

Greater Fresno Parkinson's Support Group

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



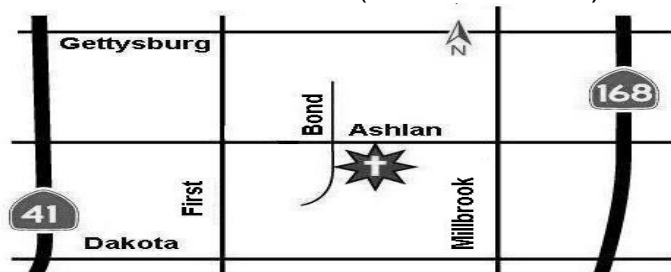
JANUARY 2009

Happy New Year!



Saturday, Jan. 10, 2009, 10am-12pm

In the Chapel of THE BRIDGE Evangelical Free Church, 3438 E. Ashlan Ave., Fresno, CA 93726, at the SE corner of Ashlan & Bond between First & Millbrook (enter on Ashlan).



OUR PROGRAM:

We recently bought a projector that lets us share large-screen multimedia presentations on PD or related subjects at our meetings. If our unconfirmed guest speaker is unable to attend, we plan to show and discuss some outstanding videos regarding speech and other common PD issues.

Treasurer's Report: The 12/23/2008 Wells Fargo Bank Statement Beginning Balance shows \$641.08. Debited were cleared checks totaling \$265.24 for November and December Newsletter expenses and for November meeting expenses. Credited on 12/17/2008 was \$74.00 in November meeting donations making the Ending Balance \$449.88. A check for \$62.07 for December meeting expenses is outstanding, leaving an Adjusted Ending Balance of \$387.77. At the end of December, three donations were received in the amounts of \$20.00, \$50.00, and \$50.00 (the two \$50.00 checks were donated specifically to cover Ellen Jablonski's GFPSG-approved \$50.00 monthly Stipend for the next two months) bringing the Adjusted Ending Balance to \$507.77. Those and all donations are greatly appreciated. Thank you to each of you for your support to the GFPSG this past year.

Fresno Regional Foundation: The "Parkinson's Support Fund" balance 12/31/2008 is \$3,240.00 including \$400.00 donated in December. Thanks to each of you who has contributed to the Fund so essential to our Group!

Resource of the Month: The "PDOutreach" newsletter. To subscribe, call Susan Kline, Editor, (818) 654-9797 or email her at skline@pdoutreach.com.

Synopsis of our December 13, 2008, Meeting:

Max Robinson encouraged sign ups for the *Parkinson's disease ("PD") exercise class to begin* at the *San Joaquin Valley Rehab Fitness Center* at First & Herndon when another two or three participants have registered—contact Luis Melgoza at 431-2635 for the PD discounted price. To illustrate the need for exercise, Max re-enacted a visual demonstration he had seen PD exercise expert John Argue do depicting in condensed time the usual course of PD patients' postural & gait deterioration absent persistent exercises designed to counter **mal-adaptations** to PD symptoms. The use of videos or books on PD exercises such as those by John Argue, www.JohnArgue.com (510) 985-2645 was also suggested. Max also commented on the possible *effects PD and/or PD meds can have on cognition such as bradyphrenia* (slow thinking). Max cautioned, "Don't be rushed in making important decisions."

Russ Templeton initiated a discussion about *pain and burning sensations in legs* (finally acknowledged by neurologists as PD symptoms rather than separate issues) to which Ellen added that for intractable pain, one might consider *acupuncture*. Russ also mentioned the importance of an *Advance Health Care Directive*, and shared a statement by an endocrinologist that the *lack of Vitamin D* is implicated in fibromyalgia and possibly PD as well.

Max Robinson and Dan Carter gave an update on the promotion of the "Ellen: Parkinson's Puppet" video and of an opportunity via Clovis East School's Regional Occupational Program for designs for possible "rack cards" and such for our Group.

