

Parkinson's Patients Support Groups, Inc.

June 2005

**1170 Morse Avenue
Sunnyvale, CA 94089-1605
www.ppsg.org 408.734.1593**

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Charlie Nimovitz Shakes, Rattles, and Rolls !

Leonard Ke, Daly City Support Group Leader

When you hear Charlie on stage or listen to his CD "Awkward Dance," you just might forget that you have Parkinson's. But he brings you back to earth with his lyrics, with their poignant tones and meanings.

Charlie has done a great job using his musical talents to bring his Parkinson experience to life. You feel his frustration, determination, and optimism. This is the universal human experience set to contemporary music. You'll like it just for its rhythm and melodies (and so will your friends). Its Parkinson background makes it your unique experience.

Check out Charlie and his "Awkward Dance" CD on his website www.charlienimovitz.com and look for his schedule of appearances. And while you're doing that, I'll be listening to Charlie.

www.ppsg.org
Check It Out!

7/28, 2nd Annual Caregivers Appreciation Luncheon

If any group is deserving of special recognition within the Parkinson's community, it is the caregivers. Family members and friends devote increasing efforts caring for people with Parkinson's, often with little respite. On July 28, the Parkinson's Patients Support Groups, Inc. (PPSG), will provide the opportunity for Parkinson's caregivers to meet with each other, share their experiences and concerns and to take a break.

Same as last year, there will be separate programs for the Parkinson's caregivers and for their persons with Parkinson's whom the caregivers cannot leave at home. Older Adult Care Management will provide professional care for the patients while the caregivers exchange experiences with their peers.

The purpose of this event is to recognize the special contributions of the caregivers, and to bring them in touch with others in the Parkinson's caregivers' community. We hope you will join us.

7/28, Caregivers Luncheon

Location **Biltmore Hotel**, at 2151
Laurelwood Road, Santa Clara, CA (at
Montague Expressway and Highway 101).

Date **Thursday, July 28, 2005.**

Time 10:00 –

If you would like to attend, please clip and return the following registration to PPSG before June 30. Space is limited. If you have any questions, please contact Charmaine Eng at 408.723.8116, or Viola Mays at 408.225.7465. **There is a special rate for those who are interested in staying overnight at the hotel.**

Yes, I will attend the PPSG Caregivers Luncheon, Thursday, July 28.

Caregiver's Name

(Please Print)

Telephone Number

Address

Food Choice (please circle one) Beef Teriyaki
Mahi Mahi Chicken Caesar Salad
Vegetarian Crepe

I will bring my person with PD. YES NO
(circle one)

Name of person with PD

(Please Print)

Food Choice (please circle one) Beef Teriyaki
Mahi Mahi Chicken Caesar Salad
Vegetarian Crepe

Mail the form to:
PPSG Inc., **Attention: Charmaine Eng,**
Caregivers Luncheon, 1170 Morse Avenue,
Sunnyvale, CA 94089-1605

Portrait of a Caregiver

*By Wanda Iverson, a volunteer
for PPSG*

I have the privilege of knowing Mr. Steven Russell, a paralegal and special caregiver, son of Dave Russell (the

Walking Faster with More Confidence

By Bill Franklin, An Advocate for PD Research

I do not know why it works, but it does. There are times when I have trouble walking. To jump start walking I stretch the knee muscles. There are two ways that work for me.

I prefer to put my right foot on a chair or the arm of a sofa, make the leg straight, and then push down on the knee. Then I do the other leg. The other way I do it is to spread my legs about shoulder width apart and then go a little farther apart. To start on the right knee, I turn my foot 90 degrees, keep the knee straight and with the right hand push down on the right knee. I do it hard enough to feel the stretch. And then I do the same for the other leg. I have tried this on others and it has worked every time. I am amazed at how much this works for me.

At the March 2005 symposium, Bill Franklin shared his new found walking tips with Henry and Phyllis Ng, and Phyllis asked him to write

about his experience so others can also try this helpful method. Thanks, Bill.

