

Greater Fresno Parkinson's Support Group

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

Happy Easter!

We meet the second Saturday of each month except August and November or unless otherwise notified.



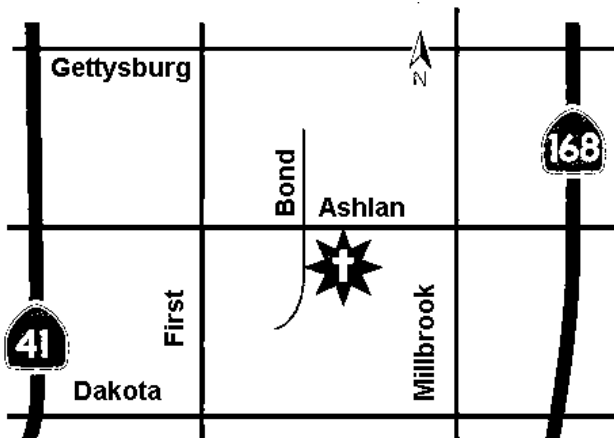
Our next meeting is:



SATURDAY, APRIL 14, 2012

10:00 a.m. – 12:00 p.m.

at **THE BRIDGE EVANGELICAL FREE CHURCH** in the "Café" (formerly the "Chapel") at **3438 E. Ashlan Ave., Fresno, CA 93726**, at the southeast corner of Ashlan & Bond between First & Millbrook. Enter the parking lot from Ashlan Avenue.



OUR APRIL 14, 2012, PROGRAM:

The speaker will be Eyad Almasri, M.D., Pulmonary, Critical Care, and Sleep Disorders. His topic will be on how Parkinson's disease affects sleep.

Refreshments will be served. Donations of food goodies are welcomed.

Be sure to avail yourselves of the extensive Lending Library at the meeting. Our Group Librarians Mac and MaryAnn MacDonald can help you.

Save the Date: June 11, 2012, 2nd Annual train trip to Hanford to the Superior Dairy Ice Cream Shop.

THE U.S. SENATE DECLARES APRIL "PARKINSON'S AWARENESS MONTH"

Now, therefore, be it Resolved, that the Senate—

- (1) supports the designation of April as Parkinson's Awareness Month;
- (2) supports the goals and ideals of Parkinson's Awareness Month;
- (3) continues to support research to find better treatments, and eventually, a cure for Parkinson's disease;
- (4) recognizes the people living with Parkinson's who participate in vital clinical trials to advance knowledge of the disease; and
- (5) commends the dedication of local and regional organizations, volunteers, and millions of Americans across the country working to improve the quality of life of persons living with Parkinson's disease and their families.

BRING ON THE CURE!

Please respect the *confidentiality* of personal medical information revealed to one another in our meetings. Always *check with your own doctor* before changing your medications or treatments based on what you read in this Newsletter or hear at our meetings from others, even medical experts, as Parkinson's disease is such a complex disease and our respective bodies react differently to the disease and to the medications and treatments prescribed to treat it.

TREASURER'S REPORT BY BARBARA BURMEISTER

Greater Fresno Parkinson's Support Group (GFPSG) Checking Account Report:

The February 25 – March 23, 2012, Wells Fargo Bank Statement shows a beginning balance of \$1,059.12. Debited from the account during this period were two checks totaling \$137.88 for Support Group newsletter and newsletter-related expenses. Credited to the account was \$71 in donations received at the March meeting. The current statement ending balance is \$992.24. Outstanding is a check in the amount of \$39.49 for the purchase of GFPSG brochure stands to be placed in medical offices.

Thank you to those who have provided refreshments for some of our meetings; this helps keep our expenses down and is greatly appreciated. Also, if you have an email account, but receive a hard-copy of the newsletter, please consider contacting Ellen to have your newsletter delivered electronically. This would reduce the expense of printing and postage, and would also save Ellen valuable time.

*Monies donated directly to our Support Group are **not** tax deductible; however, they do help cover the cost of newsletter, refreshment, and operating expenses. Thank you for your support.*

Fresno Regional Foundation (FRF) Fund Report: As of March 31, 2012, the FRF Parkinson's Support Fund Statement shows an ending Fund balance of \$3,792.68. There was an \$8.33 debit from the Fund in March for FRF administrative fees. There were no gifts or donations made to the GFPSG Fund held at the FRF in March.

Donations or gifts to our Support Group through the Foundation are tax deductible and can be made online, or by check, Visa, or MasterCard. Make your check out to the Fresno Regional Foundation and specify that the donation or gift is for the Greater Fresno Parkinson's Support Group Fund. The mailing address for the Fresno Regional Foundation is: 5250 N. Palm Avenue, Suite 424, Fresno, CA 93704. For additional information, you can call them directly at (559) 226-5600 or visit their website at www.fresnorefoundation.org to make a gift online.

OFFICERS

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Doug Jackson
Bruce Medlin

Treasurer

Barbara Burmeister

Membership Committee:

Sue & Doug Jackson
Faye & Jack Smith

Care Partners Group Leader:

Anne Guenther

Librarians:

Mac & MaryAnn MacDonald

Newsletter Editor:

Ellen Jablonski

STEERING COMMITTEE

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WEBMASTER

Frédéric "Fredo" Martin
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PEER COUNSELORS FOR OUR CARE PARTNERS

Anne Guenther (559) 322-7076
Sue Jackson (559) 434-7928

Fresno-Madera Area Agency
on Aging: (559) 453-4405 or
(800) 510-2020

Or online:

Caring From a Distance:

www.cfad.org

Family Caregiver Alliance:

www.caregiver.org

Natl. Family Caregivers Assoc.:

www.thefamilycaregiver.org

Well Spouse Association:

www.wellspouse.org

Word of the Month

Biomarker: A biomarker is a substance or characteristic in our bodies that is associated with the presence of disease, or that changes over time in a way that can be linked to the progression of disease.



