

SD CENTRAL COUNTY PARKINSON'S SUPPORT GROUPS



June 2024

<https://www.sdccpsg.org/>

NEWSLETTER for • Duopa • Living in the Solution • • Pt. Loma • Speaker Series Chapters

Edition 54

CONGRESS PASSES LANDMARK BILL TO END PARKINSON'S!

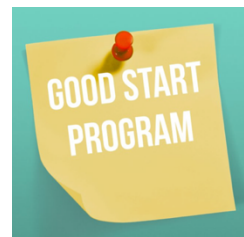


Last month, Congress passed the National Plan to End Parkinson's Act. This is the first-ever federal legislation dedicated to ending Parkinson's Disease in the United States. The bill will focus on developing a cross-country strategy for ending PD that could dramatically increase federal research funding, develop more effective pathways for treatments and cures, improve early diagnosis, and enhance public awareness of Parkinson's, among many other incredible benefits. To learn more, please go to:

https://www.michaeljfox.org/news/national-plan-end-parkinsons-act-makes-progress-congress?em_cid=mc-a1bVL000001DRrR&mc_cid=11ad0e877b&mc_eid=0e16274667

THE LIVE PARKINSON'S GOOD START PROGRAM IS COMING IN JUNE!

The Parkinson's Association of San Diego (PASD) is offering their free, live, 2-hour seminar, **"The Good Start Program"**, early next month! Good Start is designed for the newly diagnosed and their families, as well as those who have been living with Parkinson's and are interested in learning more about local resources and living well with PD. Space is limited and registration required. The program is being held **Thursday, June 13th, 1:00-3:00PM**, at the **United Church of Christ**, 5940 Kelton Ave., San Diego, CA 91942. **To Register** see the flyer/form on pages 6-7 or call 858.888.5671.



EVER HEARD OF HIPPO THERAPY???



Hippotherapy is comprised of the words meaning "horse" "hippos", and "treatment" "therapy" in ancient Greek. It is defined as equine-assisted treatment, first mentioned in the works of Hippocrates. Despite long-term use in history, only a few studies have been performed on its theoretical basis. It is a form of physical, occupational and speech therapy in which a therapist uses the characteristic movements of a horse to provide carefully graded motor and sensory input. A foundation is established to improve neurological function and sensory processing, which can be generalized to a wide range of daily activities.

Park Horse Project, located in Lakeside, CA, is a 501(C)(3) non-profit founded by a San Diego resident living with Parkinson's Disease. The program provides a wide range of equine assisted therapeutic sessions to individuals with movement disorders like Parkinson's Disease and neurocognitive impairments such as Autism Spectrum Disorder. Regardless of the physical, cognitive or emotional challenge, their goal is to help people improve their quality of life by working with horses. For more information, please see page 5 for an article on Park Horse Project participant, Patsy Manning, page 8 for a flyer, or go to:

<https://parkhorseproject.org/>

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SUPPORT GROUP MEETINGS

LIVING IN THE SOLUTION

Wednesday, June 19th, 1 – 2:30pm
(Third Wed. of each month)

A virtual, topic-specific discussion for People with Parkinson's and Care Partners.

Topic: *My Lifestyle as a PwP, not on Medication*

Speaker: Margaret Altamura

Via ZOOM Phone & Video Conferencing

1. Computer, laptop, tablet, smart phone
<https://us02web.zoom.us/j/921456572>
Meeting ID: 921 456 572
2. Phone +16699006833,,921456572#

PT. LOMA

Tuesday, June 25th, 10:00am – 12:00pm
(Fourth Tues. of each month)

Point Loma Café, 4865 N. Harbor Dr., San Diego 92106

Topic: *Hybrid Assistive Technology (HAL)*

Exoskeleton +Physical Therapy for PD

Speaker: RISE Healthcare Group

Meet, Greet & Eat!!! A live, no host brunch and discussion group for People with Parkinson's and Care Partners.

To make a reservation, email, or call: Dolores Cohenour:
(619) 560-1935 doloresviolacohenour@gmail.com

DO YOU DUOPA?

Saturday, July 27th, 2:00 – 3:30pm
(Fourth Saturday of first month, quarterly)

A virtual, open discussion for People with Parkinson's, receiving or considering Duopa Therapy, and their Care Partners.

