

Greater Fresno Parkinson's Support Group

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

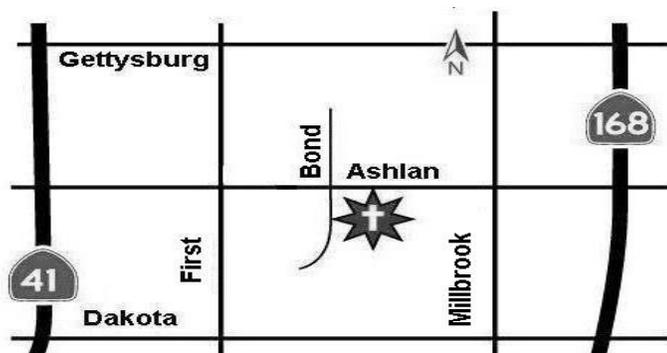
HAPPY ST. PATRICK'S DAY!!!

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

 Our Next Meeting is on 

SATURDAY, MARCH 13, 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

After overhearing bodybuilders at the San Joaquin Valley Rehab Fitness Center talking about getting a "six-pack" (meaning well-developed abdominal muscles), a member attending the Parkinson's class remarked: "Why settle for a six-pack when you could have a keg?!"

OUR PROGRAM:

Our March 13th meeting will feature:

(1) a brief presentation by Fresno State Physical Therapy Master's Degree students on developments in the making of gait adaptations by Parkinson's patients, including details on how you may participate in the related University study starting in later March;

(2) an update by Martin and Marianne Weil on the growth and merits of the exercise program that has recently completed its first year of operation at San Joaquin Valley Rehab Fitness, (specifically designed to meet the needs of PWP);

(3) a breakout session for Care Partners hosted by Anne Guenther with Yee Vue of the Valley Caregivers Resource Center, an organization which provides services for caregivers such as respite care, home care planning, etc.; and

(4) a question and answer session for PWP (while the care partners are meeting separately) to share information from our own experience that may be helpful to one another in living with PD in an overcoming way. Bring your inquiries and any equipment to "Show and Tell" with the Group. (Also, if you prefer, you can submit a written question for the emcee to present on your behalf.)

Looking forward:

April is "*Parkinson's Awareness Month*."
(See page 2 for ways to participate.)

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.

FOURTH ANNUAL PARKINSON'S UNITY WALK

The *Walk* will be held April 24, 2010, 8:00 am to 12 pm, at Blain Park at 3101 S. Court Street, Visalia, CA 93277. It will feature local musical groups. Bring your own refreshments. Mim Smith is the Chairperson for the event. Funds raised locally will be sent to the *National Parkinson's Unity Walk*. 100% of the funds raised nationally will go towards research to find the cause and a cure for Parkinson's disease. Donation checks should be made out to: *Parkinson's Unity Walk*, and sent to **Central Valley Parkinson's Support Group, 4612 S. Linda Vista, Visalia, CA 93277**, or walkers may bring envelopes and pledged donations to the *Walk*. Donations are 100% tax deductible: the 501(c) Tax ID# is 13-384-2415. Pledge forms will be available at the Greater Fresno Parkinson's Support Group meeting March 13, 2010. There is no set donation to participate in the *Walk*. A limited amount of event T-shirts will be available to purchase at the *Walk*. Best is to order them beforehand. To order T-shirts or for more information, call Pat at (559) 733-9916 or (559) 734-1017, leave your name, phone number, sizes of T-shirts and how many of each size. T-shirts sized Child through 1X are \$15, Adult sizes XX or larger are \$18.

Parkinson's Disease Foundation Quilt Project: The first global quilt project to focus on people living with PD will consist of panels made by individuals and groups affected by PD. The Quilt will be shown in its entirety at the 2nd World Parkinson's Congress in Glasgow, Scotland in September 2010. To submit a panel, visit www.support.pdf.org/quilt or www.facebook.com/parkinsonsquilt, or call (800) 457-6676, or visit www.pdf.org@pdf.org.

