



# Greater Fresno Parkinson's Support Group

Helping People With Parkinson's and their Care Partners

November/December 2016

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

Our next meetings are:

**November 12<sup>th</sup>, 2016**

**December 10<sup>th</sup>, 2016**

**January 14<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).



## 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 Speakers & Programs

**November 12<sup>th</sup>, 2016** – Speech Language Pathologists Dawn Crosson and Erin Singleton- LSVP Loud Certified will join us. They will speak on the evidence therapy to treat speech & voice disorders in people with Parkinson disease.

**December 10<sup>th</sup>, 2016** – Join us for our annual holiday celebration! We're having a "cold" potluck – you can bring any dish or dessert that doesn't require continued heating at the party. Bringing food is not required, come and be merry! More information will be announced at the November meeting.

**January 14<sup>th</sup>, 2017** – Senior Resource Advisor, Gail Lansidel, will help us unravel the many choices in the search for appropriate senior care. With over 36 years in the healthcare arena, Gail can offer the best options available for each family, from in-home care or assisted living, to hospice.

**February 11<sup>th</sup>, 2017** – Speaker TBD.

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

## Parkinson's Exercise Classes

Studio 65 is offering a dance class for Parkinson's patients on Mondays 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).

Rock Steady Boxing is changing location, contact the instructor John Bowers (559-392-8842) for information. Classes are every Tuesday and Thursday from 1-2:30pm and cost \$85/mo. John has started a fundraising page to help offset his certification costs. You can donate at <https://www.gofundme.com/2gkusys>

## 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

**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

**Care Partner/Peer**

**Counselor:**

Sue Jackson

### Newsletter & Website

**Editor:**

Meg Bateman

### Additional Members:

Douglas Jackson

Linda Jones

MaryAnne MacDonald

Bob & Dorothy Starr

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)

[info@gfpsg.org](mailto:info@gfpsg.org)

## Meet Arlene Beard



She grew up in Scottsdale, Arizona enjoying her first pony “Alfalfa” (because she ate so much of it) and a 4-H Jersey cow named “Moo”. She happily rode her horse every day. In 1964 she graduated from Colorado State University with a Bachelor’s in Animal Science. She was part of the CSU Rodeo Team winning awards at National Intercollegiate Rodeo finals in goat tying and barrel racing. She then worked as an Agricultural chemist testing and formulating pesticides and herbicides, possibly causing her Parkinson’s.

She married and moved to Kerman enjoying skiing, scuba diving and softball. After divorcing she and her daughter Shawna Speake opened the first Paper Fantasy gift

shop at First and Herndon. Adding a US Post Office became a huge draw and other stores were added in Aptos, Fresno and Clovis. Finally after 23 years, scoliosis and Parkinson’s took their toll and she closed her last store, Bravata Home Decor.

In 1998 she and her daughter bought 5 acres together at Appaloosa Acres where the home is shared with 3 grandchildren, the oldest a recent UC Davis graduate. Horses, chickens, dogs and cats round out the household.

In 1989 she inherited her mother’s 1928 “BIRD” biplane, she had to learn to fly it. She took it to many fly-ins telling the story of how her Mother overcame all the obstacles and prejudice of women flying in the 1920’s and 30’s. Arlene is writing a screenplay of the story. Her mom and dad met at her mother’s flying school, eloped in his biplane and he gave it to her as a wedding present. She then won the Amelia Earhart Trophy race at National Air Races in Cleveland 1935. The family still has the trophy and a beautiful picture of Melba Beard and Amelia Earhart.

They are selling their big house, buying a citrus orchard and moving to two 5<sup>th</sup> wheels. Currently Arlene travels and camps with her 1957 vintage trailer that she hand painted with a mural of the monument Valley.

Arlene has been very active in the Parkinson’s Support Group. She promoted our meetings by providing holders for a condensed version of our group flier and distributed them to doctors offices and retirement homes. She also initiated along with Bruce Medlin, social activities such as the annual Ice Cream Train, movie trips, the Zoo and games for Christmas. She was instrumental in initiating Parkinson’s-specific exercise classes like the program at San Joaquin Rehab and Dr. Audrey Tan’s yoga for PD.

## 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 November 17<sup>th</sup> at 9am. The topic is "Alpha-synuclein: Stopping the Sticky Protein Behind Parkinson's". Their December webinar topic has not been announced yet. 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 January 10<sup>th</sup> at 11am, titled "Pain in PD" See the [PDF website](#) for information on how to attend.
- The National Parkinson's Foundation does not have any upcoming webinars scheduled. Information on how to view previous ones can be found on the [NPF website](#).

## Parkinson's in the News

**Genetic Link to Low Selenium Intake and Parkinson's** – A new study from Wayne State University School of Medicine in Michigan found a link between genes and environmental changes. They found that the risk for developing Parkinson's is increased with low selenium intake. Sources – [Genome Research Journal](#) & [Parkinson's News Today](#)

**Caffeine Can Help Slow Parkinson's** – Several recent studies have found that caffeine has the potential to slow the progression of Parkinson's disease. It appears that caffeine can halt the protein clumping associated with PD, and protect the dopamine producing cells. Source – [Medical News Today](#)

**Researchers Find Another Protein Involved in Parkinson's Development** – Alpha-synuclein is the protein that has been linked to PD for some time now, but researchers found that another protein – LAG3 – also plays minor role. It appears that LAG3 helps transmit alpha-synuclein to different brain cells. The researchers are continuing to study LAG3 and hope to find a way to use it to cure or treat Parkinson's. Source – [Medical News Today](#)