Via ZOOM Phone & Video Conferencing

1. Computer, laptop, tablet, smart phone
<https://us02web.zoom.us/j/103963938>
Meeting ID: 103 963 938
2. Phone +1.669.900.6833,,103963938#

SPEAKER SERIES

NOT BEING HELD THIS MONTH.

Via ZOOM Phone & Video Conferencing

1. Computer, laptop, tablet, smart phone
<https://us02web.zoom.us/j/83008945719>
Meeting ID: 830 0894 5719
2. Phone +16699006833,,83008945719#

Speaker Series YouTube Video Library:

https://www.youtube.com/playlist?list=PLVw_cYVkJxat8ox40Ycu50uFrS1B18tfl

EXERCISE OPPORTUNITIES

PHYSICAL

Rock Steady Boxing-Downtown

Monday – Friday, 10:30 – 11:45am

Coach Mike Reeder offers his popular boxing class live and via Zoom online video conferencing. To participate, contact Mike. *Fee charged.* info@boxfitsd.com

RX Ballroom Dance

Wednesdays and Fridays (virtual), 11:30-12:15pm

<https://us02web.zoom.us/j/625158852>

Mondays and Thursdays (live), 12:15-1:00pm

4255 Ruffin Rd. Suite 299, SD 92123 (enter S driveway)
Dance classes designed to benefit people with Parkinson's and their care partners. **Free.** 310.938.1620

<http://www.rxballroomdance.com/>

SDSU Adaptive Fitness Clinic

Mon, Wed or Tues, Thurs; Fri opt – several time options

Get fit with PT and Kinesiology graduate students as you train in a win-win, supervised clinical setting. *Sliding fee scale.* **Parkinson's scholarships available.** Contact Director, Matt Soto, BS, RKT matt.soto@sdsu.edu

SmartXPD

Patrick LoSasso, CSCS, offers online and on demand exercise classes. Monthly/annual subscriptions offered.

<https://www.smartxpd.com/video-on-demand/>

VOCAL

MusicWorx for Parkinson's (AudAbility)

Music therapy for people with Parkinson's. *Fee charged.*

SDCCPSG scholarships available. Contact Program Director, Cassandra Richtsmeier at: crichtsmeier@musicworxinc.com

eLOUD!

Online LSVT voice and speech exercises for individuals with Parkinson's Disease. *Fee charged; insurance may apply.*

Contact: Emy D'Angelo (410) 980-0922 thinkeloud@gmail.com

SongShine – Vocal Maintenance Program

Online vocal music and creative drama classes are being offered to help you communicate more easily and clearly.

Click on the link below for their "Video Series": **Free.**

<https://songshineforparkinsons.com/songshineathome/>

Tremble Clefs – Therapeutic Singing

Tremble Clefs chorus offers weekly hybrid (live and online) rehearsals (**Tues, Thurs – 1pm, Wed – 10am**). **Free.** For Zoom links or live locations, email: trembleclefsinfo@gmail.com

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 movement disorder specialist/neurologist, and **exercise, exercise, exercise!**"

Please be sure to consult with your physician before starting any form of exercise program.

For a countywide listing of support groups and exercise classes throughout San Diego, please visit:

<https://parkinsonsassociation.org>

IN-FOCUS – MEDICAL RESOURCES

COVID-19 Information

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Long COVID or Post COVID Conditions

<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>

California Department of Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

California Immunization Registry

<https://cairweb.org/>

California Digital Immunization Record

<https://myvaccinerecord.cdph.ca.gov/>

San Diego County Health & Human Services Agency

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV.html

City of San Diego – Coronavirus Information

<https://www.sandiego.gov/coronavirus>

SD County Post-COVID Recovery (Long COVID) Information

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/LongCOVID.html

Scripps COVID Recovery Program – 800.SCRIPPS

https://www.scripps.org/news_items/7276-scripps-recovery-program-gives-hope-to-covid-19-long-haulers

UCSD Post-COVID Care – 619-543-6146

<https://health.ucsd.edu/specialties/infectious-disease/Pages/post-covid-care.aspx>

Mobile Medical Service — (save your energy!)

Mobile Medical Services come to you. Services are typically covered by Medicare and/or insurance .

