



# Greater Fresno Parkinson's Support Group

Helping People With Parkinson's and their Care Partners

July/August 2017

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

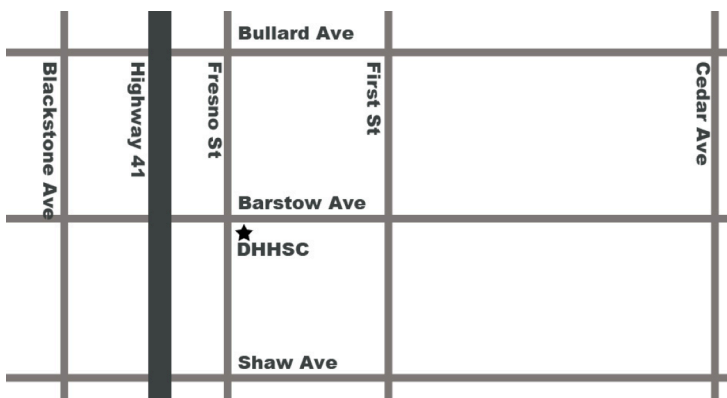
Our next meetings are:

July 8<sup>th</sup>, 2017

September 9<sup>th</sup>, 2017

10:00 a.m. – 12:00 p.m.

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



## Upcoming Programs & Events

**July 8<sup>th</sup>** – Dr. Laurice Yang MD, Movement Disorders Specialist, Clinical Asst. Professor, Neurology, Stanford University, will give us detailed information on the option of the Deep Brain Stimulation surgery for PD and what the future holds.

### No Meeting in August!

**September 9<sup>th</sup>** – Instead of having a guest speaker, we will be breaking into smaller groups to provide each other with more individualized and one-on-one support. Our small group sessions are a great time to meet one another and share resources! We will also have a special time of remembrance for members who have passed on.

## 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!

### **URGENT: In Search of a New Meeting Location!**

We have enjoyed meeting at the DHHSC these last several years, but due to increased costs and our ever-growing group, it is time to find a new location. We need a location that can fit 150 people with tables and chairs, plenty of parking and accessibility, sound system, and can fit our budget of \$200/mo.

Our steering committee is actively trying to secure us a new location **before September**. If you know of a possible location, please forward the information onto Ken Rivera (mwcsuper@comcast.net) and Karen Shaver (shaverfamfresno@sbcglobal.net).

## Parkinson's Exercise Classes

Studio 65 is offering a dance class for Parkinson's patients and their caregivers on 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). Singles welcome.

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 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

Barbara Burmeister

**Treasurer:**

Doug Cusumano

**Librarian:**

**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

Marcie Rivera

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)

## Moving Day – San Jose

On Saturday June 3<sup>rd</sup>, John and Judith Nino participated in the National Parkinson Foundation's "Moving Day" walk in San Jose. Moving Day is the foundation's annual walking and running event to raise money and awareness for Parkinson's. The money goes towards a variety of services that NPF provides, such as:

- Educational summits on Parkinson's, like the one NPF sponsored for our group this last February.
- Providing quality information and support to people with Parkinson's through printed materials, support groups, NPF's hotline, and the Aware In Care Kit.
- NPF has also been able to provide more than \$200 million in research funding to improve the lives of people with Parkinson's.

The San Jose Moving Day raised over \$120,000 for NPF! We hope that someday Moving Day will come to Fresno to help raise awareness in our community. If you would like to be involved in bringing Moving Day to Fresno, speak up at the next meeting.

## GFPSG May Fundraisers

Thank you to everyone who attended and helped with our latest fundraisers! We had a blast at Somerford Place for the Eva Scow concert, there was great music, food and dancing for everyone to enjoy. At the end of May, we had our Second Annual Disc Golf Tournament, organized by Jeff Castle from Fresno Flight Center. Both fundraisers were successful and we can't wait to share the totals with you at our July meeting!

## Get Involved with Parkinson's Research

Want to be a part of finding the cure for Parkinson's Disease? There are several ways you help right away! It doesn't matter if you have Parkinson's or know someone with Parkinson's, anyone can make a difference.

The **Charity Miles** application for iPhone and Android devices lets you raise money for the Michael J. Fox Foundation by just walking, running, or riding a bike! Sponsors donate money for every mile you move. Just make sure to select MJFF when you open the app before your next outing!

The **Fox Trial Finder** matches people with and without Parkinson's to research trials of all types – some involving medication and treatments, some into the understanding of the disease itself. You can register to find matches at [foxtrialfinder.com](http://foxtrialfinder.com).

## 7 Ways to Move More During the Day with Parkinson's

Studies show that increasing everyday movement, or pattering, could be enough to improve Parkinson's symptoms. It's hard to get a start with increasing movement when you have a movement disorder! Here are some great tips from the Michael J Fox Foundation community.

- **Schedule an alarm** on your watch or phone to remind yourself to get up and move.
- **Set a modest goal** for increasing your movement. You can use a pedometer or fitness tracker like a FitBit to track your movement goals.
- **Listen to music** to help you feel like getting up and moving. Music can even help you power through freezing in place or improve your gait.
- **Plan out specific chores** to help you get up and moving. Share the tasks with a loved one.
- **Spend time with young ones or take your dog for a walk** – kids and puppies never stop moving! If you don't have a dog, many local rescues welcome volunteers to help with the dog walking.
- **Small changes still make a big difference.** It's hard to start a new fitness routine, even when you're in the prime of life. Any improvement is a step in the right direction, even when it seems small.
- **Join an exercise class!** There are several local opportunities to exercise with other Parkinson's patients, see page two of this newsletter. It also helps to work with a physical therapist, ask your Parkinson's doctor for a referral!

## 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 July 20<sup>th</sup> at 9am. The topic is "Drug Repurposing: Testing a Drug Approved for One Disease for its Efficacy in Another". See the [MJFF website](#) for information on how to attend.
- Partners in Parkinson's is hosting a webinar on July 12<sup>th</sup> at 9am titled "A Check-Up on Your Parkinson's Care". They will be covering topics like how to find a Movement Disorders Specialist. See the [PIP website](#) for information on how to attend.