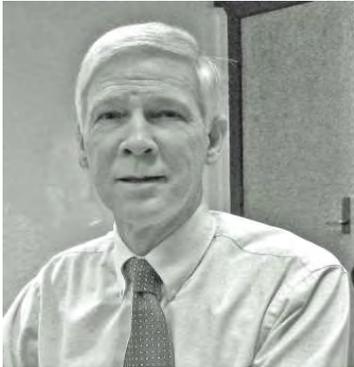


Greater Fresno Parkinson's Support Group

"Helping to optimize the quality of the lives of *People With Parkinson's* and their *Care Partners*."

Steering Committee Recommendations

Support Group Officers



In the wake of both Ellen's and Max's recent resignations as Support Group Co – Leaders, the "Last Man Standing" is Assistant Support Leader, Russ Templeton, and a good man he is. In a meeting last week, the Steering Committee, voted to

recommend at our April meeting the appointment of Russ Templeton, Interim Support Group Leader and Master of Ceremonies (MC). Barbara Burmeister, will continue as Treasurer and serve as Assistant MC.

Doug and Sue Jackson will, in addition to taking attendance, assist with Hospitality, and Doug will occasionally act as MC. Tony Turano will set up the sound system; Bill Houk will handle library duties until a replacement is found. As Max has pointed out from time to time, all PWP are "fragile at best", and to keep the organization functioning smoothly it is essential to have back-up persons for each position in the Group's organization. Are you able and willing to help in some way? If so, please contact Russ or his wife, Jan.

SUPPORT PARKINSON'S RESEARCH

Join the Central Valley Parkinson's Support Group's annual Unity Walk fundraiser on April 25th in Blain Park in Visalia from 8am to Noon. We understand that last year's walk raised more than \$25,000, every penny of which went directly to PD research. It is actually a nation-wide event headquartered in New York City's Central Park, (isn't Visalia's Blain Park a much more pleasant venue?), see the website at www.unitywalk.org.

Did You Know? Our April 11 meeting just happens to fall on **World Parkinson's Day**, the anniversary of James Parkinson's birth, after whom the disease is named.



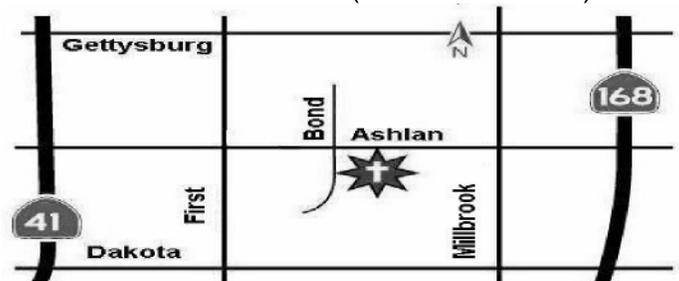
The Dr. James Parkinson's
Tulip

APRIL 11, 2009

(Saturday Meeting)

10:00 a.m. – 12:00 p.m.

In the Chapel of **THE BRIDGE** Evangelical Free Church, 3438 E. Ashlan Ave., Fresno, CA 93726, at the SE corner of Ashlan & Bond between First & Millbrook (enter on Ashlan).



MEETING PROGRAM: This will be a general meeting, with a brief program to be announced. The primary focus of the meeting will be on discussing problems that members are having in managing their Parkinson's disease (PD) symptoms. In addition, as requested by many of our Care Partners, there will be another "break-out session" for them to discuss their needs and questions. Those of us with PD will stay behind and discuss some of our special needs.

Good News from Ellen Jablonski!!

"Thank you for all your good wishes – they mean so much to me and helped me counter the negative "Parkinson's Psychosis" I was experiencing. The past few weeks now all seem like a bad dream from which I've awakened, thanks to a better balance and combination of meds for my "cocktail" of Parkinson's symptoms... and thanks to a little help from my friends. I very much appreciate those who took the reins for the perpetuity of the Group, and I hope to still have a role in that as I further adjust.

Love, hugs, and hope, Ellen"

Greater Fresno Parkinson's Support Group's Mission Statement

Our purpose is to help People With Parkinson's and their Care Partners optimize the quality of their lives - physically, psychologically, emotionally, and spiritually - through education and social interaction, and to increase public awareness of Parkinson's disease (PD). While there's no cure on the horizon for PD, much has been done to increase public awareness of it, resulting in a corresponding increase in the amount of resources now being devoted to research that will hopefully lead to a cure.

During our meetings, we continually learn more about PD from medical expert speakers and in sharing our own knowledge, experiences, feelings, and self-discovered solutions to common problems. Depression and isolation

are often part of PD. Our Support Group provides opportunity for socialization, mental stimulation, education, and coping skills in dealing with these aspects of PD.

There are no fees or dues for attending our meetings; however, donations for meeting expenses are encouraged for those who can contribute, along with income tax deductible gifts to the Fresno Regional Foundation's **Parkinson's Support Fund**, which directly benefits our Support Group. Thanks to the generous couple (Members) who last month contributed \$500.00 to that **Parkinson's Support Fund**, its current balance is \$3,629.48.

Getting to Know Our Extraordinary Webmaster Frederic (Fredo) Martin



Ordinarily, this column is about the members of our Support Group, but this month meet Fredo Martin, President of WorkingArts Marketing, Inc., located in Madera, California. His company designs, orchestrates and delivers tailored, comprehensive marketing services for its customers, ranging from small enterprises to well-established market leaders. Through its network of partners, WorkingArts also provides information security consulting, seminars and security alert subscription services

Fredo created and maintains our website, without charging us for his services. He also knows much about PD--his father suffered from PD for the last 10 years of his life. His father's older brother also lived his last years with PD, combined with a very debilitating Alzheimer's; he died in late January of this year. Both men lived in France and benefitted from the advanced national healthcare system that provided them with funded support at their home in Paris (dad) and near Lyon (uncle).

Fredo told us, "PD has affected many other people in my life and I am delighted to have been given the opportunity to help your Support Group." He generously offers to help with our Support Group's ongoing web and computer-related issues and projects.

If you would like to know more about Fredo and WorkingArts Marketing, Inc., see <http://www.workingarts.com/company.html> .

Thank you, Fredo, for your many kindnesses to our Support Group!

Treasurer's Report by Barbara Burmeister: The March 24, 2009, Wells Fargo Bank Statement shows a Beginning Balance of \$486.60. Debited from the account was a cleared check in the amount of \$21.98 for February meeting expenses. Credited to the account in March were donations totaling \$113.00. The Statement shows an Ending Balance of \$577.62. A check in the amount of \$113.39 for the March meeting and Newsletter expenses is outstanding, leaving an Adjusted Ending Balance of \$464.23. I would like to thank each of you for your generous donations and continued support to the

GFPSG. Ours is an extraordinary support group made up of extraordinary people.

Greater Fresno Parkinson's Support Group
106 W. Paul Avenue
Clovis, CA 93612
(559) 322-8076
www.fresnoparkinsons.org