Internists (Primary Care Physicians)

Presidium Health

Pouya Afshar, MD – Director

3111 Camino del Rio North
Ste 625

San Diego, CA 92108

O: 619.738.5566

<https://www.presidiumhealth.com/>

Michael J. Kurisu, DO

3706 Ruffin Road

San Diego, CA 92123

O: 858.587.1822

Mobile Lab Services

SD Mobile Lab

O: 858-245-6714

F: 619-599-8400

(have lab orders faxed to them to fill)

\$95-\$115 service fee

Mobile Xray

Pacific Mobile Diagnostics

O: 888.763.9729

F: 602.241.1711

<https://pmdxray.com/>

Mobile Podiatry

Toe-Tal Family Footcare

2604 El Camino Real

Suite 311

Carlsbad, CA 92008

O: 760.331.7259

<https://toetalfamilyfootcare.com/>

Mobile Dentistry

Dentist House Call Service

Philip R. Lepor, DDS

O: 858.780.2533

<https://www.dentisthousecallservice.com/>

Clinic & In-Home Kinesiology & Fitness Services

Reneu Health, Inc.

Chris Corpuz, Founder

7551 Convoy Ct.

San Diego, CA 92111

O: 619.263.0239

F: 619.858.2210

info@reneu-health.com

Cerebral Motion

Mickey Burke, MS

Personally Fit, Inc.

11610 Iberia Pl, #100

Rancho Bernardo, CA 92128

O: 858.248.6828

mickey@cerebralmotion.com

Parkinson's Equipment Exchange Program

The Parkinson's Association of San Diego has **free** mobility equipment available – used walkers, wheelchairs, canes and much more. For information or to donate equipment, please call: **858.999.5671**.

Home Safety Program

Jewish Family Services Fix-It Program

O: 858.637.3210

<https://www.jfssd.org/our-services/older-adults/home-safety-modification/>

When you or someone you care about is concerned about fall prevention, JFS Fix-It Service provides a four-point safety check, along with minor safety repairs and modifications to improve your mobility and security at home. All services are completed **free-of-charge** by a pre-screened team of volunteers.

✓ **Simple Changes to Make Your Home Safer as You Get Older**

<https://www.uhhospitals.org/blog/articles/2020/08/simple-changes-to-make-your-home-safe-as-you-get-older>

✓ = new resource listings

PARKINSON'S LIFE HACKS

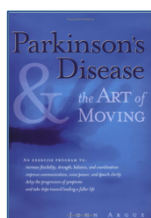
Life Hacks: /'lif,haks/ • *Tools or techniques that make some aspect of one's life easier or more efficient.*



June is National Safety Month – Did you know that people with Parkinson's (PWP) are twice as likely to fall as those without? PCA is highlighting the importance of fall prevention in PwPs. To learn about walking aids that help make mobility both easier and safer, please go to:

https://pcla.org/top-walking-aids-for-pd-and-benefits-of-using-them/?mc_cid=94f2baad60&mc_eid=0e16274667

GOOD READS



Parkinson's Disease & the Art of Moving, written by John Argue. Available through Amazon.com. For more information, go to:

<https://www.amazon.com/>

To submit a Parkinson's Life Hack or Good Reads book, please send an email to:

nfloodberg@gmail.com

PARKINSON'S COMMUNITY RESOURCES

Parkinson's Association of San Diego (PASD)

Executive Director: Chris Buscher

info@parkinsonsassociation.org

English website: <https://parkinsonsassociation.org/>

Spanish website: <http://www.es.parkinsonsassociation.org/>

FACT Transportation: 888.924.3228 Monday – Friday 7:30 AM to 8:00 PM. Please call 72 hrs ahead to schedule transportation. Fee charged.

RideFACTNOW is available for San Diego County residents with disabilities using a mobility device in need of a wheelchair accessible van (WAV.) This on-demand para-transit service operates on a same-day basis, with as little as one-hour notice. Cost: \$10 for a one-way ride. Please call 888.924.3228 for information, or to request a ride.

