

SD CENTRAL COUNTY PARKINSON'S SUPPORT GROUPS



May 2024

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

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

Edition 53

HIGH-RISK MEDICATIONS

by Nancy D. Floodberg

My apologies for the absence of our April newsletter. I was unexpectedly hospitalized in March, diagnosed with bilateral, bacterial pneumonia and sepsis. The culprit? My blood pressure medication, a diuretic, which was depleting my body of essential minerals, like potassium, resulting in extreme fatigue I was incorrectly blaming on Long COVID.

Although my medication is not so designated, “**high-risk medications**” are those identified by American Geriatrics Society (**AGS**) **Beers Criteria** (named after geriatrician, Dr. Mark Beers, who developed it in 1991) and by the Pharmacy Quality Alliance as having the potential to cause adverse drug events in older adults due to their pharmacologic properties and the physiologic changes of aging”. To access the AGS Beers Criteria, please go to:

<https://gwep.usc.edu/wp-content/uploads/2023/11/AGS-2023-BEERS-Pocket-PRINTABLE.pdf>

MAY IS BETTER SPEECH & HEARING MONTH!

HELP YOURSELF & OTHERS – JOIN THE SPEECH ACCESSIBILITY PROJECT

Did you know that movement disorders can impact your speech - like the volume and rhythm of your voice, and the ability to be understood - as well as your chewing and swallowing? **The Speech Accessibility Project** is collecting speech samples from paid volunteers representing a diversity of speech patterns. Led by University of Illinois-Urbana-Champaign researchers with support from Amazon, Apple, Google, Meta, and Microsoft, the project aims to make voice recognition technology more useful for people with a range of diverse speech patterns and disabilities.

The project is seeking people with Parkinson's, as well as those with related neurological conditions like MSA, PSP, CBD, and those who are post-DBS. Those interested in participating will work with an LSVT Global mentor to learn more about the project and proceed through a brief screening process. Participants can complete the project using their own computers to read text prompts aloud or answer questions while recording their voices.

The project includes 10 sets of about 45 prompts (about 60 sentences). These do not need to be completed at once. It may take participants a few days or a few weeks to complete their recordings. For more information, please see the flyer on page 6 or go to:

<https://speechaccessibilityproject.beckman.illinois.edu/about-the-project>

PASD GOLF TOURNAMENT

The Parkinson's Association of San Diego (PASD) is holding their annual Golf Tournament on Monday, June 10th, at the Fairbanks Ranch Golf Course. Check-in is at 10:00AM. All proceeds remain in San Diego to support vital programs and services for Parkinson's families. To register and/or donate, please see the flyers on pages 7-8 or go to:

<https://parkinsonsassociation.org/>

Inside This Issue

- Monthly Schedule of SDCCPSG Chapters, Vocal/ Exercise Classes Page 2
- In-Focus Medical Resources Page 3
- Parkinson's Life Hacks
- Good Reads
- PD Community Contact Info
- Board/Volunteer Contact Info Page 4
- Pictures & Postings Page 5
- The Speech Accessibility Project Flyer Page 6
- PASD Golf Tournament Flyers Pages 7-8
- May Events Calendar Pages 8-9

SUPPORT GROUP MEETINGS

(Note: there will be no virtual meetings in May)

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, May 28th, 10:00am – 12:00pm

(Fourth Tues. of each month)

Point Loma Café

4865 N. Harbor Dr.

San Diego 92106

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

Wednesday, June 12th, 3 – 4:30pm

(Second Wed. of last month, quarterly)

A virtual, topic-specific Speaker Presentation.

Topic: *TBD*

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>

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>

USPS Will Ship More Free COVID -19 Tests: Here's How to Order Them <https://www.covid.gov/tests>

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

Treatment in San Diego for “Long COVID”

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>

Parkinson's & COVID-19

Michael J. Fox Foundation. COVID Resource Hub.

<https://www.michaeljfox.org/michael-j-fox-foundation-covid-19-resource-hub>

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 Podiatry

Toe-Tal Family Footcare

2604 El Camino Real
Suite 311

Carlsbad, CA 92008

O: 760.331.7259

<https://toetalfamilyfootcare.com/>

Mobile Xray

Pacific Mobile Diagnostics

O: 888.763.9729

F: 602.241.1711

<https://pmdxray.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

Renue Health, Inc.

Chris Corpuz, Founder

7551 Convoy Ct.

San Diego, CA 92111

O: 619.263.0239

F: 619.858.2210

info@renew-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.

✓ = 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.*

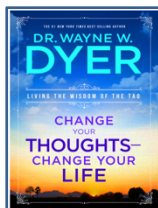


A Young Scientist Uplifts the Needs of Parkinson's Patients – Neuroscience graduate student Senegal Alfred Mabry is looking at effects of Parkinson's disease beyond the most visible body tremors. Listen on Apple Podcasts:

<https://podcasts.apple.com/us/podcast/science-friday/id73329284?i=1000648259936>

Thank you to Leigh Johnson for submitting the Life Hack.

GOOD READS



Change Your Thoughts—Change Your Life: Living the Wisdom of the Tao, written by Dr. Wayne W. Dyer. 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

Social Committee

Dolores Cohenour doloresviolacohenour@gmail.com

Treasurer

Dolores Cohenour doloresviolacohenour@gmail.com

Newsletter (to subscribe please email Publisher)

Editor

Jodi Harrison sunshine8750@gmail.com

Publisher

Nancy Floodberg nfloodberg@gmail.com

Distribution/Mailing

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)

IN CELEBRATION OF A LIFE WELL-LIVED INDOMITABLE SPIRIT – LEILA JIMINEZ

September 2, 1942 – November 8, 2023

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.”

