

Greater Fresno Parkinson's Support Group

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

We meet on the second Saturday of each month **except August**.

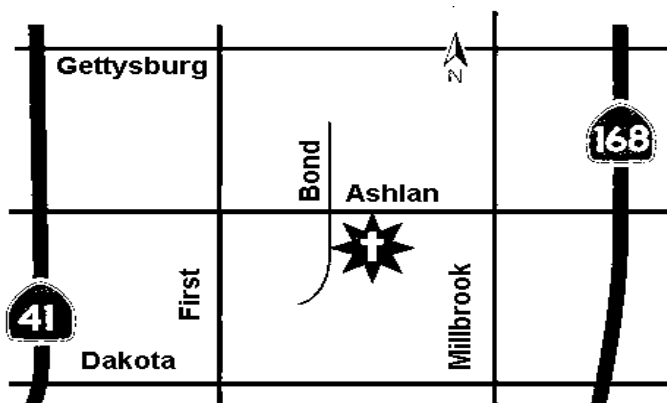


Our Next Meeting is on



SATURDAY, SEPTEMBER 10, 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!!!

Resource of the Month:

en.wikipedia.org/wiki/Parkinson's_disease

Word and Chuckle of the Month:

A PARAPROSDOKIAN is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected. Frequently used in humorous situations; for example: "Where there's a will, I want to be in it," or "Whenever I fill out an application, in the part that says, 'In case of emergency, notify:' I put 'DOCTOR.'"

Submitted by Barbara Burmeister

FACIAL MASKING IN PARKINSON'S DISEASE

One way that we express emotion is via facial expression. Facial expression of emotion is made possible by the working of complex muscle groups in the face. In some people with Parkinson's disease, these facial muscles no longer work properly. A combination of bradykinesia and rigidity of the facial muscles make facial expression of emotion more difficult. The person's face is not as expressive as it once was and sometimes resembles a mask. This is called "*Masked Facies*" or "*Facial Masking*." PD is also related to several eye and vision abnormalities such as decreased blink rate, dry eyes, deficient ocular pursuit (eye tracking) and saccadic movements (fast automatic movements of both eyes in the same direction), difficulties in directing gaze upward, and blurred or double vision. These symptoms are considered "secondary features" which may not be disabling and occur in less than 50% of patients. Disappearance of facial masking may be the earliest sign of successful treatment with Parkinson's disease medications or from Deep Brain Stimulation surgery ("DBS"). Exercising the facial muscles may help.

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.

TREASURER'S REPORT BY BARBARA BURMEISTER

Greater Fresno Parkinson's Support Group (GFPSG) Checking Account Report: The June 24 – July 26, 2011, Wells Fargo Bank Statement shows a beginning balance of \$1,100.97. Debited from the account during this period were two checks totaling \$161.29 for newsletter-related expenses. Deposited to the account was \$108.00 in donations from the July Support Group meeting, leaving an ending balance of \$1,046.78. Outstanding is a check in the amount of \$28.97 for the May GFPSG meeting refreshments, and a check in the amount of \$84.47 for July newsletter expenses.

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: As of July 25, 2011, the FRF Parkinson's Support Fund Statement shows a Fund balance of \$3,875.55. This includes gifts totaling \$125.00 received in July.

Remember, donations or gifts to our Support Group through the Foundation are tax deductible and can be made on-line, 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.

Parkinson's Fitness Class

San Joaquin Valley Rehabilitation continues to offer classes tailored to the needs of People With Parkinson's in which they will learn how to maintain muscle strength and improve coordination, maintain flexibility of muscles and range of motion of joints, improve cardiovascular fitness, and plan more efficient movements for daily living activities so these activities are easier and less tiring. Classes are held at 7033 N. Fresno St., Ste. 101, Fresno, CA 93720, (559) 431-2635, ext. 119. The cost is \$7.00 for non-members and free for members. Join the fun!

OFFICERS

Co-Leaders/Emcees:

Doug Jackson
Bruce Medlin

Treasurer

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

Bill & Barbara Burmeister
Anne Guenther
Ellen Jablonski
Doug & Sue Jackson
Riley and Linda Jones
Mac & MaryAnn MacDonald
Bruce Medlin
Jack & Faye Smith
Jan Templeton
Martin and Marianne Weil

WEBMASTER

Frédéric "Fredo" Martin
www.workingarts.com

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

Good Grief!

Source: WebMD

Grief is a normal and healthy reaction that occurs when you lose someone or something important. Although it is possible to delay or postpone grieving, it is not possible to avoid grieving altogether. Grief will subside over time. However, the grieving process does not happen in a step-by-step or orderly fashion. Give yourself all the time you need to identify, accept, and express your emotions. Your feelings are unique. Each person handles emotions and feelings differently. Find the way to deal with your emotions that fits you. Support is important during the grieving process. Support comes in many forms, such as from friends and family, by participating in activities you enjoy, or through exercises to help you express your feelings, such as writing letters or keeping a journal.



