



# Greater Fresno Parkinson's Support Group

Helping People With Parkinson's and their Care Partners

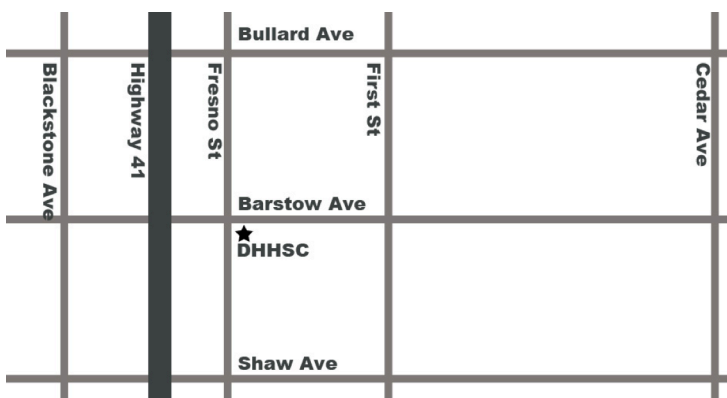
January/February 2017

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

Our next meetings are:  
**January 14<sup>th</sup>. 2017**  
**February 11<sup>th</sup>. 2017\***  
**March 11<sup>th</sup>. 2017**  
**10:00 a.m. – 12:00 p.m.**

Our meeting location for January and March is at the Deaf and Hard of Hearing Service Center's Fresno HQ at 5340 N. Fresno St, Fresno, CA 93710 (Fresno and Barstow).

**\*See the third page of this newsletter for information on where our February meeting will take place.**



## Upcoming Speakers & Programs

**January 14<sup>th</sup>, 2017** – Senior Resource Advisor, Gail Lansidel and Marie Espinola, Executive Director, Alzheimer Foundation, Fresno County Behavioral Health. They both have many years of experience helping families discover the many options for continuing care for our loved ones.

They will share about our choices from in-home to skilled nursing and hospice, including counseling and funding availability.

**February 11<sup>th</sup>, 2017** – **We will be meeting at the Clovis Senior Center for our first ever Parkinson's Educational Summit from 9am-3pm.** For more information on how to attend, see the third page of this newsletter.

**March 11<sup>th</sup>, 2017** – At our March meeting we will break into smaller groups to provide each other with more individualized and one-on-one support.

## After Meeting Lunch

After our monthly meetings, we like to gather again and share a meal! The location for lunch will be announced at the meeting.

**BRING ON THE CURE!**

## Parkinson's Exercise Classes

Studio 65 is offering a dance class for Parkinson's patients **has changed to Tuesdays** from 11-12 for a suggested \$5/class. The class is located at 2965 N Maroa, contact Kathy Page at 559-240-3200 or email [fresnotango@gmail.com](mailto:fresnotango@gmail.com).

Rock Steady Boxing is now located at Cen Cal Fitness (7084 N Cedar Ave, Fresno, CA 93720, northeast corner of Cedar and Herndon) contact the instructor John Bowers (559-392-8842) for information. Classes are every Tuesday and Thursday from 1-2:30pm and cost \$85/mo.

## How to Donate

**Non-Tax-Deductible Donations** can be made directly to GFPSG at our meetings or by check mailed to: Treasurer - GFPSG, c/o 106 W Paul Ave, Clovis, CA 93612.

**Tax-Deductible Donations/gifts** to support GFPSG can be made through the Central Valley Community Foundation (formerly known as the Fresno Regional Foundation).

**Checks:** Make your check payable to the Central Valley Community Foundation, and on the memo line indicate "Fresno Parkinson's Support". The mailing address is: Central Valley Community Foundation, 5260 North Palm Avenue, Suite 122, Fresno, CA 93704. For additional information, you can call them directly at [559-226-5600](tel:559-226-5600).

**Online donations:** Online tax-deductible gifts/donations through FRF can be made using the PayPal interface with any major credit card on the Greater Fresno Parkinson's Support Group (GFPSG) website at [www.gfpsg.org](http://www.gfpsg.org), simply click on the "Donate" button and follow instructions.

**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.**

## OFFICERS

### Co-Leaders/Emcees:

Ken Rivera

Karen Shaver

### Treasurer:

Barbara Burmeister

### Librarian:

Doug Cusumano

### Exercise Therapy

#### Coordinator:

Arlene Beard

#### Tech/PA:

Bruce Medlin

### Membership Committee:

Winston Field

Linda Jones

### Small Group Coordinators:

Ben Shaver

### Information Desk:

Jane Lauridsen

### Newsletter & Website

#### Editor:

Meg Bateman

### Additional Members:

Douglas and Sue Jackson

Linda Jones

Mark and Lisa Jones

MaryAnne MacDonald

John and Judith Nino

Dorothy Starr

Mel and Patty Stratton

Earl and Laura Taylor

Martin and Marianne Weil

## PEER COUNSELORS FOR OUR CARE PARTNERS

Sue Jackson

(559) 434-7928

Valley Caregiver Resource  
Center

[www.valleycrc.org](http://www.valleycrc.org)

Fresno-Madera Area Agency  
on Aging:

(800) 510-2020

National Parkinson

Foundation Helpline:

1-800-473-4636

Caring From a Distance:

[www.cfad.org](http://www.cfad.org)

Family Caregiver Alliance:

[www.caregiver.org](http://www.caregiver.org)

Natl. Family Caregivers

Assoc.:

[www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)

Well Spouse Association:

[www.wellspouse.org](http://www.wellspouse.org)

## FOR MORE INFO

[www.FresnoParkinsons.org](http://www.FresnoParkinsons.org)

# Know More. Live More.

## Parkinson's Disease Educational Summit

**Saturday, February 11, 2017. 9:00am-3:00pm**

Clovis Senior Center  
850 4<sup>th</sup> St, Clovis, CA 93612



Hosted by the **Greater Fresno Parkinson's Support Group**. Sponsored by the **National Parkinson Foundation** and made possible by the **Moving Day®** program in California.

