

# SD CENTRAL COUNTY PARKINSON'S SUPPORT GROUP

May 2019



NEWSLETTER for • Duopa • Flying Solo • Pacific Beach • Pt. Loma • Veterans' Support Groups Edition 5

## Spring Luncheon – A Grand Time, Good Food & Great Friends!

Three times a year (April, August, December), our lively group opts to gather round for a grand time with good food and great friends. On those months, the Speakers' Series is dark. Thanks to the efforts of Dolores Cohenour, a grand time was indeed had by all who joined us on Wednesday, April 10<sup>th</sup>, for our annual Spring Luncheon, held this year at the Bay Club on Shelter Island. Our next social will be our Summer Potluck in August. *Look for more information to follow in next month's newsletter.*



## Parkinson's Association 5-K Walk a Huge Success!

A tremendous thank you to the 1100+ people, including our San Diego Central County Parkinson's Support Group Team, who joined together in support of **The Parkinson's Step by Step 5K Walk** fundraiser this year!!! The event was a huge success, netting over \$86,000 which will enable the Parkinson's Association to make available critical resources to the estimated 60,000 individuals in San Diego who are affected by Parkinson's disease. Mark your calendar now for next year's walk, Saturday, April 4<sup>th</sup>, 2020!

## Upcoming Community Events

**Caregiver Coalition – The Pathway to Mindful Caregiving.** “Are you providing care for a family member or friend? Are you concerned for their well-being and safety? Are you struggling to balance your time with loved ones? If you answered yes, then you are a caregiver.” The Caregiver Coalition of San Diego invites you to this conference for family caregivers. **Saturday, May 11<sup>th</sup>, 8:30 AM to 12:30 PM**, at the **Chinese Community Church**, 4998 Via Valarta, San Diego 92124. *To Register call: 1.800.827.4277 or go to: [www.sharp.com/classes](http://www.sharp.com/classes). 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 on our attached calendar or in our March Newsletter, which may be viewed on our website at [www.sdccpsg.org](http://www.sdccpsg.org). Free*

**San Diego Parkinson's Community Winter Cruise: November 30 – December 7, 2019**  
UCSD Parkinson's Support Group Network participants have decided they want to go on a cruise. And, because they believe in the adage, “*the more the merrier*”, you are MOST welcome to join them! Said support group manager, David Higgins, “It would be great if we could make this something really grand. A cruise can be such a liberating activity for people with limited mobility issues.” The Holland America cruise departs from and returns to San Diego. There are cabins on hold for the group, in a variety of sizes, including plenty of ADA-compliant rooms. You have until July 15 to make your reservation and submit a deposit. *For more information go to [www.sdccpsg.org](http://www.sdccpsg.org). For reservations call Holland America: 877-724-5425. Cost starts at about \$650 + tax, per person (based on double occupancy)*

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## Support Group Meetings

(SDCCPSG Sponsored – Free)

Contact: Nancy Floodberg 619.857.6638

### SPEAKERS' SERIES

Wednesday, May 8<sup>th</sup> 6:00 – 8:30 pm

County of SD Health & Human Services Agency

3851 Rosecrans St, San Diego 92110

San Diego Room

*Speakers:* Christina Selder MS, Kristin Rigsbee MS

*Topic:* Parkinson's & Advocacy: Resources to Have in your Toolkit

### PACIFIC BEACH

Wednesday, May 15<sup>th</sup> 1:00 – 3:00 pm

Third Wednesday of each month

Oakmont of Pacific Beach

955 Grand Ave, San Diego 92109

3<sup>rd</sup> Floor Activity Room

People with Parkinson's and care partners gather to share challenges, strategies and successes.

### VETERANS'

Monday, May 20<sup>th</sup> 10:00 am – 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 gather to share challenges, strategies and successes.

