**CRUISERS’ CORNER:**

Ellen, Max, and Shirley were among the 110 or so attendees of “The 8th Parkinson’s Seminars at Sea” cruise aboard the “Carnival Spirit” November 4 - 12, 2008, from San Diego to Acapulco, Zihuatanejo, Ixtapa, and Manzanillo, sponsored by The Hazel Hutchman Memorial Neuroscience Center www.hutchmancenter.org (800) 285-1175 and PDOutreach/Seminars at Sea www.pdoutreach.com (805) 482-2151.

The theme was “Knowledge is Power” with presentations by the “CORE Team” (for “Care, Outreach, Research, & Education”): Dr. Robert “Rob” M. Hutchman (Movement Disorder Specialist), Michael Hall (Medical Assistant), and Susan Kline, (Executive Director) of The Hazel Hutchman Memorial Neuroscience Center; John Argue, (Theater Arts Teacher and Author) “Parkinson’s Disease & the Art of Moving” and “Parkinson’s Disease & Activities of Daily Living” www.johnargue.com (510) 985 2645; and Rod Preston, motivational speaker who has had PD over 26 years and was among the first to have Deep Brain Stimulation (“DBS”) in 1999. It was an honor to also have in attendance Mr. Nathan Slewett, Chairman Emeritus of the National Parkinson Foundation.

All agreed that more so than touring the Ports of Call, the cruise was about connecting with and learning from one another about Parkinson’s with a spirit of encouragement and hope. The weather was ideal; the Ship’s staff accommodating; the entertainment delightful; and the food/beverages delicious and plentiful.

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**DECEMBER 2008**

**Happy Holidays!**

**WHEN:**
Saturday, December 13, 2008
Starting promptly at 10:00 a.m.
Ending between 11:30 a.m. and noon

**WHERE:**
In the Chapel building of
THE BRIDGE Evangelical Free Church,
3438 E. Ashlan Ave., Fresno, CA 93726, at the southeast corner of Ashlan & Bond between First & Millbrook (enter the parking lot on Ashlan).

**OUR PROGRAM:**
An “open meeting” during which we can discuss general topics and enjoy mingling with one another over brunch. If you would like (not required), bring a potluck dish; any shortage of food will be filled in with pizza from nearby Costco. Please call our Hospitality Coordinator Shirley Robinson at (559) 226-2673 to let her know what you’ll bring or to ask what’s needed.

**“Ellen: Parkinson’s Puppet” Video:** 15-min. version now on our www.fresnoparkinsons.org

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(“CRUISER’S CORNER” Continued:)

“The 9th Annual Parkinson’s Seminars at Sea” is already available for reservations! The 7-day cruise aboard the “Carnival Splendor” leaves October 18, 2009, from Long Beach to Puerto Vallarta, Mazatlan, and Cabo San Lucas. Contact Susan Kline, PDOutreach/Seminars at Sea at www.pdoutreach.com or (805) 482-2151.

BRING ON THE CURE!
Getting To Know RILEY & LINDA JONES:

Riley was born in Oklahoma in 1945 and moved to Tulare, California, in 1952. After graduating from Tulare Western High School in 1962, he attended the College of Sequoias in Visalia and graduated with a degree in accounting from Fresno State in 1966. He took a grad course at Multnomah School of the Bible in Portland, Oregon, and then was drafted into the U.S. Army in 1967 during the Viet Nam War. After completing his tour of duty in 1969, Riley was employed at a C.P.A. firm in Tacoma, Washington, until 1973.

Riley met Linda at a missionary conference in Auburn, Washington, where Linda attended church. It wasn’t love at first sight, but after dating for 10 months, they were married in 1970. Riley said, "Next to accepting Jesus as my Savior and Lord, marrying Linda is the best decision I have made in my life.” He told her if she ever decides to leave him, he is going with her.

They have been blessed with 3 children (Kevin, Kimberly, and Kari) and 7 grandchildren (5 girls and 2 boys) and another is on the way. Riley and Linda say: “Eight is Enough!”

In August 1973, they decided to move to Fresno because Riley accepted an accounting position at Fresno Community Hospital. Linda took care of Kevin, who was born in 1972, and worked part time at J. C. Penney.

Riley worked 15 years for Community Hospitals and then accepted a controller’s position at HealthCare Management (7 convalescent hospitals). The corporate office was in Madera where he worked for 14 years. Linda has worked for the Fresno Unified School District for the past 25 years. Her current job is as a Health Aid at Gibson Elementary.

