

Greater Fresno Parkinson's Support Group

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

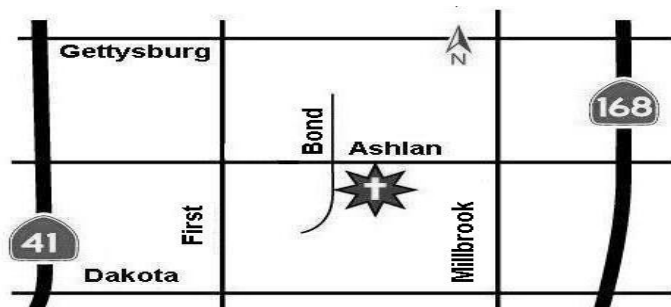
HAPPY VALENTINE'S DAY!!!

Our group meets the second Saturday of every month except August.



Saturday, FEBRUARY 13, 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.



VOLUNTEERS NEEDED FOR RESEARCH STUDY

Have you been diagnosed with Parkinson's disease?

If you are:

- *30 years or older
 - *Taking Requip or Mirapex (for at least 30 days)
 - *Not taking Azilect (Rasagiline) or other MAO inhibitors
 - *Not suffering from high blood pressure
 - *Not suffering from Liver Disease
 - *Not pregnant, planning to become pregnant, or breastfeeding,
- you may qualify for a research study testing an investigation combination of medications to see if it optimizes control of Parkinson's disease symptoms. If you would like more information about participating in this study for Parkinson's disease, please contact:

David Margolin, M.D., Ph.D, Margolin Brain Institute,
1551 E. Alluvial Ave., Ste. 101, Fresno, CA 93720,
(559) 299-1515.

OUR PROGRAM:

Dr. David Margolin will present:

"Parkinson's Disease Medication Treatment: The Research Effort Continues"

Dr. Margolin is a Board-Certified Neurologist with sub-specialty training in Alzheimer's disease and Parkinson's disease. He practices clinical neurology at the Margolin Brain Institute in Fresno located on the corner of Cedar and Alluvial.

Dr. Margolin has conducted over 150 research studies of investigational treatments for Alzheimer's disease and Parkinson's disease and other neurological problems.

Dr. Margolin's educational background is as follows: He graduated from Boston University, BA in Psychology, Rush Medical College-MD, University of Oregon-Neurology Residency, followed by Fellowship in Behavioral Neurology and Motor Control, University of Oregon-Ph.D. in Cognitive Psychology.

When not working, Dr. Margolin enjoys walking, swimming, bike riding, and interacting with his wife and children ages 8 - 27.

Presently, Dr. Margolin is attending Law School at San Joaquin College of Law. He is in his fourth year of a five-year program graduating in 2011.

Cold/Flu/Allergy Warning: Many over-the-counter ("OTC") medications are contraindicated for People With Parkinson's. Check with your physician before using any.

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.

FOURTH ANNUAL PARKINSON'S UNITY WALK

Every 9 minutes a new diagnosis of Parkinson's disease is made. Did you know that 100% of monies raised in the *Annual Parkinson's Unity Walk* go to research to find the cause and the cure for Parkinson's disease, a debilitating progressive neurological disorder? The *Walk* will be held **April 24, 2010**, at **Blain Park on Court St. from 8:00 am to 12 pm** and will feature local musical groups. Bring your own refreshments. Mim Smith is the Chairperson for the event. One time around the park is ¼ mile. You may walk as many times as you wish, or you may choose to not walk at all but just enjoy the music and fellowship with others supporting the common cause. Locally in 2009, 80+ walkers raised over \$21,000 and ranked #7 in the nation. Nationally in 2009, 10,000+ walkers raised over \$1.5 million. The local goal this year is to raise \$25,000. Donations of \$250 or more qualify for business logos or individual names on the front of the *Walk* T-shirt; \$100 - \$249 qualify for logos or names on the back of the T-shirt. Funds raised locally will be sent to the *National Parkinson's Unity Walk*, and 100% of the funds raised nationally will go towards research to find the cause and a cure for Parkinson's disease. Donation checks must be made out to: *Parkinson's Unity Walk*, and sent to **Central Valley Parkinson's Support Group, 4612 S. Linda Vista, Visalia, CA 93277**, or walkers may bring envelopes and pledged donations to the *Walk*. Donations are 100% tax deductible: the 501(c) Tax ID# is 13-384-2415. Pledge forms will be available at the Greater Fresno Parkinson's Support Group meeting February 13, 2010. There is no set donation to participate in the *Walk*.

If you wish to have a *2010 Parkinson's Unity Walk* Logo T-Shirt, Logo's must be received by TEN/20 Design before **February 26, 2010**. Logos will be placed in full color on white T-shirts. E-mail digital file of Logo to: ten20inc@att.net, phone (559) 740-0210. **Prices are: Sponsors** = donations of \$1,000 or more = large logos on top/front of T-shirt; **Gold Donors** = donations of \$250-\$999 = logos on the front of T-shirt; **Silver Donors** = donations of \$100-\$249 = logos on back of T-shirt. The T-shirt has the logos of businesses and names of people, either in memory of or just the name. There will be a limited amount of T-shirts available to purchase at the *Walk*; the best bet is to order them beforehand. Last year they ran a little small so most of us are buying a larger size this year. Thanks so much for your support of the common cause. To order T-shirts: Call Pat at (559) 733-9916 or (559) 734-1017, leave your name, phone number, sizes of T-shirts and how many of each size. T-shirts sized Child through 1X are \$15, and Adult sizes XX or larger are \$18.