Respite Care at the Veterans Hospital

The VA respite program in Menlo Park assists *veterans* and their caregivers in coping with long term disability and/or chronic illness. Help is

Stridulate! Stridulate!
That is what the crickets do;
It works for them and it will for you.
Stridulate! Stridulate! Stridulate!
But if it won't what have you lost?
Compared to jewels it is low cost;
Stridulate! Stridulate! Stridulate!
Now, try it when the moon is out
And it will work without a doubt;
The magic of a summer's night
Is sure to make the outcome right.
Stridulate! Stridulate! Stridulate!
There is one drawback, it is true
The magic also works on you,
Now doomed to be a cricket's mate—
Stridulate! Stridulate! Stridulate!

Aubade

Does a little rooster hide within each songbird,
deep inside?
Every day, before the dawn, the birds here put a
concert on;
As if they thought, you might surmise, their song
is why the sun will rise;
There's time and place for everything, and night
is not the time to sing.

Birdies, please, I need my rest, and not a noisy
choral fest.
Although I'm grateful, goodness knows, that you
are not a flock of crows.
I cannot stand your morning song; I find it both
too loud and long;
Its price to me is far too steep, though every
chirp you make is cheep.

The Artiste

O gallant cricket, now please tell me true,
why do you chirp so each summer night
through?
If, as they tell me, you're seeking a mate,
you don't seem to find one, so why stridulate?

"My tale," said the cricket, "is sad to relate;

Poems by Dick Lacey

Chirp

Are you
looking for
a mate?
Stridulate!

I'm not seeking marriage, but only a date;
Although I'm attractive, I find on the whole
all those who want me want body and soul.

"I am doomed to chirping without a reprieve
each warm summer night and each chill autumn
eve."

"What's wrong then with marriage, O cricket?" I
said.

"Do you think whom you marry will bite off
your head?"

"Why can't you be happy with family joys,
rather than filling my garden with noise?"

"For me," said the cricket, "their cost is
increased;

I live for my art, Sir, I am an artiste!

"What you say is noise, Sir, I say is a song
and meant for your pleasure the whole evening
long.

You'd rather have silence? You foolish ingrate!
But since it annoys you, *stridulate, stridulate....*"

Older, Yes

We grow wiser with time, we are told,
To console us as we become old,
But our wisdom consists of this truth:
There is nothing that's better than youth.

*Dick Lacey was Treasurer of PPSG. Dick is a
scientist and a poet. Thank you, Dick!*

Caregiver website

Go to www.ec-online.net, scroll
down and you will see their new
Parkinson's Caregiver section, get on
that and there is a neat article on "10
things Every Parkinsonian Caregiver
Should Know."

*This information was forwarded by Linda
Chen. Linda is the support group leader for
Palo Alto, California. Thanks, Linda.*

Berkeley

The group meets on the **3rd Monday** of
the month, at North Berkeley Senior
Center, at 1901 Hearst Avenue (at
Martin Luther Way), Berkeley, and the
meeting time is **10:00 AM-12:00 noon.**

For information, call **Mitzi Cahn** at **510.527.9075** or **Irene Smythe** at **510.524.4847**.

Daly City

The Daly City Support Group meets on the **1st Tuesday** of the month, from **3:00 to 4:00 PM**, at Doelger Senior Center, 101 Lake Merced Blvd., Daly City. For support group information, please contact **Leonard Ke** at **415.587.1285**.

Fremont

Marilyn Basham, physical therapist from the Parkinson's Institute in Sunnyvale, was our speaker in April. We had anticipated a good presentation from her and were definitely not disappointed. Our memories of her capabilities were fully rewarded, and we had a very good turnout!

At our May 23 meeting, we listened to presentations by Dave DeGregorio and Buz Crain, two of our members. Both of them have undergone DBS (Deep Brain Stimulation), and they shared their experience with us. We were delighted that they were willing to do this for us!

The Fremont Support Group meetings are held on the **4th Monday** of the month, at **7:00 PM**, at the Fremont Senior Center, 40086 Paseo Padre Parkway, Fremont. For questions, please call **Lettie Webb** at **510.656.6393** or **Bob Coon** at **510.794.7988**.

