



Greater Fresno Parkinson's Support Group

Helping People With Parkinson's and their Care Partners

November/December 2017

We have two meetings that occur every month, our regular monthly meeting and a peer support group meeting, and we're exploring having a regular Ladies with PD meeting! For more info see – gfpsg.org/our-meetings/

Our next meetings are:

- **Sat. 11/11/2017** from 10am-12pm, Regular Monthly Meeting at the Deaf and Hard of Hearing Service Center
- **Mon. 12/04/17** from 11:30am-1pm, Ladies with PD Potluck at Studio 65 – **NEW!!**
- **Sat. 12/09/2017** from 10am-12pm, Annual Holiday Potluck at the Deaf and Hard of Hearing Service Center
- **NOTE** – 4th Wednesday Peer Support Break-Out Groups at Somerford Place will be taking a break until January 24^h.

We are still in need of a new location for our Saturday monthly meetings! Our group is continuing to grow, but our budget has not, which is making our search very difficult as we cannot afford the locations that are available. We will continue to meet at the Deaf and Hard of Hearing Service Center until we can find a more suitable location. We need a location that can fit 150+ people with tables and chairs, plenty of parking and accessibility, sound system, and can fit our budget of \$200/mo. If you know of a possible location, please forward the information onto Ken Rivera (mwcsuper@comcast.net) and Karen Shaver (shaverfamfresno@sbcglobal.net).

Upcoming Programs & Events

November 11th – Dr. Jeri Williams, neurologist and movement disorders specialist from Bakersfield will speak on Non-motor symptoms of Parkinson's, including hallucinations and delusions. Come with your questions regarding this subject.

December 9th – Our Annual Holiday Potluck! Join us for great food, games, and fellowship as we celebrate a big 2017 for our group and welcome in 2018. Signups for food will be available at our November meeting. Due to our power limitations, our potluck is cold food only.

January 13th – We will welcome our new doctor: Rafael Zuzuarregui, M.D., is board certified in Neurology and fellowship trained in Movement Disorders and Sleep Disorders. He grew up in Clovis and is now Assistant Clinical Professor at UCSF, Fresno. He will speak to our group about Parkinson's Disease and its effects on sleep. He looks forward to meeting all of you!

February 10th – Save the date for our Second Annual Summit on Parkinson's at Hope Lutheran Church! We are working with the National Parkinson's Foundation to offer you valuable information with engaging speakers and breakout sessions.

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.

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. No dance partner required.

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

Treasurer:

Barbara Burmeister

Librarian:

Judith Nino

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:

Meg Bateman

Additional Members:

Doug Cusumano

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

Self-Care Tips for Caregivers

November is National Caregivers Month, but we believe caregivers should be recognized every month, day and week of the year! Caregivers not only help maintain the quality of life for their loved ones, but they also are advocates – educating themselves about this mysterious disease, treatments, symptoms and more.

Our support group is just as much for caregivers as it is for people with Parkinson's. Caregiving can be an around the clock role, unfortunately sometimes at the expense of ones own wellbeing. If we do not care for ourselves, we cannot care for others. We hope these tips will help everyone practice more self care!

- **Take time for yourself.** Make sure you have time to relax, taking off your caregiver hat entirely. Taking time off for yourself should not make you feel guilty, it's necessary for your own wellbeing. The Valley Caregiver Resource Center has subsidies for in-home care, day care, and transportation so caregivers can take much needed respite time.
- **Let your loved one participate in their care.** Sometimes we default to trying to do it all for our loved ones, especially after a diagnosis like Parkinson's. Giving our loved ones more time to do their everyday tasks, or finding adaptations to do them, helps maintain their self-esteem.
- **Attend to your own healthcare needs.** It is easy to forget our own health when we're consumed with the health of someone else.
 - Get proper rest and nutrition.
 - Exercise regularly, even if for only ten minutes at a time. Exercise doesn't have to mean going to the gym – it can be as simple as taking a walk!
 - Don't skip your own doctor appointments or annual physicals.
 - If anything ever seems off with your health – get it checked out!
- **Find a stress-reducing technique that works for you.** Prayer, yoga, meditation – there are many possibilities! Learning and using a stress-reducing technique will help you through the harder times.
- **Do not put your life on hold or give up what brings you joy.** By continuing to participate in your usual activities, hobbies, and spending time with loves ones – you'll feel more uplifted and be less likely to have feelings of resentment.
- **Have someone you can talk openly with.** While being the biggest supporter in your loved ones life, you need support too! Having someone you can trust and speak honestly with is a great source of support. If you don't have a friend or family member who understands, we can connect you with peer counselors in our support group. Talking with a therapist is another excellent option!
- **Prepare for the unexpected.** Having a plan in place for unexpected events like hospitalizations will reduce the stress of everyone involved. The Aware in Care Kit from the Parkinson's Foundation is a free kit filled with everything you need to make sure your loved one continues to get the care they need when hospitalized.

Self-Care Tips for Caregivers

- **Find out what resources are available to you.** In addition to the Valley Caregiver Resource Center, there are a lot of resources for caregivers of people with Parkinson's. National groups like the Parkinson's Foundation, American Parkinson's Disease Association, and Fox Foundation are invaluable.
- **Don't be afraid to ask for help.** None of us are perfect, and none of us are Superman or Wonder Woman! We all need help at some point, and it's important to ask for that help before it is too late.

While it might feel the future for you and your loved one is uncertain, one thing definitely is certain – you are not alone in this journey. Our support group has a wide variety of members more than willing to lend a hand or shoulder.

Our Parkinson's Resource Library

Did you know we have a resource library available at every meeting? Our resource library is an invaluable help for many of our new members as they navigate life with their diagnosis. As our group has grown, our library hasn't – we need your help! We welcome donations of books and other resources that have helped you with your Parkinson's journey. We would also like to know what resources you're in need of, either as a patient or caregiver, so we can add them to our library. For more information, contact our new librarian Judith Nino at guat19881@comcast.net

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 16th at 9am. The topic is "Fox Insight: Your Experience Fueling Research". They will discuss the online study, Fox Insight, an how contributing data through surveys and genetic testing helps direct drug development and approvals. The future of Parkinson's research is in powerful hands, yours. See the [MJFF website](#) for information on how to attend.
- The Parkinson's Foundation's next webinar is on November 21st at 10am. The topic is "Depression and PD: Treatment Options." Depression goes hand in hand with Parkinson's, and can be tricky to treat. See the [Parkinson's Foundation website](#) for information on how to attend.