

Greater Fresno Parkinson's Support Group

"Helping to optimize the quality of the lives of *People With Parkinson's* and their *Care Partners*."

HAPPY EASTER!!!

April is Parkinson's Disease Awareness Month



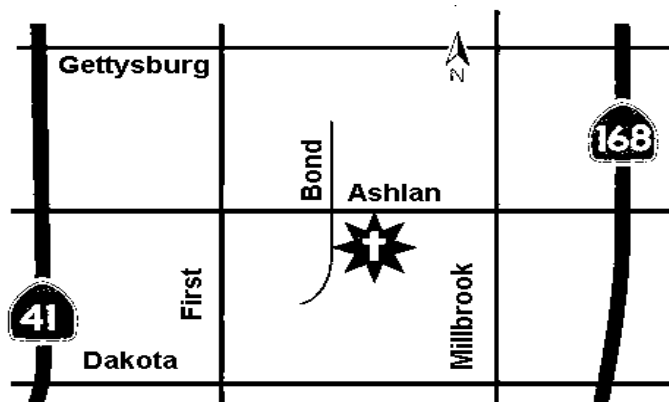
Our Next Meeting is on



SATURDAY, APRIL 9, 2011

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!!!

Word of the Month:

Bradykinesia: Greek roots: bradys = slow + kinesis = movement; Slowed ability to start and continue movements, and impaired ability to adjust the body's position. Can be a symptom of neurological disorders, particularly Parkinson's disease, or as a side effect of medications.

OUR APRIL PROGRAM:

We are fortunate to again have as our speaker the dynamic and uplifting psychologist Dr. Allan G. Hedberg whose topic will be "Living With the challenges of Parkinson's Disease."

Dr. Hedberg is a clinical and consulting psychologist and maintains a private practice in Fresno, California. He received his Ph.D. from Queen's University in 1969. He is an author of several books and has written over 60 professional publications.

Dr. Hedberg will lead a discussion and answer questions regarding depression and anxiety that so many of us are experiencing either as a symptom of Parkinson's disease itself or in reaction to having a chronic illness in general or as a side effect of medications. Feel free to write out your questions in advance of the meeting.

At about 11:00 a.m., we will take a 15-minute break after which **Dr. Hedberg will meet with our Care Partners** in a break-out session. These sessions are highly beneficial because they allow our Care Partners to be supportive of one another and to learn from one another's experiences. Meanwhile, those remaining will converse and have "**Show & Tell**" (please bring items and tips that work and that don't work so we may learn from them).

While they're meeting separately, there are many things for the rest of us to talk about as we, too, learn from and support one another.

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.

Getting to Know: DARLENE MORALES



Darlene Morales & son Anthony

My name is Darlene Morales and I've been a member of the Greater Fresno Parkinson's Support Group for quite a while, but I haven't participated for some time. I hope to change that. Every Parkinson's patient needs to attend such a group for socialization and information.

I was born and raised in North Dakota by German immigrant grandparents for 12 years. I went to a country school with a barn for our horses that we often rode to school. There were 10 students in the whole school, 3 in my grade. Outside latrines were

standard and no phone for my first years. My mother decided to bring me to California where she lived. So I moved to California in 1956...palm trees, Hollywood and movie stars, right? Nope. No movie stars just Livingston, CA, then Merced, CA, and Madera CA where I graduated from high school in 1962. I attended Coalinga J.C. for one year.

I met my husband Gene Morales in Fresno where I lived and worked in 1965. In 1966 I started my federal career at the Local Draft Board #68. In 1972 we bought our first house and had our daughter Aimee Marie. I started my second job at Alcohol Tobacco & Firearms. We moved to Seattle area where our son Anthony was born in 1975. Then we moved to Walnut Creek, CA. I started back to work for the Department of Energy in downtown Oakland for two years. Then back to Fresno in 1982. I finally found what I liked at the Veterans Hospital where I remained employed for 18 years. I was Secretary to the Chief of Engineering. Due to my Parkinson's, I retired from the hospital with 28 years with the Federal Government.

Anthony graduated from San Joaquin Memorial High School and from University of Washington in Seattle (Huskies) and is now teaching at Seaside High School in Seaside, CA. Aimee graduated from Hoover High and Fresno State and received her teaching credential and is teaching for Central Unified.

