

# 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.

## HAPPY HOLIDAYS!



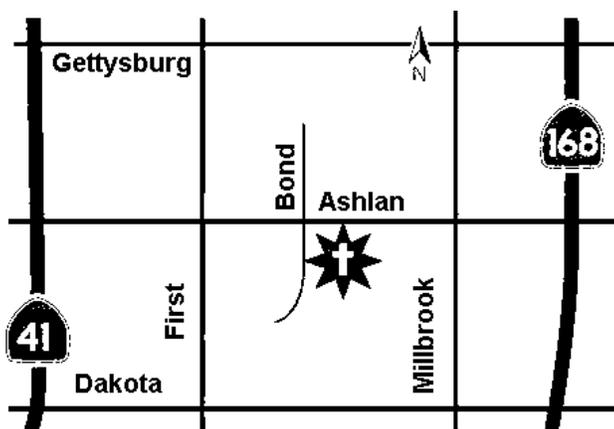
Our next meeting is:



**SATURDAY, DECEMBER 8, 2012**

**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!

### OUR DECEMBER 8, 2012, PROGRAM

#### GFPSP HOLIDAY POTLUCK AND WHITE ELEPHANT SALE

2012 is quickly coming to a close – it is time to start planning for the Holidays! For our December 8, 2012, GFPSPG meeting we will be having a party – lots of yummy food, fun games, and festive prizes. If you would like to contribute to the potluck – please contact Meg Bateman by email [mrsmegbateman@gmail.com](mailto:mrsmegbateman@gmail.com) or voice mail: (559) 917-6767.

We will also have a “White Elephant Sale” during our party to raise funds to help cover the GFPSPG operating costs. Raid your cupboards and closets for new or gently used items to bring to the party and donate to the sale!

All clinical trials need participants. *Fox Trial Finder* knows which trials need you. Whether you have Parkinson's disease or not, you've got what it takes to help speed new Parkinson's treatments toward pharmacy shelves.

Today, up to 80 percent of clinical trials face recruitment challenges—significantly increasing costs and delaying progress toward research breakthroughs. *Fox Trial Finder* makes it easy to be part of the solution.

To create a profile and find your matches, visit [foxtrialfinder.org](http://foxtrialfinder.org) today.

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 25 – November 27, 2012, Wells Fargo Bank Statement shows a beginning balance of \$1,744.09. Credited to the account in November was \$160.00 in donations: a \$150.00 gift from Julie Noll in memory of her beloved husband Donald Noll, and a \$10.00 donation to be used for the Christmas potluck. Debited from the account during the statement period were two checks totaling \$125.17 for October newsletter expenses. The ending Statement balance was \$1,778.92.

*Monies donated directly to our Support Group are **not** tax deductible; however, they do help cover the cost of newsletter, refreshment, and operating expenses. Donations made to the Parkinson's Support Group fund held at the Fresno Regional Foundation **are** tax deductible (see information below).*

If you have an email account, but receive a hard-copy of the newsletter, please contact our newsletter editor Ellen Jablonski to have your newsletter delivered electronically. This would reduce the expense of printing and postage, and would also save Ellen valuable time.

**Fresno Regional Foundation (FRF) Fund Report:** There were no donations made to the Greater Fresno Parkinson's Group Fund held at the FRF in November. We started 2012 with a Fund balance of \$4,758.85. Revenue to date includes \$400.00 from Gifts/donations and \$35.76 earned from Dividends and Interest. Expenses/Debits to date include \$83.53 in Foundation Administrative/Investment Fees; as well as \$2,500.00 from the FRF Support Group Fund to replenish the Wells Fargo checking account (\$1,000.00 in January, and \$1,500.00 in August). As of November 30, 2012,, the FRF Parkinson's Support Fund Statement shows an ending Fund balance of 2,611.08.

**Attention - Tax Time is Coming!!! Consider making a tax-deductible donation to support our Greater Fresno Parkinson's Support Group.** Donations or gifts to our Support Group through the *Fresno Regional Foundation* are tax deductible and can be made on-line, 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.

### **OFFICERS**

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

Doug Jackson  
Bruce Medlin

#### **Treasurer**

Barbara Burmeister

#### **Hospitality:**

Megan Bateman

#### **Librarians:**

Mac & MaryAnn MacDonald

#### **Membership Committee:**

Sue & Doug Jackson  
Faye Smith

#### **Newsletter Editor:**

Ellen Jablonski

#### **Care Partners Group Leader:**

Anne Guenther

### **STEERING COMMITTEE**

Megan Bateman

Arlene Beard

Bill & Barbara Burmeister

Winston Field

Anne Guenther

Ellen Jablonski

Doug & Sue Jackson

Riley and Linda Jones

Mac & MaryAnn MacDonald

Bruce Medlin

Faye Smith

Bob & Dorothy Starr

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](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**

## ***Third Annual Parkinson's Recovery Summit***

***Discover What People with Parkinson's Disease are Doing  
to Reverse Their Symptoms***

***Santa Fe, New Mexico, February 21-24, 2013***

There is now a critical body of persons who are on the road to recovery. *Parkinson's Recovery Summits* are an opportunity to network, connect and discover more about the therapies that are helping people reverse the symptoms of Parkinson's.

