

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.

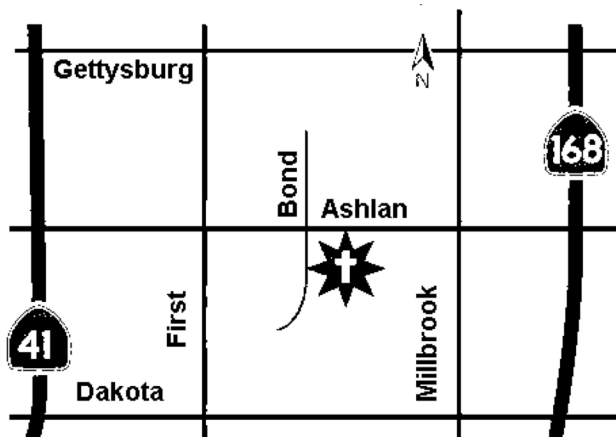
 Our next meeting is: 

SATURDAY- June 8th, 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.

**THIS IS OUR LAST MEETING
AT THE BRIDGE!**



BRING ON THE CURE!

OUR June 8th, 2013, PROGRAM:

Our speaker for the June 8 meeting will be **Sandra Robbins** from "Eagle Medical Services." She will speak on and demonstrate life saving methods. Eagle Medical Services is located at 2440 W. Shaw Ave., Fresno, 93711.

Refreshments will be provided and donations of edibles are welcomed.

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

LAST MEETING AT THE BRIDGE!

This will be the last meeting for our group at the Bridge Church. We have the possibility of three locations to check out. The Steering Committee will be doing this and everyone will be notified as soon as we settle on the location.

AFTER MEETING LUNCH

At 12:15 pm after our meeting, lunch 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 the 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 May 2013 Wells Fargo Bank Statement was not received in time for this newsletter. A review of the check book register shows a register ending balance of \$1,484.28 which includes \$132 in donations from the May Support Group meeting, and a \$20 check received for newsletter expenses. There were three checks written totaling \$150.82 for refreshment and newsletter-related expenses. Thank you so much for your donations, they are greatly appreciated.

Note: Monies donated directly to our Support Group are not tax deductible; however, they do help cover a portion of the cost of newsletter, refreshment, and operating expenses.

Fresno Regional Foundation (FRF) Fund Report:

The May 30, 2013, the FRF Parkinson's Support Fund Statement showed a 2013 beginning balance of \$2,598.12. Revenue to date includes \$150 from Gifts/donations made in January, and \$8.90 earned from Dividends and Interest. Expenses/Debits to date include \$41.18 in Foundation Administrative/Investment Fees and Fund related expenses. Memorial donations received in honor and memory of Tom Adams, who passed away April 14, 2013, totaled \$1,720. The ending Fund balance is currently \$4,435.84.

Donations: 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 by check, or credit card.

Checks: Make your check payable to the Fresno Regional Foundation, and on the memo line indicate "Fresno Parkinson's Support." The mailing address is: Fresno Regional Foundation, 5250 N. Palm Avenue, Suite 424, Fresno, CA 93704. For additional information, you can call them directly at 559-226-5600.

Online donations: On-line tax-deductible Visa, MasterCard, American Express, or Discover card gifts/donations can be made using the PayPal interface on the Fresno Regional Foundation (FRF) website at www.fresnoregfoundation.org or you can now make a tax-deductible donation through the FRF on the Greater Fresno Parkinson's Support Group (GFPSG) website at www.fresnoparkinsons.org. Simply click on the "Donate" button and follow instructions.

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

CHUCKLE OF THE MONTH:

UTA: Upright and taking air! – GFPSG
Member Marcella Downing

The Michael J. Fox Show Trailer

The trailer for Michael J. Fox's new sitcom about life with PD is now online! Watch it at: <http://youtu.be/SXI-krL0xg>
The show starts this fall on CBS

IN MEMORIAM

Tom Adams
Connie Nigl
Robert Young



Synopsis of our May 11th, 2013, GFPSG Meeting: 40 People attended.

Brenna Hughes and **Taylor Leach**, Speech Language Pathologists, spoke to us about the different speech problems associated with Parkinson's Disease. They also went over eating and swallowing techniques to prevent choking and how one can go about receiving SLP therapy. They are from Community Regional Medical Center, Acute Care Rehabilitation Services, 2823 Fresno St., Fresno, CA 93721, (559) 459-2144.

NUTRITION YOU CAN LIVE WITH, TIP #43

Q: My wife, age 68, has Parkinson's, and the doctor prescribed an antidepressant last year. Her depression has improved. But she says she's never hungry any more, and she has lost about 15 pounds. Should I be concerned?

A: Yes! Older adults who begin using antidepressants can lose their appetite, eat less food, and become malnourished. However, there are many different antidepressants available, and some work better for people with PD. If your wife is not seeing a neurologist who is a movement disorder specialist for her Parkinson's, that would be the single best thing you can do for her. An MDS is much more experienced in PD and will be best able to choose an antidepressant that is suitable for your wife.

With regard to the weight loss she has already experienced, she has likely lost some muscle mass. Maintaining muscle is especially important with PD, because the leg muscles must remain strong for proper gait and balance. Perhaps your wife would be willing to eat several small snacks throughout the day, along with three small meals. Her total calorie intake should then increase, while not making her feel forced to eat a large quantity at any time. Good for you for your alert thinking and concern!

Kathrynne Holden, MS, RD

"Eat Well, Stay Well With Parkinson's Disease"

<http://www.nutritionucanlivewith.com>

Pesticides and Parkinson's Link Study

In the last week, almost all of the major news services picked up on a study from last year linking pesticides with Parkinson's. This sudden and widespread coverage coincides with a worldwide protest movement against one of the companies that produces those chemicals, Monsanto. The study concluded that those working in agriculture are at a risk that is one-third higher for developing PD. To read more about the study visit <http://bit.ly/PDPesticides> in your web browser to be taken to the Medical Daily news site's coverage of the story.

A Special Thank You

After eight years of service to GFPSG as our Newsletter Editor, Ellen Jablonski has decided to step down due to her worsening Parkinson's Disease condition. We thank her for her endless commitment to the group and the Parkinson's community as a whole. Ellen will continue to be a member of the support group and looks forward to continuing to attend our meetings.

Pending approval of the Steering Committee, Meg Bateman will be filling Ellen's position. Meg is the granddaughter of Co-Leader Douglas Jackson. She can be reached at mrsmegbateman@gmail.com and (559) 917-6767 and welcomes your submissions for our newsletter.

A Doctor's Question

Poem by GFPSG member Alan Rodely

A Parkinson's specialist physician
Once asked me to make a decision
After doing the now familiar testing
Meant to check if the progression is resting
He asked "Which symptom are you most detesting?"

The question came as a surprise
To answer I had to prioritize
Could it be a change of gait?
Or an arm stiff and just a heavy weight?
Or a stooped back that was once straight?

Is there a slowness of motion I keep hidden?
Am I unable to count backwards in sevens when bidden?
Do I have a tremor that's cruelly apparent?
Does my writing a magnifying glass warrant?
Do I see things there that really aren't?

Is my sense of balanced adversely affected?
Am I unable to tap my foot as fast as directed?
The answer to all of these questions is "no"
Because drugs are keeping the progression slow
For how long, or short, I prefer not to know.

But the answer to the question asked
Concerns my face and the way it's masked,
And all the cramps it's surely put on my style
Though looks and feelings I cannot reconcile
I know it was Mr. Parkinson who stole my smile.