My first signs of PD were when I walked and had terrible balance. I also noticed a lot of fatigue. I spoke to my Internist many times over a period of 3 years, and he didn't think I knew what I was talking about. Eventually I insisted on an appointment with a Neurologist who knew right away that I have PD.

Upon hearing the diagnosis of Parkinson's, my daughter and I decided to go to Italy for 2 weeks. We landed in Zurich (North) and proceeded to head to Sorrento (South) via Venice, Florence, Sienna, Cortona, and Pompeii. We slept mostly in Hostels and had a wonderful time. We drank gallons of cappuccinos, gelatos, and ate wonderful Italian food and lost weight with all the walking. Go figure.

I love to be on my back patio, and I'm usually working with flowers, reading the paper or just loafing. I also love to visit my son and daughter-in-law in Monterey or messing around with my daughter shopping or watching "Top Chef" or cooking together.

Addendum: In all fairness to my Internist, he probably saved my life during an office visit in 2009 when he was checking my neck and saw a problem with my lymph nodes. Two weeks later I received Chemo for Non-Hodgkin's Lymphoma Stage 3, which I am in remission from now.

OFFICERS

Co-Leaders/Emcees:

Russell Templeton
Doug Jackson
Bruce Medlin

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Barbara Burmeister

Membership Committee:

Sue & Doug Jackson
Faye & Jack Smith

Care Partners Group Leader:

Anne Guenther

Librarians:

Mac & MaryAnn MacDonald

Newsletter Editor:

Ellen Jablonski

STEERING COMMITTEE

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Doug & Sue Jackson
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Russell & Jan Templeton
Martin and Marianne Weil

WEBMASTER

Frédéric "Fredo" Martin
WorkingArts Marketing, Inc.™

PEER COUNSELORS FOR OUR CARE PARTNERS

Anne Guenther (559) 322-7076
Sue Jackson (559) 434-7928

Fresno-Madera Area Agency
on Aging: (559) 453-4405 or
(800) 510-2020
Or online:

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:**

Ellen Jablonski

(559) 298-4080

Ellen4curePD@att.net or

Barbara Burmeister

(559) 322-8076

bburmeister@sierratel.com

106 W. Paul Avenue

Clovis, CA 93612

www.FresnoParkinsons.org

(559) 593-9953

Treasurer's Report by Barbara Burmeister

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

The February 25 – March 23, 2011, Wells Fargo Bank Statement shows a beginning balance of \$296.73. Debited from the account during this period were 4 checks totaling \$281.77 for February and March newsletter-related expenses. Refreshments were donated by Steering Committee members in March so there were no hospitality-related expenses. Deposited to the account was \$100 in donations from the March meeting, and a \$1000.00 disbursement from the GFPSG fund held at the Fresno Regional Foundation to replenish operating funds in the GFPSG Wells Fargo account. The ending balance on March 23, 2011, was \$1,114.96.

Monies donated directly to our Support Group are not tax deductible; however, they do help cover the cost of newsletter, refreshment, and operating expenses. Thank you for your support.

Fresno Regional Foundation (FRF) Fund Report: In March 2011, there were no gifts or donations made to the GFPSG fund held at the Fresno Regional Foundation. Disbursed was a check in the amount of \$1,000 to replenish the GFPSG Wells Fargo checking account. The current balance in our FRF fund is \$3,481.07.

Donations or gifts to our Support Group through the *Foundation* are tax deductible and can be made online, or by check, Visa or MasterCard. Make your check out to the *Fresno Regional Foundation* and specify that the donation or gift is for the *Greater Fresno Parkinson's Support Group Fund*. The mailing address for the *Fresno Regional Foundation* is: 5250 N. Palm Avenue, Suite 424, Fresno, CA 93704. For additional information, you can call them directly at (559) 226-5600 or visit their website at www.fresnoregfoundation.org to make a gift online.

