

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!

We meet the second Saturday of each month except August and November or unless otherwise notified.



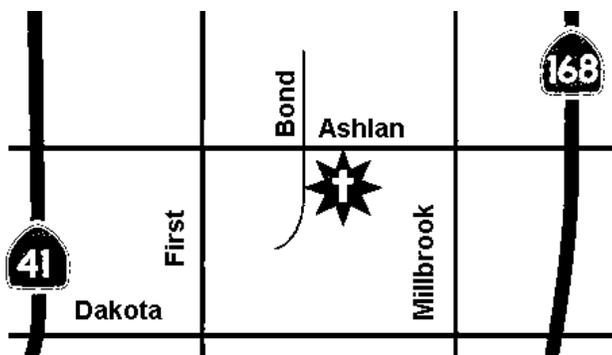
Our next meeting is:



SATURDAY, JUNE 9, 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.



BRING ON THE CURE!

OUR JUNE 9, 2012, PROGRAM:

Our featured speaker will be 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.

A short presentation about current PD studies being conducted will be given by Dr. Perminder Bhatia from the Neuro-Pain Medical Center, at 736 E. Bullard Ave., #101, Fresno, CA 93710, Phone: (559) 437-9700, Fax: (559) 437-9799.

Refreshments will be available.

There will be a 12:15pm lunch after the meeting at a location to be announced.

All Aboard the Ice Cream Train!

Amtrak **TIME CHANGE:** (date is the same—June 11, 2012): Fresno Departure is now **9:55am** instead of 11:45am. Arrive at Amtrak by 9:05am for parking and gather inside the depot. Hanford arrival is now at 10:28am. Hanford departure is the same at 2:42pm; arrive at Amtrak station by 2:15pm. Fresno arrival is the same at 3:15pm.

You are required to bring a valid (not expired) photo ID. Bring items for your journey such as water, sun hat.

"Freddie the Fire Truck" will meet us at the Hanford depot for transportation to Superior Dairy Ice Cream Shop. We request a \$5 donation to cover this cost.

For further info, call Bruce Medlin (719) 375-4293 or Arlene Beard (559) 960-5342.

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 April 25 – May 23, 2012, Wells Fargo Bank Statement shows a beginning balance of \$952.75. Debited from the account during this period were four checks totaling \$285.74 for April newsletter-related expenses as well as refreshment expenses for the months of March-May 2012. Deposited was \$68.00 in donations from the May 12th meeting. The current statement ending balance is \$829.99. Outstanding is a check in the amount of \$85.67 for May 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.

*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 May 29, 2012, the FRF Parkinson's Support Fund Statement shows an ending Fund balance of \$3,776.95. There was an \$8.33 debit from the Fund in May for FRF administrative fees. There were no gifts or donations made to the GFPSG Fund held at the FRF in May.

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

Nocturia: The need to wake and pass urine at night more frequently than normal; i.e., more than once per night (in contrast to enuresis, where urine is passed unintentionally during sleep). Common neurological disorders causing urinary symptoms include Parkinson's disease.

Chuckle of the Month

Stan hadn't been feeling well so he went to his doctor who told him he was dying. Stan asked how much time does he have. The doctor said 'ten.' "Ten? Stan asked "Ten what? Months? Weeks? The doctor replied "Nine."

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

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

(559) 322-8076

bburmeister@sierratel.com

106 W. Paul Avenue

Clovis, CA 93612

www.FresnoParkinsons.org

(559) 593-9953

SYNOPSIS OF OUR MAY 12, 2012, PROGRAM: Thirty-nine people attended. *Pa Kou Cha* provided information on the *California Telephone Access Program* ("CTAP") which gives free phones for those who qualify. Their office is at 7525 N. Cedar Avenue, Suite 115, Fresno, CA 93720, or go online at www.CaliforniaPhones.org, or call (800) 806-1191. There were breakout sessions for Care Partners and for Singles.

