

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 on the second Saturday of each month except August.



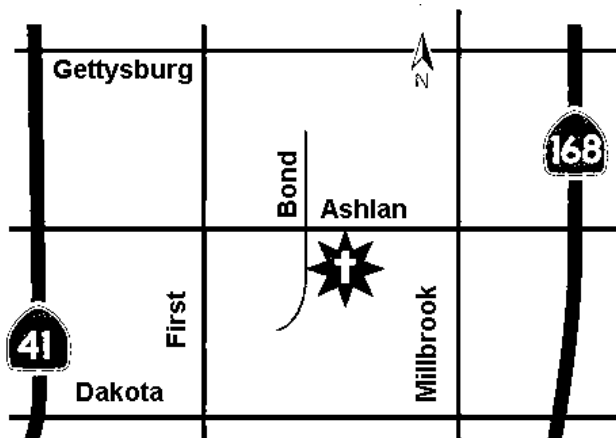
Our next meeting is on



SATURDAY, OCTOBER 8, 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!

Word of the Month:

Acetylcholine: (ə-sēt ' l-kō ' lēn ') n. A chemical substance (neurotransmitter) released by cholinergic nerves. Acetylcholine is involved in many different brain functions, including control of motor activity. It is also associated with defined syndromes of Parkinson's disease such as tremor and rigidity. Abbreviated as ACh.

Our October 8, 2011, Program:

Nancy Hinds, founder and CEO of Hinds Hospice, will be the featured speaker at our October 8th Support Group meeting. Nancy will share 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 are 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 will go over the services and support *Hinds Hospice* provides, discuss 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 will also provide handouts, and will take questions during her presentation.

We anticipate receiving helpful and inspirational information to better prepare us for this journey called life. Knowledge is Power.

*****Refreshments will be provided*****

After-Meeting Get Together:

At 12:30 p.m. after our October 8, 2011, meeting, let's gather to get to know one another better over a no-host lunch at Marie Callender's in the Banquet Room at 3602 W. Shaw Avenue, Fresno, CA 93711, cross street Cedar.

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 August 24 – September 26, 2011, Wells Fargo Bank Statement shows a beginning balance of \$943.34. Debited from the account during this period were 4 checks totaling \$287.82 for newsletter and refreshment expenses. Deposited to the account was \$100.00 in donations from the September meeting. The ending statement balance is \$755.52.

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 September 29, 2011, the FRF Parkinson's Support Fund Statement shows a Fund balance of \$4,515.58. This includes three gifts totaling \$200.00 made in September to our Greater Fresno Parkinson's Support Group fund held at the FRF. Instructions for giving a gift or donation are provided below.

Remember, 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.

RESOURCE OF THE MONTH:

WWW.NEUROCOMMUNITY.ORG

Help Suppress Nausea:

Eat candied or crystallized ginger. Some people find it a little spicy, but even very small amounts can often do the trick. Ginger in any form has been used for nausea and sea/air/car sickness for ages, and has no side effects. If the other suggestions don't work for you, I hope this might do the trick. —David Black

OFFICERS

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Doug Jackson
Bruce Medlin

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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

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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

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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:*

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Synopsis of our September 10, 2011, Meeting: There were 43 attendees.

We viewed the DVD —Parkinson's Disease, 'Late\$ from the Experts,' UCTV, University of California," (www.uctv.tv/parkinsons) after which there were general discussions.

Thank you to those who provided refreshments!

Gene Therapy May Hold Real Promise:

FRESNO, Calif. (KFSN) Margot Kim, Abclocal.go.com -- Parkinson's disease is one of the most common neurological disorders with as many as 60-thousand Americans diagnosed every year. Patients may have tremors, stiffness, and loss of motor control as the disease progresses. Now, a new study is showing experimental gene therapy may hold real promise for some patients. Doctor Peter Lewitt heads the movement disorders program at Henry Ford Health System in Michigan. Lewitt is studying gene transfer therapy to treat Parkinson's patients. "The foot is now in the door, opening perhaps a better way to treat people than just medications." During the transfer procedure, doctors attach a specialized gene onto a harmless virus and infuse it directly into the brain. Researchers believe that gene, known as GAD, regulates a chemical in the brain that can improve Parkinson's disease symptoms. Soon after the surgery, patients began to notice small, but meaningful changes.

Researchers say despite concerns that the gene therapy could have unforeseen risks, those enrolled in the study had no significant side effects. They say the therapy could potentially be repeated and a larger trial would need to be conducted before the FDA would approve the treatment as safe and effective.

FOR MORE INFORMATION, PLEASE CONTACT: Dwight Angell, Director, Media Relations, Henry Ford Hospital.

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NORTHEAST YOUNG ONSET PARKINSON CONFERENCE:

October 21 - 22, 2011, Providence, Rhode Island.

REGISTER NOW: Conference: <http://tinyurl.com/northeastypoc> , Webcast: <http://tinyurl.com/northeastwebcast>

For more information: Call (877) 223-3801, visit their Website at www.youngparkinsons.org.



June 11, 2011, Care Partners Meeting, at The Bridge

Photo by Jan Templeton

Chuckle of the Month:

TEACHER: Don, what is the chemical formula for water?

DON: H I J K L M N O.

TEACHER: What are you talking about?

DON: Yesterday you said it's H to O.

Submitted by Doug and Sue Jackson

Taking Care of YOU: Self-Care for Family Caregivers Part 1 of 8

First, Care for Yourself

On an airplane, an oxygen mask descends in front of you. What do you do? As we all know, the first rule is to put on your own oxygen mask before you assist anyone else. Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When *your* needs are taken care of, the person you care for will benefit, too.

Effects of Caregiving on Health and Well-being

We hear this often: "My husband is the person with Parkinson's, but now I'm the one in the hospital!" Such a situation is all too common. Researchers know a lot about the effects of caregiving on health and well-being. For example, if you are caregiving a spouse between the ages of 66 and 96 and are experiencing mental or emotional strain, you have a risk of dying that is 63 percent higher than that of people your age who are not caregivers. The combination of loss, prolonged stress, the physical demands of caregiving, and the biological vulnerabilities that come with age place you at risk for significant health problems as well as an earlier death.

Older caregivers are not the only ones who put their health and well-being at risk. If you are a baby boomer who has assumed a caregiver role for your parents while simultaneously juggling work and raising adolescent children, you face an increased risk for depression, chronic illness and a possible decline in quality of life.

But despite these risks, family caregivers of any age are less likely than non-caregivers to practice preventive healthcare and self-care behavior. Regardless of age, sex, and race, and ethnicity, caregivers report problems attending to their own health and well-being while managing caregiving responsibilities. They report: sleep deprivation, poor eating habits, failure to exercise, failure to stay in bed when ill, postponement of or failure to make medical appointments.

Family caregivers are also at increased risk for excessive use of alcohol, tobacco and other drugs and for depression. Caregiving can be an emotional roller coaster. On the one hand, caring for your family member demonstrates love and commitment and can be a very rewarding personal experience. On the other hand, exhaustion, worry, inadequate resources, and continuous care demands are enormously stressful. Studies show that an estimated 46 percent to 59 percent of caregivers are clinically depressed.

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