

Greater Fresno Parkinson's Support Group

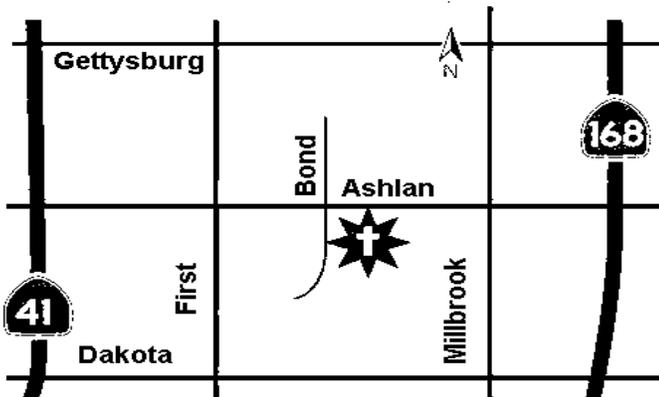
"Helping to optimize the quality of the lives of *People With Parkinson's* and their *Care Partners*."

HAPPY HALLOWEEN!!!

 Our Next Meeting is on 

SATURDAY, OCTOBER 9, 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.



BRING ON THE CURE!!!

Word of the Month:

Articulators (är-tīk'yə-lā,tərs) noun: Any organ in the mouth or throat whose movement produces speech sounds, as the tongue, uvula, or teeth.

OUR OCTOBER PROGRAM

Our October program will begin with a presentation by Talar Yemenjian, a licensed pharmacist. She is a graduate of the School of Pharmacy at the University of Southern California. She has for some years been employed by Save Mart Pharmacies in Fresno, and for a period worked with a compounding pharmacy (compounding pharmacists formulate prescriptions for custom applications). As if that were not enough to keep her busy, she also has a husband and a 15-month-old daughter.

Mrs. Yemenjian will be addressing issues concerning the medications used for many symptoms of Parkinson's (including those used by alternative practitioners), together with their relative advantages, side effects and interactions. There will be opportunity for questions from the floor.

After our break for refreshments, we plan to have a separate session for Care Partners to exchange advice and support. All others will have an opportunity in a general session to seek answers or offer insights from their own experience with Parkinson's. Come prepared to share any tips, questions, or "show and tell" items you think would be good for discussion.

ATTENTION:

DUE TO THE UNAVAILABILITY OF OUR USUAL MEETING FACILITIES DURING THE MONTH OF NOVEMBER, THERE WILL BE NO NOVEMBER SUPPORT GROUP MEETING. We look forward to our getting together as usual at the regular meeting on December 11, 2010.

Resource of the Month:

www.guidetohealthcareschools.com/library/parkinsons-patient

This website includes a geographically-diverse list of medical centers with high standards for Parkinson's treatment and highlights of recent research on the disease. The article also contains listings of online and print sources for discovering more about the disease, as well as online communities where you can connect with other Parkinson's patients and care providers.

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.

Getting to Know: BETTY WIPF



Bill Wood & Betty Wipf

Betty Wipf is a native Clovis resident from a family that founded Clovis. Betty's father graduated from Clovis High School and got his medical degree from Vanderbilt in Tennessee. He returned with his bride, a young lady from Nashville, Tennessee, whom he had met at church. The family had 140 acres, some of which are at the location of Clovis Community Hospital. Betty grew up in Clovis where her father was the first Mayor (formerly they had the office of "City Dad" to govern the small town). He served one year as the County Health Officer, but he quickly determined he "was not corrupt enough to be in politics."

Betty graduated from Clovis High and attended Fresno State. While a student there, she began her teaching career having a combined class of 7th and 8th grade students. Over the years, Betty found her niche teaching 2nd grade children. She married Wes Wipf, and they shared their years of marriage in California (all but 5 of them in Clovis). Her last 25 years were invested in teaching children in their homes, usually students who had medical needs. Betty retired in 2009.

Betty's early years were spent in the family home. Betty and her husband Wes lost their first child, a son Dudley, who died in infancy. When Betty was expecting their second child, she went into "Bernet Sanitarium" for delivery. But while still in labor, the newly built hospital next door opened early the next morning, so Betty was wheeled next door into the new Fresno Community Hospital where her daughter Heidi was delivered as the first baby born at FCH. Every year for 13 years, the hospital delivered a rose to Heidi in honor of her being the first baby born at their facility. Heidi and her family, including Betty's 2 grandchildren, reside next door to Betty in that original family home.

