

# 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 or unless otherwise noted.



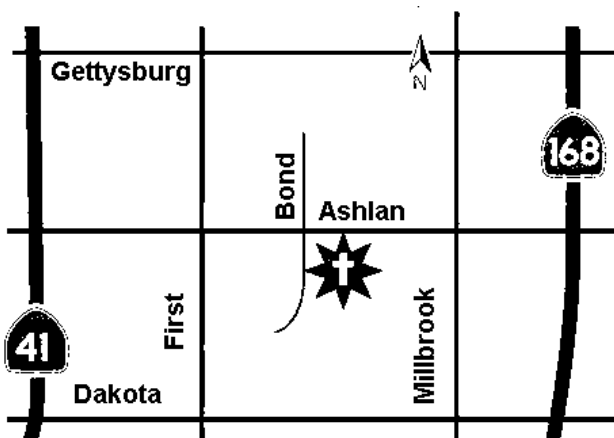
**Our next meeting is:**



**SATURDAY, DECEMBER 10, 2011**

**10:00 a.m. – 12:00 p.m.**

at **THE BRIDGE EVANGELICAL FREE CHURCH** in Rooms 212 and 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 Avenue.



**BRING ON THE CURE!**

## Happy Holidays!

### OUR DECEMBER 10, 2011, PROGRAM:

We will be enjoying a Christmas Social and Potluck. Johnathan Bray, a singer and guitarist, will provide holiday music. After a brief break, we will enjoy a potluck meal and dessert. Plan to visit amongst the tables, and perhaps participate in a few games led by Bruce Medlin and Arlene Beard.

Fun, food, and fellowship will be provided. If you would like to contribute a pot-luck food item to the event, please coordinate with Karen Ellis at (559) 324-9871. 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!

### “CHAT, VIEW & CHEW”

Time for another Support Group outing, this time at the movies:

"The Descendants"

@ Edwards Cinema in RiverPark

Monday, Dec. 12, 2011

@ 11:15am

Meet for lunch afterwards

@ Baja Fresh in RiverPark

7675 N. Blackstone #101

(west side of Blackstone)

Any questions? Call or email Laurie Simmons, (559) 298-9958 or go online to [lausimmons@comcast.net](mailto:lausimmons@comcast.net).

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 October 27 – November 25, 2011, Wells Fargo Bank Statement shows a beginning balance of \$747.54. Debited from the account during this period were two checks totaling \$132.50 for October newsletter and newsletter-related expenses. Credited to the account was \$131.00 in donations made at the October Support Group meeting. The ending statement balance is \$746.04. Not posted during this statement period are two checks totaling \$138.29 for November newsletter expenses.

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 November 30, 2011, the FRF Parkinson's Support Fund Statement shows a Fund balance of \$4,724.84. This balance includes a \$200.00 donation made by Nancy Altschuler, Residential Homecare Services, November 1, 2011, to our Greater Fresno Parkinson's Support Group fund held at the FRF. Instructions for giving a tax deductible gift or donation to the GFPSG fund held at the FRF are provided below.

**Remember, 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.fresnoregfoundation.org](http://www.fresnoregfoundation.org) to make a gift online.

## **Enter the 2012 Parkinson's Awareness Month T-Shirt Design Contest**

April is *Parkinson's Awareness Month*. By Tuesday, January 17, 2012, enter your design in the Parkinson's Disease Foundation (PDF) "*Annual Parkinson's Awareness Month T-Shirt Design Contest*." For questions and to obtain Rules & Regulations, go to [pdshirtcontest@pdf.org](mailto:pdshirtcontest@pdf.org) or call (800) 457-6676. The winner will be announced in February 2012 and will be featured on a t-shirt offered exclusively on PDF's online store and to participants of the Parkinson's Unity Walk in New York City in April 2012.

### **OFFICERS**

#### **Co-Leaders/Emcees:**

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**

Arlene Beard

Bill & Barbara Burmeister

Anne Guenther

Ellen Jablonski

Doug & Sue Jackson

Riley and Linda Jones

Mac & MaryAnn MacDonald

Bruce Medlin

Jack & Faye Smith

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 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**



Laurie Simmons, Arlene Beard, Bruce Medlin, Margaret Neufeld, Kirby Eskelsen, Gerry Lang, Ellen Jablonski, and Edward Neufeld at Woodward Park November 21, 2011.

## WONDERFUL WALK AT WOODWARD PARK

On Monday, November 21, 2011, eight of our Support Group members met at Woodward Park at the main entrance for a walk in the Park and a chance to get to know one another better. The weather cooperated despite the weatherman's threat of rain. It was fairly cold, though.