News from Dr. Robert L. Calmes: Effective February 1, 2010, Dr. Calmes joined *University Neurology Associates* at East Medical Plaza, 2335 E. Kashian Lane, Suite 301, Fresno, CA 93701 in downtown Fresno on the Community Regional Medical Center campus, just west of the UCSF Fresno Center for Medical Education and Research near Fresno and Divisadero. Patient parking is complimentary (with validation) in the East Medical Plaza Parking Garage just north of their building. *University Neurology Associates* and *Community Regional's Neuroscience Outpatient Rehabilitation* are associated with the *Central California Neuroscience Institute*. The office contains dedicated, comprehensive diagnostic and treatment facilities. It is the first of its kind in the region providing a team of experienced and dedicated physicians, allied health providers, and staff to care for patients at one location. The office brings a multidisciplinary approach to the field of neuroscience, ensuring that patients with various neurological diseases and injuries to the spine, nervous system, and brain receive the most appropriate course of care in an effective manner.

The office is 23,000 square feet and is equipped with 22 exam rooms, 4 procedure rooms, physical therapy gym, occupational therapy, speech therapy, augmentative communication laboratory, respiratory therapy laboratory, nutrition resources, and social work resources.

Dr. Calmes and the staff are looking forward to welcoming you to the office and to the University Centers of Excellence—affiliated with UCSF School of Medicine and UCSF Fresno Medical Education Program.

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
Joycelyn 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:**

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Barbara Burmeister

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www.FresnoParkinsons.org

(559) 593-9953

Getting To Know: EDWARD AND MARGARET NEUFELD



Both my wife and I are Canadians. I was born in Saskatchewan; and she in British Columbia. I received my medical school training at University of British Columbia. This is where I met my wife, Margaret, on a blind date for me, but not for her since she set it up. I finished medical school in 1962. Margaret worked for some time at the Vancouver General Hospital until the arrival of our first daughter, Patricia, and soon after Pauline. We left for Los Angeles for internship at the L.A. County Hospital where I did my CA Medical Board Exams.

We returned to British Columbia where I spent 2 years in General Practice. Our next 2 children, Philip and Pamela, were also born in Canada. We moved to Vancouver where I took a year of training in surgery in preparation to do missionary work in Africa. After spending a year in Fresno at the seminary to familiarize ourselves with the mission's policies, we went to Brussels, Belgium to study French and tropical medicine. Finally, we arrived in Congo, Africa where we served for 4 years as medical missionaries. We enjoyed our time in Congo even though we endured some anxious moments where we encountered occasional roadblocks with armed soldiers. The most rampant and prevalent medical problems were malaria, worms, and tuberculosis. The Congolese people were most appreciative of our medical care. More so, the spiritual input from the local church and Pastor Kasai confirmed God's presence in our midst. After returning from Africa, we became American citizens. I took my surgical residency at Valley Medical Center in Fresno. After residency, I started my own private practice spending 17 years in general and vascular surgery in Fresno. During these years, more and more I noticed chest pain when walking. Finally, it was undeniably angina. I saw my cardiologist for a Treadmill test, which was abnormal, which was followed by an angiogram. I was scheduled for bypass surgery for the following day; when I awoke, I was told I had a six-vessel bypass graft.

I decided to retire and did so with no regrets. I had an eventful and satisfying practice. During retirement, we had the privilege of traveling across the United States and Canada several times and enjoyed the RV community. In the subsequent years following my retirement, I had six back surgeries confirming my decision about retirement. Six years ago we built our new house with a backyard garden and a koi fish pond. We have certainly enjoyed our time in this home.

One day I was walking with a friend and he remarked, "You're not swinging your left arm." I couldn't explain this symptom and decided to ignore it. After some time, my wife noticed that my chin was almost in the cereal. She coaxed me to see a neurologist, Dr. Calmes. He made the diagnosis of Parkinson's just by observing me in the waiting room. He noted I had a flat expression. He started me on Sinemet trying both Requip and Mirapex at different times. We stopped these two medications because of side effects and their potential harmful effect. In 2008 I had Deep Brain Stimulation surgery. Both of the stimulators became infected with pseudomonas. An effort was made to control the infection with intravenous antibiotics. The leads were removed in March of 2009 at which point the infection was finally controlled. Presently I am taking as low a dosage as possible of Sinemet. My experience with a brain stimulator was certainly traumatic, both physically and emotionally. I've lost the ability to do wood work and to read or use a computer as I once did.

