

# 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.



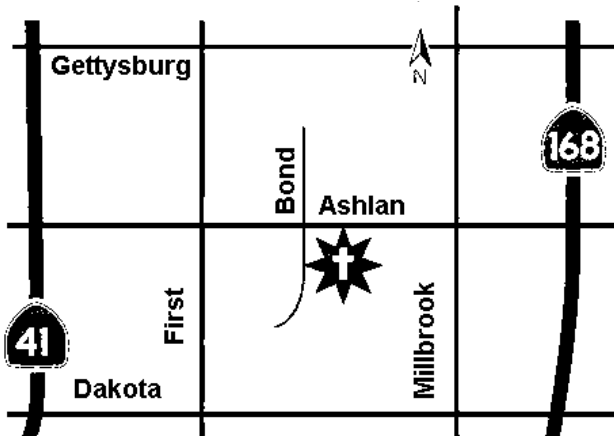
**Our next meeting is:**



**SATURDAY, FEBRUARY 11, 2012**

**10:00 a.m. – 12:00 p.m.**

at **THE BRIDGE EVANGELICAL FREE CHURCH** in the "Café" (formerly the "Chapel") 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 Valentine's Day!

### OUR FEBRUARY 11, 2012, PROGRAM:

Speech Pathologist Brenna Hughes will inform us about swallowing problems, changes that occur with speech and voice, and symptoms regarding aspiration all which can occur as part of Parkinson's disease or from medications used to treat Parkinson's disease. You can watch her perform a swallow study online at:

[youtube.com/watch?v=jsUmU7JHLU4](http://youtube.com/watch?v=jsUmU7JHLU4).

Refreshments will be provided and your contribution of goodies is welcomed.

### EXERCISE CLASSES FOR PEOPLE WITH PARKINSON'S DISEASE

San Joaquin Valley Rehabilitation Fitness  
11:00 am – 12:00 pm Tuesdays and Thursdays at 7033 N. Fresno Street, Ste. 101, Fresno, CA 93720. For more information, Call (559) 431-2635.

### After-Meeting Lunch

Here's an opportunity to get to know one another better: At 12:15 pm after our February 11, meeting, enjoy lunch at Country Waffles (In the Banquet Room) 7141 N. Cedar Ave., Fresno, CA 93703 (Across From People's Church) (559) 297-5217.

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 December 24, 2011, – January 26, 2012, Wells Fargo Bank Statement shows a beginning balance of \$623.39. Debited from the account during this period were four checks for Support Group newsletter and operating expenses and one debit for new checks totaling \$461.81. Credited to the account was \$65.00 in donations received at the January meeting. Also credited to the account was \$1,000.00 from the Greater Fresno Parkinson's Support Group fund held at the Fresno Regional Foundation (FRF) to replenish our Wells Fargo checking account used to pay our operating expenses and outreach efforts. In addition, received at the January Support Group Meeting was a generous donation of \$50.00 from one of our members which was used to offset meeting/newsletter expenses.

In 2011, our Support Group had \$2,032.98 in expenses, the majority of which was for newsletter-related expenses. Donations received at our meetings in 2011 totaled \$1,204.30; this amount does not include \$1,000.00 from our Support Group Fund held at the FRF to replenish our Wells Fargo checking account in February 2011.

A big thank you to those who have donated refreshments for some of our meetings; this has helped keep our expenses down and is greatly appreciated. As you can see, our expenses exceed our donations. 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.

*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 January 31, 2012, the FRF Parkinson's Support Fund Statement shows an ending Fund balance of \$3,808.85. This balance includes a \$50.00 donation made January 11, 2012, to our Greater Fresno Parkinson's Support Group fund held at the FRF. On January 10, 2012, \$1,000.00 was debited from our Fund held at FRF to replenish our Support Group's Wells Fargo checking account used to pay operational expenses throughout the year.

The January 1, 2011 – December 31, 2011, "Statement of Activity" shows \$1,405.00 in Gifts/Donations for the year and Income of \$7.09 from unrealized gains, and interest. Expenses/debits include \$99.96 for FRF Administrative fees, and a February 2011 debit of \$1,000 from the Parkinson's Support Group Fund held at the FRF to replenish the Support Group account held at Wells Fargo Bank used for operating expenses.

**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 Fresno Regional Foundation and specify that the donation or gift is for the Greater Fresno Parkinson's Support Group Fund. The mailing address for 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

#### **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)  
Nat'l. 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  
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bburmeister@sierratel.com  
106 W. Paul Avenue  
Clovis, CA 93612  
[www.FresnoParkinsons.org](http://www.FresnoParkinsons.org)  
**(559) 593-9953**

## SYNOPSIS OF OUR JANUARY 14, 2012, PROGRAM:

There were 35 people in attendance.

This meeting featured Mr. Yee Vue, Program Manager for **Valley Caregiver Resource Center**.

