

Greater Fresno Parkinson's Support Group

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



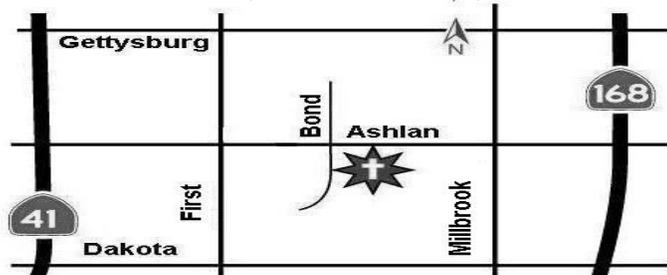
Our Next Meeting is:



Saturday, May 9, 2009

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).



OUR PROGRAM: We will have an open mic meeting and "Show & Tell." Please bring items or tips that you've tried and let us know whether or not they improved your "Quality of Living."

EXERCISE CLASSES FOR PEOPLE WITH PARKINSON'S DISEASE

San Joaquin Valley Rehabilitation ("SJVR") Fitness
11:00 a.m. – 12:00 p.m. Tuesdays and Thursdays at
7033 N. Fresno St., Ste. 101, Fresno, CA 93720.
Call Luis Melgoza (559) 431-2635 re special rates.

Resource of the Month: *The Michael J Fox Foundation for Parkinson's Research*, Grand Central Station, PO Box 4777, New York, NY 10163, (800) -708-7644, www.michaeljfox.org. This Foundation is geared toward People with Parkinson's, their Care Partners, and others interested in Parkinson's research that is funded by the Foundation which is "dedicated to ensuring the development of a cure for Parkinson's disease within this decade through an aggressively funded research agenda." There are lists of events, and one may sign up for their free email newsletter.

Synopsis of our April 11, 2009, Meeting:

The restructuring of our Group's leadership was affirmed: Russ Templeton was appointed as Interim Support Group Leader and Emcee; and Barbara Burmeister, in addition to continuing as Treasurer, will serve as Assistant Emcee.

An appeal was made for volunteers to fill posts such as Librarian, Hospitality Coordinator, and Alternate Emcees. Ideas for program subjects and guest speakers are welcomed.

Group Members Ellen Jablonski and Kirby Eskelsen announced their engagement to be married.

Dan DeSantis, CEO and Board Member of the *Fresno Regional Foundation*, gave an overview of the Foundation's purpose and progress. For information or to make tax-deductible donations benefiting our Support Group, go to www.FresnoRegFoundation.org or call (559) 226-5600.

Russ Templeton played recorded portions of Michael J. Fox's appearance on the Oprah show March 31, 2009, in which Michael promoted his TV special "*Michael J. Fox: The Nature of Optimism*" on ABC's "*Primetime*" May 7, 2009, 10:00 p.m., and his latest book, "*Always Looking Up*." <http://oprah.about.com/od/oprahshowrecaps/p/michaeljfoxalwayslookingup.htm>.

Ellen read portions of an article in The Fresno Bee's April 4th Valley Voices, "*Support group a bright spot in Parkinson's fight*" by Lena Lawrence, a resident of Tulare whose husband has PD, in which the Central Valley Parkinson's Support Group in Visalia is lauded.

The *Central Valley Parkinson's Support Group's 3rd Annual Parkinson's Unity Walk* in Visalia April 25 was a success. There were over 100 attendees and over \$20,000 has been donated so far. Tax-deductible donations, 100% of which go directly to research, can still be made by writing checks payable to "Parkinson's Unity Walk" and mail c/o CVPSG, 5417 W. LaVida Ct., Visalia, CA 93277. For more info, call Mary Dickerson Frantz at (559) 622-9044.

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, because 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. You are encouraged to report negative side effects of prescription drugs to the FDA: www.fda.gov/medwatch, (800) FDA-1088.