Riley was diagnosed with PD 4 years ago, but has had symptoms for at least 6 years. He is on disability and attempts to live a normal life spending his time at home working in the yard, reading, watching TV, walking, doing other exercise, visiting family, and going to church. “God gives the strength and encouragement to get through each day. One choice always remains: We can still choose to serve God and point others to Him regardless of our limited circumstances. Facing an impossibility gives us the opportunity to trust God.”
**Essential Tremor aka Familial Tremor aka Benign Essential Tremor (“ET”) vs Parkinson’s Disease (“PD”):** (The only difference between Essential Tremor [“essential” means it isn’t linked to other diseases] and Familial Tremor is that in the latter there’s family history.) ET and PD are neurological movement disorders that share some features: neither is contagious nor affects life expectancy; as yet there are no cures; both can occur any age but usually over age 60; both have symptoms that can manifest differently from person to person and vary in severity over time and can worsen due to stress, fatigue, anxiety, hot or cold weather; and generally do not occur during sleep; surgery such as Deep Brain Stimulation (“DBS”) may be effective for both conditions.

**ET:** About 50% of cases have a genetic link; the cause of those without the genetic mutation is unknown. Symptoms can include involuntary tremors of the hands, arms, legs, head, tongue, and/or voice box; larynx that get worse with purposeful movement; head nodding; and rarely balance difficulty. ET usually doesn’t need treatment.; 50–75% cases are treated with medications like: beta-blockers such as propranolol (Inderal®); antiseizure medications such as primidone (Mysoline®) and gabapentin (Neurontin®); benzodiazepines such as diazepam (Valium®), clonazepam (Klonopin®), and alprazolam (Xanax®); and carbonic anhydrase inhibitors such as methazolamide (Glauctabs®, Neptazane®, acetazolamide (Diamox®); or botulinum toxin injections.

**PD:** Affects nerve cells (neurons) in the brain’s substantia nigra that produce dopamine, a chemical (neurotransmitter) that sends signals to coordinate smooth and balanced muscle movement. PD causes neurons to die leading to a lack of dopamine especially in the brain’s basal ganglia which is responsible for organizing movement commands and makes nerve cells fire out of control. Symptoms can include: tremors when at rest which usually start on one side; muscle rigidity; the slowing down of movement and the gradual loss of spontaneous activity; changes in walking pattern and posture; shuffling feet when walking; loss of balance; increased falls; reduced swing of the arm(s) when walking; changes in speech and handwriting; forward stoop; lack of facial expression; freezing/becoming stuck when trying to move; and many non-motor symptoms such as depression, loss of sense of smell and/or taste, body temperature fluctuations, sexual dysfunction, slowness of thinking, and sleep problems. PD is most often diagnosed by the gradual loss of spontaneous activity ; changes in walking pattern and posture ; shuffling feet when walking; loss of balance ; increased falls ; reduced swing of the arm(s) when walking; changes in speech and handwriting; forward stoop; lack of facial expression; freezing/becoming stuck when trying to move; and many non-motor symptoms such as depression, loss of sense of smell and/or taste, body temperature fluctuations, sexual dysfunction, slowness of thinking, and sleep problems. PD is most often diagnosed by the gradual loss of spontaneous activity; changes in walking pattern and posture; shuffling feet when walking; loss of balance; increased falls; reduced swing of the arm(s) when walking; changes in speech and handwriting; forward stoop; lack of facial expression; freezing/becoming stuck when trying to move; and many non-motor symptoms such as depression, loss of sense of smell and/or taste, body temperature fluctuations, sexual dysfunction, slowness of thinking, and sleep problems.

**Symptoms can include:** tremors, rigidity, bradykinesia (slowness of movement), and gait and posture abnormalities. Other non-motor symptoms include depression, dementia, sleep disorders, autonomic dysfunction, and cognitive deficits. PD can be differentiated from other movement disorders such as Essential Tremor by the presence of rest tremor, rigidity, and bradykinesia. Other conditions that may resemble PD include Multiple System Atrophy, Normal Pressure Hydrocephalus, and Normal Tension Hydrocephalus. Diagnosis of PD is based on clinical features, including a positive family history, disease onset after the age of 40, and a response to levodopa. Dopamine replacement therapy with levodopa is the cornerstone of treatment for PD.

**Fresno Regional Foundation:** There were no November gifts through the Fresno Regional Foundation for the “Parkinson’s Support Fund” and the balance stands at $2,947.21. At our request, the Foundation granted our request to remove that account from their investment fund and place it with their Money Market fund accounts.

**NEEDED:** Compact travel power mobility scooter for outdoor use. Please contact Ellen at (559) 298-4080.

**Peer Counselors for Care Partners:**
- Anne Guenther: (559) 322-7076
- Sue Jackson: (559) 434-7928
- Shirley Robinson: (559) 226-2673

**Or get info and support online at:**
Caring From a Distance: www.cfad.org
Family Caregiver Alliance: www.caregiver.org
National Family Caregivers Assoc.: www.thefamilycaregiver.org
Well Spouse Association: www.wellsprouse.org

