

Greater Fresno Parkinson's Support Group

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

HAPPY VALENTINE'S DAY!!!



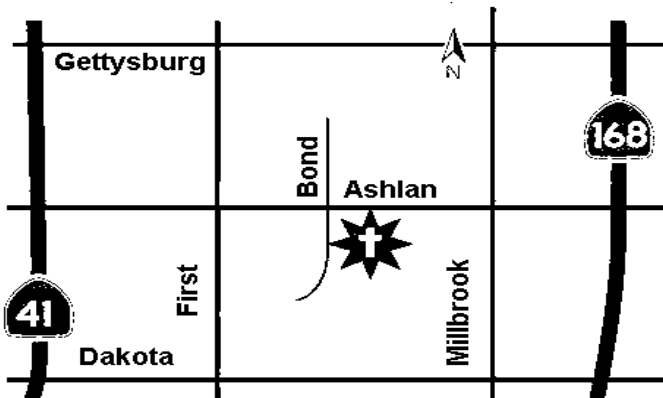
Our Next Meeting is on



SATURDAY, FEBRUARY 12, 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:

Homeostasis [hō'mē-əstā'sis] Etymology: Gk, *homoios* + *stasis*, standing still

A relative constancy in the internal environment of the body, naturally maintained by adaptive responses that promote healthy survival. Various sensing, feedback, and control mechanisms function to effect this steady state. Some of the key control mechanisms are the reticular formation in the brainstem and the endocrine glands. Some of the functions controlled by homeostatic mechanisms are heartbeat, hematopoiesis, blood pressure, body temperature, electrolytic balance, respiration, and glandular secretion. *homeostatic*, *adj.*

OUR FEBRUARY PROGRAM:

We will devote the entire meeting to providing our group with the opportunity to pose questions and give answers based on our own individual experiences with Parkinson's disease ("PD"). Outside speakers in various specialties can, we know, be of great help. But sharing our own problems and hopes can offer encouragement as well as information. Come ready to raise your own questions, such as: coping with motion limitations, depression/anxiety, nutrition, pain or other symptoms, and end-of-life care options. We will have cordless microphones available for people to share where they are seated. After our usual break for refreshments, we will have a separate session just for Care Partners, led by some who know of what they speak.

Also, our librarian has obtained about 50 sets of the newest editions of the excellent booklet series published by the National Parkinson's Foundation. These have proven to be very useful for both new and not-so-new patients and their helpers. Titles include: "What You and Your Family Should Know"; "Medications"; "Mind, Mood, and Memory"; "Fitness Counts"; "Nutrition Matters"; etc. These are not just pamphlets, but extensive treatments on the PD subjects they cover. They will be furnished at no cost to anyone who wishes to pick them up at our February 12th and March 12th meetings. (We will not be able to mail these items due to postage and handling costs.)

We trust this will be an enjoyable meeting for and by all.

Resource of the Month:

In *Neurology Now*® you will find information, resources, and inspirational stories. Please visit www.NeurologyNow.com and subscribe for free.

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 December 24, 2010 – January 26, 2011, Wells Fargo Bank Statement shows a beginning balance of \$430.47. Debited from the account during this period were three checks totaling \$162.79 for meeting refreshments and newsletter-related expenses. Deposited to the account was a total of \$203.30; \$103.30 in donations from the January meeting, and two subsequent donations in the amount of \$50.00 each made directly to the GFPSG. The current ending balance in the checking account is \$470.98.

Received on January 31, 2011, was an invoice from WorkingArts Marketing, Inc. showing a balance due of \$251.25. This amount includes a yearly fee of \$15.95 each for domain name registration and management of websites fresnoparkinsons.org, fresnoparkinsons.com and gfpsg.org, for a total of \$47.85; and \$203.40 for website hosting for gfpsg.org for Jan-Dec 2011.

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) Account Report: In January 2011, there was one \$50.00 gift made to the GFPSG fund held at the *Fresno Regional Foundation*. The current balance in our *Foundation* account is \$4,496.72. 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.

Chuckle of the Month:

"Nutrition You Can Live With," Tip #42

"Old age, experience, and treachery will overcome youth and skill every time."