I'm thankful for my wife and family who are supportive to me, and most particularly my wife as Care Partner. Just recently on February 6 we celebrated 50 years of marriage.

TREASURER'S REPORT BY BARBARA BURMEISTER:

GFPSG: The January 28–February 24, 2010, Wells Fargo Bank Statement shows a Beginning Balance of \$482.65. Debited from the account during this period was a check in the amount of \$152.75 to WorkingArts Marketing (\$142.80 for January–December 2010 Website hosting, and the \$9.95 yearly fee for registration and management of the *gfpsg.org* domain name). Also debited from the account during this period was a check in the amount of \$35.52 for the February Support Group meeting refreshments. Deposited to the account was \$109 in donations from the February 13, Support Group meeting, leaving an Ending Balance of \$403.38. Outstanding are two checks totaling \$127.54 for miscellaneous Newsletter-related expenses and the actual expense of printing and mailing the monthly newsletter, leaving an Adjusted Ending Balance of \$275.84.

Monies donated directly to our Support group are not tax deductible; however, they do help cover the cost of meeting and Newsletter expenses. Thank you so much for your continued generous support.

Fresno Regional Foundation Year-End Report: The "Greater Fresno Parkinson's Support Group Fund" account balance at the *Fresno Regional Foundation* on March 1, 2010, was \$3,973.00. There were no donations, gifts, or fees posted to our account in January or February 2010. The *Fresno Regional Foundation* charges an administrative fee of \$100 per year to maintain our account. This fee is charged at the rate of \$25 per quarter, and will be deducted from our account in March.

Donations or gifts to our Support Group through the *Foundation* are tax deductible and can be made by check, Visa, or MasterCard. Make your check out to the *Fresno Regional Foundation* and specify that the donation is for the *Greater Fresno Parkinson's Support Group Fund*. The Foundation's address is 5250 N. Palm Ave., Ste. 424, Fresno, CA 93704. Call (559) 226-5600 or go to www.fresnoregfoundation.org for additional information.

Synopsis of Our February 13, 2010, Meeting:

Doug Jackson and Barbara Burmeister emceed the meeting. There were a number of organizational changes proposed and adopted. Both Doug Jackson and Bruce Medlin were approved as Co-Leaders with Russ Templeton. The following individuals were added to the Steering Committee: Riley and Linda Jones; Bill and Kathy Larkin; and Martin and Marianne Weil. Doug acknowledged the passing of Allen Guenther and that Anne Guenther will continue as facilitator for the Care Partners Group. Kathy and Bill Larkin have volunteered as Co-Librarians and are on our Steering Committee; Bruce Medlin will handle audiovisual equipment setup and also joined our Steering Committee. Barbara Burmeister requested a volunteer to assist her as backup Treasurer. Also needed is a volunteer assistant for Ellen Jablonski to serve as backup Editor of the Newsletter.

Dr. Margolin gave an overview of the symptoms of PD and treatment thereof followed by information regarding Parkinson's-related studies including ones with which Dr. Margolin is involved. Application forms were provided for his study. If you would like to volunteer, contact Dr. Margolin's office at Margolin Brain Institute, 1551 E. Alluvial Ave., Ste. 101, Fresno, CA 93720, (559) 299-1515.

Word of the Month: Agonist from the Late Latin *agnista*, contender, from the Greek *agnists*, contestant, from *agn*, contest. A drug that binds to a receptor of a cell and triggers a response by the cell. An agonist often mimics the action of a naturally occurring substance. An agonist produces an action. It is the opposite of an antagonist which acts against and blocks an action. Agonists and antagonists are key agents in the chemistry of the human body and important players today in pharmacology. For example, in treating Parkinson disease, the long-used drug levodopa can cause uncontrollable, jerky body movements called dyskinesias that can inhibit a person's ability to function. Dopamine agonists mimic the effects of dopamine in the brain by stimulating dopamine receptors with a lower risk of the uncontrollable and irreversible dyskinesias often associated with levodopa therapy.