

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.

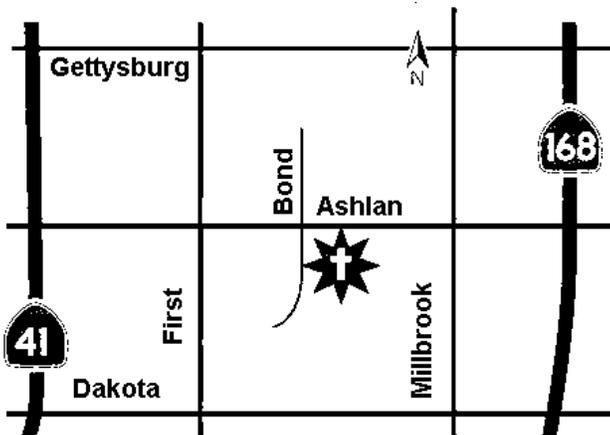


Our next meeting is:

SATURDAY, JULY 14, 2012

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.



OUR JULY 14, 2012, PROGRAM:

Aubrey Fast, Exercise Physiologist at San Joaquin Valley Rehabilitation ("SJVR"), will discuss and demonstrate exercises particularly beneficial to those afflicted by Parkinson's disease. Aubrey teaches the classes Tuesdays and Thursdays at 11:00 a.m. – 12:00 p.m. at 7033 N. Fresno Street, Suite 101, Fresno, CA 93720, (559) 431-2635. Special rates are available for our members.

Also, there will be a pullout program for the Care Partners with Anne Guenther leading the group.

In addition, there will be a pullout program with Arlene Beard and Bruce Medlin leading this group for those with Parkinson's disease who live at home alone.

The remaining members will be staying with Aubrey to learn more about the exercise program.

A brief presentation on new studies regarding PD will be made by Neurologist **Dr. Perminder Bhatia**, Director of the Neuro-Pain Medical Center, 736 E. Bullard Ave., Suite 101, Fresno, CA 93710, Office (559) 437-9700, Fax (559) 437-9799, or online at neuro736@sbcglobal.net, or neuropainphysician@sbcglobal.net.

"Chat, Chew, & Chill"

Right after our GFPSG meeting, join us for lunch at Huckleberry's at 222 E. Bullard Ave. (just east of Hwy. 41) at 12:15 pm, back in the banquet room. They have great food and great service). Be there, or go hungry!

Bruce Medlin

BRING ON THE CURE!

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 May 24 – June 25, 2012, Wells Fargo Bank Statement shows a beginning balance of \$829.99. Debited from the account during this period were five checks totaling \$295.60 (\$127.50 to the Hanford Visitors Center for shuttle service for the 2nd Annual Amtrak outing, \$25.96 for meeting refreshments, \$6.47 for a 9V microphone battery, and \$135.67 for May newsletter-related expenses). Deposited was \$55.00 in donations from the June 9th meeting, as well as \$63.00 in donations to help offset the Hanford shuttle expense. The current statement ending balance is \$652.39. Not posted during this statement period is a \$85.67 check for June newsletter expenses.

Thank you once again to those who have provided refreshments at our meetings; this helps keep our expenses down and is greatly appreciated. Also, if you have an email account but receive a hard-copy of the newsletter, please consider contacting Ellen to have your newsletter delivered electronically. This would reduce the expense of printing and postage, and would also save Ellen valuable time.

As our Support Group expenses often exceed donations, it will soon be necessary to request a grant from the Parkinson's Support Group Fund held at the Fresno Regional Foundation (FRF) to replenish the monies in our Wells Fargo checking account used for operating expenses. Donations made at our Support Group meetings, or donations made to our Fresno Parkinson's Support Group fund held at the FRF are voluntary, greatly appreciated, and necessary to the continued operation of our Support Group.

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 June 29, 2012, the FRF Parkinson's Support Fund Statement shows an ending Fund balance of \$3,865.70. There was an \$8.33 debit from the Fund in June for FRF administrative fees. On June 15, a \$100.00 gift was made to the GFPSG Fund held at the FRF from one of our members. This gift is greatly appreciated. **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.

Word of the Month

Hypophonia: hy-po-pho-nia/(-fo'ne-ah) a weak voice due to incoordination of the vocal muscles. This condition is a common presentation in Parkinson's.

Chuckle of the Month

Hospitals are weird. They put you in a private room and then they give you a public gown.

