

Greater Fresno Parkinson's Support Group

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

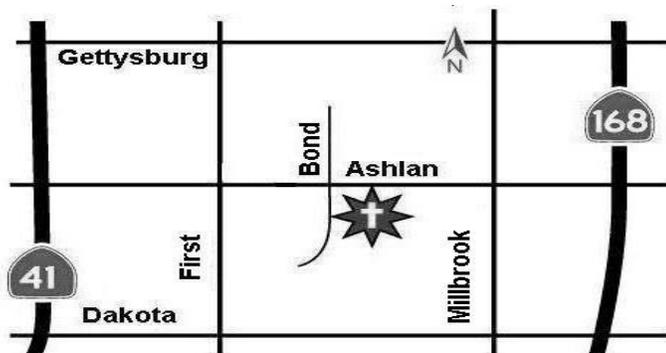
HAPPY FATHER'S DAY!!!

Our Support Group meets the second Saturday of every month except August.

 Our Next Meeting is on 

SATURDAY, JUNE 12, 2010
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.



Chuckle of the Month

One crazy day in our pediatric clinic saw me hand a young patient a urine sample container and tell him to fill it up in the bathroom. A few minutes later, he returned to my nurse's station with an empty cup. "I didn't need this after all," he said. "There was a toilet in there."

Linda Feikle, READER'S DIGEST, September 2008

OUR JUNE PROGRAM:

LIVING WITH PARKINSON'S: ESTATE PLANNING, LIFE PLANNING, AND VETERANS' BENEFITS

Robert Howk and his wife Marcella (Marcie) Downing of the Law Office of Howk & Downing, LLP will be speaking at our June 12th meeting on planning issues for Parkinson's patients and their families. Marcie's father is a Parkinson's patient himself. Robert and Marcella are local attorneys, practicing exclusively in the area of estate planning and elder law. They will be speaking to us on the ways that planning can improve quality of life while obtaining maximum benefits from Veterans' benefits and Medi-Cal.

Robert Howk, Esq., and
Marcella Downing, Esq.
The Law Office of Howk & Downing, LLP
4946 East Yale, Ste. 103
Fresno, CA 93727
(559) 229-8109

Refreshments will be available.

Take advantage of our growing library.

After-Meeting Get Together: At 12:30 pm, after the June 12, 2010, meeting, let's gather for further fellowship over a no-host lunch. We will meet in the Banquet Room of Huckleberry's Restaurant at 222 E. Bullard, Fresno (at Hwy. #41). It will be an informal opportunity to get to know one another better. See you there!

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.

Getting to Know: Albert J. and Juanita Atterberry



Albert was born in Quitman, MS, and Juanita was born in Hot Springs, AR. They eventually both relocated to Fresno. In 1964 Albert and Juanita met at a Baptist church where they both sang in the choir. Albert and Juanita were high school sweethearts; she attended Washington Union High School and he attended Edison High. In the 1980's, they became Jehovah's Witnesses. Together they have six children: 2 sons, and 4 daughters. When they married, Albert had 2 children, Juanita had 2 children, and they then had 2 together. They have 25 grandchildren ages 1 to 22 years old, and 7 great-grandchildren ages 1 to 5.

Albert worked for Manna-Pro (formerly Carnation Feed) in Fresno for 31 years making dairy, horse, and chicken feed, retiring in 2004. Juanita worked for IRS for 16 years before retiring in 2004 after having a heart attack and major stroke. She said she couldn't remember anything and had to work very hard to relearn how to walk, talk, read, and write.

Also in 2004, Albert noticed his right hand had started shaking slightly and he was diagnosed with Parkinson's disease (he also has a cousin with Parkinson's disease). Albert was told that it was unusual that only his right hand was shaking as it would normally be both sides. The shaking became progressively worse over the years to the point that he couldn't even eat. Dr. Bhatia prescribed medications, but they didn't help the shaking. Albert was referred to Dr. Dogali who performed Deep Brain Stimulation (DBS) in August 2009. When Albert awoke from surgery, his hand was no longer shaking, but he found he had suffered a stroke which affected his speech and his right leg and right hand. He spent the next 2 months at San Joaquin Rehabilitation Hospital followed by 6 weeks of outpatient treatment. For months after his surgery he was unable to sleep and spent day and night watching television.

Prior to his stroke and progression of Parkinson's, Albert enjoyed hunting, gardening, working around the house, and keeping busy. He and Juanita volunteered for the Fresno Zoo on Safari and VIP nights, were involved in the neighborhood watch program, and were always very active. Juanita currently does volunteer work a couple days a week at Edison Bethune Charter School where her granddaughter attends.

Albert started having falls a couple months ago, and so far has only fallen inside and has not had any serious injuries. He uses an exercise bike, but in the last 2 months has gone from using a cane to using a walker fulltime. He finds himself impatient and quick to anger now, but says he is working on that. He gave up driving after his stroke, and finds it hard to stay home. He states that he is unable to do much and sometimes gets depressed. It helps when friends come by to take him out, or come over and just sit and talk. He also said that music helps, and he particularly likes listening to BB King and other blues musicians.

Albert and Juanita attended their first Parkinson's Support Group meeting in April 2010 when they were invited by Dr. Bhatia, our April speaker. They have enjoyed attending our Support Group and the sharing of hope, information, and experiences it provides.

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

Librarians:

Bill & Kathy Larkin

Newsletter Editor:

Ellen Jablonski

STEERING COMMITTEE

Bill & Barbara Burmeister
Anne Guenther
Ellen Jablonski
Doug & Sue Jackson
Riley and Linda Jones
Bill and Kathy Larkin
Jocelyn Lock
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

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

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Clovis, CA 93612

**www.FresnoParkinsons.org
(559) 593-9953**

Synopsis of Our May 8, 2010, Meeting:

Doug Jackson and Barbara Burmeister emceed the meeting.

