

SD CENTRAL COUNTY PARKINSON'S SUPPORT GROUP

April 2019



NEWSLETTER for • DUOPA • Flying Solo • Pt. Loma • Pacific Beach • Support Groups

Edition 4

Last Chance to Join Team SDCCPSG April 7th for the Parkinson's Association 5-K Walk



The **Parkinson's Step by Step 5K Walk** fundraiser is this weekend! Have you signed up to join our team, form your own or be part of another? If not, there is still time to join us or donate! An annual event, the dog-friendly walk will be held this **Sunday, April 7th, 7:30 AM to 12:00 PM** at **Liberty Station**. The walk starts at 9:00 AM and include an expo, entertainment and speakers. Family and friends are welcome, and we encourage everyone to participate! There are two ways: Join us on at the event on Sunday, 1) **REGISTER TO WALK** and join a team (we are **Team SDCCPSG**), or 2) **DONATE** at the event or at www.parkinsonsassociation.org. Either way, your support is greatly appreciated and comes back to us through the Parkinson's Association's numerous programs and services.

Upcoming Community Events

Caregiver SD Community Expo – Caring for a loved one is challenging. We understand. That's why we are bringing the community together for the second annual Caregiver SD Community Expo, a fun and informative gathering for caregivers, their family members, and friends. **Saturday, April 13th, 9 AM to 2 PM** at **Liberty Station** (between Dewey Rd. and Roosevelt Rd.). *For more information, go to: www.caregiversd.com.* **Free**

Consumer Advocates for Residential Care for the Elderly Reform – (CARR), a San Diego public benefit corporation, is holding **Pop-Up Senior Care Coaching Clinics** in San Diego this month. The program exclusively focuses on empowering and educating older adults on how to successfully navigate the aging network and troubleshoot dead ends. *For dates, times and locations, please refer to their schedule posted in our March Newsletter, which may be viewed on our website at www.sdccpsg.org.* **Free**

Parkinson's Association Good Start Program Returns – The Parkinson's Association of San Diego hosts its "Good Start Program" seminars several times a year. The second one for 2019 will be held **Tuesday, April 30th** at the Tri-City Wellness and Fitness Center in Carlsbad from **1:30 to 3:30 PM**. Specific topics will include maintaining a positive attitude, understanding Parkinson's, choosing a physician, common medications, care partners, the importance of exercise and nutrition, the benefits of physical, occupational, speech, and music therapy, legal issues, research, and support services. People with Parkinson's and their family and/or care partner are welcome to attend. New to Parkinson's or want to learn more? Be sure to attend. *For more information go to www.parkinsonsassociation.org.* **Free**

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Support Group Meetings

(SDCCPSG Sponsored)

Contact: Nancy Floodberg 619.857.6638

SPEAKERS' SERIES SOCIAL

SPRING LUNCHEON *(no host)*

Wednesday, April 10th 11 to 1pm

Bay Club Hotel – Quarterdeck Restaurant

2131 Shelter Island Drive, San Diego 92106

Free onsite parking (ground level and underground).

Come join us for our first social of the year. Enjoy good food and lively conversation in a relaxed setting overlooking the marina.

RSVP: 619.523.0543 or publicity@sdccpsg.org

VETERANS' – *(it is back, starting next month!)*

Monday, May 20th 10am – noon

Third Monday of each month

VA Medical Center

3350 La Jolla Village Drive, La Jolla 92161

Room 2438

Veterans with Parkinson's and care partners meet together to discuss challenges, strategies and successes.

PACIFIC BEACH

Wednesday, April 17th 1 – 3 pm

Third Wednesday of each month

Oakmont of Pacific Beach

955 Grand Ave, San Diego 92109

3rd Floor Activity Room

People with Parkinson's and care partners meet together to discuss challenges, strategies and successes.

FLYING SOLO

Monday, April 22nd 9:00 to 10 am

Fourth Monday of each month

County of SD Health & Human Services Agency

3851 Rosecrans St, San Diego 92110

San Diego Room

People with Parkinson's living without a care partner gather to discuss issues specific to "Flying Solo".

PT. LOMA

Monday, April 22nd 10am – noon

Fourth Monday of each month

County of SD Health & Human Services Agency

3851 Rosecrans St, San Diego 92110

San Diego Room

People with Parkinson's and care partners meet together to discuss issues and successes.

DO YOU DUOPA?

Saturday, May 25th 4pm – 6:00pm

Fourth Saturday of odd months

May location TBD

For People with Parkinson's (PwP), receiving or considering Duopa Therapy, and their care partners.

