

# 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.

## HAPPY MOTHER'S DAY!

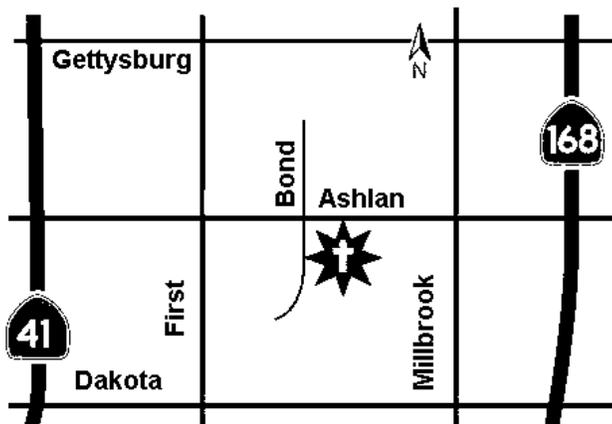


Our next meeting is:

**SATURDAY, MAY 11, 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 MAY 11, 2013, PROGRAM:

Our presentation will be by **Brenna Hughes** and **Taylor Leach**, Speech Language Pathologists. They are from Community Regional Medical Center, Acute Care Rehabilitation Services, 2823 Fresno St., Fresno, CA 93721, (559) 459-2144.

Refreshments will be provided and donations of edibles are welcomed.

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

### SEEKING NEW MEETING LOCATION

After our meeting in June, The Bridge will no longer be able to accommodate our Group and we need to find a new place at which to meet. If you can help, please call Doug Jackson at (559) 434-7928.

### AFTER MEETING LUNCH

At 12:15 pm after our meeting, lunch will be at Yosemite Falls Café at 4020 N. Cedar, between Ashlan and Dakota on the east side of Cedar. Come enjoy the cooling misters in the shaded patio.

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 March 26 – April 23, 2013, Wells Fargo Bank Statement shows a beginning balance of \$1,715.52. Debited from the account during the statement period were 5 checks totaling \$364.98, for February, March, and April newsletter-related expenses leave an ending balance of \$1,350.54. Deposited on April 29, 2013, but not showing on this statement, was \$148.00 in donations from the April 13, 2013, Support Group meeting. Thank you so much for your generosity, this was almost double our average meeting donations, and is 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 April 30, 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 \$4.98 earned from Dividends and Interest. Expenses/Debits to date include \$27.98 in Foundation Administrative/Investment Fees. In honor and memory of Tom Adams, who passed away April 14, 2013, there have been 23 donations totaling \$1,030 made to the Parkinson's Support Group Fund held at the Fresno Regional Foundation in April. The ending Fund balance is currently \$3,755.12.

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**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](http://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](http://www.fresnoparkinsons.org). Simply click on the "Donate" button and follow instructions.

### CHUCKLE OF THE MONTH:

Punography: When you get a bladder infection, urine trouble.

### WORD OF THE MONTH:

**Serotonin** (sir'e to'nin) noun, a complex amine found in blood, the brain, etc., or produced synthetically: it constricts the blood vessels and contracts smooth muscle tissue.

### IN MEMORIAM

Tom Adams  
Connie Nigl  
Robert Young



### 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](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 INFORMATION,  
TO UPDATE OUR MAILING LIST,  
OR TO SUBMIT MATERIALS OR  
SUGGESTIONS, CONTACT:

Ellen Jablonski  
(559) 298-4080  
[Ellen4curePD@att.net](mailto:Ellen4curePD@att.net) or

Barbara Burmeister  
(559) 322-8076  
NEW EMAIL: [bnb9157@att.net](mailto:bnb9157@att.net)  
106 W. Paul Avenue  
Clovis, CA 93612

[www.FresnoParkinsons.org](http://www.FresnoParkinsons.org)  
(559) 593-9953

## **Synopsis of our April 13, 2013, GFPSG Meeting:** 34 People attended.

**Marcella Downing** of the *Law Offices of Howk & Downing, LLP*, shared with us her personal experience as a Caregiver and acknowledged all Caregivers. She strongly recommends that everyone build a support system *before* one is needed. She discussed strategies for avoiding Caregiver burnout, 12 tips for choosing a Caregiver for an elder, and gave an overview of Medi-Cal for long-term care. Marcie and her attorney husband Robert Howk can be reached at 2001 N. Van Ness Blvd., Fresno, CA 93704, (559) 229-8109.