RESIDENTIAL HOMECARE SERVICES: Ever wanted to ask questions about elder care but didn't know who, what, or how? Register before March 31, 2010, for the *City-Wide Tour* by bus of four assisted/residential care communities within the Fresno/Clovis area on April 9, 2010, 3:30pm-7:30pm, wine and cheese reception (starting point: The Windham in Fresno), or April 10, 2010, 9:30am-2pm, lunch provided (starting point: Orchard Park in Clovis). \$30/Person; \$50/Couple reserved. Pre-register online at Altschuler6513@sbcglobal.net for your "Early Bird" \$5 discount! Sponsored by quality elder care companies such as Grace Gardens, Orchard Park, Palm Gardens, Ray Fisher, The Windham, Dakota Guest Home, Mrs. Scott's, Pryor Falls, Asera Care Hospice, UCSF Alzheimer's Research, Linker Financial, Renaissance House, Dakota Guest House, Golden Meadows, and more!! It promises to be fun, engaging, and informative all at the same time! Contact Nancy Altschuler (559) 435-8138 or cell (559) 304-4124, 6524 N. Anna, Fresno, CA 93710.

Chuckle of the Month : "Phew," sighed a relieved surgeon as he joined his colleagues in the hospital's executive dining room. "I sure performed that operation in the nick of time! Another hour and the patient would have recovered without it!"

OFFICERS

Co-Leaders/Emcees:

Russell Templeton
Barbara Burmeister
Doug Jackson
Bruce Medlin

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Care Partners Group Leader:

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((SEEKING VOLUNTEER))

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Ellen Jablonski

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WEBMASTER

Frédéric "Fredo" Martin
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PEER COUNSELORS FOR OUR CARE PARTNERS

Anne Guenther (559) 322-7076
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
SUGGESTIONS, CONTACT:**

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The Life of a "Founding Father" (of the Greater Fresno Parkinson's Support Group)



Since February is the month when we traditionally pay tribute to the Founding Fathers of our nation, it seems all the more appropriate to include in our Newsletter a more lengthy account of the life of Allen Guenther and his contributions to the Greater Fresno Parkinson's Support Group. Allen Guenther was born in Manitoba, Canada in September of 1938. After high school, he began a life-long calling to learning and teaching the Word of God by enrolling in a Bible Institute and then pursuing a bachelor's degree at the University of British Columbia.

Anne was also born in Manitoba, took a year of teacher training after high school and entered her chosen career of teaching. Both later enrolled in the Mennonite Brethren Bible College in Winnipeg where they met. After graduation, they married in 1962 and moved to southern Alberta where Allen became a Bible instructor at the Alberta Mennonite Bible Institute. While there, he also served as pastor of a new church in nearby Lethbridge. During Allen's three years of teaching in Alberta, their first child, Ron, was born.

In 1965, Allen and Anne put their furniture into storage, packed their belongings and their two-year-old son Ron into a VW beetle, and headed for grad school in Wheaton, Illinois. Allen was awarded a library fellowship which covered his tuition. Here the Guenthers were introduced to "house-sitting," a delightful way to earn enough to pay rent and put food on the table. Having completed his coursework towards an M.A. in New Testament, Allen and Anne relocated to Massachusetts for the next school year, where he pursued a Master of Divinity in Old Testament. While there, son Barry joined the family.

The next school year saw them back in Winnipeg, Canada, where Allen was employed as a Bible professor at his alma mater. In 1970, the family moved to Toronto where Allen enrolled in a doctoral program at the University of Toronto. During their stay in Toronto, son Michael completed the family circle. Returning to Winnipeg, Allen's teaching and mentoring students, writing material at the request of the M.B. Conference, as well as writing articles published in Direction magazine, plus very active church involvement more than filled his days. It was in Winnipeg that Allen was ordained to the ministry.

Among Allen's treasured memories were three international ministry trips, including a highlight trip to the Holy Land, Egypt and Greece, during which he co-led a group of college students as they explored the settings of their Biblical studies. Allen was able to read and understand six languages. In 1980, Allen received an invitation from the Mennonite Brethren Biblical Seminary in Fresno, California, to take the position of Old Testament professor. As with many others who have contemplated God's will about moving to our city, the answer seemed clear in the question: "FresNO"?! Nonetheless, the decision was made to move to Fresno.