County of San Diego Resource Line

Available 24/7 – 211

County of San Diego Access & Crisis Line

Available 24/7 – 888.724.7240

Nationwide Suicide Hotline

Available 24/7 – 988

SDCCPSG BOARD & VOLUNTEERS

President – Support Group Leader

Nancy Floodberg nfloodberg@gmail.com
619.857.6638

Vice-President – Support Group Leader

Jim Paterniti jpaterniti@san.rr.com

Member-at-Large

Patsy Manning patsymm@gmail.com

Member-at-Large

Jodi Harrison sunshine8750@gmail.com

Secretary

Susan Howard threesunflowergirls@gmail.com

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Newsletter (to subscribe please email Publisher)

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Barbara Clark

QUARTERLY BOARD MEETING

Monday, June 10th, 10:00am – 11:30am

Via Zoom Online & Telephone Conferencing

Online: <https://us02web.zoom.us/j/408133800>

Phone: +1.669.900.6833, 408133800#

Contact: President – Nancy Floodberg
619.857.6638 nfloodberg@gmail.com

SDCCPSG mailing address:

P.O. Box 82575
San Diego, CA 92138

SDCCPSG website:

<https://www.sdccpsg.org/>

SDCCPSG is a 501(c)3 non-profit organization, dedicated to serving our local Parkinson's community. Your donation of funds and volunteer services are greatly appreciated. Thank you!

PICTURES & POSTINGS FROM OUR PARKINSON'S COMMUNITY

(Have pictures, a poem, or experience to share? Please send them to nfloodberg@gmail.com)

INDOMITABLE SPIRIT – PATSY MANNING

Indomitable Spirit – “That part of a person which provides hope, strength, and courage to get up and face each day with a smile. Indomitable spirit is perseverance on a long-term basis.”



Patsy Manning at Park Horse Project

Meet Patsy Manning...a fiery, red-headed, Irish lass of immeasurable strength and determination! A retired teacher diagnosed with Parkinson's, I met Patsy pre-pandemic and was surprised to learn that she regularly drove down from her home in East El Cajon to boogie-board at the beach! That's right...boogie board! Then, as the pandemic receded, she unexpectedly found herself in the role of care partner to her husband, Matt, a life-long musician diagnosed with cardiac and kidney issues. Recognizing the importance of keeping active and moving as a PwP, she looked closer to home for exercise opportunities.

Through long-time friend and Project Director, Laurel Manning (no relationship), Patsy learned about the **Park Horse Project** and decided to investigate. She has been participating for over a year now and I had the opportunity to meet up with her, Laurel and Instructor, Eileen Leblanc, at the Project recently. The first thing I was struck by was the setting; it's peace, beauty and tranquility. It literally brought me to tears. A former dairy farm, considerable time and thought has been put into creating a constructive and supportive setting for Project participants. Dealing with double vision and the resulting dizziness, I am looking forward to becoming a participant, myself, with the goal of improving my proprioception (awareness of one's body position and movement in space).

And what does Patsy do in her spare time, you ask? I know what you're thinking..."what spare time?" Well, for starters, she is currently traveling in her homeland of Ireland. And she volunteers on our non-profit's Board as a member-at-large. In closing, I want to share that our meeting at the Project was the first time I had seen Patsy in person in some time. Yes, she still has tremors, but the strength and fluidity of her movement were noticeable and impressive! Thank you, Patsy, for making the effort to learn about and share the unique opportunity of hippotherapy with all of us!!! ❤️



Senior Care & Companionship

Light housekeeping/transportation/
experience with person with
Parkinson's & Dementia/great
references

email: Ashleyloveskaya@gmail.com

(619)628-6780

Available Caregiver: Ashley Villa



PASD's Good Start Program

Scheduled Live for Thursday, June 13th, 2024

Educational seminar for newly diagnosed Parkinson's patients & caregivers/care partners

The **Parkinson's Association of San Diego** is hosting its next "**Good Start Program**" seminar on Thursday, June 13th, 2024 from 1 p.m. to 3 p.m. **at the United Church of Christ, 5940 Kelton Ave, La Mesa, CA 91942.**

This is the 17th Edition of the program since 3/6/18. It is designed for newly diagnosed Parkinson's patients and their care givers/care partners. It is a 2-hour session followed by Q&A. It will feature **Dr. Brenton Wright**, Movement Disorders Neurologist and Medical Advisor to PASD, PASD Board President **Marty Acevedo**, RDN, **Jessie Agrimas**, DPT, PASD Board member and NeuroLab360 President, **Irene Miller**, Fallbrook Support Group Team Leader and PASD Executive Director **Chris Buscher**.

Specific topics will include maintaining a positive attitude; understanding Parkinson's; choosing a physician; common medications, care givers/care partners; importance of exercise and nutrition; benefits of physical; occupational, speech and music therapy; research, Support Groups, Mentor Program, and an overview of other additional resources. Individuals who would like to update their knowledge base of PD are also more than welcome to attend.

