

Greater Fresno Parkinson's Support Group

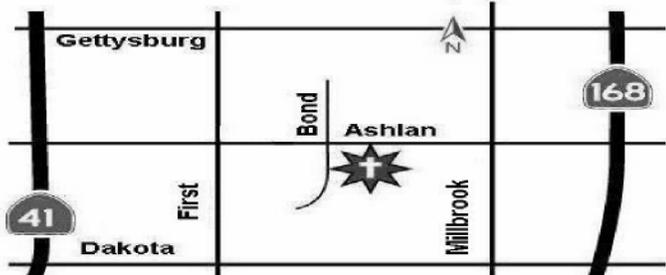
"Helping to optimize the quality of the lives of *People With Parkinson's* and their *Care Partners*."

MARCH 14, 2009

(Saturday Meeting)

10:00 a.m. – 12:00 p.m.

In the Chapel of **THE BRIDGE** Evangelical Free Church, 3438 E. Ashlan Ave., Fresno, CA 93726, at the SE corner of Ashlan & Bond between First & Millbrook (enter on Ashlan).



MEETING PROGRAM: This will be a general meeting, one where the primary focus will be on discussing problems that members present are having in managing their Parkinson's disease (PD) symptoms; however, there will also be a short presentation by Frank Hoover representing Teva Neuroscience, Inc., makers of Azilect (rasagiline) tablets. Don't miss this interesting and worthwhile program.

THE VICTORY SUMMIT

**AN INTERACTIVE SYMPOSIUM DESIGNED TO INFORM
AND INSPIRE PEOPLE LIVING WITH PARKINSON'S
DISEASE**

Thursday, March 12th, 2009 \$20

per person (breakfast, lunch, program materials, Doubletree Hotel, San Jose, valet parking and all day access to onsite Health Fair).
2050 Gateway Place,
San Jose, California 95110

Pre-Register: (800) 655-2273 or online

www.thepi.org

If you go, please tell us about it next meeting.

ELLEN TAKES A BREAK

The Condition of My Condition



If you are a grape that fell off the proverbial vine, you may not be aware that I have been having challenges with the progression of PD, PD meds, and such. My medical team agreed that for me at this time, an adjustment of my meds to

combat another bout of "Parkinson's paranoia" would be best done while hospitalized. My wonderful "Parkinson's family" rallied to get this month's Newsletter done without me, for which I am very grateful. Jan Templeton has graciously offered to be my temporary "contact person" for messages and updates regarding my health situation. Jan's phone is 559-297-8685 or email her at templetons@afo.net.

Wishing you all health and hope, *Ellen*

Ellen: We, too, are wishing--wishing, hoping, and praying-- for your speedy recovery and your soon happy home-coming. GFPSG

Treasurer's Report by Barbara Burmeister: The February 25, 2009, Wells Fargo Bank Statement shows a Beginning Balance of \$593.77. Debited from the account were cleared checks totaling \$195.17 for meeting and Newsletter expenses. Credited to the account were donations totaling \$88.00. The Statement shows an Ending Balance of \$486.60. A check in the amount of \$21.98 for February meeting refreshment expenses is outstanding, leaving an Adjusted Ending Balance of \$464.62. I would like to thank each of you for your generous donations and continued support to the GFPSG.

Fresno Regional Foundation: The balance in the "Parkinson's Support Fund" as of February 28, 2009, is \$3,136.00. This balance reflects a \$20.00 donation credited to the account in February. There were no expenses debited from the account. Thank you for your contribution to the Fund so essential to our Group.

Getting To Know Jim & Betty Norman



Jim and Betty were born and raised in Wyoming. They met in 1954 at a "Turkey Dance" in Gillette and were married on March 27, 1954. Jim had already graduated from the University of Wyoming in Laramie and had served a term in the Air Force. They have two daughters and they tragically lost their son about 18 months ago. They also

have six grandchildren and three great grandchildren. When they talk of family, their pride and delight in theirs is quite apparent.

Jim was a life insurance agent most of his working years; however, after 24 years in that work, he went back to school and became a licensed general chiropractor but Parkinson's disease forced his retirement in the late 1990's. In his 12-year practice, Betty worked as his Medical Assistant.

Jim said this about his PD: "The first symptom was dragging my right foot. I was going to a city gym at the time. I continued to work-out but at a slower pace. When diagnosed with PD, I did not at first take PD medications and I continued to work for the next three years.

Then I went on a strenuous bike ride with a group at Monterey. I was unable to complete the ride. When I got back to Fresno I went to my Doctor and he prescribed 'Sinemet.' and cautioned me to keep the dosage as low as possible.

I started at one tablet per day, doing well for a couple years. I moved up to 1 tablet twice a day; 1 tablet 3 times a day; later each dose was increased to 1½ tablets. During the past two years I have taken 1½ tablets every 3 hours 6:30 a.m. to 9:30pm. The doctor tried extenders (agonists) to get longer effects of the pills. I reacted strongly to each and was not able to take them.

Although a Kaiser patient, Kaiser let me volunteer in various trial or test programs offered by Dr. David Margolin in Fresno. I was in his program off and on for three years. The last pill I tested put me to sleep at the breakfast table so I was unable to finish the test.

Based on testing and my age (now 79), Kaiser Doctors contend that I would not benefit from Deep Brain Surgery.

I exercise five to six times a week to a disk recording, *Managing Parkinson's Disease*. Called a 'Step-kit,' this recorded disk is packaged with three booklets: (1) *Coping with Parkinson's Disease, A Caregiver's Guide*; (2) *Living With Parkinson's Disease, A Guide to Treatment, Options and Lifestyle, Changes to Help you Manage Parkinson's Disease;* and (3) *Taking Control. Recognizing & Managing the Signs & Symptoms of 'Wearing-Off.'* This FREE kit can be ordered on line at www.stepkit.net. Check our library for one at the next meeting. Questions? Call Jim, 229-2107.

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PEER COUNSELORS FOR OUR CARE PARTNERS

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Sue Jackson: (559) 434-7928
Shirley Robinson: (559) 226-2673
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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