Fremont Caregivers

For information regarding the caregiver program in Fremont, please contact **Nancy Rothschild**, Caregiver Project Coordinator, at **510.494.4268**.

Hollister

The Hollister Support Group meets on the **1st Tuesday** of every month, from **1:30 to 3:30 PM**, at First Presbyterian Church, 2066 Cienega Road, Hollister. Please contact **John Skinner** at **831.637.6755**, or **Shirley Kennedy** at **831.637.3839**.

Los Altos - YPSG (Young Parkinson's Support Group)

Meets the **2nd Saturday** of each month from **10am - 12:00 noon** in the Live Oak Room of the United Methodist Church of Los Altos (Foothill Expressway at Magdalena Avenue) Contact **Dean Prescott** at **408.738.2505** deanp53@yahoo.com, or **Dick Lacy** at **650.328.3429**.

Magnolia-Peninsula

Thursday, May 12 – Audrey VanBokkelen of Mylan Pharmaceuticals discussed their new “rescue” drug APOKYN.

Thursday, June 9 - Joseph Marchi, retired professor at Cañada College and one of the nation's leading authorities on the American musicals, will conduct an illustrated discussion on the music of the 20's.

No meeting in July!

Thursday, August 11 - Bill Reiter, of the Family Caregiver Alliance, will discuss the resources available to Parkinson's patients and caregivers.

Thursday, September 8 - Randy Hoffman, speech therapist at the

Parkinson's Institute, will offer techniques of speech clarification.

Thursday, October 13 - *Dr. Michael Aminoff, professor of neurology at UCSF, will discuss gene therapy.

Thursday, November 10 - *Dr. Grace Liang, recent addition to the staff of the Parkinson's Institute, will bring a fresh perspective to treatments.

No meeting in December!

*tentative

All meetings are held in the main conference room of the Magnolia Apartments, located at 201 Chadbourne Avenue in Millbrae. The Magnolia occupies a square block, bounded by Millbrae, Magnolia, Chadbourne and Lewis Avenues.

The meetings take place on the **2nd Thursday** of each month (unless otherwise noted), at **1:30** in the afternoon. The sessions are free of charge and open to the public. Light refreshments are available after the meetings are adjourned. For information about the meetings, please call **Leon Rosenthal** at **650.348.3480**.

Marin County

The Marin Parkinson's Support Group meets on the **4th Tuesday** of most months, from **2 to 4 PM**, at The Redwoods auditorium, 40 Camino Alto, Mill Valley. The telephone number for The Redwoods is 415.383.2741. For information about the meeting, please contact **Gloria Rashti**, at **415.381.6680**.

Modesto, new group

Modesto Parkinson's Support Group meets at the Centenary United Methodist Church, The Fireside Room, at 1911 Toyon Avenue, Modesto, CA 95350, (Located at the corner of McHenry and Briggsmore Avenues).

Contact **David** and **JoAnn Ryan** at **209-529-5643** or davejoann@sbcglobal.net.

Monterey

We meet in the S.H.A.R.E. Room, at Monterey Adult School, 200 Coe Ave., Seaside. The group meets on the **3rd Monday** of the month, from **2:30 to 4:00 PM**. For further information, please call **Kathy Warthan** at **831.372.7510** or **Helen Garrett** at **831.657.4241**.

Mt. Diablo Parkinson's Network

Basic meeting: Meets on **2nd Mondays** from **11 AM-2:30 PM** at Grace Presbyterian Church, 2100 Tice Valley Blvd., Walnut Creek. The meeting includes a speaker, light lunch, exercise, and discussion groups. Contact **Margy Hansell** at **925.939.4210**.

Early Onset Support Group: Meets on **3rd Saturdays** from **10 AM-noon** at Grace Presbyterian Church, 2100 Tice Valley Blvd., Walnut Creek. Call **Nancy Wall** at **510.236.7065**, or **Philip Wheeler** at **510.527.3588**.

Caregivers Support Group: Meets on **last Wednesdays** at **Jewel Wallach's** in Rossmoor, Walnut Creek. Call for information at **510.236.7065**.