**Treasurer Barbara Burmeister’s Report:** The November 26, 2008, Wells Fargo Bank Statement shows a Beginning Balance of $740.56. Debited were cleared checks totaling $183.48 for October Newsletter and meeting expenses. Credited on October 27, 2008, was $84.00 in donations from the October meeting (notated in the November Newsletter Treasurer’s Report). The Statement shows an Ending Balance of $641.08. Checks totaling $123.70 for November Newsletter and monthly expenses are outstanding, leaving an Adjusted Ending Balance of $517.38. Thank you for your Tax-Deductible donations made this past year to the “Parkinson’s Support Fund” maintained by the Fresno Regional Foundation; for your donations made directly to our Greater Fresno Parkinson’s Support Group (“GFPSPG”); and for your donations made at our refreshment tables to help offset the cost of those refreshments. Your donations, support, and participation are greatly appreciated and help make the GFPSPG the outstanding Support Group it is!
“Parcopia Tablet”
By Ellen Jablonski, December 2008
To the tune of “Copacabana” by Barry Manilow

I took a ‘Copa, Parcopia* tablet:
I dissolved it on my tongue;
No water to get in my lung.
It has a minty, aspartame flavor.
If swallowing is hard for you,
Ask your doc if this would do.
And now available, generic—lower bill!
Made by Mylan Pharmaceuticals—
Could it your needs fill?
That’s the ‘Copa (CO!), Parcopia tablet!
(Parcopia tablet!)
Ask your doctor—you could sample it!
That’s Parcopia (CO!), Parcopia tablet:
It’s just the same as
That “Sinemet” famous!
That’s Parcopia...give it a try. (Copa, Parcopia tablet.)

Dosing is just like dosing “Sinemet,”
But it bypasses the stomach,
It goes to work really quick!
But diabetics should take precaution:
It may affect your blood sugar—
Be sure to check with your doctor.
And you should be aware:
Darkening by a hair—
Your saliva or sweat or urine
But should this you scare?!

It’s the ‘Copa (CO!), Parcopia tablet. (Parcopia tablet.)
Ask your doctor—you could sample it!
That’s Parcopia (CO!), Parcopia tablet:
It tastes like a mint
That’s sweetened just a hint.
That’s Parcopia...or generic.
(*Copa, Parcopia tablet! ‘Copa, Parcopia tablet!)
(Parcopia tablet, ahh ahh ahh ahh!)

* SCHWARZ PHARMA Parcopia™ (carbidopa-levodopa orally disintegrating tablets) using RapiTab™ technology.
(Store only in tight, light-resistant containers.)

Volunteers Needed: People With Parkinson’s wanted for research at CSUF to study the effects of auditory, visual, and attentional cues on walking so an effective intervention program to improve gait can be designed. If interested, please contact one or the other below:
Yoshi Fujii, MPT, (559) 304-9637 yoshifujii@hotmail.com
Dr. Yuping Chen (559) 278-8829 ychen@csufresno.edu

Chuckle of the Month: Redneck Medical Terms
Artery: The study of paintings.
Benign: What you be after you be eight.
Bacteria: Back door to cafeteria.
Barium: What doctors do when patients die.
Cesarean Section: A neighborhood in Rome.
CAT Scan: Searching for Kitty.
Cauterize: Made eye contact with her.
Colic: A sheep dog.
Coma: A punctuation mark.
D & C: Where Washington is.
Dilate: To live long.
Enema: Not a friend.
Fester: Quicker than someone else.
Fibula: A small lie.
Genital: Non-Jewish person.
Hangnail: What you hang your coat on.
Impotent: Distinguished, well known.
Labor Pain: Getting hurt at work.
Medical Staff: Doctor's cane.
Morbid: A higher offer than I bid.
Nitrate: Cheaper than day rates.
Nod: I knew it.
Outpatient: A person who has fainted.
Pap Smear: A fatherhood test.
Pelvis: Second cousin to Elvis.
Post Operative: A letter carrier.
Recovery Room: Place to do upholstery.
Rectum: Darn near killed him.
Secretion: Hiding something.
Seizure: Roman emperor.
Tablet: A small table.
Terminal Illness: Getting sick at the airport.
Tumor: More than one.
Varicose: Nearby.

RIDE NEEDED: The following would like to attend our meetings but needs a ride: If you can help, please call directly: Hazel Toler at (559) 673-3834 who resides at Cedar Creek Retirement Community 500 N. Westberry Blvd., # 500, Madera, CA 93637
(If you need a ride to our meetings, contact Ellen or Max [see page 2] ten days prior to our meeting days to place an ad in our Newsletter.)

FRESNO COUNTY TAXI SCRIP PROGRAM FOR SENIORS: Fresno County Seniors 70 or older can buy Scrip Booklets of $20 value for $5 (up to 5 Booklets per calendar month) to pay for qualified taxi fares (tips must be in cash). No time or destination restrictions. Scrips are non-transferable, non-negotiable, and non-replaceable. The County removed the expiration date on taxi Scrips; Scrips purchased in 2008 do not have to be exchanged for 2009 Scrips. For further info call (559) 233-4148 or go to www.fresnocog.org.