

Greater Fresno Parkinson's Support Group

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

Our group meets the second Saturday of every month, taking the month of August off.



Our Next Meeting is on
Saturday, January 9, 2010
10:00 a.m. – 12:00 p.m.

HAPPY NEW YEAR!!!

OUR PROGRAM:

**"Investing in Uncertain Times:
How the Global Credit Crisis
May Affect Your Portfolio"**

Presenter Jebber "Jeb" Cozzi, Associate Vice President and Financial Advisor, The Yoder Cozzi Group, Morgan Stanley Smith Barney, will cover the following topics:

- An unprecedented crisis
- How has the world responded?
- Feeling the pain: A closer look
- Our advice to clients
- The light at the end of the tunnel

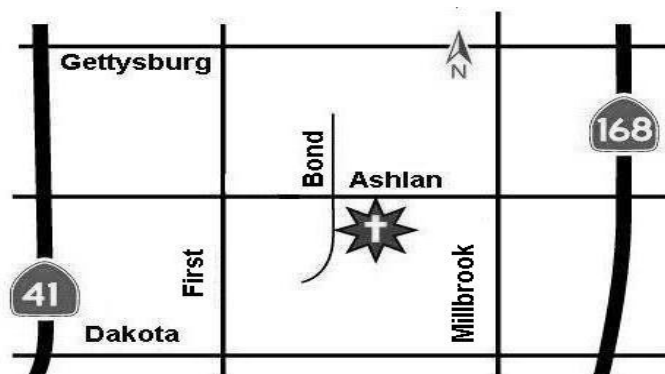
Jeb joined Morgan Stanley in 2007 as an Associate Vice President and Financial Advisor. He began his career with Smith Barney in 1998, where he received additional certificates as a Financial Planning Specialist and Retirement Plan Consultant. Jeb assists families and organizations, including a past program with the California Medical Association, providing professional investment management services, comprehensive retirement, financial and estate planning services, and various lending services.

Jeb earned his Bachelor of Arts degree with honors (*cum laude*) from the University of California at Los Angeles and received a Master of Science degree from Texas A&M University.

He resides in Clovis with his wife Kim, sons Jacob and Nickolas, and daughter Mia.

WHERE:

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.



Chuckle of the Month:

Jerry was removing some engine valves from a car on the lift when he spotted the famous heart surgeon Dr. Samuel Ketter who was standing off to the side waiting for the service manager.

Jerry, who was somewhat of a loud mouth, shouted across the garage, "Hey Ketter! Is dat you? Come over here a minute."

The famous surgeon, a bit surprised, walked over to where Jerry was working on the car. Jerry, in a loud voice that all could hear, said argumentatively, "So, Mr. Fancy Doctor, look at this work. I too, take valves out, grind 'em, put in new parts, and when I'm finished, this baby will purr like a kitten. So how come you get the big bucks when you and me are doing basically the same work?"

Dr. Ketter, very embarrassed, shook his head and replied in a soft voice, "Try doing your work with the engine running."

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: CAROLYN GILMORE



I was born in Oklahoma in 1940 and moved to Fresno in 1945. I attended Walter Elementary School and graduated from Clovis High School in 1958. A year later, I married my high school sweetheart in June 1959. The following year we began our family, a daughter in 1960 and a son in 1962. We were married 27 years and had celebrated having our first two grandchildren before my husband died suddenly of a heart attack in 1986. My third grandchild was born in 1989.

After the death of my husband, my family and friends urged me to begin square dancing where I met Bill. We continued to square dance and were very involved in our club for about ten years. Bill and I have been together since 1988. We currently live in Clovis and love living in the country. Up until the last few years we had horses and went on trail rides.

I enjoy being a grandmother and just became a great-grandmother in February. I enjoy doing all crafts but especially scrap booking and making jewelry. When I retired in 2006, Bill built me my own craft room.

I was diagnosed with Parkinson variant about a year after I retired but now realize I showed symptoms of the disease several years earlier. The first symptom I recall was the difference in my handwriting. Shortly thereafter I noticed I was moving slower, having trouble picking things up, problems with my balance, and I began to stoop over. It took quite a few doctor visits and tests before I was accurately diagnosed.

The first time I heard about the Greater Fresno Parkinson Support Group was shortly after I was diagnosed, and I believe I was in denial. I was not ready to accept Parkinson's. About a year later, I went to the annual Parkinson's Walk in Visalia and heard about the Fresno meetings. At the first meeting I attended in July of this year, I learned about the San Joaquin Rehabilitation Parkinson's Classes. Previously I had gone through some balance classes at Kaiser but find that the classes at San Joaquin Rehab much more beneficial.

I have good days and bad days and just have to take what I get with this disease. The most recent change in my condition has been in my eyesight. I have always been an avid reader and now find it very difficult. My eyesight has become very blurry so this has become my recent challenge.

To finish on a positive note, I have always relied on my sense of humor to get me by in life and one of my Parkinson's symptoms has been uncontrollable laughter.