Pleasanton Tri-Valley Support Group: Meets on **2nd Saturdays, 10 AM-noon**, at Senior Center, 5353 Sunol Blvd., Pleasanton. For information call **Cliff Terry** at **925.935.1772**

Oakland

Taxi scrip is available! Contact Robert Lemon.

The Oakland Support Group meets on the **1st Thursday** of the month, from **1:30 to 3:30 PM** at the Easter Seals Bay Area, 180 Grand Avenue, Suite 300, Oakland. For further information, please call **Robert Lemon**, at **510.526.2078**.

Palo Alto

The Palo Alto Support Group meetings are held on the **2nd Wednesday** of the month, from **2:00 to 3:30 PM**, at Avenidas (the Palo Alto Senior Center), in the dining room (La Comida), 450 Bryant Street, Palo Alto. For meeting information call **Linda Chen**, at **650.254.0906**. For directions, call **650.326.5362**.

Redwood City

In May, Captain Bridget Lott who heads up the CHP's Redwood City Convention Way office came to talk to us. She answered our driving questions and concerns and handicap parking questions.

Thanks again to Kaiser Redwood City Neurology Department's Jeff Javerbaum, MD., who joined us on April 15. It appears that everyone paid their taxes first, and then spent the afternoon with a neurologist! There were 21 in attendance at this meeting.

Don't forget our new time: 1:00 – 2:30 PM.

PPAP-Positive People Against Parkinson's-meets on the **3rd Friday** of each month, from **1:00 to 2:30 PM (new time)**, at Sequoia Health and Wellness Center, 702 Marshall Street, Redwood City. Parking available in the rear. For more information, call **Sequoia Center** at **650.367.5998**. **Tom Constantino** and **David Shein** co-chair the meetings.

Salinas

The Salinas Support Group meets every **4th Wednesday** of the month, from **2:00 to 3:30 PM**, at The Salinas Adult School, 20 Sherwood Place, Salinas. For further information, please call **Elaine Viens** at Delmar Research, **831.424.4359 x10**.

San Francisco

The group meets on the **3rd Thursday** of the month, at Holiday Inn Chinatown, corner of Washington & Kearny. (Hotel parking free for this meeting!) For meeting time, call **Tom O'Brien** at **415.352.6514**.

San Jose – Almaden/ Blossom Valley (New)

The Atrium Parkinson's Support Group met May 17 with 11 people attending. Two first-time new members were quite interested in learning about the progression of the disease and what to expect in the future. A question and answer time was very beneficial. An added bonus was a visit from a physical therapist who had answers for some questions about different equipment helpful to Parkinsonians. He told us about a catalog called Functional Solutions from Morgan Hill which had helpful ideas for disabled persons. Our

next meeting will be on June 21 from 2:30 to 3:30. Contact Betty Havens at 269-2167.

The group meets on the **3rd Tuesdays** of the month, from **2:30 to 3:30 PM**, at The Atrium Retirement Community Center, 1009 Blossom River Way, San Jose. For meeting information, please contact **Betty Havens** at **408.269.2167**.

San Jose – Berryessa

The group meets at Berryessa Community Center, 3050 Berryessa Road, San Jose, on the **1st Wednesday** of the month, from **1-2:30 PM**. Contact **Bob and Jane Pomeroy** at **408.263.8485**.

San Jose – Willow Glen

June 3 - Joe Ferita, Speech and Hearing Specialist

July No meeting

At the San Jose Parkinson's support group, we collect pennies, nickels, dimes, etc. for *Pennies for Parkinson's* and we donate the funds for Parkinson's research. Our members really come through with the change.

The San Jose Support Group meets on the **1st Friday** of the month at St. Francis Episcopal Church, 1205 Pine Avenue, San Jose, between **10:00 and 12 noon**. Please call **Betty Havens** at **408.269.2167**.

San Jose Caregivers

The San Jose Caregivers Support Group usually meets on the **4th Wednesday** of the month, from **1:30 –**

3:30 PM, at St. Francis Episcopal Church, 1205 Pine Avenue, San Jose. For information, please call **Charmaine Eng** at **408.723.8116**.

