

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 the second Saturday of each month except as noted:

There will be **NO meeting this November 2011.**

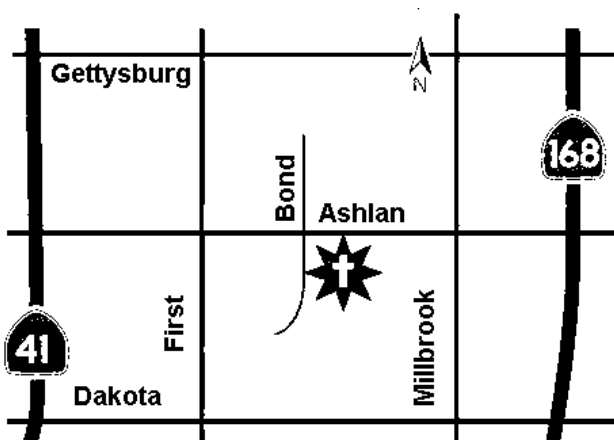


Our next meeting is:



SATURDAY, DECEMBER 10, 2011
10:00 a.m. – 12:00 p.m.

at **THE BRIDGE EVANGELICAL FREE CHURCH** in the "Café" (formerly the "Chapel") **3438 E. Ashlan Ave., Fresno, CA 93726**, at the southeast corner of Ashlan & Bond between First & Millbrook. Enter the parking lot from Ashlan Avenue.



BRING ON THE CURE!

November is National Family Caregivers Month!

Happy Thanksgiving!

"WALK & ROLL" AT WOODWARD PARK

Monday, November 21, 2011. Meet at 11:00 a.m. at Woodward Park, 7775 Friant Road, Fresno, 93720, at the main entrance off of Audubon. Park in the first spaces on the right or left side, or in the closest lot. Get in free with handicapped placard or plates, otherwise admission is \$5.00 per vehicle.

This is an opportunity for our *Greater Fresno Support Group* members, family, and friends to participate in a just-for-the-fun-of-it, go-at-your-own-pace group walk, or ride a bike, scooter, or wheelchair, or use a walker. It's okay to bring dogs.

People with Parkinson's disease are prone to depression which can lead to isolation, lack of exercise, and reduced exposure to sunshine which can lead to Vitamin D deficiency. A day in the Park may be just what the doctor ordered!

For more information about the Park, call Fresno City Parks, (559) 621-2900 or go online to www.Fresno.gov, or email our Support Group Steering Committee member Arlene Beard with questions at arlene1177@aol.com.

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 September 27 – October 26, 2011, Wells Fargo Bank Statement shows a beginning balance of \$755.52. Debited from the account during this period was one check in the amount of \$7.98 for batteries for the sound equipment. The ending statement balance is \$747.54. Not posted during this statement period were two checks totaling \$132.50 for October newsletter expenses, and a deposit of \$131 in donations made at the October 2011 Support Group meeting.

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 October 31, 2011, the FRF Parkinson's Support Fund Statement shows a Fund balance of \$4,532.73. This balance does not include a \$200.00 donation made November 1, 2011, by Nancy Altschuler, Residential Homecare Services, to our Greater Fresno Parkinson's Support Group fund held at the FRF. Instructions for giving a tax deductible gift or donation to the GFPSG fund held at the FRF are provided below.

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.

**RESOURCE OF THE MONTH:
WWW.PDTRIALS.ORG**



IN MEMORIAM

Cynthia Hashimoto
Glen Shepherd



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

Arlene Beard

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:

*FOR MORE INFORMATION,
TO UPDATE OUR MAILING LIST,
OR TO SUBMIT MATERIALS OR
SUGGESTIONS, CONTACT:*

Ellen Jablonski

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(559) 593-9953

Synopsis of our October 8, 2011, Meeting: There were 32 attendees.

Nancy Hinds, founder and CEO of Hinds Hospice, was the featured speaker at our October 8, 2011, Support Group meeting. Nancy shared her courageous and inspiring journey that ultimately led to her founding *Hinds Hospice*.

