

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!!!



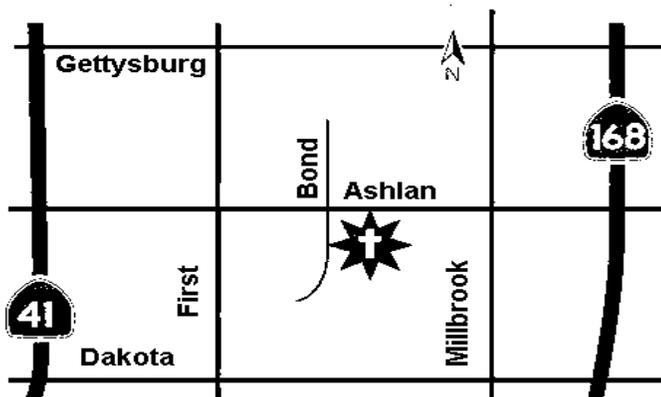
Our Next Meeting is on



SATURDAY, JUNE 11, 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:

Athetosis (ath'ə to' sis) noun, plural athetoses (-sēs) a muscular disorder characterized by continuous, slow, twisting motions of the hands, feet, etc. as in Parkinson's disease or cerebral palsy.

OUR JUNE 11 PROGRAM:

Valley Caregiver Resource Center (VCRC) is part of a statewide system which offers help to families and communities in order to master the challenges of caring for adults with brain impairing conditions (such as Parkinson's disease). Our June 11th Support Group meeting will feature **Susana Rodriguez**, who is part of the VCRC team as an Educator and Family Consultant.

Susana teaches on various caregiver issues, including her topic for June's meeting entitled "**Home Safety and Modifications.**" In this presentation, we will learn to identify possible safety problems which may be present in the home. She will share several insights and safety recommendations for bathrooms, bedrooms, kitchens, living areas, stairs, and more. We anticipate receiving helpful information and inspiration that will allow for patients to thrive at home, which often would be their most preferred environment. Susana will take questions during her presentation.

In addition, Susana will have a special pull-out session for caregivers after the refreshment break where they can learn some tips about care of themselves as a family caregiver. During the pull-out session, the rest of the Group will have the opportunity to share questions or experiences of a more general nature in the main meeting room.

Donations of refreshments are welcomed.

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.

Tune in on June 15, 2011, at 1:00 pm *EST* for the **LIVING WELL CHALLENGE:** **A Victory Summit and Panel Discussion Webinar on How to Live Well with Parkinson's Disease**

More than 4,500 people living with Parkinson's have been inspired and challenged to take action as a result of attending the Davis Phinney Foundation Victory Summit™ symposium in cities across the US. Now, this information and inspiration is coming to you in the first online event of its kind.

- Featuring presentations and discussions with leading researchers and movement disorder specialists from around the country
- Covering topics like the latest in research and clinical trials, nutrition, exercise, how to communicate with your doctor and your family.
- And finally, giving you access to worksheets and tools to support you in your commitment to live well today.

Challenge yourself to live well today. Watch with a friend or loved one. Tell your support group and tune in together. Get the tools and information you need to live well today with Parkinson's disease. Register today by visiting **www.davisphinneyfoundation.org** and clicking on The Victory Summit page. Or call **1-877-274-7673**.

"EVERY SPEAKER WAS WELL INFORMED, EXPERIENCED, AND RELIABLE. THIS IS THE BEST PROGRAM EVER! I WAS NOT VERY EDUCATED ABOUT PD, BUT I REALLY LEARNED A LOT. THERE WAS A FEELING OF HOPE AND INSPIRATION. THEY GAVE US MORE TOOLS TO LIVE BETTER. IT WAS A POSITIVE AND ENTHUSIASTIC EXPERIENCE." Sponsored by: Medtronic and Teva Neuroscience

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:

Mac & MaryAnn MacDonald

Newsletter Editor:

Ellen Jablonski

STEERING COMMITTEE

Bill & Barbara Burmeister
Anne Guenther
Ellen Jablonski
Doug & Sue Jackson
Riley and Linda Jones
Mac & MaryAnn MacDonald
Bruce Medlin
Jack & Faye Smith
Russell & Jan Templeton
Martin and Marianne Weil

WEBMASTER

Frédéric "Fredo" Martin
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PEER COUNSELORS FOR OUR CARE PARTNERS

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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:**

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TREASURER'S REPORT BY BARBARA BURMEISTER

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

The April 26 – May 24, 2011, Wells Fargo Bank Statement shows a beginning balance of \$1,206.96. Debited from the account during this period were 4 checks totaling \$285.89 for April and May newsletter-related expenses. Deposited to the account was \$129.00 in donations from the May Support Group meeting, leaving an ending balance of \$1,050.07. Outstanding is a check in the amount of \$28.97 for the May GFPSG meeting refreshments.