San Leandro

The group meets on the **1st Thursday** of the month, **except summer months**, at **10 AM**, at The Education Center of San Leandro Hospital, 13855 East 14th Street, San Leandro. For information, please call **Roy Burnham**, at **707.781.3308**.

San Mateo Caregivers

The group meets on the **1st Wednesday** of the month, from **2:30 to 4:30 pm (new time)**, Ellsworth Room, 100 San Mateo Drive, San Mateo. Call **Mills Health Center**, at **800.654.9966**.

Santa Cruz

The Santa Cruz Support Group meets on the **1st Wednesday** of the month at St. Stephen's Lutheran Church, 2500 Soquel Avenue, Santa Cruz, from **12:30 to 2:00 PM**. For information, please call **David Donahoe** at **831.479.4485**.

Saratoga

The Saratoga Support Group meets on the **3rd Tuesday** of the month at 19449 Via Real, Saratoga, from **2:00 to 4:00 PM**. For information, please call **Lois McPherson** at **408.867.1807**.

Sonoma County

The group meetings are held on the **1st Saturday** of each month, **except for the months of January, July, and**

September, (due to national holidays which conflict with our dates). Meetings are held at the First Congregational Church, (UCC), at 2000 Humboldt Street, Santa Rosa. They begin promptly at **1:00 PM** and last about two hours. Excellent speakers represent a variety of resources important to the Parkinson's community.

For a portion of each meeting the participants are divided into caregivers' and Parkinsonian sessions. They are divided so that all have an opportunity to speak freely about their cares and concerns.

Call **Sue Croel** at **707.544.5151**, or **Ron Trouse** at **707.526.4373** for more information. Parkinsonians and their guests, caregivers, or family members are encouraged to attend this meeting.

Other Group Activities

Satellite support groups meet at various locations throughout the area, meeting in members' homes. To find out about the availability of one of these groups, please call Sue Croel at 707.544.5151, or Ron Trouse at 707.526.4373.

Sunnyvale

The Sunnyvale Support Group meets on the **2nd Wednesday** of the month between **1:00** and **3:00 PM** at the First United Methodist Church, 535 Old San Francisco Road, Sunnyvale. For information, please call **Linda Filice** at **408.978.2859** or **Phyllis and Henry Ng** at **408.733.5648**.

Tulare-Kings

The Tulare-Kings group meets on the **1st Friday** of the month, at **10:30 AM**, at

Visalia United Methodist Church, 5200 W. Caldwell Avenue, Visalia, CA 93277.

For more information, please contact **Donna Green (new leader)**, at **559.307.4189**, or the church office at **559.627.1660**.

Vallejo

The group meets on the **3rd Monday** of the month, **except January and February**, when they meet on the **2nd Monday**. The meetings start at **2PM**, at the Kaiser Medical Center, 975 Sereno Drive, Vallejo. For meeting information, please call **Evelyn Fox** at **707.644.3390**.

YOPD

The group meets in the Board Room of Lucile Packard Children's Hospital, at 725 Welch Road, Palo Alto, CA, on **2nd Tuesday** of every month, from **6:30 to 8 PM**. For information, please call **Bill Lev** at **831.662.3825**.

If you have any **items for sale or donation**, such as exercise equipment, wheelchairs, etc., please write to PPSG, call us at 408-734-1593, or e-mail ppsginfo@yahoo.com.

*This newsletter was assembled by
The Morgan Center in
Santa Clara. Thank You!*

Members Sharing

My father began having difficulty moving in bed and getting in and out of it a little over

two years ago. We tried the satin sheets and that just made it a bit hard to stay in bed, so I began to explore options. The first thing we did was buy a Tempur Pedic copycat bed topper, which was supposed to be equal in quality to Tempur Pedic, but wasn't. The bed topper was about 3 inches thick. I have talked to others using such a product who feels it works just fine.