A presentation of medical equipment and products available to assist People With Parkinson's and their Care Partners was given by Robert (Bob) McKinlay (owner) and Mike Jones (sales and marketing rep) of **The Bone Store** located at Mission Village West, 343 East Shaw, Fresno, CA 93710, www.thebonestore.com. They demonstrated items such as pillows, bed wedges, analgesics, compression socks, and kinesia tape (aka "the Rock Tape"). In addition, they showed and discussed slides of lift chairs, mattresses, scooters, walkers, transfer chairs, and other furnishings.

Before taking a short break, Barbara Burmeister led the Group in a few seated exercises to prevent lightheadedness upon standing.

Members had an opportunity to check out the materials in our Group's growing Lending Library and to meet our new Librarians Kathy and Bill Larkin. Donations of Parkinson's-related materials are appreciated.

Russ Templeton announced that for the past few years, our Support Group has been privileged to hold our meetings at *The Bridge* free of charge. Although *The Bridge* has a new policy to charge fees to outside groups for the use of their facilities, they have made an exception for our group and have agreed to allow us to continue to use their facilities for our monthly meetings at no charge. As there are actual costs to *The Bridge* in making their facilities available to us, we took a separate voluntary offering to give to *The Bridge* to help cover some of these costs.

TREASURER'S REPORT BY BARBARA BURMEISTER:

Greater Fresno Parkinson's Support Group (GFPSG) Checking Account Report: The April 24 to May 25, 2010, Wells Fargo bank Statement shows a beginning balance of \$303.05. Debited from the account during this period were three checks totaling \$162.47 for newsletter-related and meeting refreshment expenses. Deposited to the account was \$228.00 in donations. This left an ending balance of \$368.58. Out of this balance, \$250 will be donated to *The Bridge* in thanks for allowing our Support Group to utilize their facilities without charge. 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 continued generous support.

Fresno Regional Foundation Account Report: There were no gifts or donations made in May to the GFPSG fund held at the Fresno Regional Foundation. The GFPSG Steering Committee has since approved transferring \$750.00 from the GFPSG fund held at the Foundation to replenish operating funds in the GFPSG Wells Fargo checking account, which will leave a balance of \$3,288.60 in our Foundation account.

Donations or gifts to our Support Group through the Fresno Regional Foundation are tax deductible. Donations can be made by check, Visa or MasterCard, or on-line. 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.

ng forward: Dr. Nezami, M.D., will speak at our July 2010 meeting. He is director of **Pacific Medical Center of Hope, Inc.**, at 1680 E. Herndon Ave., Suite 102, Fresno, CA 93720, (559) 439-5393, (559) 475-4300, (www.theregenerativemedicine.com). Dr. Nezami is a consulting board certified physician and graduate of USC and UCSF. **Pacific Medical Center of Hope** is designed to assist patients suffering from neurodegenerative disorders such as Parkinson's disease, Multiple Sclerosis, and dementia. This practice is focused on regenerative medicine while using cutting edge modalities that can improve brain function. Many of Dr. Nezami's patients have experienced outstanding results under his innovative medical care.

TYPES OF SKIN PROBLEMS IN PARKINSON'S DISEASE

There is excessive oiliness of the skin on the face, especially on the forehead and on the sides of the nose, making the skin look greasy and shiny. The scalp may become oily, resulting in greasy hair and dandruff. Inflammation of the skin may occur, causing the skin to become red and itchy, with a tendency to flake resulting in seborrheic dermatitis. In some cases there is extreme dryness of the skin due to too little perspiration. Too much perspiration can be a distressing symptom. Night sweats or hot flashes are quite common in patients with Parkinson's disease.

Causes of Skin Problems in Parkinson's Disease: Skin problems may occur as a result of Parkinson's disease and improper functioning of the autonomic nervous system, or sometimes as a side effect of anti-Parkinson drugs. The sebaceous glands in the skin produce sebaceous matter or sebum, which help to protect the skin and keep it supple. Excessive production of sebum may occur in Parkinson's disease and the areas that contain more sebaceous glands, such as on the forehead, beside the nose, and scalp are more severely affected. This causes oily skin and dandruff and in extreme cases the skin may become red, inflamed and itchy. Heat may exacerbate this problem. In Parkinson's disease, sweat glands may produce too little or too much sweat, causing problems of dry skin or excessive perspiration. Anti-Parkinson drugs also have side effects causing too much sweating (with medicines such as levodopa), or too little sweating (due to anticholinergics).

Treatment of Skin Problems in Parkinson's Disease: For oily and greasy skin, use a neutral soap (unscented glycerin soap) and wash the skin twice daily with warm water and rinse with cold water. Use gels since they are water based whereas creams are oil based. A cream containing sulfur and salicylic acid may give better results. Various lotions and shampoos are available for treatment of dandruff. Selenium or selenium sulfide containing products may help. Seborrheic dermatitis may need lotions containing a steroid such as adrenocorticotrophic hormone, or a ketoconazole-containing cream. Coal tar shampoo may be effective for forehead and eyebrows. Taking lukewarm showers, wearing light cotton clothes in summer, and drinking plenty of water and liquids are helpful in combating the effects of excessive perspiration. Excessive sweating may sometimes be due to side effects of anti-Parkinson's drugs such as levodopa or can occur during the "wearing off" period of levodopa treatment; adjusting the dose, using a controlled release levodopa preparation, or COMT inhibitors may help. Beta-blockers, anticholinergics, or use of astringents containing glutaraldehyde also help in some cases. Too little perspiration may be helped by reducing the dose of anti-Parkinson medicines such as anticholinergics, but check with your doctor first.