

Greater Fresno Parkinson's Support Group

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

HAPPY NEW YEAR !!!



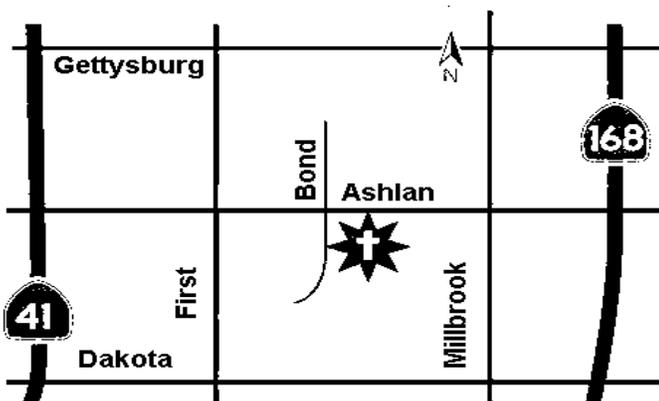
Our Next Meeting is on



SATURDAY, JANUARY 8, 2011

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!!!

Word of the Month: Depression

There appears to be three types of depression that may affect a Person With Parkinson's disease: 1. Reactive Depression – A response to fears and caused by the ailment; 2. Endogenous Depression – A symptom of Parkinsonism that may have a chemical or biological cause; and 3. Depression that is common to old age and is only coincidental with Parkinsonism.

National Parkinson Foundation

OUR JANUARY PROGRAM:

At the invitation of our Support Group Co-Leader Bruce Medlin, we will be having Dr. Matthew Norton from the Norton Chiropractic Wellness Center in Fresno as our January program speaker. Dr. Norton has appeared on many local, regional, and national radio and television programs; produced educational CD's; and is a frequent speaker and workshop leader with many published articles to his credit. Dr. Norton has entitled his presentation to us as "The Benefits of Precision Nervous System Care for Parkinson's Disease Patients." There will be a discussion of the principles by which chiropractic and holistic treatment can apply to improving the condition of people with Parkinson's. In addition, there will be a demonstration of techniques and equipment used. There will be ample opportunity for questions and answers.

After our main presentation and refreshment break, we will open the microphone for exchanging information among our members generally.

Resource of the Month:

<http://www.nutritionucanlivewith.com/>

Kathrynne Holden, Registered Dietician, has a new book out available now to download in PDF format: "***Eat Well, Stay Well With Parkinson's Disease.***" She is also author of "***Cook Well, Stay Well***" and "***Parkinson's Disease and Constipation,***" among other books and articles.

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.



Synopsis of Our December 11, 2010 Meeting:

We were entertained by the "**Silver & Gold**" Barbershop Quartet. The singers were: Tenor -- Jim Warner; Lead -- Mac McIntosh; Baritone -- Doug Yarrow; Bass -- Terry Starr. Doug Yarrow was the contact person; his phone number is **(559) 313-8895**. They are on the web at **SilverNGoldQuartet.com** and their email is **SilverNGold2008@gmail.com**. They also recruit men for the GNC A Cappella chorale that meets every week on Thursday nights. It is "Central Valley's Premier Men's Chorale." More information is at: **GoldNoteChorus.com** or phone **(559) 225-SING**.

After their wonderful performance, we enjoyed pot luck, and Group Member Bruce Medlin provided some games.

Thank you to all who made this meeting a success.

Happy, Healthy New Year!

OFFICERS

Co-Leaders/Emcees:

Russell Templeton
Doug Jackson
Bruce Medlin

Treasurer

Barbara Burmeister

Membership Committee:

Sue & Doug Jackson
Faye & Jack Smith

Care Partners Group Leader:

Anne Guenther

Librarian:

((Seeking Volunteer))

Newsletter Editor:

Ellen Jablonski

STEERING COMMITTEE

Bill & Barbara Burmeister
Anne Guenther
Ellen Jablonski
Doug & Sue Jackson
Riley and Linda Jones
Bruce Medlin
Jack & Faye Smith
Russell & 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
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:**

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
(559) 593-9953

Blessed In Aging

~Esther Mary Walker, CaregiverStress.com

Blessed are they who understand
My faltering step and shaking hand
Blessed, who know my ears today
Must strain to hear the things they say.