They provide support, information and resources for anyone and everyone who is currently experiencing the symptoms of Parkinson's Disease, and Care Partners.

Do they really help? Find out from people who have direct experience using them. There will also be an impressive array of practitioners from all health modalities who will be offering their services to individuals for a fee.

The tuition is \$200 per person which covers attendance at all events and 16 amazing workshops

Website is <http://www.summit.parkinsonsrecovery.com/>

For reservations at the La Fonda Hotel on the Plaza call:

1 (800) 523-5002 – then choose #1

### **CONSTIPATION TREATMENT**

*"Power Pudding."* Mix equal parts of oat or wheat bran, prune juice, and apple sauce. Let the mixture set overnight. Take 2 to 3 tablespoons 2 or 3 times a day. Increase the dose as needed.

### **Word of the Month**

**Autophagy:** *noun* aw-tuh-fey-juh; *plural* au·toph·a·gies; *adjective* au·toph·a·gic \-jik\, The biting of one's own flesh. The segregation and disposal of damaged organelles within a cell. The process of self-digestion by a cell through the action of enzymes originating within the same cell.

### **Chuckle of the Month**

Whenever I fill out an application, in the part that says, "In an emergency, notify:" I always put: "DOCTOR."

# Early Signs of Parkinson's Might Be Seen in Colon

*Rachael Rettner, Health News Daily*

A colonoscopy or similar test could one day diagnose Parkinson's disease years before symptoms occur. That's because signs of Parkinson's that appear in the brain also show up in the colon. Researchers examined tissue samples obtained during colon exams of people who later developed Parkinson's disease (PD). The samples were taken several years before the patients showed symptoms of PD. The cells in the patients' intestinal walls were found to contain clumps of alpha-synuclein — a hallmark protein of PD. Researchers found these aggregates were apparently unique to the gut of PD patients — they were not seen in people with certain gut disorders or in healthy people.

The findings suggest that tissue obtained during a colonoscopy or other colon cancer screening tests could be used to predict who will develop PD, said study researcher Dr. Kathleen Shannon, a neurologist at Rush University Medical Center in Chicago.

The findings will need to be replicated in studies that include people with other types of brain diseases. Currently doctors cannot diagnose PD until patients show symptoms such as shaking, slowed movements, and stiff muscles. By then, the patients' brains have deteriorated significantly. Finding early markers of PD could lead to a way to slow or stop the progression.

PD is caused by loss of brain cells that produce dopamine, a brain chemical needed to control muscle movement. One change that occurs in the brains of PD is the formation of clumps called Lewy bodies. The protein alpha-synuclein is found in all Lewy bodies. Recent research suggests the PD process begins in nerve cells in the gut and spreads to nerves in the brain.

In a 2011 study, Shannon and colleagues examined intestinal tissue samples taken from nine PD patients, 23 healthy people and 23 people with Crohn's disease or ulcerative colitis (both types of inflammatory bowel disease). The people in the study ranged in age from early 20s to late 70s. All 9 PD patients had clumps of alpha-synuclein in the nerves of their gut tissue, while none of the healthy people or people with gut disorders did. Two healthy people and three colitis patients had a small amount of alpha-synuclein in their cells, but it was distinct from the amount seen in the PD patients.

In a study published in the *Journal Movement Disorders*, researchers reported they examined tissue samples from three patients taken during colonoscopies two to five years before the patients developed PD symptoms. All the patients had the characteristic aggregates of alpha-synuclein in their gut.

## **"REACH" – RELIEF FOR ENERGY ASSISTANCE THROUGH COMMUNITY HELP**

[www.pge.com/reach](http://www.pge.com/reach) . 1 (800) 933-9677

REACH is a one-time energy-assistance program sponsored by PG&E and administered by the Salvation Army. REACH helps income-qualified customers who experience severe or unplanned hardships and are unable to pay for their energy needs.

[www.pge.com/medicalbaseline](http://www.pge.com/medicalbaseline) 1 (800) 743-5000

Residential customers dependent on life-support equipment and/or with special heating or cooling needs due to certain medical conditions may be eligible to receive additional quantities of energy at the lowest (baseline) price.