We strolled to the Japanese Garden which was closed unfortunately (they are open weekends only).

There were plenty of geese and ducks to feed.

We had lunch at Huckleberry's.

Just what the doctor ordered!

## Word of the Month

**Ablate**(ă-bĕlāt') **ablation** *v.* **ab-lat-ed**, **ab-lat-ing**, **ab-lates** *v.tr.* 1. *Medicine:* To excise, amputate, or otherwise destroy the biological function of (a body tissue, for example). 2. To remove by erosion, melting, evaporation, or vaporization. *v.intr.* To become ablated; undergo ablation.

## Chuckle of the Month

*Hard to Swallow:* Has losing all that green in the stock market left you blue? Try these anxiety medications for coping with economic gloom: Debtrol, Greedquil, Subprimacare, Panix, Feariflu, Defaulta, Forclosen, Nuvopor, Colapsin, Scamagan, Defeatra, Corruptol.

Peter Scallion, on [mcsweeneys.net](http://mcsweeneys.net)  
Submitted by Jan Templeton

## **Restless Legs Syndrome (RLS) Not Linked To Parkinson's Disease ("PD"):** *Claire Shefchik, ThirdAge.com:*

Dr. Roy Alcalay, a neurologist at Columbia University Medical Center says "Most people with RLS won't convert to PD, but there are nonspecific leg symptoms that can come on early even before a PD diagnosis is made by a neurologist." Researchers compared 200 people who had been diagnosed with PD but had not taken medication to 173 people without PD. They found that people with early PD are 3 times more likely to experience leg motor restlessness, but classic RLS was not more likely to occur in PD patients. RLS patients have the overwhelming urge to move their legs, usually at night, but the condition is relieved by movement. Leg motor restlessness is not eased by movement. PD is a chronic, progressive movement disorder that responds to dopamine, as does RLS, but the similarities end there. "The risk of pure RLS isn't significant in people with PD compared to those without it," Alcalay said.

# Taking Care of YOU: Self-Care for Family Caregivers Part 3 of 8

**Moving Forward:** Once you've started to identify any personal barriers to good self-care, you can begin to change your behavior, moving forward one small step at a time. Following are some effective tools for self-care that can start you on your way.

**Tool #1: Reducing Personal Stress:** How we perceive and respond to an event is a significant factor in how we adjust and cope with it. The stress you feel is not only the result of your caregiving situation but also the result of your perception of it—whether you see the glass as half-full or half-empty. It is important to remember that you are not alone in your experiences. Your level of stress is influenced by many factors, including the following:

1. Whether your caregiving is voluntary. If you feel you had no choice in taking on the responsibilities, the chances are greater that you will experience strain, distress, and resentment.
2. Your relationship with the care recipient. Sometimes people care for another with the hope of healing a relationship. If healing does not occur, you may feel regret and discouragement.
3. Your coping abilities. How you coped with stress in the past predicts how you will cope now. Identify your current coping strengths so that you can build on them.
4. Your caregiving situation. Some caregiving situations are more stressful than others. For example, caring for a person with dementia is often more stressful than caring for someone with a physical limitation.
5. Whether support is available.

## Steps to Managing Stress

1. *Recognize warning signs early.* These might include irritability, sleep problems, and forgetfulness. Know your own warning signs, and act to make changes. Don't wait until you are overwhelmed.
2. *Identify sources of stress.* Ask yourself, "What is causing stress for me?" Sources of stress might be too much to do, family disagreements, feelings of inadequacy, inability to say no.
3. *Identify what you can and cannot change.* Remember, we can only change ourselves; we cannot change another person. When you try to change things over which you have no control, you will only increase your sense of frustration. Ask yourself, "What do I have some control over? What can I change?" Even a small change can make a big difference. The challenge we face as caregivers is well expressed in words from the Serenity Prayer: *...Grant me the serenity to Accept the things I cannot change, Courage to change the things I can, And the wisdom to know the difference.*
4. *Take action.* Taking some action to reduce stress gives us back a sense of control. Stress reducers can be simple activities like walking and other forms of exercise, gardening, meditation, having coffee with a friend. Identify some stress reducers that work for you.

©Family Caregiver Alliance

**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](http://www.caregiver.org), E-mail: [info@caregiver.org](mailto:info@caregiver.org)  
*This is one part of an 8-part series. For the complete document, please contact Parkinson Association Northern California, (866) 979-PANC.*