

# Greater Fresno Parkinson's Support Group

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

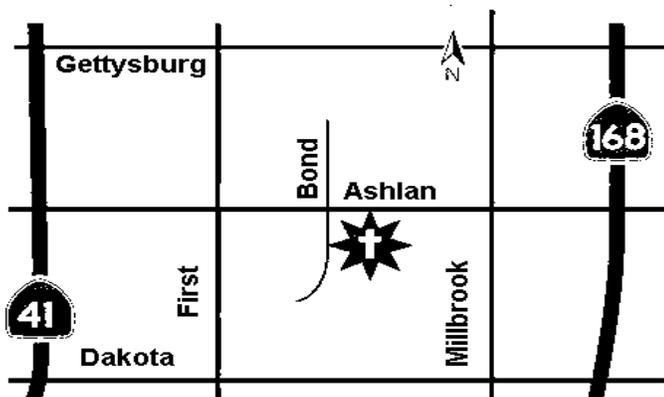
## HAPPY HOLIDAYS!!!



 Our Next Meeting is on 

**SATURDAY, DECEMBER 11, 2010**  
**10:00 a.m. – 12:00 p.m.**

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!!!

### Word of the Month:

**Titrate/Titration** – slowly increasing or decreasing medication amounts until desired effect is achieved.

## OUR DECEMBER PROGRAM:

We will be enjoying a **Christmas Social and Potluck** at our December 11th meeting. The quartet **Silver & Gold** will entertain the gathering with some holiday "a cappella harmony" led by Doug Yarrow. Come exercise your vocal chords by singing along for a carol or two with the quartet after their "mini-concert" of about 30 minutes.

After the singing and a brief break, we will be enjoying a potluck meal and dessert together. Plan to visit amongst the tables, and perhaps participate in a few games led by Bruce Medlin during our refreshment time.

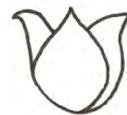
Fun, food and fellowship will be provided. If you would like to contribute in some way to the event, please coordinate with Sue Jackson at (559) 434-7928. She would appreciate knowing what you'll be bringing, or you can get suggestions on what's needed. We plan to have appetizers, sandwiches, and finger foods, along with desserts and beverages.

Hope to see you there! Happy Holidays!

### In Memoriam:



Ronald Dustin  
John A. Klassen



### Resource of the Month:

**Rehab Superstore**, "The store for aches and pains." Julia Piazza Rehabilitation Specialist/CEO. (559) 323-7246. Specializing in non-addictive pain management: hot/cold therapy, home medical & rehabilitation equipment, mobility, daily living aides, orthopedic bracing, balance & stability, and much more.  
6929 N. Willow Ave., Suite 103, Fresno, CA 93710 (SW Corner of Willow/Herndon).

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.

## Getting to Know: JAMES and SUSAN WARWICK



When you are getting to know James Warwick, perhaps you'll notice the wise twinkle in his eyes. You may find it is best explained when you realize that Jim has completed graduate work in physics and astronomy – with a focus on planets and the stars. Flying B-29's for the Air Force, building radio telescopes, working for the Jet Propulsion Lab, or serving as an astronomer studying data from NASA's

space program, all need a working knowledge of the stars and space.

Jim spent his early years in Ohio, and he earned undergraduate and graduate degrees from Harvard. His education was interrupted by service in the Air Force during World War Two, and again briefly during the Korean War. He returned to the classroom as a Professor at the University of Colorado. After about forty years working at that institution he retired as Professor Emeritus, and moved from Boulder, Colorado to Fresno, California.

Over the years his position as professor led him into friendships with many promising students, including his favorite and brightest student – who happened to have a lovely step-sister named Susan. Both had been previously married, but Jim and Susan eventually married and settled in Fresno where Susan had a job and family. Jim and Susan have nine children and eleven grandchildren between them scattered throughout the United States.

Jim was diagnosed with Parkinson's disease ("PD") in 1998. Susan is very helpful and supportive of Jim, and also assists with activities at her church. Jim works at keeping mentally and physically active, and is involved in both the PD exercise class at San Joaquin Valley Rehab, as well as in aqua therapy classes at St. Agnes Rehab Hospital.

Jim says: "We are in the same boat together. The PD friendships we share enrich our lives beyond measure."

### OFFICERS

#### Co-Leaders/Emcees:

Russell Templeton  
Doug Jackson  
Bruce Medlin

#### Treasurer

Barbara Burmeister

#### Membership Committee:

Sue & Doug Jackson  
Faye & Jack Smith

#### Care Partners Group Leader:

Anne Guenther

#### Librarian:

Cindy Ohler

#### Newsletter Editor:

Ellen Jablonski

### STEERING COMMITTEE

Bill & Barbara Burmeister  
Anne Guenther  
Ellen Jablonski  
Doug & Sue Jackson  
Riley and Linda Jones  
Bruce Medlin  
Jack & Faye Smith  
Russell & 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: (559) 453-4405 or  
(800) 510-2020

Or online:

Caring From a Distance:  
[www.cfad.org](http://www.cfad.org)  
Family Caregiver Alliance:  
[www.caregiver.org](http://www.caregiver.org)  
Natl. Family Caregivers Assoc.:  
[www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)  
Well Spouse Association:  
[www.wellspouse.org](http://www.wellspouse.org)

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

#### Ellen Jablonski

(559) 298-4080

[Ellen4curePD@att.net](mailto:Ellen4curePD@att.net) or

#### Barbara Burmeister

(559) 322-8076

[bburmeister@sierratel.com](mailto:bburmeister@sierratel.com)

106 W. Paul Avenue

Clovis, CA 93612

[www.FresnoParkinsons.org](http://www.FresnoParkinsons.org)

**(559) 593-9953**

## Treasurer's Report by Barbara Burmeister:

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

The October 27 – November 24, 2010, Wells Fargo Bank Statement shows a beginning balance of \$543.21. Debited from the account during this period were two checks totaling \$141.15 for newsletter-related expenses. There was not a Support Group meeting held in November, nor were there any donations. The current ending balance in the checking account is \$402.06.

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) Account Report:** There was one \$20.00 gift made to the GFPSG fund held at the Fresno Regional Foundation in November. The current balance in our Foundation account is \$4,362.00.

**As the end of the tax year approaches, you might consider making a donation or gift to our Support Group through the *Foundation*. These donations 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.fresnoregfoundation.org](http://www.fresnoregfoundation.org) to make a gift online.**

## Dental Diseases and Oral Health in Parkinson's Patients

As Parkinson's disease ("PD") progresses, many other symptoms and problems start developing, some due to the disease process itself and others due to the effects of natural aging. Of these, dental diseases and the problems associated with them need to be tackled as soon as possible so as to make the patient's life more comfortable. Causes of dental diseases in PD:

- ◆ Motor problems such as tremor and rigidity may make it difficult for a PD patient to brush their own teeth. Without proper assistance, a patient may be unable to tend to their daily dental hygiene regimen, which may lead to tooth decay.
- ◆ Certain PD drugs cause xerostomia or dry mouth. Lack of or diminished saliva in the mouth can cause tooth decay and periodontal (gum) diseases since saliva is necessary to fight off bacteria in the mouth which cause these dental problems.
- ◆ Necessary dental procedures may be difficult to undertake in a PD patient especially where muscle rigidity, tremor, or other types of agitation prevent the patient from remaining still in a dentist's chair.
- ◆ Bruxism or tooth grinding, especially at night, is common in PD patients and can cause abnormal wear and tear of the teeth. It may also contribute towards temporomandibular joint (TMJ) dysfunction.
- ◆ Behavioral changes in PD such as disinterest, apathy, forgetfulness and depression may make a PD patient take less interest in maintaining proper oral hygiene.



## A Christmas With No Santa?!

By Our Support Group Member *Kirby Eskelsen*

Christmas was drawing near, and kids were grinning ear to ear.  
They couldn't imagine it ever would happen, but Santa wasn't coming that year!

Yes, 'twas a fact, but not 'cause of lack of good girls and boys (or toys...there were stacks!).  
The sleigh had been shined ... Rudolph was fine ... they weren't the problem, it was nothing like that.

Santa Claus seemed so awfully fatigued; to make matters worse, he'd sneeze and he'd wheeze!  
And though used to the arctic, he was cold and lethargic, so Mr. S.C. called on his M.D.

Said the doctor to Claus, "Your malady is viral in cause ... you'll be fine, trust me.  
But out in the cold, pneumonia'll take hold; so stay warm ... stay home ... *no flying Christmas Eve!*"

The order from Doc sent a north polar shock! Throughout the elves' village, toy making stopped.  
And the reindeer 'bout cried 'cause they'd miss their grand ride; but all understood for the sake of their boss.

"No midnight flight ... no 'round-the-world scurry?" Santa sighed twice, his brow lined with worry.  
And he hoped that the children could one day forgive him for stockings left empty and his failed Christmas journey.

That night in his chair by the potbelly stove, he pondered his plight while warming his toes.  
Then with a "Eureka!" Claus had an idea that might thwart worldwide Christmastide woes!

Santa got on the telephone quick (even though hoarse, he could still talk a bit);  
And he called up his cousins (you may have heard of 'em): good ol' Kris Kringle and jolly Saint Nick!

Not merely cousins, the three were good buds; each wore a beard and red flannel duds.  
For hours they'd talk about Christmas non-stop ... Yule was their thing, man; it ran in their blood!

So Santa presented, in detailed description, a means he'd devised whereby tradition  
might continue unbroken. Then, once he'd spoken, Kringle and Nick hailed his plan as a grand one!

Half of its aspects leaned toward the practical, while fifty percent were more secret 'n magical.  
There aren't mere words that can start to confer how the plan would convert disappointment to miracle.

Kringle and Nick gave their utmost attention to each phase in the days leading up to the mission.  
Then came the big night ... all was set, all went right ... and stockings got filled with the children's wish-listin's!

Thus, Santa was grateful as well as relieved; and kids played, like always, with toys they'd received.  
SO ... 'mid bleak December, please believe and remember this Christmastime creed:  
*"Santa's-faction guaranteed!"*