### DO YOU DUOPA?

Saturday, May 25<sup>th</sup> 4:00 pm – 6:00 pm

Fourth Saturday of odd months

Bayside, 1325 Pacific Hwy, San Diego, 92101

3<sup>rd</sup> Floor Lounge

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

**RSVP:** 619.857.6638 or [president@sdccpsg.org](mailto:president@sdccpsg.org)

### FLYING SOLO

*Note Date & Room Change (this month only)*

Tuesday, May 28<sup>th</sup> 9:00 to 10:00 am

Fourth Monday of each month

County of SD Health & Human Services Agency

3851 Rosecrans St, San Diego 92110

University Room

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

### PT. LOMA

*Note Date & Room Change (this month only)*

Tuesday, May 28<sup>nd</sup> 10:00 am – Noon

Fourth Monday of each month

County of SD Health & Human Services Agency

3851 Rosecrans St, San Diego 92110

University Room

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

## Physical Exercise

### PARKINSON'S EXERCISE CLASS

Wednesdays 11:40 am – 12:35 pm

YMCA Mission Valley, 5505 Friars Rd, San Diego 92110

Contact Instructor: Jeff 619.298.3576

[www.ymca.org](http://www.ymca.org) Fee charged

### PARKINSON'S NETWORK

Wednesdays Noon – 1:15 pm

1371 Sunset Cliffs Blvd, San Diego 92107

Contact Instructor: Lisbeth Garces 619.971.3904

[Lisbeth.garces@jcorg.org](mailto:Lisbeth.garces@jcorg.org) Suggested \$5 donation

### ROCK STEADY BOXING (for PwP)

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

BoxFit, 4101 30<sup>th</sup> St, San Diego 92104

Contact Coach: Mike Reeder 310.923.5535

[info@boxfitsd.com](mailto:info@boxfitsd.com) Fee charged

### SDSU ADAPTIVE FITNESS CLINIC

Monday - Friday (several sessions/day)

SDSU – Peterson Gym, 5400 55<sup>th</sup> St, San Diego 92115

Contact Director: Matt Soto 619.594.2017

[www.ens.sdsu.edu](http://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](http://www.musicworxinc.com) Fee charged

### LOUD MAINTENANCE - Vocal Exercise Program

2<sup>nd</sup> & 4<sup>th</sup> 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 3:00 pm

Palisades Presbyterian Church

6301 Birchwood St, San Diego

Contact: Deanna Hastings 619.363.0814

[www.trembleclefs.com/san-diego](http://www.trembleclefs.com/san-diego) Free

## SDCCPSG Board of Directors

Monday, MAY 8<sup>th</sup> 10:00 am to Noon

Second Monday of each month

County of SD Health & Human Services Agency

3851 Rosecrans St, San Diego, CA 92110

University Room (*note room change this month only*)

Contact President Nancy Floodberg 619.857.6638

[president@sdccpsg.org](mailto: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!

## Crucible of Combat: From Combat to Parkinson's Disease



My name is Richard Ross Brydges, retired U.S. Navy Commander. After graduating from the Naval Academy in 1967, I volunteered for naval aviation. After flight training, I served as an attack pilot during the Vietnam War flying an A-7 Corsair II, a sub-sonic light attack aircraft.

The turning point that forged my character in combat and afterward began with my deployment as a naval aviator with Attack Squadron 82 to South East Asia in the Gulf of Tonkin,



off Vietnam. My aircraft carrier was the USS Coral Sea. My mission was to engage the enemy flying the MiG-17 and MiG-21 fighters, and to drop bombs on designated enemy positions. I executed my mission assigned to me by Forward Air Controllers (FACs) and went back to rendezvous with the ship. After landing on the ship at night and walking across the deck, back to the ready room, I felt relief I had survived the "Crucible of Combat" and

remember thinking, "there by the grace of God go I!" I completed 60 assigned missions flying my A-7 Corsair II during my tour of duty.

The memory of my role in these missions created a lasting bond with my squadron mates that endures today. The turning points and lessons learned in the "Crucible of Combat" based



on my Vietnam experience are that my determination to accomplish my missions required practice, strategy, and reliance on my critical support teams in the air and

on the ship. These combat memories and lessons learned during those times have endured and have continued to influence my life with my family, friends, and colleagues.

My "Crucible of Combat" experience continues with my Parkinson's Disease. The U.S. Department of Veterans Affairs has acknowledged "Agent Orange" as a cause of Parkinson's Disease for 2.4 million veterans who served

during the Vietnam War. As a result of my combat in Vietnam, I not only contracted Parkinson's Disease, but cancer, as well.

I continue to experience each day with relative relief by reminiscing about landing safely on the carrier at night after daily combat and appreciating my critical support team—that includes my family and, of course, my Navy team members as they were in the air and on the ship. With life challenges resulting from Vietnam combat and, as in all sports, there are winners and losers. Winners require a heart for the game, determination, practice, strategy—with team members supporting one another.



The key challenge for people with Parkinson's Disease is when and if they decide if they are going to be winners or losers. If one is going to be a winner, one has to create a network with discipline and heart. With so much happiness and appreciation

in my life, my story is an attempt to encourage everyone to do their best with limited resources—despite great challenges.



"I encourage everybody to visualize goals to invite and nurture the extraordinary powers of the individual."


"Have the courage to live and play the game of life with heart, confidence, determination, and passion; and cherish the belief in a 'Win-Win' scenario as they also embrace the Grace of God."