Blessed are those who seem to know
My eyes are dim and my mind is slow
Blessed are those who look away
When I spilled tea that weary day.

Blessed are they who, with cheery smile
Stopped to chat for a little while
Blessed are they who know the way
To bring back memories of yesterday.

Blessed are those who never say
"You've told that story twice today"
Blessed are they who make it known
That I am loved, respected and not alone.

And blessed are they who will ease the days
Of my journey home, in loving ways.



Greater Fresno Parkinson's Support Group (GFPSG) Checking Account Report:

The November 25 – December 23, 2010, Wells Fargo Bank Statement shows a beginning balance of \$402.06. Debited from the account during this period were four checks totaling \$210.59 for meeting refreshments and newsletter-related expenses. Deposited to the account was a total of \$239.00: \$139.00 in donations from the December meeting, and a generous \$100 gift directly to the GFPSG. The current ending balance in the checking account is \$430.47.

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) Account

Report: As of December 30, 2010, there had been one \$100.00 gift made to the GFPSG fund held at the Fresno Regional Foundation in December. The current balance in our FRF account is \$4,454.00.

Donations or gifts to our Support Group through the 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 to make a gift online.



TOXIC CAUSES OF PARKINSON'S DISEASE

(Northwest Parkinson's Foundation)

Viartis - There are now fourteen known toxic causes of Parkinson's disease: pesticides (Paraquat, Rotenone, Maneb), solvents (Trichloroethylene, Toluene, N-Hexane, Carbon disulfide), MPTP, Mercury, Manganese, Copper, Carbon monoxide, Lead, Cyanide.

Although Agent Orange is widely claimed to be a toxic cause of Parkinson's disease, not even one study in the entire medical literature has ever shown that to be true.

Toxicity has the potential to be the sole cause of Parkinson's disease. To very varying extents, toxicity can also be a partial cause of Parkinson's disease. Symptoms normally develop when toxic exposure occurs or soon after, or gradually increase over time as exposure to toxicity persists.

Symptoms do not develop years or decades after exposure as is often claimed. In fact, there is a tendency for toxic effects to decline over time, but with some toxic substances that can take years.

The prevalence of Parkinson's disease that is due to toxicity is not known. However, the evidence suggests that the number of people whose Parkinson's disease is due to toxicity is very low, being the exception rather than the norm.

The toxic causes of Parkinson's disease each cause different symptoms because of the different biochemical means by which toxicity is caused, and because of the other biochemical functions that each of the particular toxins affects.

In order to cause Parkinson's disease, the level of toxic exposure usually has to be either acute or chronic. Mild exposure to some of the known toxic causes would have no noticeable effect.

Some other potentially toxic causes of Parkinson's disease, such as copper and manganese are actually beneficial to health in normal quantities, and can only cause Parkinson's Disease in very large quantities. For a completely comprehensive, fully referenced, up to date and printable summary of each of the toxic causes of Parkinson's disease, go to [Toxic causes of Parkinson's disease](#).

Chuckle of the Month

Three guys are fishing on a lake when an angel appears in the boat with them. The first guy gets over his shock and humbly says to the angel, "I've suffered from back pain for years. Is it too much to ask that you help me? The angel touches the man's back, and he feels instant relief.

The second guy points to his Coke-bottle glasses and asks if the angel could cure his poor eyesight. The angel tosses the man's glasses into the water, the man's vision clears, and he can see everything distinctly.

The angel now turns to the third guy, who throws up his hands in fear. "Don't touch me!" he cries. "I'm on disability!"

Reader's Digest Submitted by Support Group Member Jan Templeton