



Greater Fresno Parkinson's Support Group

Helping People With Parkinson's and their Care Partners

March/April 2017

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

Our next meetings are:

March 11th, 2017

April 8th, 2017

May 13th, 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).



BRING ON THE CURE!

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.

Upcoming Programs & Events

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

April 8th, 2017 – Our speaker is Claire Dias, RD, CDE. As a Registered Dietician and Certified Diabetes Educator, Claire is a food and nutrition expert who has been working with Dr. Cong Zhi Zhao at UCSF Fresno's University Neurology Center. She assists people with PD and their families to plan healthy, individualized and satisfying meals.

April 24th, 2017 – Time for our annual “All Aboard the Ice Cream Train” trip! This trip is a great way to build community, friends and family are welcome too! **Deadline to register is our March 11th meeting**, see the third page of this newsletter for more information and how to register.

May 13th, 2017 – Speaker TBD

May 27th, 2017 – Our second annual Disc Gold fundraiser event will be held at Woodward Park. As more details become available, we will post them to our website and announce them at the meetings.

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.

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, 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

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

Fresno-Madera Area Agency
on Aging:

(800) 510-2020

National Parkinson

Foundation Helpline:

1-800-473-4636

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 INFO

www.FresnoParkinsons.org

Our First Parkinson's Disease Educational Summit – Video Coming Soon!

Thank you to everyone who attended our first ever summit in February. We were able to record the summit for those who couldn't attend, and those videos will be available on our website soon! We hope to be able to do more of these summits in the future. We would like to give special thanks to our volunteers and the National Parkinson Foundation and Colleen Fischer for making the event possible.

All Aboard the Ice Cream Train

Our 7th annual Amtrak trip to the Hanford Civic Center Park and famous Superior Dairy Ice Cream and Sandwich Shop is on Monday April 24th, 2017. Deadline to register is the March 11th meeting. Tickets are \$10 round trip and will be purchased as a group. Friends and family are welcome to join us!

We will be leaving the Fresno Amtrak Terminal at 9:48am on the San Joaquin No. 702, arriving in Hanford at 10:22am. Returning train departs Hanford at 2:47pm on the San Joaquin No. 717, arriving in Fresno at 3:22pm. We will ride Freddie the Fire Truck from the Hanford Terminal to the Hanford Civic Center Park, and the carousel will be ours to use from 12-12:30.

It is best to arrive at the Fresno Amtrak Terminal at 9am as parking is limited, park in the fenced lot and gather in the terminal. The train can accommodate wheelchairs, scooters, and walkers in the lower level of the train. You must bring a valid ID (up to date driver's license, military card, etc.) in order to board.

Return your **registration form and payment** at the March 11th meeting or mail to Bruce Medlin at 1717 E Bullard Ave Apt #211, Fresno, CA 93710. Questions? Contact Arlene Beard at 559-960-5342 or arlene1177@aol.com.

GFPSG Hanford Ice Cream Train April 24th, 2017

Passenger Name: _____ Able Bodied or Handicapped?

Passenger Name: _____ Able Bodied or Handicapped?

Phone #: _____ E-Mail: _____

Using a walker, wheelchair or other assistive device? List types here: _____

_____ Will you need lower level seating? Yes/No

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 March 16th at 9am. The topic is "What's the Alternative? What to Know about Complementary Medicine for Parkinson". 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 7th at 10am, titled "Diagnosis PD, Now What? Managing the First Few Years with Parkinson's". See the [PDF website](#) for information on how to attend.
- The American Parkinson's Disease Association's webinar on March 8th at 10am is titled "Spotlight on Addressing Motor and Non-Motor Symptoms – The Changing Landscape". Visit <http://www.aopic.net/APDAMar8reg/> to register.

Parkinson's in the News

Parkinson's Disease and Stroke Risk – A new study examined the possible link between Parkinson's Disease and strokes – does one cause the other? The study concluded there is a link between the two diseases – but could not conclude if strokes cause Parkinson's or vice versa. They found that there is a higher rate of ischemic stroke among those with Parkinson's disease compared to those without PD. *Source* – [WebMD News](#)

New Light Therapy to Improve Sleep & Daytime Alertness – Researchers at Harvard Medical School and Brigham and Women's Hospital in Boston studied people with Parkinson's who struggle with sleep impairment. They used Bright Light Therapy (LT) twice a day for a total of 28 hours over 14 days. At the end of the study, researchers found that the therapy greatly improved not only the patients' sleep but also reduced their sleepiness during the day. *Source* – [Neurology Advisor](#)

Even More Evidence Linking Parkinson's and Gut Bacteria – Researchers at University of Alabama at Birmingham discovered that not only do people with PD have a different gut microbiota, but also that PD drugs are affected by the unique gut microbiota. *Source* – [Science Alert](#)