

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.



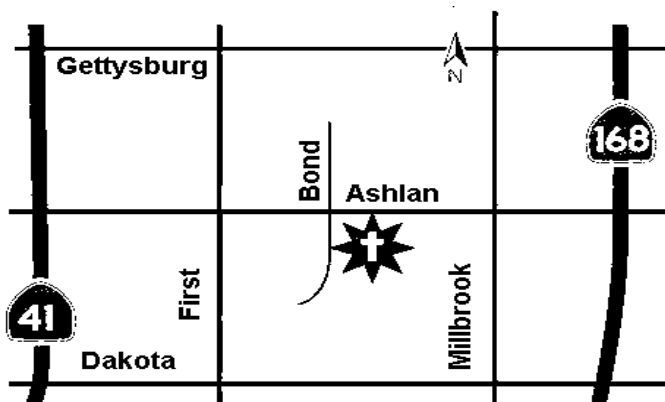
Our Next Meeting is on



SATURDAY, SEPTEMBER 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 Ave.



BRING ON THE CURE!!!

Resource of the Month:

www.HumorProject.com

Thank You Jan! Although our dear co-leader Russ Templeton passed away August 1, our beloved Jan Templeton intends to continue participating in our Support Group as needed. Our deepest sympathies.

Our September 2011 Program:

We are planning a "General Meeting" without a special guest speaker. We have chosen a video regarding Parkinson's disease that we expect will spur some interesting group discussions. Also, we will have "Show and Tell." Bring in or tell us about Parkinson's-related products or ideas that do or don't work.

Refreshments will be served, but we hope you will remember we always appreciate your contributions of homemade or store-bought goodies.



Photo by Jan Templeton

Word of the Month

Somnambulate (sām nam' byōō lā't) *vi*, Latin *somnus* sleep and *ambulus* to walk: to get up and move about in a trancelike state while asleep. Sleep disturbances such as this are common for people who have Parkinson's disease. Medications may help.

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 July 27 – August 23, 2011, Wells Fargo Bank Statement shows a beginning balance of \$1,046.78. Debited from the account during this period were two checks totaling \$113.44 for May meeting refreshments, and July newsletter expenses. Deposited to the account was a \$10.00 donation to be put towards future newsletter expenses. We currently have an ending balance of \$943.34 in our GFPSG checking account.

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 August 29, 2011, the FRF Parkinson's Support Fund Statement shows a Fund balance of \$4,313.00. This includes nine gifts totaling \$445.00, so far, in honor and memory of our beloved co-leader, Russ Templeton, who passed away August 1, 2011. 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 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.

Residential Homecare Services Invites You to Come Aboard!

Ever wanted to ask questions about elder care but didn't know who, what, or how; or were too afraid to ask? A tour of 4 assisted/residential care communities in the Fresno/Clovis area will be provided ***Friday, September 16, 2011***, from 3 to 7pm. The initial meeting site is at Sunrise Assisted Living (located SE corner of Cedar/Alluvial). We will then travel together to 3 different locations and enjoy dinner hosted by Somerford Place of Fresno. Cost: \$20 per person, \$35/couple reserved; \$5 discount if you register early. ALL proceeds benefit *Hind's Hospice* and the *Greater Fresno Parkinson's Support Group*. Please RSVP 10 days in advance to secure your seat on the bus. Call Nancy Altschuler at (559) 435-8138 or email altschuler6513@sbcglobal.net.
Residential Homecare Services: 6513 N. Anna, Fresno, CA 93710.

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

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:
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

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bburmeister@sierratel.com

106 W. Paul Avenue
Clovis, CA 93612

www.FresnoParkinsons.org
(559) 593-9953

Chuckle of the Month:

You Think English Is Easy?

The bandage was wound around the wound.

The farm was used to produce produce.

The dump was so full that it had to refuse more refuse.

He could lead if he would get the lead out.

The soldier decided to desert his dessert in the desert.

Since there is no time like the present, he thought it was
time to present the present.

When shot at, the dove dove into the bushes.

There was a row among the oarsmen about how to row.

They were too close to the door to close it.

The buck does funny things when the does are present.

A seamstress and a sewer fell down into a sewer line.