Getting To Know BILL ESCOLA:



Bill was raised on a farm in Merced and moved to Fresno when he was in fourth grade. He attended Fresno High School and Fresno State, where he majored in Agriculture, graduating in 1950 with a BS in Animal Science. His first job was working in a butcher shop in high school. After college he entered the Air Force and flew F-84 fighter planes in the Korean War. His career in the service afforded him many opportunities to travel and live abroad, including about 14 months in Korea and 20 months in various parts of Japan. One significant memory was landing his F-84 on the Island of Iwo Jima and touring the famous memorial that was erected there.

While Bill was in the service, he met Nancy, then a professional ice skater traveling with the "Ice Capades." Their first date was to enjoy the Harry James band in Great Falls, Montana. Bill and Nancy were married on March 4, 1955 — three days before Bill was released from the Air Force. After their marriage, they settled in Fresno, California, where Bill opened a sporting goods business in downtown Fresno called Mid-Valley Sport Center. This business was eventually sold, and Bill started another business, Central Valley Athletic, with locations in both Fresno and Bakersfield. Bill has since retired.

Bill and Nancy have two daughters and a son, two of whom live locally. A significant interest was traveling: together, they made 8 trips to Europe. Their favorite travel location was their two-week trip to the Holy Lands, a tour group led by three pastors. Bill and Nancy attend Trinity Presbyterian Church when their health and transportation allows.

Bill and Nancy enjoyed skiing as their favorite sport, Nancy being quite "a natural" on the ski slopes. They maintained a condo in Idaho.

In 2001, Bill experienced a significant fall due to "imbalance" on the ski slopes in Idaho, resulting in a broken hip and pelvic bone. The necessary repair didn't work, and eventually he needed a hip replacement in May 2005. It was during the recovery from this surgery that Bill was first diagnosed with Parkinson's disease. That same month, Nancy was diagnosed with Progressive Supranuclear Palsy ("PSP"), a rare disorder that is often mistaken for Parkinson's disease due to similar early symptoms. Presently Nancy uses a wheelchair and needs full-time assistance.

Bill is hopeful that his participation in our Support Group will provide a nucleus of friends, an opportunity for service, an encouragement to others, and mutual support in times of difficulty and loss.

OFFICERS

Interim Leader/Emcee:

Russell Templeton

Treasurer/Alternate Emcee:

Barbara Burmeister

Membership Committee:

Sue & Doug Jackson

Faye & Jack Smith

Care Partners Group

Leader:

Anne Guenther

Co-Librarians:

Bill Houk

Joycelyn Lock

Tony Turano

Newsletter Editor:

Ellen Jablonski

STEERING COMMITTEE

Barbara Burmeister

Allen Guenther, Emeritus

Anne Guenther, Emeritus

Bill Houk

Ellen Jablonski

Doug and Sue Jackson

John Klassen

Joycelyn Lock

Max & Shirley Robinson,

Emeritus

Dottie Rosenberg, Emeritus

Jack & Faye Smith

Stuart Snider

Russell & Jan Templeton

Anthony Turano

Max & Charlotte Wolfe, Emeritus

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

**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

The National Parkinson Foundation and “23andMe” Are Partnering on a Genetics Research Initiative: The partnership will allow up to 10,000 People With Parkinson's (“PWP”) to receive a reduced membership rate to the ***Personal Genome Service*** to find new connections and draw larger conclusions about the nature of PD and to determine why certain people are affected and not others. Sergey Brin, Co-Founder and President, Technology, of Google, whose mother has PD, carries the LARK 2 genetic mutation for PD that is common in Ashkenazi Jews. Through his support, the cost of the “23andMe” program was reduced from \$399 to \$25 for participants in the March 12, 2009, Parkinson's Symposium in San Jose. This discount still may be available: contact the Parkinson's Institute at (408) 734-2800. A small saliva sample and participation in online surveys will be required. If you are a PWP and would like to participate in this research project, type or “copy/paste” the following in your web browser: <http://208.199.91.75/> or for more information go to their web site at www.23andme.com.