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: In May 2011, there were no gifts or donations made to the GFPSG fund held at the Fresno Regional Foundation. The current balance in our FRF fund is \$3,465.63.

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.fresnorefoundation.org to make a gift online.

Is Vitamin D Deficiency Connected to Parkinson's Disease:

Life Extension Magazine reports: "Previous studies suggested that long-term effects of Parkinson's disease may contribute to the development of insufficient vitamin D concentrations. Contrary to the expectation that vitamin D levels might decrease over time because of disease-related inactivity and reduced sun exposure, vitamin D levels increased over the study period. These findings are consistent with the possibility that long-term insufficiency is present before the clinical manifestations of Parkinson's disease and may play a role in the pathogenesis of PD.

Water and Parkinson's Disease – What's it to You?

People with PD have many concerns – medications and their effects, timing of meals and levodopa, job responsibilities, family concerns, and much more – and sometimes the most basic need of all can be forgotten. This is the body's need for water.

Without sufficient water, people with PD can become dehydrated, and are more susceptible to urinary tract infections, low back pain, confusion, dizziness, constipation and bowel impaction, and heat stroke. Dehydration and its consequences, such as urinary tract infection, are very frequent causes of hospitalization, and sometimes death, of people with PD. Infections, including urinary tract infections, can block the effects of PD medications, causing the Parkinson symptoms to become worse.

Signs of dehydration: confusion, fatigue, dry mouth, cracked lips, sunken eyes, dark urine, infrequent need to urinate, and difficulty swallowing liquids.

How much water? At least six eight-ounce glasses of fluids (at least four glasses should be plain water) daily – more if constipation is present. Tip: drink a full glass of water each time you take a medication.

Kathrynne Holden, MS, RD, <http://www.nutritioncanlivewith.com>

Ora Neal's daughter Marlaine would like our members to know that before Ora passed away, "Ora was very happy to be reminded that she was going to get a Heavenly body."

*Funeral services for Ora Neal will be held **Friday, June 10, 2011, at 10 am** at the Holy Spirit Catholic Church on the corner of Champlain and Friant Road. In celebration of Ora's life, there will be a "Tea Party" reception after the services in the church hall. Feel free to wear your favorite "Tea Party" clothes or hat in honor of Ora.*

In lieu of flowers, donations may be made to the Fresno Regional Foundation specifying the donation is for the *Greater Fresno Parkinson's Support Group Fund* in memory of Ora Neal. The Foundation address is 5250 N. Palm Avenue, Suite 424, Fresno, CA 93704.



Ora and Bob Neal and daughter Marlaine

IN MEMORIAM



Charles R. Horn
William R. Houk



Ora Neal

SYNOPSIS OF OUR MAY 14, 2011, MEETING

There were 38 attendees. Our intended presenter, Dr. Stephen Grossman, was unavailable; in his stead was his Nurse Practitioner, Conrad Rios. His topic was on the use and application, from a doctor's standpoint, of advance health care directives, physician orders for life sustaining treatment, and other documents in planning ahead in case of a patient's life-threatening situation. Two such documents widely used are the "Physician Orders for Life-Sustaining Treatment" ("POLST"); and "My Health Care Wishes, The California Medical Association's *Advance Health Care Directive Kit*." For more information on Advance Health Care Directives, see www.cmanet.org

Bruce Medlin and Arlene Beard gave details regarding the June 13, 2011, train trip to Hanford.



Conrad Rios, N.P.



Arlene Beard & Bruce Medlin

Chuckle of the Month:

Since it's the early bird that gets eaten by the bird, sleep late!

Resource of the Month:

www.nutritionucanlivewith.com

Kathryne Holden, MS, RD
"Eat Well, Stay Well With Parkinson's Disease"