

Greater Fresno Parkinson's Support Group

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

Our Group meets the second Saturday of every month, taking the month of **August off**.



Saturday, September 12, 2009

10:00 a.m. – 12:00 p.m.

OUR PROGRAM NEXT MONTH:

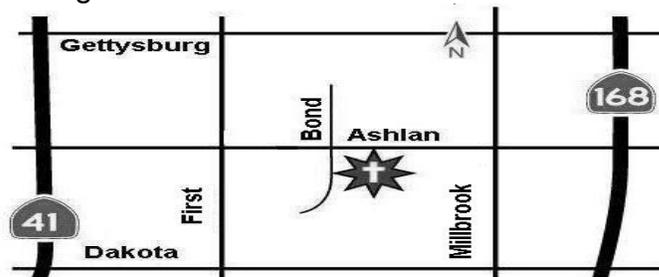
Dr. Robert Calmes has agreed to be the speaker for our Saturday, *September 12, 2009*, meeting. Dr. Calmes is a leading neurologist practicing in the Central Valley area. We have asked him to specifically address sleep issues for People with Parkinson's and their Care Partners, but he will also be available to answer other questions concerning Parkinson's disease.

Synopsis of Our July 11, 2009, Meeting: Laurie Ecklund Long, an "Emergency Specialist" with almost a decade of experience as an author and speaker across the nation, used concepts from her book "My Life in a Box ... A Life Organizer" to inform us how to "be prepared, stop procrastinating, and get organized" with one's important information and documents to make us better able to handle accidents and illnesses. Copies of Laurie's book were available for purchase during the meeting at a special rate. You may sign up for her free email newsletter www.mylifeinabox.com; or contact her by email at laurie@mylifeinabox.com or by mail at P.O. Box 26484, Fresno, CA 93729.

(Laurie posted the following on the internet:

"Today I presented My Life in a Box to the local Parkinson's Disease Support Group. It was one of those times that I think I went away more blessed by them than the reverse. I stayed and listened to their small group discussions and heard stories of survival and change that brought me to tears. Michael J. Fox's website has a lot of great info. Get educated. Pray for a cure!")

THE BRIDGE is located at 3438 E. Ashlan Ave., Fresno, CA 93726, at the SE corner of Ashlan & Bond between First & Millbrook -- enter the parking lot from Ashlan Ave.



Pharmaceutical firms may have been developing drugs targeting the wrong brain cells: Progress in treating Parkinson's may be tied to brain cells called *glia*, which means "glue" in Greek. Neurons form the circuits that fire electrical signals enabling us to think, feel, and react. They account for only 10% of human brain cells but are the main focus of neuroscience research. Glia, which make up 90% of our brain cells and constitute half the volume of the brain, may be even more important than neurons. Neuroscientists used to think that glia serve just as a support system, filling space in the brain, feeding neurons, and cleaning up debris. Glial cells control every important activity in the brain—the formation, function and elimination of synapses; plasticity; and the creation of the myelin insulation around the part of the neuron called the axon that helps neural signals move quickly. It was shown that neurons on their own can't produce synapses—they need glia to do that. In the presence of glia, neurons have 100 times more ability to relay electric signals from one neuron to the next. *Source: Forbes, July 13, 2009*

Words of the Month:

Plasticity aka Neuroplasticity:

The lifelong ability of the brain to reorganize neural pathways to reflect new experiences. (In other words, old dogs can learn new tricks!)

(Synopsis Continued) After a refreshments break and a chance to check out materials from our *Group Library*, our Group's Peer Counselor *Anne Guenther* facilitated a discussion among Care Partners in a separate room. Those remaining had an open discussion of their own particular needs and questions. **Russ Templeton** played a video of Michael J. Fox's recent interview on Oprah.

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, because 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. You are encouraged to report negative side effects of prescription drugs to the FDA online at www.fda.gov/medwatch or call (800) FDA-1088.

