

Greater Fresno Parkinson's Support Group

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

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



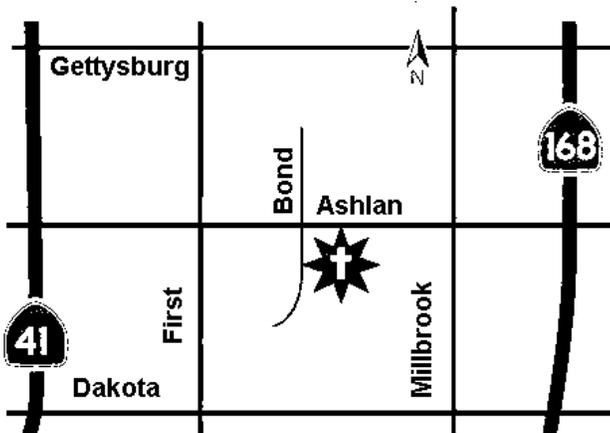
Our next meeting is:



SATURDAY, OCTOBER 13, 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 OCTOBER 13, 2012, PROGRAM

The speaker will be *Marcy Johnson, Ph.D., M.A., Psychometrist*, from the *Alzheimer's and Memory Team Center* in Fresno, http://cadc.ucsf.edu/cadc/centers/thecenters/ucsf_fresno. They are connected to the University of California, San Francisco (UCSF). They work with families for diagnostic and testing, mostly with geriatrics. She will be addressing issues about dementia. She welcomes questions from both Parkinson's Patients and Care Partners.

Refreshments will be provided and contributions are welcomed.

Welcome aboard Bob and Dorothy Starr and Winston Field as the newest members of our Steering Committee.

Welcome Winston With Waffles (or whatever else that's tasty)

At Huckleberry's Restaurant on Bullard Avenue and Highway 41, at 12:15 pm (after the meeting), back in the banquet room. It's always a good time when we get together to greet and eat.

Bruce Medlin, (719) 375-4293

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 August 24 – September 26, 2012, Wells Fargo Bank Statement shows a beginning balance of \$2,070.91. Debited from the account during this period were seven checks totaling \$497.52 for meeting refreshments, as well as August and September newsletter and newsletter-related expenses. Credited to the account was \$70.70 in donations from the September meeting. The current statement ending balance is \$1,644.09.

*Monies donated directly to our Support Group are **not** tax deductible; however, they do help cover the cost of newsletter, refreshment, and operating expenses. Donations made to the Parkinson's Support Group fund held at the Fresno Regional Foundation **are** tax deductible (see information below).*

If you have an email account but receive a hard-copy of the newsletter, please contact our newsletter editor Ellen Jablonski to have your newsletter delivered by email. This would reduce the expense of printing and postage, and would also save Ellen valuable time.

Fresno Regional Foundation (FRF) Fund Report: There was a \$100.00 donation made to the Greater Fresno Parkinson's Group Fund held at the FRF in September ~ thank you! We started 2012 with a Fund balance of \$4,758.85. Revenue to date includes \$300.00 from Gifts/donations and \$24.93 earned from Dividends and Interest. Expenses/Debits to date include \$66.64 in Foundation Administrative Fees; as well as \$2,500.00 from the Support Group Fund to replenish the Wells Fargo checking account (\$1,000.00 in January, and \$1,500.00 in August). As of September 28, 2012, the FRF Parkinson's Support Fund Statement shows an ending Fund balance of \$2,517.47.

Attention - Tax Time is Coming!!! Consider making a tax-deductible donation to support our Greater Fresno Parkinson's Support Group. Donations or gifts to our Support Group through the *Fresno Regional Foundation* are tax deductible and can be made online, 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.

PARKINSON WEB RESOURCE OF THE MONTH: www.johnargue.com John Argue's *Art of Moving*

John Argue's program is different from most exercise programs because so much of it is aimed at developing a mental ability. In Parkinson's, previous automatic actions are no longer reliable, so you need to learn to move and speak consciously. The John Argue Method is an ARTFUL approach to movement for people with PD that theoretically addresses the underlying motor control deficits associated with PD. Through John's background in acting, yoga, and Tai Chi, John Argue has developed an approach that naturally (1) improves body awareness (GRACEFULNESS), (2) increases conscious effort (MINDFULNESS), and (3) eliminates dual tasks (COMPLETENESS). In addition, his use of humor and emotion illustrate the interactive role of the basal ganglia in motor, cognitive, and motivational systems.

OFFICERS

Co-Leaders/Emcees:

Doug Jackson
Bruce Medlin

Treasurer

Barbara Burmeister

Hospitality:

Megan Bateman

Librarians:

Mac & MaryAnn MacDonald

Membership Committee:

Sue & Doug Jackson
Faye Smith

Newsletter Editor:

Ellen Jablonski

Care Partners Group Leader:

Anne Guenther

STEERING COMMITTEE

Megan Bateman

Arlene Beard

Bill & Barbara Burmeister

Winston Field

Anne Guenther

Ellen Jablonski

Doug & Sue Jackson

Riley and Linda Jones

Mac & MaryAnn MacDonald

Bruce Medlin

Faye Smith

Bob & Dorothy Starr

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: (800) 510-2020
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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www.FresnoParkinsons.org
(559) 593-9953

SYNOPSIS OF OUR SEPTEMBER 8, 2012, MEETING: Around 30 people attended.