The **Valley Caregiver Resource Center** provides care partners with the tools and resources needed to not only take better care of their loved ones but to take better care of themselves. **Valley Caregiver Resource Center** offers a comprehensive umbrella of services designed to help families and communities master the challenges of caring for loved ones with adult-onset cognitive impairing conditions such as Alzheimer's disease, stroke, Parkinson's, and traumatic brain injury.

Mr. Vue spoke about the Health Insurance Counseling and Advocacy Program ("HICAP"). HICAP is funded by Fresno-Madera Area Agency on Aging ("FMAAA") and does not sell or endorse any products or companies. HICAP provides free and confidential help with: Medicare, Appeal and Billing Problems, Long-Term Care Policy Analysis, Medi-Cal, QMB and SLMB, Medicare Advantage Plans, Prescription Drug Coverage, and Supplemental Health Insurances. You can reach HICAP at (800) 434-0222 or online at [www.valleycrc.org/HICAP.htm](http://www.valleycrc.org/HICAP.htm).

Refreshments were provided and were very much appreciated.

## COUNCIL OF FRESNO COUNTY GOVERNMENTS **SENIOR TAXI SCRIP PROGRAM**

Fresno County resident Seniors 70 years of age or older can purchase from select locations taxi scrips (like coupons) booklets of \$20 value for only \$5 (up to 5 booklets each calendar month) which can be used to pay for qualified taxi cab fares. Tips must be in cash. Scrips expire December 31<sup>st</sup> of the current year but may be exchanged before the expiration date. There are no restrictions as to time or destination. Scrips cannot be given or sold to someone else and they are non-transferable non-negotiable, and non-replaceable. Taxi Scrips booklets can be purchased at select FAX locations such as Fresno Area Express (FAX), Manchester Transit Center, 3590 North Blackstone, Fresno, 8:00 am – 6:00 pm Mon. – Fri., phone: (559) 621-RIDE, or at, Clovis City Hall, Parlier City Hall, Firebaugh City Hall, select Senior Centers, and Fresno COG (FCOG only accepts mail orders). For applications and further information, call (599) 233-4148.

### Word of the Month

**Idiopathic:** From the New Latin idiopathia (primary disease), from the Greek idiopatheia, from idio-, from idios (one's own, personal) + -patheia, -pathic (feeling, suffering). Of unknown cause. Any disease that is of uncertain or unknown origin may be termed idiopathic. For example, acute idiopathic polyneuritis, diffuse idiopathic skeletal hyperostosis, idiopathic pulmonary fibrosis, idiopathic scoliosis, Parkinson's disease, etc.

### Chuckle of the Month

- 1 \* Accept the fact that some days you're the pigeon, and some days you're the statue!
  - 2 \* Always keep your words soft and sweet, just in case you have to eat them.
  - 3 \* Always read stuff that will make you look good if you die in the middle of it.
  - 4 \* Drive carefully... It's not only cars that can be recalled by their Maker.
- Submitted by Sue Jackson

# Taking Care of YOU: Self-Care for Family Caregivers Part 4 of 8

## Tool #2: Setting Goals

Setting goals or deciding what you would like to accomplish in the next three to six months is an important tool for taking care of yourself. Here are some sample goals you might set:

- 1) Take a break from caregiving.
- 2) Get help with caregiving tasks like bathing and preparing meals.
- 3) Feel more healthy.

Goals are generally too big to work on all at once. We are more likely to reach a goal if we break it down into smaller action steps. Once you've set a goal, ask yourself, "What steps do I take to reach my goal?" Make an action plan by deciding which step you will take first, and when. Then get started!

### Example: Goal and Action Steps

*Goal:* Feel more healthy. *Possible action steps:*

1. Make an appointment for a physical check-up.
2. Take a half-hour break once during the week.
3. Walk three times a week for 10 minutes.

## Tool #3: Seeking Solutions

Seeking solutions to difficult situations is, of course, one of the most important tools in caregiving. Once you've identified a problem, taking action to solve it can change the situation and also change your attitude to a more positive one, giving you more confidence in your abilities.

### Steps for Seeking Solutions

1. *Identify the problem.* Look at the situation with an open mind. The real problem might not be what first comes to mind. For example, you think that the problem is simply that you are tired all the time, when the more basic difficulty is your belief that "no one can care for John like I can." The problem? Thinking that you have to do everything yourself.
2. *List possible solutions.* One idea is to try a different perspective: "Even though someone else provides help to John in a different way than I do, it can be just as good." Ask a friend to help. Call Family Caregiver Alliance or the Eldercare Locator (see Resources List) and ask about agencies in your area that could help provide care.
3. *Select one solution from the list.* Then try it!
4. *Evaluate the results.* Ask yourself how well your choice worked.
5. *Try a second solution.* If your first idea didn't work, select another. But don't give up on the first; sometimes an idea just needs fine tuning.
6. *Use other resources.* Ask friends, family members and professionals for suggestions.
7. *If nothing seems to help, accept that the problem may not be solvable now.* You can revisit it at another time.

**Note:** All too often, we jump from step one to step seven and then feel defeated and stuck. Concentrate on keeping an open mind while listing and experimenting with possible solutions.

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**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.