Treasurer's Report by Barbara Burmeister:

GFPSG: The June 24 – July 23, 2009, Wells Fargo Bank Statement shows a Beginning Balance of \$259.70. Debited from the account during this period was a check in the amount of \$15.96 for meeting expenses incurred in July. Credited to the account was \$92.00 in donations from the July meeting, leaving an Ending Balance of \$335.74. Outstanding are two checks totaling \$84.67 for our July Newsletter expenses, leaving an Adjusted Balance of \$251.07. Thank you for your continued generous support. Monies donated at our meetings help cover Newsletter, postage, and refreshment expenses.

Fresno Regional Foundation: The "Parkinson's Support Fund" Balance as of July 28, 2009, is \$3,640.77. The "Year-to-Date" Statement covering the Period of January 1, 2009 – June 30, 2009, shows a Beginning Fund Balance of \$3,337.32. Gifts and Bequests in the amount of \$1,000.00 were received. We had unrealized losses of \$1.84, Earned Dividend and Interest Income of \$2.65, and paid first and second quarter Foundation Administration Fees totaling \$49.98 (\$24.99 per quarter). In January 2009, \$649.22 was debited from our account to reimburse the Robinsons for approved expenditures for a media projector and educational materials for the benefit of our Group. Donations and gifts made to our Support Group through the *Foundation* are tax deductible. Call (559) 226-5600 or go to www.fresnoregionfoundation.org.

Chuckle of the Month: The American Medical Association has weighed in on the proposed nationalized health bill: The Allergists voted to scratch it, but the Dermatologists advised not to make any rash moves. The Gastroenterologists had a gut feeling about it, but the Neurologists thought the Administration had a lot of nerve. The Obstetricians felt they were all laboring under a misconception. Ophthalmologists considered the idea shortsighted. Pathologists yelled, "Over my dead body!" while the Pediatricians said, "Oh, Grow up!" The Psychiatrists thought the whole idea was madness, while the Radiologists could see right through it. Surgeons decided to wash their hands of the whole thing. The Internists thought it was a bitter pill to swallow, and the Plastic Surgeons said, "This puts a whole new face on the matter." The Podiatrists thought it was a step forward, but the Urologists were pissed off at the whole idea. The Anesthesiologists thought the whole idea was a gas, and the Cardiologists didn't have the heart to say no. In the end, the Proctologists won out, leaving the entire decision up to the ass***s in Washington!

Resources of the Month: MyParkinsonsInfo.com and Parkinsons.HopeDigest.com

Please note that recently the foregoing websites have transitioned their Parkinson's newsletters to paid subscriptions. Their newsletters "share insights on coping and living better with PD." You can receive the Newsletter by email \$1.95 paid monthly or \$19.95 paid yearly (a 15% savings); or you can receive a printed newsletter by snail mail: \$5.95 billed monthly or \$49.95 billed yearly (a 30% savings).



In Memoriam
Howard Boardman



OFFICERS

Interim Leader/Emcee:

Russell Templeton

Treasurer/Alternate Emcee:

Barbara Burmeister

Membership Committee:

Sue & Doug Jackson

Faye & Jack Smith

Care Partners Group Leader:

Anne Guenther

Co-Librarians:

Bill Houk

Joycelyn Lock

Tony Turano

Newsletter Editor:

Ellen Jablonski

STEERING COMMITTEE

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Bill Houk

Ellen Jablonski

Doug & Sue Jackson

John Klassen

Joycelyn Lock

Max & Shirley Robinson, Emeritus

Dottie Rosenberg, Emeritus

Jack & Faye Smith

Stuart Snider

Russell & Jan Templeton

Anthony Turano

Max & Charlotte Wolfe, Emeritus

WEBMASTER

Frédéric "Fredo" Martin

Workingarts Marketing, Inc.™

**PEER COUNSELORS FOR
OUR CARE PARTNERS**

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Sue Jackson: (559) 434-7928

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

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