Megan Bateman presented a kit available through *National Parkinson Foundation* the contents of which assure proper treatment for Persons with Parkinson's while at the hospital. Visit www.awareincare.org or call (800) 473-4636 to order your "Aware in Care" kit.

Robert Howk and Marcella Downing, husband and wife attorneys, assist clients with Elder Law Issues, VA, Medi-Cal, Advanced Estate Planning, Business Law, Business Succession Planning, Estate Planning, Pet Trusts, Probate / Estate Administration, Special Needs Planning, and Long-Term Care Planning. The Law Office of Howk & Downing, LLP; 2001 N. Van Ness Blvd., Fresno, CA 93704, www.howk-downing.com, (559) 229-8109

Premotor Symptoms in Parkinson's

By Monique Giroux, MD and Sierra Farris, PA-C MPAS

The diagnosis of Parkinson's has always focused on the well-known, characteristic motor symptoms of slowness, stiffness and rest tremor. However, many people with Parkinson's can recall experiencing common symptoms many years before motor symptoms began.

These non-motor symptoms collectively have become known as premotor symptoms, which include constipation, loss of smell, depression and/or anxiety, and rapid eye movement (REM) sleep disorder. Premotor symptoms may signal the onset of the disease and indicate that a person is at a higher risk of subsequently developing motor symptoms: REM Sleep Disorder: may onset 15 - 50 years before motor symptoms; Constipation: may onset 10 - 20 years before motor symptoms; Depression/Anxiety: may onset up to 20 years before motor symptoms; Loss of smell: may occur only a short time before motor symptoms.

Medical researchers are hopeful that these premotor symptoms will help doctors to diagnose Parkinson's before there is extensive loss of dopamine-producing nerve cells and well before the onset of motor symptoms. The earlier the diagnosis, the more clues may be discovered about why dopamine nerve cells experience more rapid decline. More knowledge about how the disease evolves over the years may also enable researchers to focus on slowing progression, developing disease-modifying therapies, or even preventing the onset of motor symptoms.

The challenge that researchers face is in identifying the presence of premotor symptoms (common in the general population) and stratifying the risk of who may be at risk for developing Parkinson's. The subject is still under investigation.

*A critical appraisal of the premotor symptoms of Parkinson's disease: Potential usefulness in early diagnosis and design of neuroprotective trials; Anthony E. Lang MD, FRCPC. *Movement Disorders*, Volume 26, Issue 5, pp. 775-783, April 2011.

Word of the Month

Hyposmia, i.e. losing the ability to smell for no known cause and which could be a marker for the non-motor signs of Parkinson's disease.

Chuckle of the Month

A blond man shouts frantically into the phone "My wife is pregnant and her contractions are only two minutes apart!" "Is this her first child?" asks the Doctor. "No", he shouts, "this is her husband!"

"Driving and PD" - Tips and List of Resources

(Continued from our GFPSG September 2012 Newsletter.)

(From Robin Riddle, APDA Center Coordinator <riddle@stanford.edu>, parkinsons.stanford.edu, (650) 724-6090: After the "Driving and PD" webinar hosted by the Parkinson's Disease Foundation (PDF), Steven Russell of Stanford's APDA Information & Referral Center compiled a terrific list of general resources and resources specific to Northern California.)

Tip 4- Adjust to life without driving:

You've probably been driving your entire adult life and will find deciding to stop very challenging. It is normal to be irritable, frustrated and even angry. You may feel ashamed or worry that you are losing your independence. It takes great courage to stop driving and to put the safety and well-being of yourself and others first. You may also find that there are benefits to living without a car. Consider that you may:

- Save money on the cost of car ownership (including service costs, registration, gasoline, auto insurance and depreciation). These savings can help you cover the cost of alternative transportation as it becomes necessary. Many who were using their vehicles for short trips find that the cost of taxis and shuttles is far less than the cost of car ownership.
- Improve your health. Many find that giving up the car encourages more walking and cycling, which can be very beneficial to your overall mobility and health. In addition, you could see better sleep patterns, a boost in energy and improved confidence as well as possible reductions in pain and improvements in mind, memory and mood.
- Appreciate the change. You will of necessity slow down once you are no longer driving. Many people find this relaxed pace more enjoyable and find they suffer far less stress and worry.
- Expand your social interactions. Many people have trouble asking others for assistance. This is an excellent opportunity to reach out to others and connect with new friends, neighbors or to reconnect with family members. Find a way of accepting rides that you find comfortable. Offer the driver money for gas, offer to cook a meal in exchange for the ride, or to help with groceries if the driver takes you shopping. Carefully study your alternatives before giving up driving. The more alternatives you have, the easier the transition will be. Remember to consider not only appointments and "have to's" but also people and activities in your life that bring you joy and fulfillment. Feeling housebound and unable to visit friends and family can quickly lead to depression. If your options and resources are limited where you are currently living, consider the possibility of making a move to where you have more options and support, or want to consider senior living options.
- Public transportation. Check for local transit systems and if they provide a discount for those over a certain age or experiencing disabilities.
- Ride sharing. Offer to share costs with neighbors, friends or family members.
- Community shuttles/senior transit. Your town, city or county may provide transportation for medical appointments. Some medical facilities (particularly those assisting veterans) may provide transportation. Local places of worship and senior centers may also have shuttle programs.

(To be continued in our next month's Newsletter.)