

Greater Fresno Parkinson's Support Group

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

HAPPY MOTHER'S DAY!!!



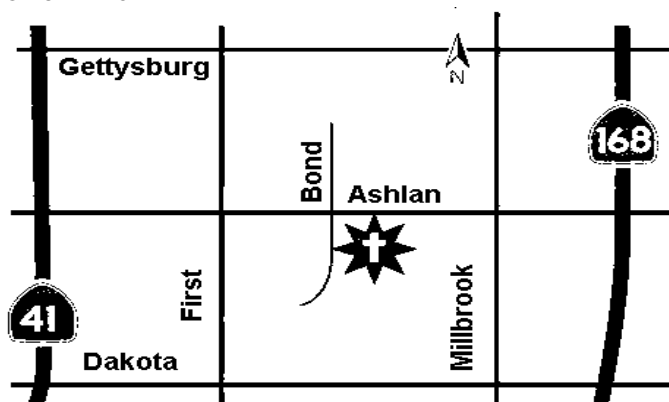
Our Next Meeting is on



SATURDAY, MAY 14, 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:

Micrographia: a medical term used to describe abnormally small, cramped handwriting and/or the progression to continually smaller handwriting. This is one of the symptoms of Parkinson's disease. In some cases Parkinson's medications may improve handwriting.

Refreshments:

At our April Support Group meeting, several members signed up to bring May refreshments. The hospitality committee plans to make a reminder call, and appreciates every offer! Your tasty contributions are welcomed, and help keep our expenses down.

OUR MAY 14 PROGRAM:

We are pleased to have Dr. Stephen Grossman joining us for our program on May 14th. Dr. Grossman is an experienced internal medicine practitioner and geriatric doctor. He has received numerous awards and recognition from the medical community, including Fresno Community Hospital. He has had special success in reviving comatose patients, often employing, interestingly, humor! He also lectures nationally on that subject and other medical issues, and acts as a medical director of various medical facilities. He has provided training for law enforcement personnel on elder abuse and fraud cases, and is a board member of the Valley Care Givers ombudsman program. Dr. Grossman currently practices with Long Term Care Medical Group, Inc. Among other things, he teaches head trauma and traumatic brain injury at Fresno State University.

Dr. Grossman will be speaking at our Support Group on the use and application, from a doctor's standpoint, of advance health care directives, physician orders for life sustaining treatment, and other documents in planning ahead in case of a patient's life-threatening situation. Being aware of options available to the family and making decisions before a crisis arises can ultimately be of great comfort to patients and care partners. Bring your questions and comments on these and other matters.

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: Louise Rollins



My name is Louise Rollins. I have been a member of the *Greater Fresno Parkinson' Support Group* for about a year.

I was born and educated in Oklahoma. I attended a country school among the rich oil fields near Ada. There were small classes and all the students knew each other and their parents. Ada is a college town and most all the students were able to

attend college. My husband attended another country school six miles from mine. We married in 1953. After he got his degree to teach school, his first assignment to teach was in Fresno, California in 1957. When we arrived, we had our 3-year-old daughter, Vicky Elaine.

Since I had experience as a dental assistant, that became my first employment in Fresno. After one year, we purchased our first home. I made a major change of profession in one year to become a thirty-five year career with Food Bank, later named Foodland, in the meat department as a butcher.

In 1962, we had a second daughter, Tamara Lynn. Both daughters live in Fresno with successful careers. Now I have 3 grown granddaughters and 1 grandson.

I retired in 1995 and was blessed to live in a custom built home on three acres, 3,600 feet up on a mountain top near Bass Lake for ten years. Now a widow, I have moved back to Fresno to be closer to my family.

Since my retirement, I've been able to travel trailer for ten years in America, and also travel in Israel, Jordan, Turkey, Greece, Italy, Mexico, Hawaii, Alaska and China. As you see I love to travel.

I've been able to live with Leukemia for ten years, which is a miracle. My treatment for this is every day, and I'm in remission. Just prior to being diagnosed, about three years ago, with Parkinson's disease, I had an ankle replacement.

My latest endeavor is to know all about Parkinson's disease so I can keep traveling. In June, I will be flying to Oklahoma to attend my 60th class reunion, which is every two years. Since our classes were small, all the years since the schools beginning in the year 1933 will be attending. What an experience this is! In September I have reservations to fly to England, Ireland, Wales, and Scotland.

I have been so pleased to meet such a caring and nice group of people in this Parkinson's Support Group. In April I experienced a mild stroke, but I praise God that there seems to be no lasting problems!