OFFICERS

Interim Leader/Emcee:

Russell Templeton

Treasurer/Alternate Emcee:

Barbara Burmeister

Membership Committee:

Sue & Doug Jackson

Faye & Jack Smith

Care Partners Group Leader:

Anne Guenther

Co-Librarians:

Bill Houk

Joycelyn Lock

Tony Turano

Newsletter Editor:

Ellen Jablonski

STEERING COMMITTEE

Barbara Burmeister

Anne Guenther, Emeritus

Bill Houk

Ellen Jablonski

Doug & Sue Jackson

John Klassen

Joycelyn Lock

Bruce Medlin

Max & Shirley Robinson, Emeritus

Dottie Rosenberg, Emeritus

Jack & Faye Smith

Stuart Snider

Russell & Jan Templeton

Anthony Turano

Max & Charlotte Wolfe, Emeritus

WEBMASTER

Frédéric "Fredo" Martin

Workingarts Marketing, Inc.™

PEER COUNSELOR FOR OUR CARE PARTNERS

Sue Jackson: (559) 434-7928

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

Word of the Month:

Computerized Dynamic Posturography (“CDP”) is a test performed on an Equitest® machine to assess balance challenges that may be caused by PD. It is usually performed by a physical therapist and takes about 45 minutes to complete.

IN MEMORIAM



Allen Guenther



Marshall Mahr

**VOLUNTEER STUDY
PARTICIPANTS NEEDED**

Dr. Perminder Bhatia is conducting a Parkinson’s disease study (clinical trial) for early Parkinson’s disease patients who are taking only Requip or Mirapex. The Study involves the different doses of possibly neuroprotective medicine.

All expenses will be paid for.

Other studies being conducted:

- 1. Refractory Epilepsy Studies.**
- 2. Post Herpetic Neuralgia (Pain After Shingles).**
- 3. Advanced Alzheimer’s disease.**
- 4. Osteoarthritis of Hip and Knees.**
- 5. Pain Due to Vertebral Spine Fractures Due to Osteoporosis.**

If you qualify and would like to participate in one or more of these studies, contact Dr. Bhatia’s office:

**Perminder Bhatia, M.D.
PERMINDER BHATIA
NEURO-PAIN MEDICAL CENTER
736 E. Bullard Ave.
Fresno, CA 93710
(559) 437-9700**

**RESIDENTIAL HOMECARE SERVICES
INVITES YOU TO A FRESNO/CLOVIS
CITY-WIDE TOUR OF
FOUR ASSISTED/RESIDENTIAL
CARE COMMUNITIES**

Ever wanted to ask questions about elder care but didn’t know who, what, or how?

Residential Homecare Services is a free referral service for families in search of board and care or assisted care placements. Having served the Fresno metropolitan area for over 20 years, this agency includes a registry of over 2000 licensed elder care homes.

Saturday, April 10, 2010 (tentatively)
9:30 am through approximately 2:00 pm
Lunch will be provided.

Agenda for the Day: We will travel by bus as a group to four elder care communities in the Fresno/Clovis area. While traveling, we will discuss various topics of elder care issues (i.e., cost of care, regulations, insurances, social/emotional needs of the elderly, as well as Q & A sessions).

For more information, contact:

**Nancy Altschuler
Residential Homecare Services
Voice Mail: (559) 435-8138
Cell Phone: (559) 304-4124
FAX: (559) 435-7868
www.ResidentialHomeCare.com**

TREASURER'S REPORT BY BARBARA BURMEISTER

GFPSG: The November 26 – December 23, 2009, Wells Fargo Bank Statement shows a Beginning Balance of \$727.62. Debited from the account during this period were two checks totaling \$100.39 for November newsletter and meeting expenses leaving an ending balance of \$627.23. Not posted during the Statement period are three outstanding checks; two totaling \$133.31 for December newsletter and newsletter-related expenses, and a \$102.47 check for food and refreshments for our December 12th meeting. Deposited to the account but not posted during the Statement period was \$102.00 in donations from the December meeting, leaving an Adjusted Ending Balance of \$493.45.

Monies donated directly to our Support group are not tax deductible; however, they do help cover the cost of refreshments, our Newsletter Editor's miscellaneous newsletter-related expenses, and the actual expense of printing and mailing the monthly newsletter. Thank you so much for your continued generous support.

Fresno Regional Foundation: As of November 30, 2009, we had \$3,395.00 in the Support Fund account. At the time the January newsletter was finalized for printing, the December Regional Foundation information was not available. Our February newsletter will have a full report for 2009. Donations or gifts to our Support Group through the Foundation are tax deductible and can be made by check, Visa, or MasterCard. Make your check out to the Fresno Regional Foundation and specify that the donation or gift is for the Fresno Parkinson's Support Group Fund. The Fresno Regional Foundation's address is: 5250 N. Palm Avenue, Suite 424, Fresno, CA 93704. Call (559) 226-5600 or go to www.fresnoregfoundation.org for additional information.

Synopsis of Our December 12, 2009, Meeting:

Doug Jackson and Barbara Burmeister served as co-moderators. We were entertained by Pastor Bob Small and his daughter Stacey Phillips who sang songs of the season and led us in a sing along. We then enjoyed a delicious and ample "Pot Luck" lunch. *Thank you* to all who made it a success. We also had fun playing "Christmas Party Game Song Quiz" and "Christmas Trivia Quiz" while getting to know one another better.

LEE SILVERMAN VOICE TRAINING®/LSVT® LOUD: NOW HI-TECH

LSVT® LOUD, an effective, intensive voice treatment for individuals with Parkinson's disease ("PD"), is now available through a new computer program. The LSVT® Companion (LSVTC) functions as a standalone computer program allowing individuals with PD to independently progress through an entire LSVT® LOUD session while automatically collecting data on key treatment variables including: sound pressure level (loudness), fundamental frequency (pitch), and duration. Studies found that outcomes, when half of the standard 16 treatment sessions were conducted independently at home, were comparable to previously published efficacy data when all LSVT® LOUD sessions were held face-to-face. The LSVTC will initially be available to clinicians doing LSVT® with their patients. To learn more, visit: www.lsvtglobal.com or call (888) 438-5788.