thioridazine)
  - — some antibiotics (for example, gatifloxacin, moxifloxacin)

Call your healthcare provider if you feel any symptoms of heart arrhythmia (for example, fluttering in chest, racing or slow heartbeat, chest pain, shortness of breath, lightheadedness or dizziness, or fainting).

What should I tell my healthcare provider before taking NUPLAZID?

Before taking NUPLAZID, tell your healthcare provider if you:

- have heart problems
- take medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.
- are pregnant or plan to become pregnant. It is not known if NUPLAZID may harm your unborn baby.

Tell your healthcare provider about all the medicines that you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

How should I take NUPLAZID?

- Take NUPLAZID exactly as your healthcare provider tells you to take it. Do not change the dose or stop taking NUPLAZID without talking to your healthcare provider first.
- The recommended dose is 34 mg once per day, taken by mouth.
- NUPLAZID can be taken with or without food.

What are the possible side effects of NUPLAZID?

Common side effects include:

- swelling in the legs or arms
- hallucinations
- nausea
- constipation
- feeling confused
- changes to normal walking

These are not all the possible side effects of NUPLAZID.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. You can also call Acadia Pharmaceuticals Inc. at 1-844-4ACADIA (1-844-422-2342).

General information about NUPLAZID

This is a brief summary of risk and safety information for patients about NUPLAZID. This information is not comprehensive and does not take the place of talking to your doctor about your treatment. To learn more, talk about NUPLAZID with your healthcare provider. The FDA-approved Full Prescribing Information can be found at www.NUPLAZID.com or 1-844-4ACADIA (1-844-422-2342).

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SAILING AS A WORKOUT?

BY **TROY KOBOLD**



Imagine being thrust into the San Diego Bay surrounded by the sounds of ocean water gently slapping against your boat in rhythmic cadence. A sea lion curiously sticks his nostrils into the air and lets out a sigh before diving down. Tourists gaze upon you from their cruise ships as you race past them in your own sixteen-foot sailboat – enjoying the sounds and sights of various bird life dive plunging into the water for a mid-day sea snack underneath the ocean surface.

The physical benefit of sailing encourages you to stretch your legs and arms.



Come down to Harbor Island in San Diego to exercise mind and body peacefully within the bay. Designed with disabilities in mind, the Challenged Sailors Adaptive Sailing program accepts all people regardless of physical and mental limitations. Getting involved is FREE for people with Parkinsons and requires no prior experience. The only requirement is to sign a simple waiver online and be available on any Friday or Saturday from 11:30am – 3pm. Don't forget your sunscreen, a bottled water, and some comfortable clothing! There's always a festive social gathering after each sail with free beverages and snacks for all.

Exercising balance as you navigate through the protected waters benefits all Parkinsons members – you'll be strengthening your core muscle groups and sometimes using muscles you forgot you had! The physical benefit of sailing encourages you to stretch your legs and arms throughout the cruise. If leg movement is no longer possible (or limited), a lift will be provided to guarantee you a safe and comfortable boarding and exit. There are also various options to assist if your arms and hands need a little help.

Under the safety of an experienced sailor (also called a Companion Sailor), your cognitive abilities will be applied as you navigate through the bay. You are in control and pilot your own ship once out on the water. A new language adds to your vocabulary mix such as "Starboard Tack", "Jibe Ho", and "Boom Vang". You might hear your Companion Sailor call out on the radio "Chase boat, Chase boat, Chase boat...this


COME
SAIL
AWAY

SAILING AS A WORKOUT?

CONT'D

is boat number three approaching the Coronado Bridge and getting ready to turn…" You look up to see cars and motorcycles racing 200 feet above as you circle the bridge piers.

There is no limiting number of sailing days available to you if you sign up ahead of time. Operating year round, the Challenged Sailors group can also take you on as a volunteer and train you to help others get through the 2-3 hour voyage.

Discover the fun and beauty of San Diego Bay, make new friends, and live your best life on an exhilarating sailboat bound for fun and adventure. •

Troy Kobold, recently passed his companion sailor training and could be your captain.