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
Mac & MaryAnn MacDonald
Bruce Medlin
Jack & Faye Smith
Russell & 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

TREASURER'S REPORT BY BARBARA BURMEISTER

Greater Fresno Parkinson's Support Group (GFPSG) Checking Account Report: The March 24 – April 25, 2011, Wells Fargo Bank Statement shows a beginning balance of \$1,114.96. Deposited to the account was \$92.00 in donations from the April Support Group meeting, leaving an ending balance of \$1,206.96. Debited after the Statement period were two checks totaling \$141.13 for newsletter-related expenses, leaving a current balance of \$1,065.83.

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 April 2011, there were no gifts or donations made to the GFPSG fund held at the Fresno Regional Foundation. The Quarterly Statement of Fund Activity for January 1 – March 31, 2011, shows a beginning Fund balance of \$4,446.72, and a \$50.00 donor gift made in January 2011. Earned was \$1.24 in interest, and debited was a quarterly Administrative Fee of \$24.99. Disbursed from the Fund in February was \$1,000.00 to replenish the GFPSG checking account held at Wells Fargo which is used for Support Group operating expenses. The current balance in our FRF fund is \$3,472.97.

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.

PARKINSON'S DISEASE AND DYSPHAGIA

University of Florida, November 23, 2010 - People suffering from what's called "dysphagia" have difficulty swallowing and may experience pain while eating or drinking.

Patients with Parkinson's disease often have dysphagia and that can lead to substances getting caught in their airways, causing infections and potentially death.

Now a new University of Florida study shows Parkinson's patients can improve their swallowing with training. Researchers say exhaling in this simple device can strengthen the muscles in your throat, which leads to improved swallowing.

Dr. Michelle Troche/UF speech language pathologist: "We found that people who had a degenerative swallowing problem were able to improve their swallowing with this device. Not just give them a crutch, not just a compensation, but actually fix a portion of the problem and make them safer swallowers."

Experts consider the ability to swallow essential for survival. UF researchers say it is important to find new ways to deal with swallowing problems early to improve quality of life for people coping with Parkinson's.

Dr. Michelle Troche/UF speech language pathologist: "I think for a long time we thought if someone had a degenerative disease and something goes wrong, you can't fix it. That is not the case; we don't believe that anymore. Our brains can change even in spite of some degenerative neurological disease."

Researchers say doctors could also use this therapy for people who suffer strokes or other neurodegenerative diseases like multiple sclerosis.

CHUCKLE OF THE MONTH

Since more and more Seniors are texting and tweeting, there appears to be a need for an STC (Senior Texting Code).

ATD: At The Doctor's

BTW: Bring The Wheelchair

BYOT: Bring Your Own Teeth

CBM: Covered By Medicare

CUATSC: See You At The
Senior Center

DWI: Driving While Incontinent

FWBB: Friend With Beta Blockers

FWIW: Forgot Where I Was

FYI: Found Your Insulin

GGPBL: Gotta Go, Pacemaker
Battery Low!

GHA: Got Heartburn Again

IMHO: Is My Hearing-Aid On?

LMDO: Laughing My Dentures Out

LOL: Living On Lipitor

LWO: Lawrence Welk's On

OMMR: On My Massage Recliner

ROFL... CGU: Rolling On The
Floor Laughing...
and Can't Get Up

TTYL: Talk To You Louder

WAITT: Who Am I Talking To?

WTP: Where Are The Prunes?

WWNO: Walker Wheels Need Oil

LMGA: Lost My Glasses Again

NEWS ABOUT AMANTADINE

WEDNESDAY, June 2, 2010 (HealthDay News) -- Parkinson's disease patients taking the drug amantadine are at risk for damage to the corneal endothelium and resulting impaired vision, which can become more pronounced the longer the drug is used, according to research published in *Ophthalmology*. Ki Cheol Chang, M.D., of Seoul National University in South Korea, and colleagues compared the endothelial changes in the corneas of 169 subjects with Parkinson's disease taking oral amantadine with a control group of 169 age- and gender-matched healthy subjects not taking the medication. For analysis, the treated group was divided into three subgroups, defined by duration of treatment and cumulative dose.

"In conclusion, our results support the claim that amantadine-associated corneal endothelial toxicity can be caused not only by drug hypersensitivity, but also by dose-dependent effects. It is recommended that both ophthalmologists and neurologists pay attention to potential corneal endothelial toxicity in subjects with Parkinson's disease who are receiving amantadine treatment," the authors write.

SYNOPSIS OF OUR APRIL 9, 2011 MEETING

There were 51 attendees. Dr. Allan G. Hedberg gave an uplifting presentation "Living With the Challenges of Parkinson's Disease" covering the subjects of depression and anxiety. He stressed that getting ample daylight is important to help prevent "Seasonal Affective Disorder" (SAD). After our refreshment break, Dr. Hedberg joined our Care Partners in a breakout session while the remainder discussed various issues.



IN MEMORIAM

Marjorie Hupp



Resource of the Month:

www.parkinsons.about.com