

Greater Fresno Parkinson's Support Group

Helping People With Parkinson's and their Care Partners

November & December 2014

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

Our next meetings are:

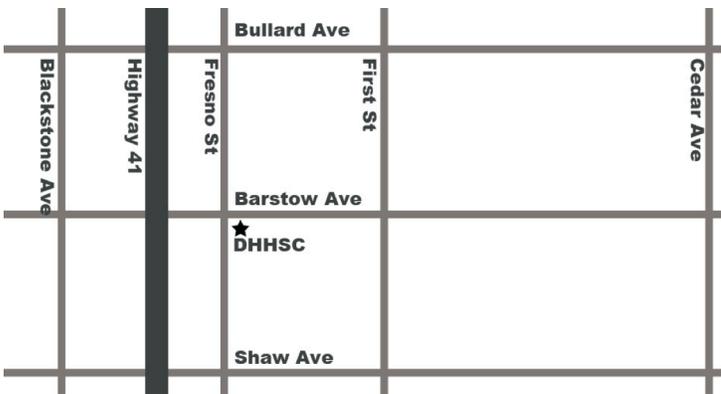
Saturday Nov 8th, 2014

Saturday Dec 13th, 2014

10:00 a.m. – 12:00 p.m.

At Our NEW LOCATION!

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!

Upcoming Speakers & Programs

November 8th 2014 – Dr. Jeri Williams, Movement Disorder Specialist. Dr. Williams did her Movement Disorder Fellowship at the University of Alabama and her practice is in Bakersfield California.

December 13th – Christmas Potluck Luncheon – Music, Games, Food, and more! More information on how to help with our end of the year party will be available at our November meeting.

January 10th – Sandra Robbins on Therapy Animals

In Memoriam

Darrell (Mac) MacDonald

After Meeting Lunch

After our monthly meetings, we like to gather again to share a meal! The location for lunch will be announced at our meetings.

TREASURER'S REPORT BY BARBARA BURMEISTER

Greater Fresno Parkinson's Support Group (GFPSG) Checking Account Report:

The Wells Fargo Bank statement covering the period of September 25 - October 24, 2014, shows a beginning balance of \$1,470.10. Credited to the account in October was \$203 in donations leaving an ending balance of \$1,673.10.

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 September 30, 2014, Year-to-Date FRF Parkinson's Support Fund Statement shows a January 1, 2014, beginning balance of \$5,378.16. Fees/Expenses totaled \$87.39; Investment Income totaled \$30.74, and there were four donor gifts received since the first of the year totaling \$300, leaving a 3rd quarter ending balance of \$5,621.51.

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 Fresno Regional Foundation (FRF)

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](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:

Doug Jackson
Bruce Medlin

Treasurer:

Barbara Burmeister

Hospitality:

MaryAnne Yee

Librarian:

Doug Cusumano

Membership Committee:

Winston Field

Faye Smith

Newsletter Editor:

Meg Bateman

STEERING COMMITTEE

Megan Bateman

Arlene Beard

Bill & Barbara Burmeister

Winston Field

Doug & Sue Jackson

Riley and Linda Jones

MaryAnne MacDonald

Bruce Medlin

Faye Smith

Bob & Dorothy Starr

Martin and Marianne Weil

PEER COUNSELORS FOR OUR CARE PARTNERS

Sue Jackson

(559) 434-7928

Fresno-Madera Area Agency
on Aging:

(800) 510-2020

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 INFORMATION,
TO UPDATE OUR MAILING
LIST, OR TO SUBMIT
MATERIALS OR
SUGGESTIONS, CONTACT:*

Meg Bateman

mrsmegbateman@gmail.com

or

Barbara Burmeister

bnb9157@att.net

www.FresnoParkinsons.org

(559) 593-9953

Parkinson's in the News

For links to the sources & pages mentioned, visit <http://gfpsg.org/november-december-2014-newsletter/>

14-Year-Old Starts Viral Video Campaign for PD Research Funding: Zoe Butchen's father was diagnosed with Parkinson's disease almost two years ago. When the Taylor Swift song "Shake It Off" premiered this last summer, Zoe was inspired to start an online fundraising campaign for PD research. Called "Dance/Shake/Donate" the campaign is similar to the "ALS Ice Bucket Challenge." Instead of being doused in ice water, Zoe and her family have challenged people to record a video dancing to "Shake It Off" and donate to the Michael J. Fox Foundation. So far their efforts have raised over \$20,000 for Parkinson's research, and their original videos have over 10,000 views! *Source: Michael J. Fox Foundation Blog and danceshakedonate.com*

Tabled 1990s PD Research Trial Finds Potential Success: In the 1990's, a research study implanted dopamine-making fetal brain tissue into several people with Parkinson's. The study was ended because of the controversy over the use of fetuses for medical research, but since then the study's few participants have had amazing results. Most experience little to no symptoms anymore. European researchers are picking up the study again, since they don't have the same restrictions as researchers in the U.S. *Source: Wall Street Journal*

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.

- Michael J. Fox Foundation's webinars are every "Third Thursday." Their next webinar is "How Stopping a Sticky Protein May Cure Parkinson's" – panelists will discuss alpha-synuclein and its role with PD, and the latest research into the protein. The webinar will be held on November 20th at 9am. See the [MJFF website](#) for information on how to attend.
- The next scheduled National Parkinson's Foundation Webinar is "Practical Pointers: Caring for Someone with Parkinson's" – they will be sharing strategies for caring for a loved one with Parkinson's and yourself. The webinar will be held on November 13th at 10am. See the [NPF website](#) for information on how to attend.
- Parkinson's Disease Foundation has two upcoming webinars on their schedule that you can attend online or over the phone. The first one is "Parkinson's and Parenting: The Impact on Children and Young Adults" in recognition of November being National Family Caregivers Month. This webinar will be held on November 18th at 10am. Their next webinar is "The Effects of Exercise on PD," on January 13th, 2015 at 10am. See the [PDF website](#) for information on how to attend.

For links to these webinars, visit <http://gfpsg.org/november-december-2014-newsletter/>

Tips for Communicating & Navigating Relationships

Communication is important for everyone, but it's especially important for people with Parkinson's and their loved ones. Having PD increases the need for open and clear communication, but it isn't easy thanks to the disease. The Michael J. Fox Foundation surveyed their followers on Facebook for their best communication tips. Here's a summary:

- Seek speech therapy to counteract Parkinson's affects on speech.
- If talking becomes too difficult, try other methods of communication like email, text messages, notes, and video chat.
- Separate your loved one from the disease – remember that frustration when communicating is because of the disease, not the intention of the loved one.
- Become very informed on what to expect from the disease and educate loved ones.
- Be as honest and open as possible and stay patient.

For their full list of tips, visit <http://gfpsg.org/november-december-2014-newsletter/>

Save the following portion to remind yourself of our location and future meetings!



GFPSG meets at the Deaf and Hard of Hearing Service Center's Fresno Headquarters (DHHSC) at 5340 N. Fresno St, Fresno, CA 93710.

They are located on the east side of Fresno St, south of Barstow Ave.

Future GFPSG Meetings

November 8th 2014 – Dr. Jeri Williams, Movement Disorder Specialist. Dr. Williams did her Movement Disorder Fellowship at the University of Alabama and her practice is in Bakersfield California.

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