Marianne Weil warned that each should keep a *list of meds* they're taking and *know which meds are contraindicated* for PD or PD meds (e.g. most anti-nausea meds); for a PD "Medical Alert" card, call NPF (800) 327-4545 or go to www.Parkinson.org and click on "Free Publications."

Ellen Jablonski *advised against shunning iron, protein, or calories* in order to optimize the effects of PD meds as this can lead to anemia, etc.; rather, spread your intake in small amounts throughout the day. Ellen also announced that *CSUF's Dept. of Physical Therapy offers a "Community-Based Individualized Balance or Gait Retraining Program"* 1-hour 2 times per week taught by graduate PT students 2/23/09—4/22/09, for \$250 (scholarships if needed); call 278-4148 to register prior to 1/18/09. The discussions were followed with a *potluck*. Thank you to all who participated!

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, because 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. You are encouraged to report negative side effects of prescription drugs to the FDA: www.fda.gov/medwatch (800) FDA-1088.

Getting To Know: ALAN & CAROL RODELY



Carol and Alan met at a dance in Bristol, England, in the summer of 1956. Carol was working as a lab technician in the University Physics Department. Alan had been a student there and they had seen one another but had not spoken. The meeting at the dance was the start of something big, and things happened quickly. After the two weeks that Alan spent touring Poland playing trombone with the Acker Bilk Band, Alan and Carol made plans to get married. Alan went to work for AVRO, an aerospace company in Manchester, his home town. Carol joined him there working for BOCM in Trafford Park, the home of Manchester United, Alan's favorite soccer team.

Alan and Carol got married on July 27, 1957. In 1961, they came to the USA expecting to stay a couple of years. Alan got an engineering job with American Standard while Carol went to work for Ciba. They were made to feel very welcome by neighbors and fellow workers in New Jersey. After a few years, it became clear to them their future was in the USA. Carol quit working for money and became a full-time Mom to their two girls. Alan and Carol became citizens in 1971. About this time, Alan quit his job to do research into flow measurement in the basement of their little rented house in Scotch Plains. With a patent applied for and two partners, he formed Eastech to develop the product. The money they raised didn't last long and they lost control of the business. The three partners remain good friends.

The Rodely family moved to Irvine, California, in 1974. Alan became the sales representative for Eastech in Southern California; Carol went back to work in the paint and resin industry. After a few years with Alan refinishing bathtubs and Carol working graveyard shifts, they retired in 1995 having been reminded of the precious nature of time by battles with breast and prostate cancer. They bought a 5th wheel trailer, sold the house, and traveled the USA for three years. They now live in a co-op RV Park in Coarsegold.

During their time on the road, Alan began showing symptoms of what they learned in 1999 was Parkinson's disease—Alan has no tremors, but just about all the other symptoms of Parkinson's disease. Alan is presently the Leader of the Oakhurst Parkinson's Support Group. It meets the 2nd Tuesday of each month at 9:30 a.m. in the Yosemite Bank. A small group, they spend much time in sharing their Parkinson's experiences then lunching together.

Word of the Month: *iatrogenic*—symptoms, ailments, or disorders caused by medical treatment such as drugs or surgery (e.g., dyskinesias caused by levodopa for Parkinson's).

OFFICERS

Ellen Jablonski
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Max Robinson
Co-Leader
Russell Templeton
Assistant Leader
Barbara Burmeister
Treasurer
Shirley Robinson
Hospitality Coordinator
Sue & Doug Jackson
Membership Committee
Anne Guenther
Care Partners Group Leader
Bill Houk
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Anne Guenther, Emeritus
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Doug & Sue Jackson
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Dottie Rosenberg, Emeritus
Stuart Snider
Russell & Jan Templeton
Anthony Turano

FOUNDING MEMBERS OF OUR PREDECESSOR GROUPS

**Valley Parkinson's
Support Group:**
Allen & Anne Guenther
Max & Charlotte Wolfe
**North Fresno Parkinson's
Support Group:**
Dottie Rosenberg

WEBMASTER

Frédéric "Fredo" Martin
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PEER COUNSELORS FOR OUR CARE PARTNERS

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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

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