3/ 29/1947 – 8/1/ 2011

RUSS TEMPLETON, Our GFPSG Co-Leader, passed away peacefully at home on August 1, 2011, with his loving family by his side. Russ was raised in Sunnyvale, CA, where he met his future bride, Jan Byler, when he was 7½ years old and she was 6. They began dating when Jan was in high school. Russ graduated from University of California, Santa Barbara in 1968, and he and Jan were married in August 1968. A month after they were married, Russ began law school at UC Davis, graduating in 1971. After active duty training in the Army, Russ began private law practice and soon located in Fresno. In 1982 Russ entered into fulltime ministry as the Fresno Director of the Christian Conciliation Service. In the mid-80's he returned to law practice focusing on estate planning, tax, and business transactions, retiring in 2008. In 2006, at the age of 59, Russ was

diagnosed with Parkinson's disease. He found support and friendship in the Greater Fresno Parkinson's Support Group, serving first as a Steering Committee member, then as a Leader and Co-Leader. Russ and Jan have a daughter Debra, and a son Joseph. Debra and her husband Peter blessed Russ and Jan with five beautiful grandchildren. Russ loved his family with all his heart and had the rare privilege of living next door to his grandchildren giving him and Jan the opportunity to share day-to-day life and quality time with their family. When interviewed a few years ago for this newsletter, Russ said the Support Group allows one to not only confront fears, but provides the opportunity to give and receive information and encouragement with friends who understand and care. Russ was a true and faithful man of God and lived and believed our greatest hope lies in the word of Christ, who promises, "Come unto Me, all you who are weary and heavy laden, and I will give you rest." Russ is now at rest with his Lord. We were blessed having known Russ.



Ellen Jablonski, Kirby Eskelsen, and Jan and Russ Templeton
Superior Dairy, Hanford, June 13, 2011



Russ Templeton at Steering Committee meeting
Clovis, June 28, 2007

Recommended Reading:

Rhode Island-based author Joseph H. Friedman, MD, wrote a book in 2007 on Parkinson's disease: "Making the Connection Between Brain and Behavior: Coping with Parkinson's Disease."

In Memoriam

Wayne Foster

Russell Templeton

Having Tea Might Help Retaining Focus

TopNews - According to research published in 'Nutritional Neuroscience' journal, drinking tea not just gives a boost to the human mind but it also helps in reducing tiredness. The association of tea has always been with lowering the risk of heart disease, cancer, and Parkinson's and some of the researches also claim that its consumption leads to the strengthening of bones. The researchers observed the mental performance of 44 youngsters who were habitual to having tea and they found that the natural ingredients in tea helped in improving brain power and alertness. The Dutch researchers compared the effects of an amino acid called L-theanine and caffeine with a dummy treatment. They found that these ingredients actually improved the accuracy level of people who had tea after 20 and 70 minutes as compared to the placebo. The study stated that tea actually helped in reducing tiredness among the subjects aged less than 40 and these ingredients significantly helped to maintain focus during a challenging cognitive task. Dr. Tim Bond, of the industry-backed Tea Advisory Panel, said, "The latest findings backs a previous study which showed drinking two cups of black tea improves the ability to react to stimuli and to focus attention on the task in hand".

Northwest Parkinson's Foundation 2011

SYNOPSIS OF OUR JULY 9, 2011, MEETING

There were 39 attendees.

Law and life partners Robert Howk and Marcella Downing of The Law Office of Howk & Downing gave valuable examples of Elder Abuse, in particular about annuity scams. Bottom line is "if it seems too good to be true, it is" and "there's no such thing as a free lunch," and "get it in writing."

The Law Office of Howk & Downing, LLP, 4946 E. Yale Ave., Ste. 103, Fresno, CA 93727, (559) 229-8109, howk-downing.com. For more information call (888) 460-seniors.

Neurologist Perminder J. Bhatia, M.D. advised us of current studies being conducted. To learn more, call (559) 437-9700, 736 E. Bullard Avenue., Suite. 101, Fresno, CA 93710.

NUTRITION YOU CAN LIVE WITH: Tip #32

Did you know that a single Brazil nut contains an entire day's recommended supply of selenium? It's also a good source of vitamin E. Selenium is a trace mineral that works hand-in-hand with vitamin E as an antioxidant. People with Parkinson's need antioxidants to combat free radical damage. Unless you're allergic to them, consider having a Brazil nut daily – preferably raw, because roasting destroys some of that precious vitamin E.

Kathrynne Holden, MS, RD

<http://www.nutritionucanlivewith.com>

SEEKING TEMPORARY HOUSING

Long-time Group member Gerry Lang, a responsible, 65-year-old Person With Parkinson's, is looking for a room or small apartment to rent in Greater Fresno area — ideally in North Fresno—for 3 months (Sept., Oct., Nov.). Please call (415) 902-6100 or e-mail gerhardlang2010@hotmail.com.