

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 and November** or unless otherwise notified.

APRIL IS PARKINSON'S AWARENESS MONTH

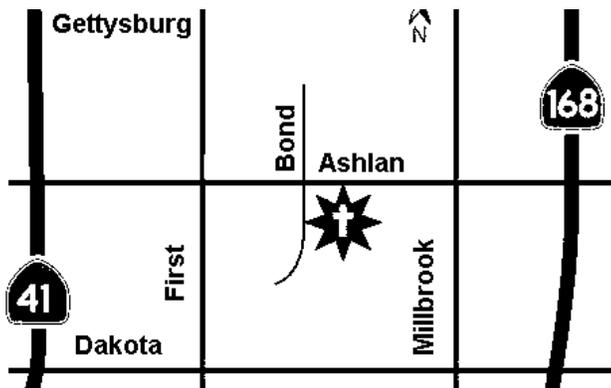


Our next meeting is:

SATURDAY, APRIL 13, 2013

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 APRIL 13 2013, PROGRAM:

Our speaker will be attorney **Marcella Downing** of the *Law Office of Howk & Downing, LLP*. Marcie will continue her September 2012 discussion on Elder Law, estate planning, Veteran's benefits, Medicaid, and other issues that might pertain to us.

Refreshments will be provided and donations are welcomed.

Avail yourselves of our Lending Library. Librarians MaryAnn and Mac MacDonald can assist you.

GOING TO THE ZOO

Monday April 22, 2013,
Fresno Chaffee Zoo
Meet near the Zoo Entrance at **10am**.
894 W. Belmont Ave.,
Fresno, CA 93728
Phone Number (559) 498-5910

Cost is \$7.00 for Adults, \$3.50 for Seniors 62 plus, and \$3.50 for Kids 2-11, under 2 free.

There are wheelchair rentals for \$4.00, and one electric chair for \$20.00 rent. Make reservations for your wheelchair needs.

There is a snack bar available.

AFTER MEETING LUNCH

Lunch after the meeting will be at **Me-N-Ed's Victory Grill & Cantina** opposite of Yosemite Falls Café in Granite Park on Cedar, between Ashlan and Dakota on east side of Cedar.

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 February 27 – March 25, 2013, Wells Fargo Bank Statement shows a beginning balance of \$1,686.66. Credited to the account was \$70.00 in donations from the March 9th Support Group meeting. Debited from the account were three checks totaling \$193.38 for March newsletter and hospitality expenses leaving an ending balance of \$1,573.28. Outstanding is a check in the amount of \$85.37 for February 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. Donations made to the Parkinson's Support Group fund held at the Fresno Regional Foundation **are** tax deductible (see information below).*

Fresno Regional Foundation (FRF) Fund Report: The March 29, 2013, FRF Parkinson's Support Fund Statement showed a 2013 beginning balance of \$2,598.12. Revenue to date includes \$150.00 from gifts/donations made in January, and \$5.81 earned from Dividends and Interest. Expenses/Debits to date include \$17.00 in Foundation Administrative/Investment Fees. The ending Fund balance is \$2,736.93. There were no donations or gifts made to the fund in March 2013.

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 on-line, 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.

CHUCKLE OF THE MONTH:

I stayed up all night to see where the sun went. Then it dawned on me.

WORD OF THE MONTH:

Dysosmia (dī-sŏ-z' mē-ə) n.
An impairment or dysfunction of the sense of smell which can be a symptom of Parkinson's disease.

IN MEMORIAM

Jack Smith



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

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:

Ellen Jablonski

(559) 298-4080

Ellen4curePD@att.net or

Barbara Burmeister

(559) 322-8076

NEW EMAIL: bnb9157@att.net

106 W. Paul Avenue

Clovis, CA 93612

www.FresnoParkinsons.org

(559) 593-9953

Synopsis of our March 9, 2013, GFPSG Meeting: 45 People attended.

We were entertained by “Chapter Rise,” a group of 12 children ages 6-15 each reciting an amusing anecdote. This was followed up by a presentation by SaveMart Pharmacist **Talar Yemenjian**. She told of the history of Parkinson’s disease, possible causes, and the various medications available now for treatment of the disease. She also covered treatments for some of the side effects of Parkinson’s medications.

