



Greater Fresno Parkinson's Support Group

Helping People With Parkinson's and their Care Partners

May/June 2017

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

Our next meetings are:

May 13th, 2017

June 10th, 2017

July 8th, 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

May 13 – Susana Rodriguez, MA Education/Development Coordinator, Valley Caregivers Resource Center, will help us understand: how to get help at home, questions to ask, and the transitions that we can expect. She will also cover Adult Day Care options in our area.

May 18th – Eva Scow Concert to Benefit GFPSPG! Concert is from 5-7 PM in the gazebo garden at Somerford Place (6075 N. Marks Ave. Fresno, CA 93711.) Tickets can be purchased at Somerford (446-6226) or from Patty Stratton (322-7412 or 940-3752.) The \$15.00 ticket includes dinner, drink, and 2 hours of incredible music. See our website for more information.

May 27th – Our second annual Disc Golf fundraiser event will be held at Woodward Park. We encourage everyone to attend! See our website for more information.

June 3rd – Moving Day San Jose, John and Judith Nino will represent GFPSPG and they are taking sponsorship donations at www.movingdaysanjose.org for Nino Team!

June 10 – We are excited to have Dr. Beate Ritz give us some of the results of the PEG study (describing why there may be so many PD diagnoses in the Central Valley). This is of particular interest to those of us who have been participating in this important study.

July 8 – 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.

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. 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, 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

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

Tips for Traveling with Parkinson's

Summer is just around the corner, don't let your diagnosis hamper your getaway plans. With some simple preparations and adaptations, you can enjoy your retreat!

Before the Trip

- Create a checklist so nothing is forgotten & start packing early.
 - Packing early reduces last-minute stressors, and gives you time to make any purchases for missing items.
- Be over prepared with your medications.
 - The last thing you need on vacation is to miss a dose! Bring at least an extra week's worth of medication, and a current prescription in case of needing a refill or replacement. Be sure to leave all medications in their original containers – some security screenings require this.
- Carry your basic medical information, emergency contacts list, and a doctor's note.
 - A list of medications & supplements and a note from your doctor that you are being treated for Parkinson's are important! A doctor's note (with their contact info) can come in handy if you have an unexpected medical need or need to show airport security. If you are traveling with someone else, it helps for him or her to have a copy as well.
 - Many smart phones allow you to input "ICE" or "In Case of Emergency" information for first responders to access. Make sure this information is filled out and kept up to date if you have one of those phones.
 - Also have a copy of your insurance company information and list of other doctors and specialists.
- Pack your medication in your carry on.
 - You never want to be separated from your medication, by keeping it in your carry on – you'll still have it if your luggage is delayed!
 - Keep all your medication together in a large Ziploc bag for easy removal during any security screening.
- Review & Pack the Aware In Care Kit
 - The Aware In Care Kit is a free resource for planned and unplanned hospital stays for people with Parkinson's. The Aware in Care kit can be requested at www.awareincare.org or by calling 1-800-4PD-INFO (473-4636). Much of the information in the kit can be accessed from the website and printed if the kit does not arrive in time for your trip.
- Plot your course, get an early start, and pace yourself.
 - Having a plan of action to arriving at your destination plus some extra time reduces travel stress!
 - If traveling by airplane, apply ahead of time for TSA Pre-Screening so you can keep on your jacket and shoes. Carry a certificate from the manufacturer for DBS devices or other implants.

Tips for Traveling with Parkinson's Continued

- Tell the airport, train station, cruise line, etc., that you have Parkinson's or are traveling with someone with Parkinson's.
 - Often times, airlines and others will be more accommodating by allowing people with Parkinson's to board first or provide extra assistance.
- Keep your comfort in mind.
 - Pack & wear comfortable clothes that don't hamper your movement.
 - Have snacks and drinks on hand for stretches of time between meals and for taking medication.
 - Even if you don't use assistive devices at home, consider packing them if they'll make things easier for you while traveling.

During the Trip

- Don't skip your medication & adjust for different time zones.
 - A slight delay in doses is enough to cause problems for many of us! Do your best to follow your usual medication schedule, discuss it with your doctor if you'll be traveling to a significantly different time zone.
- Listen to your body.
 - Are you pushing yourself too hard, risking injury? Or are you not moving enough?
- Enjoy yourself!
 - Remember, the less stress you have while traveling the more you'll be able to enjoy the journey.

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 May 18th at 9am. The topic is "Sleeping Well with Parkinson's". Their June 15th topic is "Challenges and Treatment of Young-Onset Parkinson's Disease". 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 June 13th at 10am, titled "Sleep and Parkinson's". See the [PDF website](#) for information on how to attend.