Betty and Wes enjoyed many years together, making 25 trips to Hawaii as their favorite vacation spot. Betty's nickname is "Peke" – which is Hawaiian for "Betty." They also enjoyed playing bridge and were Central California champions for some years in sports car rallies driving their MGB. Betty was widowed in 2000.

One friend from Betty's early days in Clovis (and a former boyfriend of her older sister) was Bill Wood, also a graduate of Clovis High. Bill had gone into the service, and "everything changed" in his life. After he left the service, he returned to the Clovis/Madera area, where he spent his career in agriculture with a special interest in cattle and horses. Bill was widowed in 2006. After 65 years apart, Betty and Bill re-established their friendship. Now when you see Betty, you will probably notice Bill alongside, encouraging and assisting Betty as needed.

Betty was diagnosed with Parkinson's disease in April 2009. It was quite an adjustment, having been involved in walking and running competitions up into her 80th year (when she fell during a race). A trip to China in 2006 was mostly enjoyed from the tour bus window, her usual energy somewhat drained, perhaps an early symptom of PD. Betty has experienced many side-effects from the various PD medications, and has not yet found meds that work well to treat her PD needs. In recent months, a motorized wheelchair has been added to assist her with walking.

Betty exercises daily to maintain functioning, and has supportive friends and family. She has long been a part of the local Methodist Church. Betty and Bill play bridge often with friends. Bill says Betty has "a lot of intestinal fortitude" to assist her in managing her PD with a good attitude.

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

Librarian:

Cindy Ohler

Newsletter Editor:

Ellen Jablonski

STEERING COMMITTEE

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Anne Guenther
Ellen Jablonski
Doug & Sue Jackson
Riley and Linda Jones
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
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 August 25 – September 24, 2010, Wells Fargo Bank Statement shows a beginning balance of \$857.41. Debited from the account during this period were three checks totaling \$209.15 for newsletter-related and meeting refreshment expenses. Deposited to the account was \$158.00 in donations from the September Support Group meeting. The current ending balance in the checking account is \$806.26. Outstanding is a check in the amount of \$88.59 for September newsletter expenses.

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 continued generous support.

Fresno Regional Foundation (FRF) Account Report: There were no gifts or donations made to the GFPSG fund held at the Fresno Regional Foundation in September. The current balance in our Foundation account is \$4,357.84.

Donations or gifts to our Support Group through the Fresno Regional Foundation are tax deductible. Donations can be made by check, Visa or MasterCard, or online. 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.

CHUCKLE OF THE MONTH

Scotch? On the first day of school, the children brought gifts for their teacher. The florist's son brought the teacher a bouquet of flowers. The candy store owner's daughter gave the teacher a pretty box of chocolates. Then the liquor store owner's son brought up a big, heavy box. The teacher lifted it up and noticed that it was leaking a little bit. She touched a drop of the liquid with her finger and tasted it. "Is it wine?" she guessed. "No," the boy replied. She tasted another drop and asked, "Champagne?" "No," said the little boy..."It's a puppy!"

Submitted by Sue Jackson

Young Parkinson's Retreat Update: Arrangements are being made by APDA for a 3-day cruise to Ensenada, leaving Long Beach on Friday, February 11, 2011, evening and returning on Monday morning. Inside cabin \$210 per person double occupancy (3rd & 4th person in the cabin pay \$20 each); outside cabin is \$240 per person double occupancy (3rd & 4th person in the cabin pay \$30 each). The port taxes are fixed at \$128.87 per person. So 4 people in an inside cabin would pay \$243.87 each. The Retreat program includes tai chi, yoga, complementary therapies (such as music and dance), children's activities, teen group, and an educational seminar. In addition to the activities of the retreat, the shipboard amenities and meals on board are also included. See www.carnival.com. Make a \$100.00 per person deposit made payable to the travel agency which is giving us their net rates; they are not charging any fees or commission--the owner has Parkinson's himself. Rates are not guaranteed until we make confirmed reservations. Please reply ASAP to Natalie Reich natalie@whynottravel.com or (818) 718-9031 ASAP with your deposit and booking details. For further information, contact valleyapda@yahoo.com or linda.oconnor@cshs.org, or Viviane Tondeur, MBA, Gerontologist Coordinator, APDA Information and Referral Center at CARE in Northridge, (866) 499-2732.