Our problem with the topper was that it was too soft and made movement for my father difficult, and he didn't really feel it helped with the pain. So we bit the bullet and purchased a mechanical Tempur Pedic bed. The top and bottom halves of the bed move up and down and it has a massage feature - all on remote control. The bed has served my father very well. He doesn't get sore spots from sleeping on it and it has helped him to sleep better as well as more comfortably. My Dad didn't particularly care for the Tempur Pedic pillow that came as a "free gift with purchase." He felt he sank into it too much. Additionally he sweats a lot at night. We throw the traditional washable soft polyester pillows he uses straight into the drier every morning, washing them when necessary, and this is not something you can do with the Tempur Pedic pillow. – **Linda Chen**

I was diagnosed with PD three years ago. I was having trouble sleeping and bought a Sleep Comfort Air Bed. It was fair, but I still had back aches and sleep problems, so I bought a Tempur-Pedic 3-inch over lay. My back and sleep problems are gone. I also have sleep apnea and sleep on my back, but have no problems. – **Bob Dens**

Bob Dens

I was born in Superior, WI. After high school I went to work on the railroad for 12 years. In 1954 I decided that there

was no future on the railroad decided to move. We had friends that lived in Sunnyvale and told us that California had many opportunities. I had a lot of automotive experience so I wrote to some oil companies and was offered a service station in San Jose. I bought an old flatbed truck, loaded everything we owned, and with my wife and 2 girls moved. We settled in Santa Clara, kept the station about 5 years and then started an auto parts store and machine shop. I retired in 1986.

My wife Florence and I have been married 59 years. We have 2 daughters, 6 grandchildren and 3 great grandchildren. When the girls were young we did a lot of camping. I was always interested in flying and in 1965 I received my pilot's license. From then on flying was my hobby along with photography. We flew all over the country: Canada, Alaska, all over the United States except the north east, and made three trips to Mexico. We had some great trips.

In 2003 I was diagnosed with PD and sold the airplane that I had had for 35 years (a sad day). Now my wife and I do a lot of traveling by car. I play golf at least once a week, do a lot of walking, exercising, gardening, and using my computer.

Bob Dens is a new board member of PPSG who recently joined us. Congratulations and welcome, Bob!

Grief and Depression

When Sadness Overwhelms

Grieving is a natural and important process that helps us avoid depression and

psychological problems later in life. Just as no two people are alike, the stages of grief are different for all of us, and the time it takes to pass through them varies. In general, we must experience *at least* one set of seasons and holidays without a loved one, but often the grieving process takes much longer. Remember, the grieving process is natural and ultimately will restore balance to your life.

Tip It is helpful to deal with grief by being around people who have gone through the same experience. Most communities have grief support groups through churches, synagogues and other nonprofit organizations.

The grieving process in an unexpected death usually takes much longer to work through than the death following a long illness because caregivers and the family are unprepared for the death. Caregivers may wish they had said or done something before the death or as if they have “unfinished business.” Sometimes caregivers feel guilt, and blame themselves for the death.

Stages of Grief

Each person experiences loss in a personal way. However, the following are common stages in the grieving process:

- ?? **Shock and numbness** – usually the first stage, which can last from a few days to several months
- ?? **Denial** – a refusal to accept the loss
- ?? **Realization and emotional release** – feelings of overwhelming sadness and bouts of crying, often at unexpected times
- ?? **Guilt** – feelings that more could have been done
- ?? **Disorganization and anxiety** – confusion and an inability to concentrate, causing feelings of panic
- ?? **Memory flashbacks** – sudden flashbacks of both good and bad

memories are normal but can be frightening

Grief and Depression

- ?? **Loneliness and depression** – a long period of overwhelming sadness and loss of interest in things that once gave pleasure
- ?? **Anger and resentment** – at the doctors, the family, friends, God and even at the person who died
- ?? **Recovery** – a return to a more normal life

The Tasks of Mourning

Time alone does not heal. The work of grief is a long term process, and we need friends’ acknowledgement of our grief.

- ?? **Accept the Loss** – It is normal to repeatedly tell the story to others and be preoccupied with thoughts of the deceased.
- ?? **Acknowledge the Pain** – Avoiding the emotional pain can prolong the pain
- ?? **Adjust to the New Life** – Identify your needs and find ways to meet them.
- ?? **Reinvest in Life** – Realize you can love life again and that this does not diminish the love you had for your loved one.