Kathrynne Holden, MS, RD, Parkinson Nutrition Specialist
<http://www.nutritionucanlivewith.com>

OFFICERS

Co-Leaders/Emcees:

Russell Templeton
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
Bruce Medlin
Jack & Faye Smith
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
Nat. 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

2011 Parkinson's Conference and Resource Fair:

The *Parkinson's Association of Northern California* (PANC) will be offering a Parkinson's Disease Conference and Resource Fair in Fresno on February 26th, 2011, at the Fresno Convention Center, located at 848 M Street, Fresno, CA 93721 from 8:30 am to 4:00 pm. Speakers from several areas of expertise will be presenting forums on topics such as Symptom Management, Nutrition with PD, Deep Brain Stimulation, Neurologic Music Therapy and PD, Cognitive and Depression Issues with PD, Exercise with PD, and PD Medications. Additional topics such as Clinical Trials, Relationship and Intimacy Issues, and a session for Adult Children of PD Patients are awaiting confirmation. All snacks and a lunch will be provided, along with vendors and resources for Parkinson's patients and caregivers. Cost is \$48 and covers two people, along with a one-year membership in PANC. Call with questions or to register at (866) 979-7262 toll free, or (916) 489-0226. Please register by Wednesday, February 23rd to avoid a \$20 late fee for registration at the door. Further information is available at www.parkinsonsacramento.org Flyers will be available at our GFPSG meeting on February 12.

Residential Homecare Services "City-Wide Tour":

Many of our PD Support Group would remember the helpful session we shared with Nancy Altschuler of the *Residential Homecare Services* when she spoke with our group in November 2009. Nancy hosts a "City-Wide Tour" of several assisted living and residential care communities within the Fresno/Clovis area four times a year to present options for elders and their families. The tour travels together in a tour bus to four facilities, sharing snacks, lunch, fun, and LOTS of information. This is a perfect opportunity to ask questions and find options and answers. The coming dates are March 5th and April 29th, with fall dates of September 16th and October 29th. 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.

Valley Caregiver Resource Center Workshops:

Valley Caregiver Resource Center is offering two free workshops for Family Caregivers this month, at 3845 N. Clark Street, #205, Fresno, CA 93726:

"The Power of Relaxation" on February 11, 2011, from 2:00 to 4:00 pm. Erica Alejandre, C.M.T., will be leading this interactive workshop on relaxation techniques that "will surely leave you feeling like a new person."

"Hands-On Skills for Family Caregivers" on February 15, 2011, from 2:00 to 4:00 pm. This workshop will be led by Mary Wakley, RN, BSN, a Professional Services Manager at Saint Agnes Home Health. Caregivers will learn tips on managing infection control, daily home care activities, nutrition, and fall prevention.

Classes are free for family caregivers. Some financial assistance is available for respite care, but pre-registration is required as class size is limited. There is a \$25 registration fee for professionals and non-clients. Please call the Valley Caregiver Resource Center directly at (800) 541-8614 or (559) 224-9154 with questions or to register for classes.

Synopsis of Our January 8, 2011, Program:

At the invitation of our Support Group Co-Leader Bruce Medlin, we had as our program speaker **Dr. Matthew Norton** of the **Norton Chiropractic Wellness Center**. Dr. Norton has appeared on many local, regional and national radio and television programs, produced educational CD's, and is a frequent speaker and workshop leader with many published articles to his credit. Dr. Norton entitled his presentation "*The Benefit of Precision Nervous System Care for Parkinson's Disease Patients.*" There was a discussion of the principles by which chiropractic and holistic treatment can apply to improving the condition of People With Parkinson's. In addition, there was a demonstration of techniques and equipment used. After our main presentation and refreshment break, we opened the microphone and exchanged information among our members generally.

Norton Chiropractic Wellness Center,

5670 N. Fresno Street, Suite 102, Fresno, CA 93710, (559) 490-9550,

**www.AmericasHolisticDoctor.com, www.NortonChiropracticWellnessCenter.com,
dcwellness@msn.com**

Possible Shortage of SINEMET®:

Merck & Co. Inc. has informed the Parkinson's disease community that in early 2011, there may be a potential temporary supply shortage in the U.S. for SINEMET® (carbidopa-levodopa) and SINEMET CR® (carbidopa-levodopa controlled release tablets).

While there is currently no shortage, it is advisable to speak with your health care provider about appropriate steps should a shortage occur. Your health care provider can give you relevant information about potential short-term alternative therapies, including the availability of alternative generic equivalents.

The FDA has shown generic SINEMET® to be effective against the symptoms of Parkinson's disease, but dosing may need to be slightly adjusted due to differences in manufacturing and formulation. Should you need to temporarily switch to a generic version of SINEMET®, be aware that some people may experience a change in how the medication works. If you do experience a change, contact your health care provider who may prescribe a different dose or timing regimen.

Patients, caregivers, and health care professionals in the U.S. who have more questions about the availability of SINEMET® can contact the Merck National Service Center at 1-800-NSC-MERCK.

NPF is committed to keeping you informed of developments on this issue. We will alert you if we get any more information about either a shortage developing or the crisis being averted. If you are informed by your doctor or pharmacist that SINEMET® is not available in your area, please contact 1-(800) 4PD-INFO (473-4636) or helpline@parkinson.org. If you have any questions, Dr. Okun is prepared to address issues about the shortage and generic substitution on their [Ask the Doc online discussion forum](#).