Residential Homecare Services invites you to its tour of four assisted/residential care communities: Fairwinds, Garden Terraces, Valley Christian, and Autumn Ridge, on Saturday, October 16, 2010, 9:30 a.m. to 2:00 p.m., starting at Fairwinds – Woodward Park, 9525 Fort Washington, Fresno, CA 93730. Food and drinks are provided. Tickets: \$30/person, \$50 for 2. Register by October 10 for a \$5 discount. Make checks payable to "Residential Homecare" and mail to 6513 N. Anna, Fresno, CA 93710, (559) 435-8138. Proceeds benefit *Alzheimer's Research Center*.

Synopsis of Our September 11, 2010, Meeting: Russ Templeton and Doug Jackson emceed.

Kathy Justi of “*Comfort Keepers*” made a brief announcement offering 3 hours of free non-medical in-home respite care for People With Parkinson’s, Alzheimer’s, or ALS. They are a top provider of in-home care for seniors and are bonded and insured. Serving the Central Valley, 1849 N. Helm, Suite 108, Fresno, CA 93727, (559) 456-8064, email: clovisca@comfortkeepers.com. Kathy distributed a checklist of “Twenty Questions to Ask Before Hiring a Home Care Agency” and a flyer announcing an offer for discounts on new one-year subscriptions to the *Fresno Bee* for 96¢ plus tax a week, and the Television Guide for an additional 29¢ plus tax a week. The *Bee* also has special discount rates for Saturday and Sunday only delivery and Wednesday and Sunday only delivery. Contact the Fresno Bee and ask for the “*Comfort Keepers Discount*” (559) 441-6777. This offer ends December 31, 2010.

A presentation about “*Lee Silverman Voice Treatment*” (“LSVT”®) was made by our featured speaker, Debbie Moore, M.A., CCC-SLP, Speech Language Pathologist Coordinator, San Joaquin Valley Rehabilitation, 7173 N. Sharon Avenue, Fresno, CA 93720, (559) 436-3680, Fax: (559) 436-3640. LSVT® is the “gold standard” in treating speech disorders for People With PD. The result of the treatment for soft voice, mumbled speech, monotone speech, hoarse voice, or limited facial expression lasts up to two years. Treatment is for one month, one hour per day, four days per week (16 individual treatment sessions). Debbie demonstrated some of the techniques used in treatment. For further information on LSVT® Global, call (888) 438-5788, Fax: (206) 202-4214, Email: info@LSVTGlobal.com, or online at www.LSVTGlobal.com. The treatments may be covered by your insurance, so obtain a referral from your physician.

After a brief break for refreshments, our Care Partners met in another room for a meeting facilitated by Anne Guenther. Meanwhile, for those remaining, there were further discussions about LSVT® and general questions.

PARTICIPANTS NEEDED FOR STUDY ON SPEECH PATHOLOGY AND PARKINSON’S

Speech pathology researchers at the University of Washington in Seattle, WA, are conducting a study to learn more about how the speech changes associated with Parkinson’s disease (PD) affect how people are able to participate in everyday communication situations such as making a phone call to schedule an appointment, ordering a meal in a restaurant, or visiting with family and friends. They are looking for individuals with PD who have experienced changes in their speech due to PD who would be willing to fill out a set of questionnaires from home about the impact of their speech changes on everyday activities. The information from this study will be used to develop a questionnaire that will be made available to speech pathologists and other healthcare providers so that they can better understand the experiences of their clients who live with PD and speech changes. The long-term goal for this line of research is for this information to improve the ability of people with communication disorders to participate in daily situations and to have greater accessibility of everyday environments. Further information about the study is at: <http://staff.washington.edu/cbaylor>.

Individuals interested in participating in this study must still use speech as their primary method of communication (i.e., not solely relying on augmentative or computerized speech devices). Individuals must live at home or in community settings such as assisted living (nursing home residents are *not* eligible). Participants will be asked to complete a set of questionnaires. This can be done from home either online or on paper forms that the researchers mail to you. The questionnaires should take about one hour to complete but you can take breaks as needed. Participants must be able to provide their own answers to the questions. They may have help in the mechanical aspects of the questionnaires such as reading the questions or marking answers, but they must be able to choose their own answers to the items.

To participate, you can ask questions or leave a message on email at commpart@u.washington.edu or at (206) 221-3563 (please leave your name, whether you would like online or paper questionnaires, and the relevant contact information, and that you have PD [we are including different medical diagnoses in the study and need to be sure we send you the questionnaire for PD]). All information will be kept confidential. Identifying information (names) and contact information will not be shared.