

Greater Fresno Parkinson's Support Group

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

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



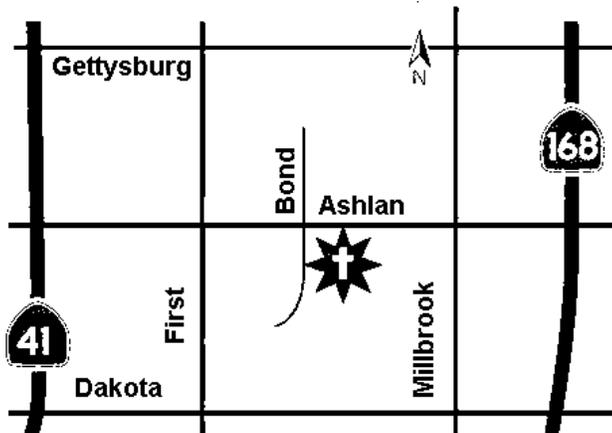
Our next meeting is:



SATURDAY, SEPTEMBER 8, 2012

**10:00 a.m. – 12:00 p.m.
(No meeting in August)**

at **THE BRIDGE EVANGELICAL FREE CHURCH**
in Rooms 212-213 upstairs via elevator in the
Atrium at **3438 E. Ashlan Ave., Fresno, CA
93726**, at the southeast corner of Ashlan & Bond
between First & Millbrook. Enter the parking lot
from Ashlan Ave.



BRING ON THE CURE!

PROPERLY DISPOSE OF YOUR MEDICATIONS

1. DO NOT FLUSH OR POUR unused medications down the toilet or drain.
2. Put medications into a sealable bag or a disposable container with a lid.
3. Add water to dissolve the medication, then mix with something like dirt, cat litter, or coffee grounds.
4. Conceal or remove any personal information on drug containers before placing in trash.

DISPOSE OF UNUSED, EXPIRED, OR UNWANTED MEDICATIONS AT THESE SAFE DROP-OFF SITES, NO QUESTIONS ASKED:

Fresno County Sheriff's Office
2200 Fresno Street
Fresno, CA 93721
(559) 4883939

Fresno County Jail
1225 M Street
Fresno, CA 93721
(559) 488-2590

Fresno State University Police Department
2311 E. Barstow Avenue
Fresno, CA 93740
(559) 278-8400

Clovis Police Department
1233 5th Street
Clovis, CA 93612
(559) 324-2400

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 June 26 – July 25, 2012, Wells Fargo Bank Statement shows a beginning balance of \$652.39. Debited from the account during this period were two checks totaling \$169.91 for June/July newsletter-related expenses. Deposited was \$95.00 in donations from the July 14th meeting, as well as \$15.00 donated to help offset the Hanford shuttle expense for a total of \$110.00. The current statement ending balance is \$592.48. Not posted during this statement period is a \$21.57 check for microphone batteries. Receipts for July newsletter printing/postage expenses as well as receipts for July meeting refreshments have yet to be submitted for reimbursement.

As our Support Group expenses often exceed donations, it will soon be necessary to request a grant from the Parkinson's Support Group Fund held at the Fresno Regional Foundation (FRF) to replenish the monies in our Wells Fargo checking account used for operating expenses. Donations made at our Support Group meetings, or donations made to our Fresno Parkinson's Support Group fund held at the FRF are voluntary, greatly appreciated, and necessary to the continued operation of our Support Group.

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.

Thank you once again to those who have provided refreshments at 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 by email. This would reduce the expense of printing and postage, and would also save Ellen valuable time.

Fresno Regional Foundation (FRF) Fund Report: As of July 31, 2012, the FRF Parkinson's Support Fund Statement shows an ending Fund balance of \$3,864.76. There were no donations or gifts made to the Greater Fresno Parkinson's Group Fund held at the FRF in the month of July.

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.fresnoregionalfoundation.org to make a gift online.

Word of the Month

Adduction (ah-duk'shun) noun, the lateral movement of a limb toward the midline of the body, such as an inner thigh leg lift, which brings the leg towards the body, or a lat pulldown, which involves pulling the arms down towards the torso. The opposite is **abduction**, which involves moving the limbs away from the midline of the body.

Chuckle of the Month

A man rushed into the doctor's office and shouted, "Doctor, I think I'm shrinking!"
The doctor calmly responded, "Now take it easy. You'll just have to be a little patient."

OFFICERS

Co-Leaders/Emcees:

Doug Jackson
Bruce Medlin

Treasurer

Barbara Burmeister

Hospitality:

Megan Bateman

Librarians:

Mac & MaryAnn MacDonald

Membership Committee:

Sue & Doug Jackson
Faye & Jack Smith

Newsletter Editor:

Ellen Jablonski

Care Partners Group Leader:

Anne Guenther

STEERING COMMITTEE

Megan Bateman

Arlene Beard

Bill & Barbara Burmeister

Anne Guenther

Ellen Jablonski

Doug & Sue Jackson

Riley and Linda Jones

Mac & MaryAnn MacDonald

Bruce Medlin

Jack & Faye Smith

Bob & Dorothy Star

Jan Templeton

Martin and Marianne Weil

WEBMASTER

Frédéric "Fredo" Martin
WorkingArts Marketing, Inc.™

PEER COUNSELORS FOR OUR CARE PARTNERS

Anne Guenther (559) 322-7076

Sue Jackson (559) 434-7928

Fresno-Madera Area Agency
on Aging: (800) 510-2020

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
SUGGESTIONS, CONTACT:*

Ellen Jablonski

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Barbara Burmeister

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106 W. Paul Avenue

Clovis, CA 93612

www.FresnoParkinsons.org

(559) 593-9953

SYNOPSIS OF OUR JULY 14, 2012, PROGRAM:

Twenty-seven people attended. A brief presentation on new studies regarding PD was made by Neurologist **Dr. Perminder Bhatia**, Director of the **Neuro-Pain Medical Center Inc.**, 736 E. Bullard Ave., Suite 101, Fresno, CA 93710, Office (559) 437-9700, Fax (559) 437-9799, or online at neuropainphysician@gmail.com. **Aubrey Fast**, Exercise Physiologist at **San Joaquin Valley Rehabilitation ("SJVR")**, discussed and demonstrated exercises particularly beneficial to those afflicted by Parkinson's disease. Aubrey teaches the classes Tuesdays and Thursdays at 11:00 a.m. – 12:00 p.m. at 7033 N. Fresno Street, Suite 101, Fresno, CA 93720, (559) 431-2635. Special rates are available for our members. Also, there was a pullout program for the Care Partners with Anne Guenther leading the group. In addition, there was a pullout program with Arlene Beard and Bruce Medlin leading this group for those with Parkinson's disease who live at home alone. The remaining members stayed with Aubrey to learn more about the exercise program.

PREVENTING CONSTIPATION

There are four very important points which help bowel regularity and to avoid hard stools and/or straining. Try to incorporate these into your daily schedule:

1. **DRINK PLENTY OF WATER DAILY** – Drinking 1-2 liters of water (or Gatorade) is recommended to maintain adequate hydration of your stools. This will also keep your urinary tract and kidneys healthy, as well as help to maintain adequate, stable blood pressure, and thus, avoid lightheadedness or fainting upon standing up from a seated or lying position. Drinks like juice, milk, soda pop, coffee, tea, or beer **DO NOT COUNT** towards this goal.
2. **EAT PLENTY OF FIBER IN YOUR DIET DAILY** — Good fiber sources include prunes, prune juice, fiber cereals, vegetables, fruit, salads, or fiber supplements such as: Metamucil (tablets, cookies, or powder—add to water), Citrucel (powder—add to water), or FiberCon (tablets or powder—add to water). This will help to bulk/hydrate stools, making them easier to expel, thus less straining.
3. **TAKE A STOOL SOFTENER DAILY** – It is very safe and wise to use these products daily to prevent straining by reducing hardness of stools. Good examples are Colace (generic Docusate), Peri-Colace (includes a mild laxative), or Dulcolax brand as well as several others available in almost any pharmacy over the counter.
4. **GET AS MUCH PHYSICAL EXERCISE AS YOU CAN TOLERATE DAILY** – The act of moving the body will help to physically move food through the gut and help bowel movements to be formed and thus help regularity. Remember, don't overdo it and strain or exhaust yourself; however, 20-30 minutes of walking, water/pool exercises, stationary bicycle riding or other low-impact exercising daily should be sufficient.

FINALLY – If all else fails and you have gone more than three days without a BM or feel bloated, uncomfortable, etc., do the following only as needed:

- A Stimulant Laxative – Senekot (generic is senna) is a good example.
- A suppository – Dulcolax brand or glycerine are good examples.
- An enema – Fleet brand or others available over the counter are good examples.
- A prescription strength laxative (Miralax) or bowel stimulant (Magnesium Citrate) may be obtained from your general physician if all the above are unsuccessful.

"Driving and PD" - Tips and List of Resources

(Continued from our GSPSG July 2010 Newsletter.)

(From Robin Riddle, APDA Center Coordinator <rriddle@stanford.edu>, parkinsons.stanford.edu, (650) 724-6090: After the "Driving and PD" webinar hosted by the Parkinson's Disease Foundation (PDF), Steven Russell of Stanford's APDA Information & Referral Center compiled a terrific list of general resources and resources specific to Northern California.)

-Vision issues: Many medications can affect your ability to focus your peripheral vision, cause light sensitivity, impair your "night vision" or cause blurriness. This may cause you to misread traffic signs, miss an exit, not see cars approaching from the side and more.

-Hearing issues: Your hearing may decline with age, and your ability to determine which direction a sound is coming from or to separate a particular sound from background noise can be impacted.

-Reflex and range of motion issues: Can the driver quickly move a foot from accelerator to brake? Is it difficult to apply the pressure necessary to bring the vehicle to a safe stop? Can the driver turn around adequately to see vehicles approaching from behind, or from the sides?

-Memory: Does the driver have difficulty when driving to a new address? Does the driver frequently get lost? Is the driver beginning to lose the ability to return home from a destination?

-Operation errors: Does the driver make incomplete or sudden lane changes, drift out of the traffic lane, brake or accelerate suddenly and for no apparent reason? Are turn signals used properly and are they turned off when the turn is completed?

-“Close calls” or increased citations: Are there frequent incidents where an accident almost happens, or dents and scratches appear on the car? Has there been a sudden increase in tickets or warnings recently? For any of these warning signs, a medical evaluation is required. After the evaluation, the medical professional may suggest a thorough evaluation of the individual's driving abilities.

Tip 3- Maximize safety on the road:

-Normal aging and the effects of a neurologic condition such as Parkinson's disease do not automatically equal a total loss of driving ability. There are things you can do to continue driving safely, including modifying your car, the way you drive and understanding, and changing as much as possible, the physical issues that may interfere with driving.

-Take charge of your health:

-Annual eye examinations are vital, as is keeping your corrective lens prescription current.

-Have your hearing checked annually. If an assistive device is required to boost your hearing, make certain that it is properly fitted and worn while driving.

To be continued in next month's Newsletter.