

Greater Fresno Parkinson's Support Group

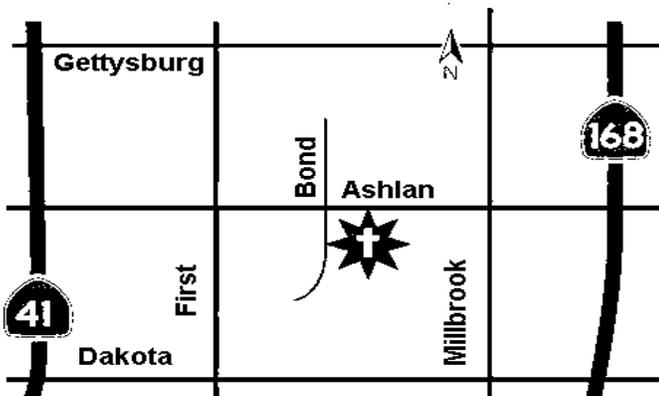
"Helping to optimize the quality of the lives of *People With Parkinson's* and their *Care Partners*."

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

 Our Next Meeting is on 

SATURDAY, SEPTEMBER 11, 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.



Word of the Month:

Incontinence (in kən tən əns) *Latin: incontinenens*. Involuntary release of urine, feces, or semen due to loss of muscle control, head injury or diseases such as Parkinson's disease.

OUR SEPTEMBER PROGRAM

We will be having **Debbie Moore** from **San Joaquin Valley Rehab Hospital** as our program speaker. She is a Speech Pathologist having extensive academic and professional credentials. She will speak on how Parkinson's disease may include problems with swallowing and/or speaking, and she will discuss therapy that helps. She is, in fact, the only local authorized leader for the **Lee Silverman Voice Treatment**.

Additionally, we expect to have **Kathy Justi** of **Comfort Keepers**. She will make a brief announcement and distribute materials concerning the no-cost offer her organization, **Comfort Keepers**, is making to provide three hours of respite care monthly to any Parkinson's family needing it.

Lastly, we will block out a meeting time after the break for the **Care Partners** to share questions and solutions amongst themselves.

Correction: In our August Newsletter, "Synopsis of the **July 12**, 2010 Meeting:" should have been "July **10**." Ooops!

Resource of the Month:

www.parkinsons.about.com/

About.com helps users solve the large and small needs of everyday life from parenting, healthcare, and technology to cooking, traveling, and more.

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: Darrell "Mac" and Mary Anne MacDonald



Darrell "Mac" MacDonald was born in Bemidji, Minnesota, in 1934. When he was 12, he moved with his mother to Astoria, Oregon, and then a year later to Tacoma, Washington. Being born in the land of 10,000 lakes and ending his growing years in the beautiful Northwest all set the stage for his love of the outdoors, especially fishing. Darrell moved to Escalon, CA to attend Escalon High School, and then served three years in the Marine Corps (two of which were sea duty on the USS Hancock). The GI Bill enabled Mac to attend Modesto Junior College and Fresno State.

Mac was an avid skier; he took a semester or two off from his studies at Fresno State and, living out of his jeep, skied most of the major slopes of the West. He skied on the National Ski Patrol at China Peak for two or three years.

Fresno Unified School District hired Mac in the fall of 1964 where he met Mary Anne, also a teacher in the same school district. Mac worked there for 31 years, teaching crafts and then Work Experience. Mary Anne taught French, Latin, and English. Married in 1967 and on a tight budget, they decided to honeymoon on a cross-country camping and fishing trip to Glacier National Park. Camping was a new experience for Mary Anne, and they had a wonderful time. Mary Anne enjoys fishing and once caught a 58-pound King Salmon on the Kenai River in Alaska!

In 1974/75, Mac became a vocational counselor at several high schools. He was part of the team that developed the vocational school at Manchester. The school relocated to the former Sierra Junior High School, which became known as Duncan Polytechnical High School. When Mac retired in 1995, he was doing vocational counseling, was managing the R.O.P. program for Fresno Unified, and had completed 5 years as treasurer of the California Industrial Arts Association.

Fishing and hunting always were important, fishing especially so. After retirement and encouraged by Mary Anne who was still teaching, Mac, who wanted to catch a variety of fish, traveled to South America (peacock bass), Baja (marlin), Australia (no luck....the guide, fearing the 'gators in the Mary's River, stood them up!), Sweden (no luck), Central America (tarpon), Alaska (kings), Argentina (trout and salmon), and Canada (king and halibut). Along the way, Mac learned to fly fish, and he has built many of his own rods.

Love of the outdoors, camping, and fishing led to cooking! Mac loves to cook with his Dutch Ovens; he became an expert in making bread, main dishes, and desserts. He was always invited to bring his ovens by his pack-trip buddies who were at first scandalized by the ovens' weight, but who decided the results were worth it.