Shinzen Friendship Garden, Woodward Park

*FOR MORE INFORMATION,
TO UPDATE OUR MAILING LIST,
OR TO SUBMIT MATERIALS OR
SUGGESTIONS, CONTACT:*

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SYNOPSIS OF OUR MARCH 10, 2012, PROGRAM: Twenty-five people attended.

Craig Clark from The Bone Store brought several items of particular interest to Persons with Parkinson's. Among the items discussed were lift chairs, seat cushions, pillows, and grabbers. Medicare might pay for some items. Note the new location of *The Bone Store*: at 6610 N. Blackstone Ave., Fresno, CA 93710, between Sierra and Herndon on the east side of the road near the Salvation Army. Open Monday – Friday 9am - 6 pm and Saturday 10am - 5pm, closed Sundays.

Seeking Volunteers For a Study of Caregivers: Do you assist or care for someone who has Parkinson's Disease (PD)? Interested in contributing to our understanding about the experiences of PD caregivers? Those who would like to participate will be asked to fill out a survey. All survey responses are anonymous and it takes about 15 to 20 minutes to complete. To participate, please go to the following website: <http://www.surveymonkey.com/s/C2PZLB8>. If you need more information, please contact Anna Epperson: (209) 604-6272, aeperson@csustan.edu or aeperson@ucmerced.edu. This research is part of a thesis project at CSU Stanislaus.



Richard Kassabian

A WALK IN THE PARK

On March 26, 2012, at 11:00am, a group of 17 of our Support Group members, family, and friends went on a docent-led private tour of the Shinzen Japanese Garden at Woodward Park. Docent and President of the Garden, Richard Kassabian, was our exclusive guide. The five-acre Japanese stroll garden is laid out in the four seasons landscape design style. Richard concentrated on the spring season elements and horticultural specimens of the Garden and emphasized their features and agricultural adaptability to the central California climate. Afterwards they had lunch at Huckleberry's.

IN MEMORIAM

Bob Kooyumjian
Grace Kooyumjian
Hans Nieter
Kirsten Nieter
Jim Norman
Clint Varner

ANNUAL PARKINSON'S UNITY WALK

The *Walk* will be held April 28, 2012, 9:00am to 12pm, at **Blain Park, 3101 S. Court Street, Visalia, CA 93277**. Lots of fellowship, food, music, and an opportunity to walk a nice shady path! Bring your lawn chair and enjoy a box lunch from The Vintage Press for all donors, as well as salad and breadsticks from Olive Garden. Coffee, doughnuts, cookies, too! 100% of the money raised goes to Parkinson's Research through the major national Parkinson's organizations. Donation checks should be made out to: **Parkinson's Unity Walk**, and sent to **Central Valley Parkinson's Support Group, P.O. Box 7314, Visalia, CA 93290**, or walkers may bring envelopes and pledged donations to the *Walk*. Donations are 100% tax deductible. In 2011, The Visalia group raised over \$50,000 and they were the second highest fundraising group in the nation!

Chuckle of the Month

Ever wonder what happened to Preparations "A" through "G?"

Tool #6: Asking for and Accepting Help:

When people have asked if they can be of help to you, how often have you replied, "Thank you, but I'm fine." Many caregivers don't know how to marshal the goodwill of others and are reluctant to ask for help. You may not wish to "burden" others or admit that you can't handle everything yourself.

Be prepared with a mental list of ways that others could help you. For example, someone could take the person you care for on a 15-minute walk a couple of times a week. Your neighbor could pick up a few things for you at the grocery store. A relative could fill out some insurance papers. When you break down the jobs into very simple tasks, it is easier for people to help. And they do want to help. It is up to you to tell them how. Help can come from community resources, family, friends, and professionals. Ask them. Don't wait until you are overwhelmed and exhausted or your health fails. Reaching out for help when you need it is a sign of personal strength.

Tips on How to Ask For Help:

Consider the person's special abilities and interests. If you know a friend who enjoys cooking but dislikes driving, your chances of getting help improve if you ask for help with meal preparation.

Resist asking the same person repeatedly. Do you keep asking the same person because she or he has trouble saying no?

Pick the best time to make a request. Timing is important. A person who is tired and stressed might not be available to help out. Wait for a better time.

Prepare a list of things that need doing. The list might include errands, yard work, a visit with your loved one. Let the "helper" choose what she or he would like to do.

Be prepared for hesitation or refusal. It can be upsetting for the caregiver when a person is unable or unwilling to help. But in the long run, it would do more harm to the relationship if the person helps only because she or he doesn't want to upset you. To the person who seems hesitant, simply say, "Why don't you think about it." Try not to take it personally when a request is turned down. The person is turning down the task, not you. Try not to let a refusal prevent you from asking for help again. The person who refused today may be happy to help at another time.

Avoid weakening your request. "It's only a thought, but would you consider staying with Grandma while I went to church?" This request sounds like it's not very important to you. Use "I" statements to make specific requests: "I would like to go to church on Sunday. Would you stay with Grandma from 9 a.m. until noon?"

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Family Caregiver Alliance National Center on Caregiving, 180 Montgomery Street, Suite 900, San Francisco, CA 94104, (415) 434-3388, (800) 445-8106, Web Site: www.caregiver.org, E-mail: info@caregiver.org. This is one part of an 8-part series. For the complete document, please contact Parkinson Association Northern California ("PANC"), (866) 979-PANC.