In 1984 Allen was diagnosed with Early Onset Parkinson's disease. Determined not to let that hinder his ministry, he looked for ways to enlarge it. As he often said, "When God hands you a lemon, make lemonade." Allen and Anne, together with two other PD families, were instrumental in establishing the first Parkinson's support group in the central San Joaquin Valley. Allen acted as its chair person for over 10 years. After almost 20 years, a decision was made to merge with the North Fresno Parkinson's support group, which became the Greater Fresno Parkinson's Support Group that we have today.

Over the years, the disease kept chipping away at Allen's condition. In the fall of 1995, Allen was forced to take sick leave because of the side effects of his medications. Recovery was slow and incomplete, so he took disability retirement in 1998. He was awarded honorary "Professor Emeritus" status by the Seminary. For the next few years he continued to mentor students as well as teach small seminars. It had always been Allen's dream to read, write, travel and possibly do volunteer service in his retirement. He mourned the loss of those dreams as Parkinson's took its toll on his body and his mind. Even wood turning, his favorite hobby, became more and more difficult, and finally the machines in his workshop simply stood idle.

Declining mobility and diminishing results from medication prompted Allen and Anne to investigate Deep Brain Stimulation surgery, which he had in June 2004. DBS gave him some reprieve from some of the symptoms of Parkinson's for a few years. However, the decline continued, and in November 2009, Allen fell and injured his ankle. The trauma of this injury left him bedridden and he entered his heavenly home on December 23, 2009. Allen leaves a great and invaluable legacy with his church, his family, and many friends, including all who have been a part of this Support Group.

TREASURER'S REPORT BY BARBARA BURMEISTER:

GFPSG: The December 24, 2009 – January 27, 2010, Wells Fargo Bank Statement shows a Beginning Balance of \$627.23. Debited from the account during this period were five checks totaling \$393.58 for December and January newsletter and meeting expenses. Deposited to the account was \$249.00 in donations from the December and January Support Group meetings, leaving an Ending Balance of \$482.65.

Monies donated directly to our Support Group are not tax deductible; however, they do help cover the cost of refreshments, our Newsletter Editor's miscellaneous newsletter-related expenses and the actual expense of printing and mailing the monthly newsletter. Thank you so much for your continued generous support. FYI: We get a significant discount on copies of our Newsletter from OfficeMax which we appreciate.

Fresno Regional Foundation Year-End Report: The "Parkinson's Support Fund" activity from January 1, 2009, through December 31, 2009, shows a total of \$1,875.00 in donations made to the Support Group Fund through the Fresno Regional Foundation for the year. There were two grants disbursed during this period: 1) \$649.22 on January 28, 2009, for the purchase of a projector, educational DVD, and books; and 2) \$500.00 on September 2, 2009, to replenish the GFPSG Wells Fargo checking account used for monthly operational expenses. Earned was \$8.10 in interest and dividends, and deducted from the account was \$99.96 in administrative fees, leaving an Ending Fund Balance of \$3,971.06. This balance includes four gifts made to the GFPSG Fund in December totaling \$600, three of which were made in memory of Allen Guenther. There were no donations, earnings or fees posted in January 2010 so the Fund Balance remains at \$3,971.06.

Donations or gifts to our Support Group through the Foundation are tax deductible and can be made by check, Visa or MasterCard. Make your check out to the Fresno Regional Foundation and specify that the donation or gift is for the Fresno Parkinson's Support Group Fund. The Fresno Regional Foundation's address is: 5250 N. Palm Avenue, Suite 424, Fresno, CA 93704. Call (559) 226-5600 or go to www.fresnoregfoundation.org for additional information.

Synopsis of Our January 9, 2010, Meeting : Our meeting was devoted to a presentation by Jeb Cozzi, Associate Vice-President and Financial Advisor with Morgan Stanley. Jeb has been with America's only remaining independent brokerage firm since 1998. He specializes in professional investment management services, comprehensive retirement, financial and estate planning services, together with various lending services. Jeb has a Bachelor of Arts degree (*cum laude*) from UCLA, and a Master of Science degree from Texas A&M.

Jeb's theme was on "Investing in Uncertain Times: How the Global Credit Crisis may affect your Portfolio." He pointed out how this crisis is unprecedented in the financial world. As a result, responses have reflected confusion, especially the involvement by government. Jeb examined how various types of investors have been affected by the market problems that began with an overextension of credit in the housing market, and culminated in a rapid shrinking of available credit. Although prominent in the unfolding of events, the banks were not singled out for special criticism. (Many others played a part.) Jeb pointed out the importance of each investor getting individual counsel for his or her own situation, but did say that with a conservative and diversified approach, there is reason for optimism here as in every crisis experienced previously. (Sounds like good medical advice for PWP, too?) Several of our group contributed insights of their own and those who had questions for Jeb received helpful answers.

Jeb resides in Clovis with his wife Kim, sons Jacob and Nickolas, and daughter Mia.

Jebber J. Cozzi, The Yoder Cozzi Group, Associate Vice President, Financial Advisor, Global Wealth Management, CA Insurance Lic # 0 C66106, Morgan Stanley Smith Barney, 9 River Park Place East, Ste. 400, Fresno, CA 93720, (559) 433-2087, Fax (559) 433-2099, jebber.j.cozzi@morganstanley.com.