RSVP: 619.857.6638 or president@sdccpsg.org

Physical Exercise

PARKINSON'S EXERCISE CLASS

Wednesdays 11:40am – 12:35pm

YMCA Mission Valley, 5505 Friars Rd, San Diego 92110

Contact Instructor: **Jeff 619.298.3576**

www.ymca.org Fee charged

PARKINSON'S NETWORK

Wednesdays noon – 1:15pm

1371 Sunset Cliffs Blvd, San Diego 92107

Contact Instructor: **Lisbeth Garces 619.971.3904**

Lisbeth.garces@jcorg.org Suggested \$5 donation

ROCK STEADY BOXING (for PwP)

Monday - Friday 10:30am – noon, 12:30 – 2:00pm

BoxFit, 4101 30th St, San Diego 92104

Contact Coach: **Mike Reeder 310.923.5535**

info@boxfitsd.com Fee charged

SDSU ADAPTIVE FITNESS CLINIC

Monday - Friday (several sessions/day)

SDSU – Peterson Gym, 5400 55th St, San Diego 92115

Contact Director: **Matt Soto 619.594.2017**

www.ens.sdsu.edu Fee charged

Vocal Exercise

AUDABILITY - Music Therapy

Numerous weekly classes for People with Parkinson's, including singing/drumming, piano and harmonica.

10455 Sorrento Valley Rd #202, San Diego 92121

Contact Music Therapist: **Lindsay Zehren 858.457.2201**

www.musicworxinc.com Fee charged

LOUD MAINTENANCE - Vocal Exercise Program

2nd & 4th Thursdays of each month 11 am to Noon

Scripps Center for Voice & Swallowing

9800 Genessee Ave, La Jolla 92037

Contact Speech Therapist: **Cedar Smith 858.626.7456**

Free

TREMBLE CLEFS -Therapeutic Singing

Thursdays 1:00 to 3 pm

Palisades Presbyterian Church

6301 Birchwood St, San Diego

Contact: **Deanna Hastings 619.363.0814**

www.trembleclefs.com/san-diego **Free**

SDCCPSG Board of Directors

Monday, April 8th 10 am to 12 pm

Second Monday of each month

County of SD Health & Human Services Agency

3851 Rosecrans St, San Diego, CA 92110

San Diego Room

Contact **President Nancy Floodberg 619.857.6638**

president@sdccpsg.org

The County of San Diego Health and Human Services Agency and Oakmont of Pacific Beach provide their facilities for our meetings at no charge. We thank you!



Bruce Lowe

Meet Bruce Lowe, SDCCPSG's webmaster extraordinaire!!! In reminiscing with Bruce, he candidly reflected on his experience as a member of our Parkinson's community. "A lot has changed since Amy and I first visited the Pt. Loma Parkinson's Support Group back in 2009, but one important thing has not: the vitality of our support group participants as a whole and their determination to do more than just sit by as Parkinson's claims more and more of their lives." Ten years later finds the Pt. Loma Group greatly expanded. "With the establishment of our foundation, the San Diego Central County Parkinson's Support Group, we are more alive and creative than ever with innovations such as the Speakers' Series and the addition of four more support groups" (see page 2).

Bruce came to the Point Loma Parkinson's Support Group by way of a diagnosis of PD in January 2008. In 2010, he learned that he had been exposed to Dioxin (Agent Orange) while providing transportation for U.S. Marine Forward Air Controllers on the Cua Viet River in Vietnam in 1972. Just before Christmas 2015, Bruce and Amy learned he had Stage 4 lymphoma. The Veterans Administration has classified Bruce as 100% disabled due to Dioxin exposure and linked his cancer and PD to that exposure. His treatment with chemotherapy continues to this day (Bruce is most appreciative that in spite of all the nasty side-effects of chemo - one of them has not been the loss of his hair).

One of the communication skills Bruce developed during a 30-year career in law enforcement was the ability to create and maintain websites. The website he created for us was the first of its kind for San Diego's Parkinson's support group participants! Observed Bruce, "As Amy and I spent time with the Pt. Loma Parkinson's Support Group, I realized that the unique abilities of the worldwide web might be put to use in assisting group participants in a number of ways. This has included keeping participants abreast of the latest developments in PD treatment, allowing new participants of the PD community to locate support, and providing a way for those in the group who are temporarily or permanently homebound to communicate with other members and even participate in group activities."