Please visit our website: [www.SDCCPSG.org](http://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](mailto:webmaster@sdccpsg.org)).

## PARKINSON'S LIFE HACK


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

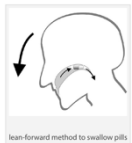
### Two Tricks for Swallowing a Pill (*Harvard Health*):

The **"pop bottle method"**— for swallowing **tablets**. 



- Fill a plastic water or soda bottle with water.
- Put the tablet on your tongue and close your lips tightly around the bottle opening.
- Take a drink, keeping contact between the bottle and your lips and use a sucking motion to swallow the water and pill. Don't let air get into the bottle.

The **"lean forward method"** — for swallowing **capsules**. 



- Put a capsule on your tongue.
- Take a sip of water, but don't swallow.
- Tilt your chin toward your chest.
- Swallow the capsule and water while your head is bent.

Submitted by Patsy Manning. To submit a Parkinson's Life Hack, send an email to: [president@sdccpsg.org](mailto:president@sdccpsg.org)

## GOOD READS

**Everything You Need to Know About Caregiving for Parkinson's Disease** — by Lianna Marie.

## PARKINSON'S COMMUNITY RESOURCES

### Parkinson's Association of San Diego

Executive Director: Chris Buscher  
[info@parkinsonsassociation.org](mailto:info@parkinsonsassociation.org)  
[www.parkinsonsassociation.org](http://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 1 of 3 approved PD-related activities (Neurology appt, Support Group or Parkinson's Assoc.-sponsored event). Mobility chairs, service animals and care partners accommodated. Donations welcome and most appreciated. Cost: **Free**

### East County Parkinson's Support Group

Support Group Conveyor: Lorenzo Higley  
[EastCountyPSG@cox.net](mailto:EastCountyPSG@cox.net)

### North County Parkinson's Support Group

Board Pres., Support Group Leader: Paul Dawson  
[paul@video-fire.com](mailto:paul@video-fire.com)      [www.ncpsg.org](http://www.ncpsg.org)

### UCSD Parkinson's Network

Group Manager: David Higgins  
[info@Support4PD.org](mailto:info@Support4PD.org)      [www.Support4PD.org](http://www.Support4PD.org)

## SDCCPSG CONTACTS

### SDCCPSG Board President

**Duopa, Pacific Beach, Pt Loma Support Group Leader**  
Nancy Floodberg      [president@sdccpsg.org](mailto:president@sdccpsg.org)  
619.857.6638

### Vice-President

Jim Paterniti      [vicepresident@sdccpsg.org](mailto:vicepresident@sdccpsg.org)  
858.203.3232

### Recording/Corresponding Secretary

Debbie Jordan      [secretary@sdccpsg.org](mailto:secretary@sdccpsg.org)

### Operations

Jesse Fara      [operations@sdccpsg.org](mailto:operations@sdccpsg.org)

### Treasurer

Tony Jeske      [treasurer@sdccpsg.org](mailto:treasurer@sdccpsg.org)

### Directory, Publicity

Dolores Cohenour      [publicity@sdccpsg.org](mailto:publicity@sdccpsg.org)

### Fundraising

Michael Moore      [fundraiser@sdccpsg.org](mailto:fundraiser@sdccpsg.org)

### Social Director

Debbie Stubbe      [social-director@sdccpsg.org](mailto:social-director@sdccpsg.org)

### Technical Support

#### Flying Solo Support Group Leader

AnnD Canavan      [tech-support@sdccpsg.org](mailto:tech-support@sdccpsg.org)

### Video Documentation

#### Veterans Support Group Leader

Ron Phillips      [veterans@sdccpsg.org](mailto:veterans@sdccpsg.org)

### Webmaster

Bruce Lowe      [webmaster@sdccpsg.org](mailto:webmaster@sdccpsg.org)

### Newsletter (to subscribe please email Publisher)

**Publisher**      [president@sdccpsg.org](mailto:president@sdccpsg.org)  
Nancy Floodberg

**Editor**      [editor@sdccpsg.org](mailto:editor@sdccpsg.org)  
Jodi Harrison

**Reporter**      [reporter1@sdccpsg.org](mailto:reporter1@sdccpsg.org)  
Jane Granby

**Reporter**      [publicity@sdccpsg.org](mailto:publicity@sdccpsg.org)  
Dolores Cohenour

**Printed Distribution**      [secretary@sdccpsg.org](mailto:secretary@sdccpsg.org)  
Debbie Jordan

**Electronic Distribution**      [president@sdccpsg.org](mailto:president@sdccpsg.org)  
Nancy Floodberg

**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!"**