In addition to the *Hinds Hospice Home* in Fresno, Nancy has grown *Hinds Hospice* to include outpatient care in Fresno, Madera, and Merced counties. Among many other outreach and training programs, there is also a *Pediatric Hospice Program* to support families with terminally ill children; and *Angel Babies Program* that provides grief support to families who have a pregnancy or an infant diagnosed with a life limiting condition; a *Center for Grief and Loss* that provides individual and support group grief counseling for 13 months after a loss, as well as *Thrift Stores* that provide discounted items to those in need.

In her presentation, Nancy went over the services and support *Hinds Hospice* provides, discussed when hospice care is appropriate, ways to pay for hospice care, what if your family is unable to take care of you, what if your home is a nursing facility, and other frequently asked questions. Nancy also provided handouts: *"Five Wishes®-- My Wish For: The Person I Want to Make Care Decisions for Me When I Can't; The Kind of Medical Treatment I Want or Don't Want; How Comfortable I Want to Be; How I Want People to Treat Me; What I Want My Loved Ones to Know."*

For more information, call **Hinds Hospice, Fresno/Madera (559) 226-5683; Merced (209) 383-3123; or go online to www.hindshospice.org.**

Word of the Month

Cogwheeling: Rigidity of a Parkinson's disease patient's limb which, if moved, gives way in a series of small stages, similar to the steps of a cogwheel.

Chuckle of the Month

1. The fattest knight at King Arthur's round table was Sir Cumference; he acquired his size from too much pi.
2. No matter how much you push the envelope, it'll still be stationery.
3. There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.

Black tea may lower risk of Parkinson's disease: Drinking black tea regularly could help prevent the onset of Parkinson's disease, a study said. Those who consume 23 cups of the beverage a month are 71 percent less likely to contract the disease, said researchers from Singapore's Yong Loo Lin School of Medicine and National Neuroscience Institute. "Hopefully, in years to come, there may be a pill developed from black tea extracts to prevent" the onset of the disease, The Straits Times quoted Koh Woon-Puay of the institute as saying. The scientists said they believe enzymes in the drink helps to prevent the brain-wasting disease. They have ruled out the high caffeine content. The study involved more than 63,000 Chinese men and women aged 45 to 74 who live in Singapore. About three in 1,000 people in the city-state over 50 suffer from the disease, which affects the middle part of the brain.

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Taking Care of YOU: Self-Care for Family Caregivers Part 2 of 8

Taking Responsibility for Your Own Care

You cannot stop the impact of a chronic or progressive illness or a debilitating injury of someone for whom you care. But there is a great deal that you can do to take responsibility for your personal well being and to get your own needs met.

Identifying Personal Barriers

Many times, attitudes and beliefs form personal barriers that stand in the way of caring for yourself. Not taking care of yourself may be a lifelong pattern, with taking care of others an easier option. However, as a family caregiver you must ask yourself, "What good will I be to the person I care for if I become ill? If I die?" Breaking old patterns and overcoming obstacles is not an easy proposition, but it can be done—regardless of your age or situation. The first task in removing personal barriers to self-care is to identify what is in your way. For example:

Do you feel you have to prove that you are worthy of the care recipient's affection?

Do you think you are being selfish if you put your needs first?

Is it frightening to think of your own needs? What is the fear about?

Do you have trouble asking for what you need?

Do you feel inadequate if you ask for help? Why?

Sometimes caregivers have misconceptions that increase their stress and get in the way of good self-care. Here are some of the most commonly expressed:

I am responsible for my parent's health.

If I don't do it, no one will.

If I do it right, I will get the love, attention, and respect I deserve.

"I never do anything right," or "There's no way I could find the time to exercise" are examples of negative "self-talk," another possible barrier that can cause unnecessary anxiety. Instead, try positive statements:

"I'm good at giving John a bath."

"I can exercise for 15 minutes a day."

Remember, your mind believes what you tell it. Because we base our behavior on our thoughts and beliefs, attitudes and misconceptions like those noted above can cause caregivers to continually attempt to do what cannot be done, to control what cannot be controlled. The result is feelings of continued failure and frustration and, often, an inclination to ignore your own needs. Ask yourself what might be getting in your way and keeping you from taking care of yourself.

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Family Caregiver Alliance National Center on Caregiving, 180 Montgomery Street, Suite 900, San Francisco, CA 94104, (415) 434-3388, (800) 445-8106, Web Site: www.caregiver.org, E-mail: info@caregiver.org