Bruce has become one of those temporarily semi-homebound members himself. As he explains, "With the aid of others in the group, the experience has helped push the limits of people with Parkinson's to come up with ways to participate in meetings from home. For a firsthand look at Bruce's skills as our webmaster, we invite you to visit www.sdccpsg.org. His contributions to our foundation and the Parkinson's community at large are not only exceptional, but far reaching and greatly appreciated by one and all!!!

"A lot has changed...since 2009, but one important thing has not changed: the vitality of our support group participants as a whole and their determination to do more than just sit by as Parkinson's claims more and more of their lives.

"With the establishment of our foundation, The San Diego Central County Parkinson's Support Group, we are more alive and creative than ever with innovations such as the Speakers' Series and the addition of four more support groups.

"As Amy and I spent time with the Pt. Loma Parkinson's Support Group, I realized that the unique abilities of the worldwide web might be put to use in assisting group participants in a number of ways.

"With the aid of others in the group, the experience has helped me push the limits of people with Parkinson's to come up with ways for us to become involved in meetings...even from home".

Please visit our website: www.SDCCPSG.org. There you will find an overview of our Board and support groups, as well as both local and national resources. In addition, the site features video and PowerPoint archives from our Speakers' Series, as well as previous Newsletters. We update it often and welcome your feedback (webmaster@sdccpsg.org).

PARKINSON'S LIFE HACKS

Life Hacks: /'lif,haks/ • Tools or techniques that make some aspect of one's life easier or more efficient.



Vial of Life – to be placed on your refrigerator door: includes door jamb Vial of Life sticker and a Vial of Life form to complete summarizing your medical information for emergency first responders. **Free Available at SDCCPSG & SD Health & Human Services**

To submit a Parkinson's Life Hack, send an email to: president@sdccpsg.org

GOOD READS

The Peripatetic Pursuit of Parkinson's – by The Parkinson's Creative Collective, Lindy Ashford, et al

PARKINSON'S COMMUNITY RESOURCES

Parkinson's Association of San Diego

Executive Director: Chris Buscher
info@parkinsonsassociation.org
www.parkinsonsassociation.org

FACT Transportation: 888.924.3228
Monday - Friday 7:30 AM to 8:00 PM (8:30 PM pick up for SDCCPSG Speakers' Series). Call 72 hrs ahead to schedule transportation to/from approved PD-related activity (Neurology appt, Support Group or Parkinson's Assoc.-sponsored event). Mobility chairs, service animals and care partners accommodated. Cost: **Free**
Donations welcome and most appreciated.

East County Parkinson's Support Group

Support Group Conveyor: Lorenzo Higley
EastCountyPSG@cox.net

North County Parkinson's Support Group

Board Pres., Support Group Leader: Paul Dawson
paul@video-fire.com www.ncpsg.org

UCSD Parkinson's Network

Group Manager: David Higgins
info@Support4PD.org www.Support4PD.org

SDCCPSG CONTACTS

SDCCPSG Board President

Duopa, Pacific Beach, Pt Loma Support Group Leader
Nancy Floodberg president@sdccpsg.org
619.857.6638

Vice-President

Jim Paterniti vicepresident@sdccpsg.org
858.203.3232

Recording/Corresponding Secretary

Debbie Jordan secretary@sdccpsg.org

Treasurer

Tony Jeske treasurer@sdccpsg.org

Directory, Publicity

Dolores Cohenour publicity@sdccpsg.org

Fundraising

Michael Moore fundraiser@sdccpsg.org

Social Director

Debbie Stubbe social-director@sdccpsg.org

Technical Support

Flying Solo Support Group Leader

AnnD Canavan tech-support@sdccpsg.org

Video Documentation

Veterans Support Group Leader

Ron Phillips veterans@sdccpsg.org

Webmaster

Bruce Lowe webmaster@sdccpsg.org

Newsletter (to subscribe please email Publisher)

Publisher president@sdccpsg.org
Nancy Floodberg

Editor

Jodi Harrison editor@sdccpsg.org

Reporter

Jane Granby reporter1@sdccpsg.org

Reporter

Dolores Cohenour publicity@sdccpsg.org

Printed Distribution

Debbie Jordan secretary@sdccpsg.org

Electronic Distribution

Nancy Floodberg president@sdccpsg.org

SDCCPSG provides information to keep you informed of the latest findings in research, new treatments and living well with Parkinson's. Although we have speakers on a variety of topics, we do not officially endorse any of them. Our motto is

"maintain close communication with your neurologist/movement disorder specialist, and exercise, exercise, exercise!"