ChallengedSailors™ SAN DIEGO
Sailing Beyond Boundaries

For more information and to sign up, contact the Challenged Sailors San Diego at: **www.challengedsailors.org**

YOU CROISSANT BELIEVE HOW GOOD THIS TASTES

BY **STEVE STEINBERG, L.C.S.W.**

Christophe and Wilma Rull were just finished with celebrating the one year anniversary since opening their Christophe Rull Patisserie in North City, San Marcos. Christophe's birthday was right around the corner and they wanted to celebrate in a special way.

What a welcome surprise it was to receive an email from Wilma stating they wanted to give a portion of their sales from September 19 and 20 to the Parkinson's Association of San Diego.

It's no wonder why people (and dogs) keep coming back... there's always lots of tasty treats, both savory and sweet, in the display case!

You see, Christophe's father, who lives in France, has Parkinson's disease. He is still learning what it is like to support someone with Parkinson's from 6000 miles away. How does he do it? Well, he calls his father every day and encourages him to stay active, but it is still difficult. PASD community liaison, Steve Steinberg, was able to find some resources in French on the Internet and shared them with Christophe in the hopes of giving him and his father hope despite their long distance separation.

The other way Christophe is able to cope with the frustration of the long distance between him and his father is through his baking. Trained in France, he became a skilled pastry chef, and a little over a year ago he and Wilma opened Christophe Rull Patisserie. There is almost always a line at their friendly café, and they know almost every customer's name. Even the names of their dogs who patiently sit with eyes on the kitchen door in anticipation of Christophe bringing them a treat, which he is known to do. And it is no wonder why people (and dogs) keep coming back. There's always lots of tasty treats, both savory and sweet, in the display case.

On the second day, Christophe's birthday, he and Wilma invited Steve to be at the shop to share information with the public about Parkinson's disease and the Association, and sell raffle tickets for patrons to win t-shirts, gift cards, and, of course, some goodies from the bakery. All proceeds from the raffle were donated to PASD. Steve and Christophe even shared information about the benefits of boxing for people with Parkinson's. This led to them creating a photo opportunity with both squaring off (to fight Parkinson's, of course).

The Parkinson's Association of San Diego would like to thank the Christophe Rull Patisserie staff and customers for supporting the Parkinson's community. A special thank you to Christophe and Wilma for their kindness, generosity, and great pastries! (Speaking of which, while everything looks and tastes delicious, the almond croissant is by far the best pastry Steve has ever had, followed closely by the butter croissants. And don't get him started about the cookies!) Don't miss the Christophe Rull Patisserie when you are in San Marcos! •

CHRISTOPHE RULL
PATISSERIE

VISIT CHRISTOPHE RULL PATISSERIE

251 North City Drive, Suite 121 A, San Marcos, California 92078
Website: christopherullpatisserie.com
Phone: 760 539 7070

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CONNECT, LEARN & THRIVE IN CHULA VISTA!



Connect & Thrive is here!

PASD's newest Parkinson's support group is now meeting in Chula Vista, bringing resources, education, friendship, and fun closer to our South Bay community.

Located at First United Methodist Church, 1200 East H Street, Chula Vista, CA 91910, Connect & Thrive is designed to be more than a traditional support group. It is a welcoming place for people living with Parkinson's, care partners, family members, and friends to meet others, learn something new, and build meaningful connections.

And there is much more to come! Upcoming opportunities will include guest speakers, digital literacy classes, transportation assistance, social activities, educational programs, and other resources designed around the needs of our South Bay Parkinson's community.

JOIN US!

Second Monday of every month
11:00 AM–1:00 PM

First United Methodist Church
1200 East H Street
Chula Vista CA 91910

Plenty of free parking is available!

Whether you are newly diagnosed, have been living with Parkinson's for years, are a care partner, or simply want to connect with others who understand the journey, there is a place for you at Connect & Thrive.

Come connect with us—and thrive together! •

For more information, contact Anna Silsbee, Program Manager, at **anna@parkinsonsassociation.org** or call 619-324-9799.

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PARKINSON'S ASSOCIATION OF SAN DIEGO

"Helping You Live Your Best Life"



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