### Speakers and Special Guests:

- Dr. Maya Katz, Parkinson's Specialist, UCSF, San Francisco
- Dr. Cong Zhi Zhao, Parkinson's Specialist, UCSF, Fresno
- Dr. Monica Rivera, CSU, Fresno Professor, Physical Therapy
- Colleen Fischer, National Parkinson Foundation
- Robert Howk, Esq., Senior Legislation
- Kathy Page, Parkinson's Dance Specialist
- John Bowers, Rock Steady Boxing
- Susana Rodriguez, MA, Valley Caregivers' Resource Center

There is **NO COST** to attend. A complimentary lunch is provided. **Registration is required.**

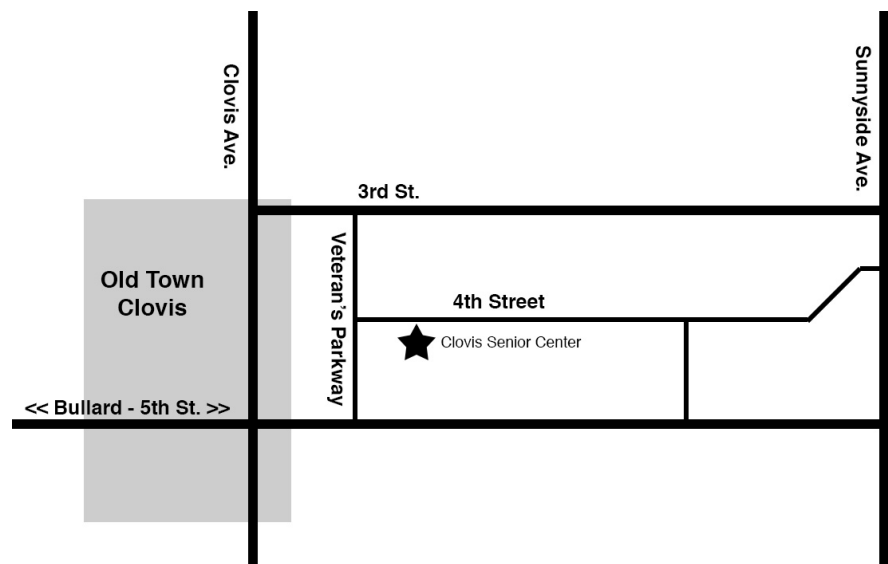
This educational program is intended for patients, families, caregivers and all those affected by Parkinson's disease.

### To Register:

Go to [www.gfpsg.org](http://www.gfpsg.org), click on: 2017 Parkinson's Summit or

<http://bit.ly/PDSummitClovis>

**For more information or schedule, contact:** Ken Rivera at 559-824-5177 or [marciebero@hotmail.com](mailto:marciebero@hotmail.com) or [shaverfamfresno@sbcglobal.net](mailto:shaverfamfresno@sbcglobal.net)  
Colleen Fischer at 925-421-6737 or [cfischer@parkinson.org](mailto:cfischer@parkinson.org)



## Upcoming Parkinson's Disease Webinars

Several Parkinson's groups host regular webinars to discuss the disease, latest research, and answer questions from patients and their loved ones. Webinars are like internet-based TV shows where the viewers can participate by calling in. These webinars are free to attend and most can be found online after the recording if you can't attend the live broadcasts.

- The Michael J. Fox Foundation's webinars are every "Third Thursday." The next webinar will be held on January 19<sup>th</sup> at 9am. The topic is "Gut (Bacteria) Check on Parkinson's: Role of the Microbiome". See the [MJFF website](#) for information on how to attend.
- The Parkinson's Disease Foundation has a full schedule of webinars for the next several months that you can attend online or over the phone. Their next webinar is March 7<sup>th</sup> at 11am, titled "Diagnosis PD, Now What? Managing the First Few Years with Parkinson's" See the [PDF website](#) for information on how to attend.

## Parkinson's in the News

**Parkinson's Might Start in the Gut** – The findings of recent research studies looking into the possible gastrointestinal link to Parkinson's were discussed at the Society for Neuroscience conference in San Diego. Several of the studies found that alpha-synuclein aggregates could be found in the gut nerves of people with Parkinson's and people who passed before diagnosis but had the protein clumps in their brains, like people with Parkinson's. People with Parkinson's often report gastrointestinal issues, like constipation, up to ten years before diagnosis. It has also been found that specific bacteria in the gut can only be found in people with Parkinson's. All of these different links are still being explored, but the general consensus was the gut may hold the key to Parkinson's. Sources – [Parkinson's News Today](#)

**Study Shows Dyskinesia Could Be Treated with Ultrasound Waves** – Ohio State University researchers are researching the possible use of ultrasound waves as a targeted treatment for dyskinesia. By using high intensity ultrasound waves, patients can avoid surgery while still receiving treatment directly to the brain. Similar treatments were pioneered to treat epilepsy, brain tumors, and psychiatric disorders. Source – [The Columbus Dispatch](#)