The wind was too strong to wind the sail.

How can I intimate this to my most intimate friend?

Dawn Herndon, The Humor Project,
www.HumorProject.com

Seeking Volunteers:

Come join the fun! We have a wonderful team facilitating our meetings, but we need backup because "life happens!"

For instance, we need extra help with the hospitality/refreshments position, an assistant librarian would be welcomed, as would someone with knowledge of sound systems/ speakers to set the stage, and a backup treasurer and Newsletter editor are needed. Or/and you may want to serve on our Steering Committee. We meet about every other month. If you can help, please contact any of our Steering Committee members (see page 2).

NUTRITION YOU CAN LIVE WITH: Tip #29

Q: I love orange juice, and I like to take my Sinemet with a glass of orange juice. It seems to me that the Sinemet takes effect faster with orange juice than with plain water. My wife thinks it's a big source of sugar and I shouldn't be drinking it three times a day. Does it have that much sugar, and if so, does it have enough nutritional value to offset that?

A: It's true that fruits, including orange juice, are high in sugar. But OJ is also a great source of folate, potassium, and vitamin C. If you drink calcium-fortified juice, you'll also get a very good source of calcium. A four-to-six ounce glass of orange juice three times a day should be fine for you. Further, many people report that taking Sinemet with a sugary drink seems to help it get absorbed faster, so that's another good reason to drink OJ. If you and your wife have a bet going, you win big on this one!

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

Submitted by Jan Templeton

Looking for Study Volunteers: Age 30 or older, on Requip or Mirapex for a study called “**ANDANTE**” (Add-ON to Dopamine Agonists in early stage patients Needing enhanced Treatment). The purpose of the study is to examine the safety and effectiveness of Rasagiline in an investigational combination with Requip (Ropinirole) or Mirapex (Pramipexole) in people with Parkinson’s disease (“PD”). The study will measure the way Rasagiline works by looking at: motor skills, non-motor skills, activities of daily living, smell test, daytime sleepiness questions, and side effects of Rasagiline with Ropinirole or Pramipexole. Rasagiline is approved as a single treatment for PD and also for use in combination with Levodopa. The combination of Rasagiline with Requip or Mirapex is investigational. The study involves 3 visits, 9 weeks apart. The following procedures will be done: review of your medical history, physical exam, blood draw and urine collection, electrocardiogram, taking study drug or placebo, answering study questionnaires. Visits and all study procedures are conducted locally. There are no charges for the study procedures, office visits, lab tests, or study drug. You may receive compensation for being in this study. The study doctor or nurse will discuss this with you.
Neuro-Pain Medical Center, 736 E. Bullard Ave., #101, Fresno, CA 93710, (559) 437-9700, www.neuropain.com

Freezing in Parkinson’s Disease

About one third of people with Parkinson’s disease experience freezing episodes. *Freezing* episodes are sudden, short, transient blocks of movement that occur primarily with initiating walking, turning, navigating through narrow spaces or approaching obstacles. Freezing can last just a few seconds or up to several minutes. Freezing can limit household and community mobility, increase risk of falling, and contributes to reduced socialization and quality of life.

Ten Tips to put the Freeze on Freezing!

1. Try another movement – raise an arm, touch your head, point to the ceiling; then re-start.
2. Change direction: if you can’t move forward, try stepping sideways and then go forward.
3. Carry a laser pointer in your pocket; when you freeze – shine the laser in front of your foot and step on the light – this cue can help you re-start.
4. Visualize an object on the ground in front of you and try to step over it.
5. Wear a metronome on your belt or carry a small one in your pocket – turn it on and the external beat can help you re-start.
6. Try humming a song and time your re-start with the beat of the music.
7. Count “1-2-3-go” and then step forward.
8. Weight shift side to side to help initiate taking a step.
9. March in place a few times and then step forward.
10. Don’t fight the freeze by trying harder to step forward – shift your attention from moving the legs to moving the arms – then resume walking forward.

APDA National Rehab Resource Center at Boston University
Terry Ellis, PhD, PT, NCS, Director, Tami DeAngelis, PT, GCS, Coordinator
635 Commonwealth Avenue, Boston, Massachusetts 02215, (888) 606-1688