Freezing in Parkinson’s Disease

About one third of people with Parkinson’s disease experience freezing episodes. *Freezing* episodes are sudden, short, transient blocks of movement that occur primarily with initiating walking, turning, navigating through narrow spaces or approaching obstacles. Freezing can last just a few seconds or up to several minutes. Freezing can limit household and community mobility, increase risk of falling, and contributes to reduced socialization and quality of life.

Ten Tips to put the Freeze on Freezing!

1. Try another movement – raise an arm, touch your head, point to the ceiling; then re-start.
2. Change direction: if you can’t move forward, try stepping sideways and then go forward.
3. Carry a laser pointer in your pocket; when you freeze – shine the laser in front of your foot and step on the light – this cue can help you re-start.
4. Visualize an object on the ground in front of you and try to step over it.
5. Wear a metronome on your belt or carry a small one in your pocket – turn it on and the external beat can help you re-start.
6. Try humming a song and time your re-start with the beat of the music.
7. Count “1-2-3-go” and then step forward.
8. Weight shift side to side to help initiate taking a step.
9. March in place a few times and then step forward.
10. Don’t fight the freeze by trying harder to step forward – shift your attention from moving the legs to moving the arms – then resume walking forward.

APDA National Rehab Resource Center at Boston University
Terry Ellis, PhD, PT, NCS, Director, Tami DeAngelis, PT, GCS, Coordinator
635 Commonwealth Avenue, Boston, Massachusetts 02215, 1-888-606-1688

“Fitness and Friends”

Don’t forget: Parkinson’s-specific stretching and light exercise classes are every Tuesday and Thursday, 11 am to noon at San Joaquin Valley Rehabilitation at the northwest corner of Fresno St. and Herndon. Mention our Group for a discount: \$7 each time or join the gym and pay \$35 per month. Lots of fun, too! Also, a group lunch afterwards the first Thursday of each month.

JOHNS HOPKINS MEDICINE – NEUROLOGY AND NEUROSURGERY

Global Telemedicine Clinic for Parkinson's Disease

Barriers to care

- The burden of Parkinson's disease is growing.
- Access to care is limited due to geography.

Our vision

- To provide patient-centered care to any patient, anywhere.

Our current work

- Using telemedicine, we have cared for patients in 5 states and 15 countries.

We are starting a FREE global telemedicine clinic to improve access for patients with Parkinson's Disease

- We will provide **free one-time consultations** via web-based videoconferencing with a Johns Hopkins specialist to any patient wherever he or she lives.
- Patients only need access to a computer and high-speed internet. We can help provide web camera capabilities.
- Patients are eligible to participate if they live in the following states: California, Delaware, Florida, Maryland, and New York. International patients are also welcome.

If you are interested in participating or supporting our global telemedicine clinic, contact us toll free: (855) 237-7446,

or check us out on Facebook:

<https://www.facebook.com/parkinsonstelemed> or

<http://www.npr.org/blogs/health/2013/03/12/174110032/can-free-video-consults-make-parkinsons-care-better>

Note from GFPSG member Meg Bateman: Dr. Ray Dorsey has a grant to conduct 500 consultations with Parkinson's patients to answer questions, help with medication, etc., by video conferencing over the internet. California is one of the few states he can "consult" in via webcam because he has a medical license here. He is the director of the Parkinson's Department at Johns Hopkins, most definitely one of the best PD doctors in the country. He conducted a study on the effectiveness of video appointments in relation to PD care, and the participants agreed that it was much better to have a video appointment with a PD specialist than settling for an office visit with a neurologist who isn't a PD specialist. For those who don't have webcam enabled computers or iPads, we can arrange to use mine, either at my house or somewhere else that has high speed internet. Call me at (559) 917-6767. I'll make copies of the flyers to give out at the April meeting

ALL ABOARD THE ICE CREAM TRAIN! DON'T GET LEFT AT THE STATION!

Monday, May 6, 2013. More details at the April meeting or call Bruce Medlin at (719) 375-4293. Stop the presses—and don't jump the track! The Visalia Parkinson's Support Group is joining us for ice cream! They will meet us at the Hanford Amtrak Station and go with us to Superior Dairy for lunch and truly superior ice cream. It will be great to meet them.