Tribute and Thanks to Max Robinson
By Russell Templeton

What could possibly be said by way of tribute to our Leader Emeritus *Max Robinson* for all he has done on behalf of “People with Parkinson's” and their Care Partners? Nonetheless, we cannot let pass his recent resignation as our Support Group's Leader without attempting appropriate comment:

Max is a man of many gifts and talents. If you have worked with him, you are well aware of his diligence, concentration on the task at hand, and striving for excellence. One thing that stands out about Max is his humility. One small indication of this may simply be the title which he preferred to use on behalf of our Support Group. “Leader” is about as simple or understated as it could be for his function. When I first heard the word “Leader,” I thought of how rarely I see this used in the media for people concerned about themselves or their legacy. He is not “president” or “CEO.” He is not “chairman” or “boss.” He is from an attitude standpoint a servant among equals. We are fortunate indeed to have benefited by his gentle manner, long-term vision, and the wealth of experience that he has brought to us. We will also continue to benefit, to the extent Max's health permits (as coordinated by his wife Shirley!) from his future consulting services. One day we are confident he will again hear the commendation we offer to him today: “Well done, good and faithful servant.”

In Memoriam:

Fred Ross Doll, March 2, 2009, and Virginia Lee Doll, March 31, 2009
Remembrances in memory of Virginia Lee Doll can be made to:
National Parkinson Foundation, Office of Development,
1501 N.W. 9th Avenue/Bob Hope Road, Miami, FL 33136-1494



Treasurer's Report by Barbara Burmeister:

GFPSG: The March 25 – April 23, 2009, Wells Fargo Bank Statement shows a Beginning Balance of \$577.62. Debited from the account during this period were two checks totaling \$254.22 for meeting, newsletter and postage expenses incurred in March and April. Credited to the account was \$75.00 in donations from the April meeting. The ending balance on April 23, 2009, was \$398.40. Thank you for your continued generous support. Monies donated at the Support Group meetings help cover newsletter, postage, and refreshment expenses.

Fresno Regional Foundation: The balance in the "Parkinson's Support Fund" as of April 30, 2009, is \$3,641.66. This balance reflects a \$20.00 donation credited to the account in April. There were no expenses debited from the account. Thank you for your contributions to this Fund so essential to our Group. Donations and gifts made to our Support Group through the Fresno Regional Foundation are tax deductible.

Manage Medications: The *e-pill CADEX 12 Alarm Medication Reminder Watch and Medical ID* looks like a normal digital watch (not oversized) but is an instrument that helps the patient remember to take medications up to 12 times per day. It is easy to program. The face even notes the name of each pill to take. The watch stores medical information like allergies, blood type, and phone numbers for health insurance and doctors. It is also an "away from home" medical alert ID bracelet. Approximately \$80, www.cadexwatch.com, (800) 549-0095.

Shower Heads That Prevent Burns: The **HotStop Shower Head**, approximately \$25, (877) 531-7470, and **Antiscald ScaldShield Shower Device**, approximately \$35, (718) 268-7126, prevent scalding by slowing the shower flow once the water temperature gets too hot. The flow restarts when water gets cooler. While the HotStop replaces a regular showerhead, the ScaldShield is placed between the showerhead and the pipe.

Word of the Month:

From "*Making the Connection Between Brain and Behavior, Coping With Parkinson's Disease*" by Joseph H. Friedman, M.D.," 2008

"Confabulate: Make up. Confabulations, unlike lies, are created to fill a memory void, rather than to fool another person. The patient believes the statements are true. Confabulations can be bizarre, but usually are ordinary, everyday sorts of experiences. 'What did you do yesterday?' 'I went to the ballgame,' even though the patient is bedbound in the nursing home."

Chuckle of the Month:

Michael J. Fox:

"I'm the only person I know who has to warn people 'My body language lies!'"