--Milton Berle

OFFICERS

Co-Leaders/Emcees:

Doug Jackson
Bruce Medlin

Treasurer

Barbara Burmeister

Hospitality:

Megan Bateman

Librarians:

Mac & MaryAnn MacDonald

Membership Committee:

Sue & Doug Jackson
Faye & Jack Smith

Newsletter Editor:

Ellen Jablonski

Care Partners Group Leader:

Anne Guenther

STEERING COMMITTEE

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Arlene Beard

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Anne Guenther

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Doug & Sue Jackson

Riley and Linda Jones

Mac & MaryAnn MacDonald

Bruce Medlin

Jack & Faye Smith

Bob & Dorothy Star

Jan Templeton

Martin and Marianne Weil

WEBMASTER

Frédéric "Fredo" Martin
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PEER COUNSELORS FOR OUR CARE PARTNERS

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Sue Jackson (559) 434-7928

Fresno-Madera Area Agency
on Aging: (800) 510-2020

Caring From a Distance:

www.cfad.org

Family Caregiver Alliance:

www.caregiver.org

Natl. Family Caregivers Assoc.:

www.thefamilycaregiver.org

Well Spouse Association:

*FOR MORE INFORMATION,
TO UPDATE OUR MAILING LIST,
OR TO SUBMIT MATERIALS OR
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SYNOPSIS OF OUR JUNE 9, 2012, PROGRAM:

Our featured speaker was Melvin R. Helm, M.D., from the California Headache & Balance Center Medical Corporation, 1865 E. Alluvial Ave., Suite 102, Fresno, CA 93720, (559) 435-6492. Dr. Helm reviewed the wide range of symptoms, possible causes, and treatments for Parkinson's disease.

Before the break, Bruce Medlin led the group in some exercises to help prevent possible balance problems and dizziness from getting up too fast after sitting for a length of time.

ICE CREAM TRAIN FOR 2012 WAS ON THE RIGHT TRACK!

Right on schedule, it was "Hanford or Bust." Indeed, on Monday, June 14, 2012, 23 intrepid members and friends of GFPSG journeyed via the reliable and very comfortable Amtrak "San Joaquin" coach. The destination? Superior Dairy Products where both the servings and the service are truly superior. The goal? To absolutely feast to the max on their outstanding homemade ice cream – the flavors of our choosing.

Once again, "Freddie" the 15-passenger vintage fire truck, shuttled us from the Hanford depot to the downtown courtyard vicinity, and all around the historic section, with a short stop in China's Alley for cold drinks at the tea room.

From group feedback, it sounded like everyone had a lot of fun visiting with each other while being both supportive and relational in the process.

For those who weren't able to be part of this adventure, we missed you; and, we hope to see you next year.

Bruce Medlin

"Driving and PD" - Tips and List of Resources

From Robin Riddle, APDA Center Coordinator <rriddle@stanford.edu>
parkinsons.stanford.edu, (650) 724-6090:

After the "Driving and PD" webinar hosted by the Parkinson's Disease Foundation (PDF) a couple of months ago, Steven Russell of Stanford's APDA Information & Referral Center compiled a terrific list of general resources and resources specific to Northern California on:

- * Self-Assessments of Driving Ability – both general and programs in California
- * How PD Affects Driving Ability (with a link to the PDF webinar)
- * How MDs Assess a Person's Ability to Drive
- * Finding a Driving Rehabilitation Specialist
- * List of Driving Rehabilitation Specialists in Northern California
- * Maximize Safety on the Road
- * Transportation After Driving Retirement
- * Family Matters

See: <http://parkinsons.stanford.edu/driving.html>

What follows is a detailed list of five tips Steven prepared after reviewing all of these resources.

Are you concerned about your driving ability, or the skills and focus of a loved one, friend or neighbor? Here are some tips for everyone – not just those dealing with Parkinson's disease.

Tip 1- Understand the effects of a neurological condition or aging can have on driving ability:

In general, aging and neurological conditions like Parkinson's can result in a reduction of strength, flexibility, coordination, reaction time, loss of visual acuity, and loss of the ability to accurately distinguish objects in low light or other occluded conditions. Confusion may increase with the progression of Parkinson's, making the quick switching between tasks and the focus required for safe driving very difficult.

Tip 2- Watch for warning signs of unsafe driving:

Signs of unsafe driving can appear gradually, or may, because of a change in overall health, suddenly present themselves. Even if individual warning signs seem minor, together they may pose a significant threat to the driver, passengers in the driver's vehicle, other drivers, pedestrians and bicycle riders. Health issues do not always preclude driving but do require extra vigilance, awareness and a willingness to make corrections where possible.

Watch for these signs:

-Medication conflicts/side effects. Always check labels and ask your medical professional and pharmacist for any possible side effects and interactions with other medications.

To be continued in next month's Newsletter.