Mac was diagnosed with Parkinson's in March 1999 by Dr. Calmes who knew by Mac's flat, expressionless face when they first met in the waiting room that Mac has Parkinson's. Mac began a course of Sinemet and immediately felt better. Mirapex, Permax, and Requip have been tried, and the best was Permax. Presently they are titrating down the Sinemet. In 2001 Mac was a participant in the UCLA PEG study and presently is ending the UCLA Udall study.

Mac and Mary Anne recently celebrated their 43rd wedding anniversary. They have one daughter, Diana, who lives with her husband and their son in Seattle. Mac and Mary Anne hope to remain healthy enough and live long enough to teach their three-year-old grandson the joys of the great outdoors.

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:

(seeking a volunteer)

Newsletter Editor:

Ellen Jablonski

STEERING COMMITTEE

Bill & Barbara Burmeister
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

Or online:

Caring From a Distance:

www.cfad.org

Family Caregiver Alliance:

www.caregiver.org

Fresno-Madera Area Agency

on Aging: (559) 453-4405 or
(800) 510-2020

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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Clovis, CA 93612

www.FresnoParkinsons.org

(559) 593-9953

Treasurer's Report by Barbara Burmeister:

Greater Fresno Parkinson's Support Group ("GFPSG") Checking Account Report: The July 27 through August 24, 2010, Wells Fargo Bank Statement shows a beginning balance of \$1,107.41. Debited from the account during this period was a \$250.00 check to *The Bridge* in appreciation for allowing our Support Group to utilize their facilities without charge. The current ending balance in the checking account is \$857.41. 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 was one donation in the amount of \$50.00 made to the GFPSG fund held at the FRF in August. Additionally, thanks to Martin and Marianne Weil, the FRF became aware of the financial needs of our Support Group, and voted to bestow our Group with a gift in the amount of \$1,000.00 from the Board's "Common Good" fund. The \$1,000.00 is specifically to assist the GFPSG in making periodic donations to *The Bridge* for the use of their facilities. This is such exciting news ~ thank you Martin and Marianne; thank you Fresno Regional Foundation!!! The current balance in our FRF account is \$4,365.00. Donations or gifts to our Support Group through the FRF are tax deductible. Donations can be made by check, Visa or MasterCard, or on-line. 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 FRF is: 5250 N. Palm Avenue, Suite 424, Fresno, CA 93704. For additional information, call them directly at (559) 226-5600 or visit their website at www.fresnoregfoundation.org to make a gift online.

TARDIVE DYSKINESIA OFTEN MISDIAGNOSED AS PARKINSON'S DISEASE

The Tardive Dyskinesia Center ("TDC") (tardivedyskinesia.com) provides educational information on Tardive Dyskinesia ("TD"), a movement disorder that is often misdiagnosed as Parkinson's disease ("PD"). TD is a result of damage to the bodily systems that process dopamine. It is typically caused by exposure to certain prescription medications, including *Reglan*. The symptoms of TD mimic those of PD and are irreversible and incurable. TD victims suffer from involuntary, repetitive movements which often continue after the drug is no longer used. The TDC features the most up-to-date information on TD, its causes, and all known treatment options. Additionally, they distribute free support books and informational packets. Help spread awareness about TD and help prevent others from developing this debilitating disease. **Kristin Dambrauskas, Public Outreach Director, Tardive Dyskinesia Center, (800) 584-6601, Kdambrauskas@tardivedyskinesia.com.**

Young Parkinson's Retreat: Arrangements are being made for a 3-day cruise to Mexico leaving Los Angeles on Friday evening and returning on Monday morning. The best rates are for January 7 or February 11, 2011. 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. We need to know which of the 2 dates would work and how many people would be traveling together. We will need \$25 per person deposit 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 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.



ROBERT WOOD JOHNSON
MEDICAL SCHOOL

University of Medicine & Dentistry of New Jersey

Depression and Social Support in Parkinson's Disease (PD)

*A study for PD patients and their families
funded by the National Institutes of Health (NIH)*

Do you have PD and suffer from these symptoms?

- ◆ ***Getting more and more isolated***
- ◆ ***Feel sad or empty most of the day***
- ◆ ***Difficulty falling asleep or staying asleep***
- ◆ ***Loss of interest in daily activities***
 - ◆ ***Unable to concentrate***
 - ◆ ***Feeling tired all of the time***

HELP US FIND ANSWERS

Dr. Roseanne Dobkin at the Robert Wood Johnson Medical School in New Jersey is conducting a 10-week treatment study of depression in PD. The study treatment does not involve medication and helps people to change thinking patterns and behaviors that may be related to depression. Participation may take place over the phone for those who are unable to travel.

All research care including an extensive psychiatric evaluation is provided at no cost to those who qualify. A friend, family member, or significant other will also be asked to participate in the study. *Participants are paid \$20.00 for each study evaluation.*

For more information, please call Dr. Dobkin at:
732- 235-4051