Leila was born in Caracas Venezuela. She studied in Caracas and in Liege, Belgium, then traveled to New York by steamer, and on to Boston where she graduated from Boston University. There she met her first husband and had a daughter, Vanessa. After graduation she worked for Booz Allen, the International Monetary Fund (had a trans-Atlantic flight on the Concorde), Smart Systems Technology (AI) and Information Systems Laboratories. We have been together since 1981; she was diagnosed with Parkinson's in 1990.

Leila never complained and made the most of each day for 33 years after being diagnosed with Parkinson's at age 48. In fact, she was determined to live fully and fiercely, as she had during her first 5 decades. Two years later we accelerated timing of our dream, had a yard sale, and set sail around the world visiting varied cultures and remote beaches. Leila thrived making friends with other yachties and interacting with port authorities – being trilingual fluent helped. Magic nights at sea under the stars, shell collecting, exotic markets, exploring - sailing duties (3 hours shifts, helming, repairing) and some challenges - 50' waves, hurricane winds, and pirates. She did it all. After 6 years, sailing became too much. We relocated to San Diego to resume employment and exploring. Rafting on the San Juan and through the Grand Canyon. Canoeing the Green River through Canyon Lands NP the Bowron Lakes in British Columbia and many others.



Leila Jiminez

We discovered a Tai Chi group meeting Saturdays on Shelter Island and met Nancy Floodberg there who invited us to the Point Loma Parkinson's Support Group. Shortly thereafter, Rock Steady Boxing/Downtown formed and we joined. In 2018, we participated in the Power over Parkinson's Camino walk to Santiago, Spain led by Sherrie Gould, NP Scripps. We have walked the Parkinson's Association annual fundraiser, Step-by-Step 5K, at Liberty Station every year since 2011. Last year we finished dead last, but Leila did every step of the way!

Over the years, Leila has encountered many of the effects of Parkinson's, taken many falls, and fractured many bones. Nancy has advised and smoothed the way with Orthopaedists. Family has unstintingly supported with care and respite – some by Zoom. Leila died in November 2023 still with indomitable spirit – We miss her. We appreciate and thank the support and dedication from family, the Parkinson's community in San Diego, the Parkinson's Association, the Parkinson's Foundation, MJF, and Davis Phinney Foundation and others.

Submitted by Leila's devoted husband and care partner, John Don Carlos

SPEECH ACCESSIBILITY PROJECT



Share your voice with the Speech Accessibility Project!

We're making speech recognition tools more accessible, and we need your help!
We're recording individuals with diverse voices, and we're recruiting U.S. adults who have:

- Parkinson's disease
- Down syndrome
- Amyotrophic lateral sclerosis
- Cerebral palsy
- Speaking difficulties after having a stroke

The University of Illinois Urbana-Champaign, a historic leader in accessibility, will safeguard all personal information. Amazon, Apple, Google, Meta, and Microsoft are funding this project.

Record your speech from the comfort of your home. Our mentors are ready to help you through the participation process.

Get started today! Participants can earn up to \$180. Caregivers can earn up to \$90, as well.

go.illinois.edu/SAPregistration | Questions? speechaccessibility@beckman.illinois.edu
1-888-309-6499



Beckman Institute
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Fairbanks Ranch Golf Course

Play 18 Holes to Support the
Parkinson's Association of San Diego



Register at parkinsonsassociation.org or 619-597-6410

To donate tax deductible items for the silent auction, please call 619-597-6410.

Or register/donate by email to cherishj@me.com

Entry Fees

Foursome: \$1000

Single Player: \$250

Dinner/Reception Only: \$50



PARKINSON'S
ASSOCIATION OF SAN DIEGO

"Helping You Live Your Best Life"

Includes

18 Holes of Golf w/Cart

Dinner and Reception

Gift Package

Contests – Longest Drive/Closest to Pin

Prizes • Raffles

Silent Auction

Check In: 10:00 am

Start: 11:00 am

Callaway Scoring Format



All proceeds benefit the Parkinson's Association of San Diego and fund vital programs and services to local Parkinson's families.

Silent Auction Item Donation Form



PASD's Annual Golf Tournament and Silent Auction to benefit the Parkinson's Association of San Diego

The Parkinson's Association of San Diego is holding its annual Charity Golf Tournament on Monday, June 10, 2024 at the Fairbanks Ranch Golf Course. Please consider if you, your organization, or business could donate an item that can be used in the event's silent auction, raffle, or as a door prize. You can also support the event with a cash donation.

Donor Name _____

Organization/Business Name _____

Mailing Address _____

Phone _____

Email _____

Please provide a brief description of the item you are donating _____

Approximate Retail value \$ _____

Please return this form by mail or email to:

Parkinson's Association of San Diego
PO Box 1633, Solana Beach, CA 92075 or
info@parkinsonsassociation.org

*For additional information and to arrange pickup/delivery of donated items
contact: info@parkinsonsassociation.org • 858-999-5671*

*All proceeds benefit the Parkinson's Association of San Diego and fund vital programs and
services to local Parkinson's families.*



Central County Parkinson's Support Groups

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2	3	4
5 	6	7	8 3:00pm CENTRAL COUNTY PARKINSON'S SPEAKERS' SERIES: (CANCELED). Zoom	9	10	11
12 	13	14	15 1:00pm CENTRAL COUNTY VIRTUAL LIVING IN THE SOLUTION PARKINSON'S SUPPORT GROUP - an SDCCPSG Chapter: For people with Parkinson's and their care partners. Online or via the Phone. (CANCELED). Zoom	16	17	18
19	20	21 	22	23	24	25

Central County Parkinson's Support Groups

May 2024 (Page 2)

[illegible]