### **NUTRITION YOU CAN LIVE WITH, TIP #29**

Q: I love orange juice and I like to take my Sinemet with a glass of orange juice. It seems to me that the Sinemet takes effect faster with orange juice than with plain water. My wife thinks its a big source of sugar and I shouldn't be drinking it three times a day. Does it have that much sugar, and if so, does it have enough nutritional value to offset that?

A: It's true that fruits, including orange juice, are high in sugar. But OJ is also a great source of folate, potassium, and vitamin C. If you drink calcium-fortified juice, you'll also get a very good source of calcium. A four-to-six ounce glass of orange juice three times a day should be fine for you.

Further, many people report that taking Sinemet with a sugary drink seems to help it get absorbed faster, so that's another good reason to drink OJ. If you and your wife have a bet going, you win big on this one!

Kathrynne Holden, MS, RD, <http://www.nutritionucanlivewith.com>, Site Map  
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### **Green Tea Protects Against Parkinson's Disease**

(Ivanhoe Newswire) – Green tea may have yet another health benefit – it may someday help treat Parkinson's disease. Researchers in China looked at the antioxidant effects of green tea polyphenols in rats. They found the polyphenols protect brain cells. Parkinson's disease results from the loss of brain cells that produce dopamine. The study finds green tea polyphenols protect dopamine neurons and higher doses protect even more. Results also show the protective effect blocks the ROS-NO pathway – a pathway which may contribute to cell death in Parkinson's. Researchers hope green tea polyphenols will eventually be developed into a safe drug that's easy to give Parkinson's patients. The popularity of green tea has created a lot of interest in its health benefits. The editor of *Biological Psychiatry*, John H. Krystal, M.D., Yale University School of Medicine and the VA Connecticut Healthcare System agrees that "if green tea consumption can be shown to have meaningful neuroprotective actions in patients, this would be an extremely important advance."

This article was reported by Ivanhoe.com, which offers Medical Alerts by e-mail every day of the week. To subscribe, click on: <http://www.ivanhoe.com/newsalert/>. SOURCE: *Biological Psychiatry*, 2007;62:1353-1362

## ***JOSH LEDERACH and The Appalachian Trail***

Josh Lederach's mother Wendy was diagnosed with Parkinson's about 5 years ago. Josh has joined his friend (also named Josh) in his plans to hike the 2,185.9 Appalachian Trail in under 60 days, starting April 5th, and is taking this opportunity to raise money on behalf of his mother for the *Davis Phinney Foundation for Parkinson's*." [www.davisphinneyfoundation.org](http://www.davisphinneyfoundation.org). (Pledges start at a penny per mile).

In a letter written by Josh regarding his mother's Parkinson's, his preparation for the Trail hike, and his decision to use the hike to raise funds for the *Davis Phinney Foundation*, he expresses things he has learned from his mother's Parkinson's. He writes in part:

"Over the last five years I have learned a few things about Parkinson's disease. First and most important, I learned that I cannot begin to understand how the symptoms feel. There is no description, no amount of exhaustion that I feel that can compare to the disease or the effects the drugs have. For someone who learns best through bodily experience, this is a tough fact."

"Second, I learned Parkinson's disease has massive ups and downs. This means that there are weeks where everyday is filled with energy and activity from 8 to 8. And then there are weeks, seemingly spurred on by nothing, where everyday is filled with shakiness, exhaustion, and it's hard to do more than a couple hours of activity in a day. These ups and downs come and go like a tide; a good day can be followed by a bad day, which is followed by a week of good days. In other words this disease is unpredictable."

"The third thing I have learned about Parkinson's disease is that exercise seems to increase the number and ability to have good days. Even on a bad day, exercise can give you a few more hours of energy and calm. I'm sure there are hundreds of things I could write down from diet to sleep, acupuncture, massage, and music, but these are the three that stand out. Exercise is one of the things that can be controlled and consistently done by Parkinson's patients and it is the one I want to focus on as I talk about hiking the Appalachian Trail.".....

Josh also writes that he wants to challenge his mom to put exercise first everyday for the 60 days he is walking, hoping they can help and inspire each other, that on the days he feels terrible, his feet hurt, his body aches and he wants to stop walking he will find inspiration in the fact his mom is at home fighting through fatigue and shakiness in order to exercise that day. And when she is feeling tired and shaky she'll find inspiration in the fact that Josh is out there walking through pain and fatigue and this will keep them both going.

You can follow Josh on his Appalachian Trail Fundraiser for Parkinson's on his blog site: <http://www.trailjournals.com/joshlederach/>