Inspiration *Nobody can go back and start a new beginning, but anyone can start today and make a new ending.*

Edited from Avenidas Caregiver News, March 2005 issue. This article was forwarded by Marge Shively. Marge is a board member of PPSG. Thanks, Marge.

Donation:
Wheelchair, walker, and others; call Tom Anderson at 650.799.4149

To Make Life Easier...

The former Los Altos Parkinson's Support Group originally supplied this list. Some tips have been modified by doctors and staff of The Parkinson's Institute. Please feel free to let us know your thoughts; maybe your comments can assist other patients, their families, and friends.

An electric tooth brush makes teeth care easier.

Discuss medication times with your doctor. Some people take their Sinemet when they get up, then at intervals during the day. Some do not take medications after 6 or 7 pm for better sleep. Sinemet pills may be cut in half to fit a dosage schedule. Some medications should be taken well before you eat, others with food. Ask your doctor.

Always check that the pharmacist has given you the correct prescription. Many medications can worsen parkinsonism. For example, asthma medication may exacerbate tremor, so always be sure your doctor knows ALL your medications. It helps to have your medications with you at the doctor's.

Watch for foods that seem to react adversely with your medications. For example, some people have problems with caffeine and/or too much sugar. Alcohol may interfere with sleep and/or your medications. Protein may interfere with the absorption of Sinemet; you may benefit from a low protein breakfast and lunch. There are variations from patient to patient. No food is always bad for all Parkinson's patients. Consult your doctor if you have questions

Medication cost varies from pharmacy to pharmacy, and from time to time. Check periodically with pharmacies. Mail order services may provide savings.

If your writing is hard to read, a plastic letter guide (template) will help. Carry your address labels or business cards.

For foot cramps, try stepping on a very hard, smooth, flat surface and pressing to straighten out your foot. It may help if someone steps gently on your foot to spread your toes.

An exercise class, for exercise and socializing, is an important element in maintaining mobility and a healthy mental outlook. Swimming or stretching in the

shallow end of a warm pool is wonderful exercise.

When dressing, put your stiff arm in a sleeve first.

Try a massage for sore muscles.

Leather Balm on a car seat makes getting in and out easier. A plastic bag on the seat makes movement easier.

Laz-E-Boy chairs are made in large sizes with seats two inches higher, making it much easier to get in and out of. An extra-large recliner is a wonderful substitute for an uncomfortable bed.

It can be hard to get out of a low seat. Check before sitting.

North Coast Medical, Inc. sells products that make ordinary tasks easier. They are located at 187 Stauffer Blvd, San Jose, CA 95125. Call 1-800-821-9319.

An electronic sound producer that sounds like rain, a waterfall, etc. aids going to sleep, as does the sound of a fan. Try buying an inexpensive tape. Try different shapes and sizes of pillows. Try dressing in a sweatsuit and socks and lying on top of the covers.

Doctor visits: Take a list of your questions. Create this list between visits, as questions arise. When you check in at the doctor's office, present the list so the doctor can read it before seeing you.

For best results, balance exercise, medication, good nutrition, ample sleep, stress reduction, social life, and a good attitude.

Go places. Don't hibernate.

This article, among others, is included in the PPSG's Newly Diagnosed Packet, now maintained by Allan Daily, a new board member of PPSG. Thanks, Allan.

Visit the PPSG Website

www.ppsg.org

- ?? Current and past newsletters
- ?? Updated events in the area
- ?? Support group locations, times and contacts
- ?? Exercise locations and contacts
- ?? Interesting links to Parkinson patient and caregiver sites
- ?? News on Parkinson developments

June 23-25, 3rd Annual Meeting for International Society for Stem Cell Research

The conference, jointly sponsored by the Johns Hopkins University School of Medicine, and The International Society for Stem Cell Research, is to be held at **San Francisco Marriott**, San Francisco, CA. Over 2500 of the world's best researchers and physicians will be in attendance, and the presentations, panels, and breakout groups will focus on the latest developments in the field of stem cell research.

To register, visit: www.isscr.org.



Parkinson's Patients Support Groups, Inc.
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Sunnyvale, CA 94089-1605
408.734.1593

ADDRESS SERVICE REQUESTED

Disclaimer

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