There is no cost to the participants and representatives from Support Groups and Tremble Clefs will also be in attendance to assist attendees who would like to join.

The seminar will be audio recorded, synced with the 70+ PowerPoint slides and will be available on the PASD website at a future date.

Seminar Details

Date: Thursday, June 13th, 2024

Time: Check-In 12:30 p.m. Program 1:00 p.m. to 3:00 p.m. (followed by Q & A)
(Light Refreshments provided)

Location: 5940 Kelton Ave, La Mesa, CA 91942

Directions & Parking Information: Provided to attendees after registration is received

Registration is required by 6/11/2024.

Please go to www.parkinsonsassociation.org to register online or download the form and send it in or call 858-210-5674.

Good Start Program Mail in Registration

Date: Thursday, June 13th, 2024

Time: Check-In 12:30 p.m. Program 1:00 p.m. to 3:00 p.m. (followed by Q & A)

Location: United Church of Christ, 5940 Kelton Ave, La Mesa, CA 91942

Directions & Parking Information: Provided to attendees after registration is received.

Name: _____

Address: _____

City, State, Zip _____

Phone: _____

Email: _____

Care Partner Name / Relationship: _____

Approximate Diagnosis Date: _____

Are you currently attending a Parkinson's Support Group?

Yes _____

No _____

How did you learn about the Good Start Program?

Please mail this form no later than June 11, 2024 to:

Parkinson's Association of San Diego

P.O. Box #1633

Solana Beach, CA 92075

Or call 858-210-5674 to register by phone.



Equine Program for Parkinson's Disease (PD)

Studies show that equine therapy may be beneficial for patients with Parkinson's Disease, a progressive neurological disorder that affects movement and can cause tremors, stiffness, and difficulty with balance and coordination.

Our program focuses on 10 key movements that target areas such as balance, posture, flexibility, and strength. These movements are specifically geared those addressing PD symptoms. When combined with the natural gait of the horse and the neurologic mirroring, success is often achieved.

The program also incorporates cognitive and sensory challenges to help clients improve their gait function and reduce the risk of falls.

When combined with a clients chosen medical and therapeutic tract, the Park Horse Project programming may help manage the symptoms of Parkinson's disease while improving overall well-being and quality of life.

How Can Equine Therapy Help?

Children and adults with movement disorders, past trauma, and other challenges often do not have adequate therapeutic options available to them. Incorporating horses outside of an office clinical setting has been shown to increase interest and enthusiasm, and breakthroughs often occur in the therapeutic moment between the horse and client. In an equine therapy session, the equine is in tune with human behavior and require the individual to be aware of their surroundings, focus on movement, enabling and improving the brain to muscle connection.

Interacting with animals decreases stress-related hormone cortisol and lowers a person's blood pressure, according to the National Institutes of Health. As an engagement tool, animals reduce feelings of loneliness and increase feelings of social support.

Central County Parkinson's Support Groups

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2 	3	4	5	6	7 	8
9	10 10:00am CENTRAL COUNTY VIRTUAL QUARTERLY BOARD MEETING: Our meetings are open and people with Parkinson's and their care partners are welcome to attend. Online or via Phone. Zoom	11	12 3:00pm CENTRAL COUNTY PARKINSON'S VIRTUAL SPEAKERS' SERIES: (not being held this month). Zoom	13	14	15
16 	17	18	19  1:00pm CENTRAL COUNTY VIRTUAL LIVING IN THE SOLUTION PARKINSON'S SUPPORT GROUP - an SDCCPSG Chapter: SPEAKER: Margaret Altamura-MY LIFE AS A PWP NOT ON MEDICATION. For people with Parkinson's and their care partners. Online or via the Phone. Zoom	20 	21	22

Central County Parkinson's Support Groups

June 2024 (Page 2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
		CENTRAL COUNTY LIVE PT. LOMA PARKINSON'S SUPPORT GROUP - an SDCCPSG Chapter: For people with Parkinson's and their care partners. Location: Pt. Loma Café—4865 N. Harbor Drive, SD 92106. Speaker: RISE Healthcare Group; Topic: "Hybrid Assistive Limb (HAL) Exoskeleton + Physical Therapy for Parkinson's Disease". Thank you for observing current CDC policies for respiratory vaccinations. For reservations, please call or email Dolores: 619.560.1935, doloresviolacoh enour@gmail.co m.				
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