Celebrating Parkinson's Awareness Month: Chock full o'Nuts Partners with PDF to Fight Parkinson's:

Parkinson's Disease Foundation and Chock full o'Nuts are joining forces to fight Parkinson's beginning with nationwide promotions to raise awareness around the country about the disease and the need to fund research for new treatments and a cure. PDF and Chock share a common history, having both been founded by the late William Black. This partnership will begin just in time for Parkinson's Awareness Month this April, and it is coming to a community near you. Where should you look to find it? Check your Sunday circulars on the weekend of March 27 for a special coupon and advertisement promoting Parkinson's Awareness Month. Check out the Chock full o'Nuts coffee cans in your local grocery store. This spring, new cans will be featuring information about PDF's mission to fight Parkinson's disease. If you live or work in New York City, or will be visiting the city, you may notice Chock full o'Nuts trucks promoting the fight against Parkinson's and distributing free coffee. You may also visit Chock's coffee shops to see cups and other items with information inviting people to join the fight against PD. Robin Elliott, PDF's Executive Director, said of the partnership, "PDF has been singularly committed to finding the causes of and a cure for Parkinson's disease since that day back in 1957 when Mr. Black first found out that his close friend and associate had developed Parkinson's and realized to his amazement that there were no effective treatments for the condition."

Workshop for Parkinson's Disease Care Partners:

There will be an opportunity for our Parkinson's disease Care Partners to attend a workshop given by the *Valley Caregiver Resource Center* on "The Power of Relaxation" on Friday, April 15th, 2011 from 2:00 pm to 4:00 pm. The workshop is free to Care Partners registered with the Center. Class size is limited. There will be a free 10-minute massage for all attendees. Call VCRC at (559) 224-9154 or (800) 541-8614 for registration and workshop location details.

Synopsis of Our March 12, 2011, Program:



There were 30 people attending the wonderful presentation by physical fitness/ Tai Chi teacher Debi Kallas. She recommends a minimum of 30 minutes of exercise 3 times a week, and static stretching (aka “hold stretch” as opposed to “ballistic stretching/bouncing) at least 10 minutes a day. One should never hold your breath while stretching or exercising. Debi demonstrated some of the exercises and stretches and distributed outlines of various exercises she recommends for us. She stressed that People With Parkinson’s should avoid forward shoulder rolls because PD can lead to a humped back. The “Morning Stretch Program” includes: Backward Shoulder Rolls, Torso Rotations, Waist Bends, Chest Stretches, Hamstring Stretches, and Quadriceps Stretches. She also gave attendees Therabands with which to workout.

For more info, call Fresno Adult School (559) 457-6000 and ask for the Older Adult Program. Classes: Physical Fitness--Monday, Wednesday, and Friday 8:00 am to 9:15 am and 9:30 am to 10:45 am; Stretch & Tai Chi--Tuesday 7:30 am to 8:45 am; Light Aerobics--Thursday 7:30 am to 8:45 am. There is no cost. Location: Manchester Center, upstairs near the food court, Room 6. Open enrollment--no specific start date.

Resource of the Month:

Valley Caregiver Resource Center is presenting a workshop for Family Caregivers entitled "More Than the Blues" for Caregivers on Wednesday, April 20, 2011, from 2:00 pm to 4:00 pm. This workshop will cover "how to identify symptoms of depression, strategies for coping with depression, and tools that will help lift your spirits when just feeling blue!" Class size is limited, register with VCRC at (559) 224 9154 or (800) 541-8614.

Residential Homecare Services’ “City-Wide Tour”:

Nancy Altschuler (owner/operator and licensed Recreational Therapist) hosts a “City-Wide Tour” of several assisted living and residential care communities within the Fresno/Clovis area to present options for elders and their families. The tour travels in a deluxe tour bus to facilities, sharing snacks, lunch, fun, and LOTS of information. The next tour is April 29th, 2011, 3 pm – 7 pm, and includes dinner. Cost is \$20 per person or \$35 per couple, with a discount for early registration. Call Nancy to register or to ask questions at (559) 435-8138. There will be an opportunity to benefit our GFPSG by purchasing a raffle ticket (\$3 each) at our April Support Group meeting.

Chuckle of the Month:

ON TURNING 70: “You still chase women, but only downhill.”

ON TURNING 80: “That's the time of your life when even your birthday suit needs pressing.”

ON TURNING 90: “You know you're getting old when the candles cost more than the cake.”

ON TURNING 100: “I don't feel old. In fact, I don't feel anything until noon. Then it's time for my nap.”

By Bob Hope; Submitted by Jan and RussTempleton