

# 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 or unless otherwise notified.



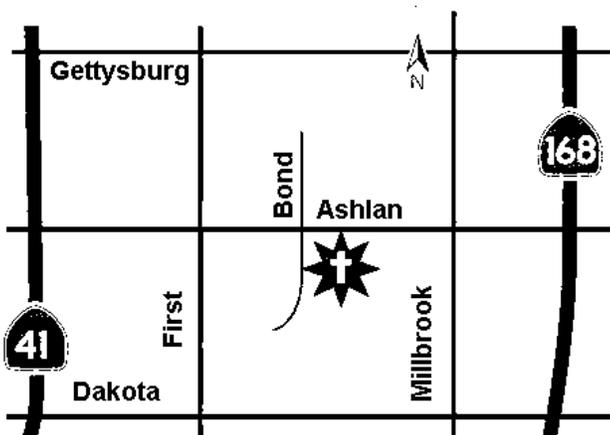
Our next meeting is:



**SATURDAY, JANUARY 14, 2012**

**10:00 a.m. – 12:00 p.m.**

at **THE BRIDGE EVANGELICAL FREE CHURCH** in Rooms 212 and 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 Avenue.



**BRING ON THE CURE!**

## Happy New Year!

### OUR JANUARY 14, 2012, PROGRAM:

This meeting will feature 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 disease, and traumatic brain injury.

Mr. Vue will speak to the Support Group on the Health Insurance Counseling and Advocacy Program ("HICAP"), then will have a breakout session with Care Partners to discuss resources available to Care Partners through their programs.

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
- Supplemental Health Insurances

Refreshments will be provided.

### After Meeting Get Together Lunch

From 12:30 pm till 2:00 pm  
Huckleberry's at 222 E. Bullard Avenue  
(559) 440-9045

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 November 26 – December 23, 2011, Wells Fargo Bank Statement shows a beginning balance of \$746.04. Debited from the account during this period were four checks totaling \$276.65 for November and December newsletter-related expenses. Credited to the account was \$54.00 in donations received at the Christmas social, and a generous \$100.00 gift from the family of two of our members. The ending statement balance is \$623.39. Outstanding are two checks totaling \$293.50; one for \$21.60 for expenses related to the Christmas social, and \$271.90 to Workingarts Marketing for the registration, maintenance, and hosting of [fresnoparkinsons.org](http://fresnoparkinsons.org), and [gfpsg.org](http://gfpsg.org).

As our Support Group expenses usually exceed the donations made at our meetings, it occasionally becomes necessary to request a grant from the Greater Fresno Parkinson's Support Group fund held at the Fresno Regional Foundation ("FRF"). On January 5, 2012, I requested \$1,000.00 from our fund held at FRF to replenish our Wells Fargo checking account which is used to pay our operating expenses and outreach efforts.

Additionally, the Steering Committee has approved a \$250.00 donation to The Bridge to thank them for their hospitality in allowing our group to meet in their facilities without cost, and to help defray some of their expenses in doing so. Also approved was printing additional Greater Fresno Parkinson's Support Group brochures to place in doctor's offices to continue our outreach efforts to People with Parkinson's, their families, and their Care Partners. The cost is not known at this 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 December 31, 2011, the FRF Parkinson's Support Fund Statement shows a Fund balance of \$4,766.92. This balance includes a \$50.00 donation made December 29, 2011, to our Greater Fresno Parkinson's Support Group fund held at the FRF. On January 5, 2012, a request was submitted to FRF for \$1,000.00 from our Fresno Parkinson's Support Group Fund held at FRF to replenish our Support Group's Wells Fargo checking account used to pay operational expenses throughout the year.

**Remember, 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](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)

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](mailto:Ellen4curePD@att.net) or

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(559) 322-8076

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[www.FresnoParkinsons.org](http://www.FresnoParkinsons.org)

**(559) 593-9953**



**Synopsis of Our December 10, 2011, Meeting:**

After some general announcements by the Steering Committee, Jonathan Bray entertained us singing and playing his guitar.

Bruce Medlin and Arlene Beard led us in some Christmas games.

The pot luck was ample and delicious. Thank you to all who contributed to the festivities.

Photos by Arlene Beard

**Chuckle of the Month:**

*Church Members With typewriters:*

These sentences (with all the BLOOPERS) actually appeared in church bulletins or were announced in church services:

- 1) For those of you who have children and don't know it, we have a nursery downstairs.
- 2) The church will host an evening of fine dining, super entertainment and gracious hostility.
- 3) The Fasting & Prayer Conference includes meals.
- 4) Potluck supper Sunday at 5:00 pm - prayer and medication to follow.

Submitted by Sue Jackson

**Word of the Month:**

**Idiopathic:** Of unknown cause. Any disease that is of uncertain or unknown origin may be termed idiopathic. For example, idiopathic Parkinson's.

From the New Latin idiopathia (primary disease), from the Greek idiopatheia, from idio-, from idios (one's own, personal) + -patheia, -pathic (feeling, suffering).

# 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.*