New treatments for Parkinson's disease are in the development pipeline, offering the potential of more-effective drugs and better control of side effects for the motor system disorder. One promising therapy is preladenant, from Merck. It's seen as an alternative to L-dopa, which can exacerbate tremors. Over time, Parkinson's drugs can lose their effectiveness, so developing other treatments is seen as crucial. Also working through trials and the drug development process: Fipamezole, from Santhera Pharmaceuticals, which is aimed at late-stage tremors. And Duodopa, a gel providing continuous delivery of drugs, from Abbott Laboratories. The Kiplinger Letter Vol. 89, No.9, March 2, 2012

LEE SWANSON RESEARCH UPDATE, APRIL 2012: CURCUMIN SHOWS PROMISE FOR PARKINSON'S PATIENTS

Intake of the spice curcumin (turmeric) could help reduce clumping of proteins associated with the onset of Parkinson's disease, according to new research.

The study—published in the *Journal of Biological Chemistry*—reports that the compound found in the spice curcumin could one day be effective in preventing or reducing Parkinson's by blocking the clumping (aggregation) action of proteins involved in the disease. Researchers from Michigan State University found that the spice prevents aggregation of a protein known as alpha-synuclein by forcing it to scatter. "Our research shows that curcumin can rescue proteins from aggregation, the first steps of many debilitating diseases," said Professor Lisa Lapidus, who co-authored the paper. "More specifically, curcumin binds strongly to alpha-synuclein and prevents aggregation at body temperatures," she added. The researchers said that when curcumin binds to alpha-synuclein it not only stops clumping, but it also speeds up the protein's folding and reconfiguration. By increasing the speed, the spice compound makes protein avoid clumping with other proteins as it is prone to when it folds more slowly.

Lapidus said the study opens the door for new developments as it showcases the potential for measuring and altering the reconfiguration of proteins that can lead to serious health issues. Lapidus' team said that shedding light on the process by correlating the speed at which protein folds with its tendency to clump or bind with other proteins could help future research and development activities.

Curcumin has increasingly come under the scientific spotlight in recent years, with studies investigating its potential health benefits. As a result, curcumin has been linked to a range of health benefits, including potential protection against Alzheimer's, heart failure, diabetes and arthritis.

Journal of Biological Chemistry 287(12):9193-9199, 2012

Tool #8: Learning from Our Emotions

It is a strength to recognize when your emotions are controlling you (instead of you controlling your emotions). Our emotions are messages we need to listen to. They exist for a reason. However negative or painful, our feelings are useful tools for understanding what is happening to us.

Even feelings such as guilt, anger and resentment contain important messages. Learn from them, then take appropriate action. For example, when you cannot enjoy activities you previously enjoyed, and your emotional pain over-shadows all pleasure, it is time to seek treatment for depression—especially if you are having thoughts of suicide. Speaking with your physician is the first step. (Please refer to the Fact Sheet on Caregiving and Depression, listed below.)

Caregiving often involves a range of emotions. Some feelings are more comfortable than others. When you find that your emotions are intense, they might mean the following:

- That you need to make a change in your caregiving situation.
- That you are grieving a loss.
- That you are experiencing increased stress.
- That you need to be assertive and ask for what you need.

Summing Up

Remember, it is not selfish to focus on your own needs and desires when you are a caregiver—it's an important part of the job. You are responsible for your own self-care. Focus on the following self-care practices:

- Learn and use stress-reduction techniques.
- Attend to your own healthcare needs.
- Get proper rest and nutrition.
- Exercise regularly.
- Take time off without feeling guilty.
- Participate in pleasant, nurturing activities.
- Seek and accept the support of others.
- Seek supportive counseling when you need it, or talk to a trusted counselor or friend.
- Identify and acknowledge your feelings.
- Change the negative ways you view situations.
- Set goals.

It's up to you!

©Family Caregiver Alliance

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, E-mail: info@caregiver.org. This is one part of an 8-part series. For the complete document, please contact Parkinson Association Northern California ("PANC"), (866) 979-PANC.