

# *Parkinson's Patients Support Groups, Inc.*

*Spring Quarterly 2006*

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## **5/18, Patient-Caregiver Symposium**

The Parkinson's Institute and the Neuroscience Institute at Stanford present "***Help for Today, Hope for Tomorrow***," an Annual Outreach Symposium for Parkinson's patients and caregivers. This year's event will be held at the Santa Clara Marriott hotel on May 18<sup>th</sup>, 2006, from 8:30 a.m. to 4:00 p.m. Together, The Institute and members of the NIS will provide a full-day symposium to include a morning seminar, including a distinguished panel of world-class physicians, epidemiologists, neurologists, clinicians and researchers. The symposium will provide an opportunity for attendees to ask questions of our panelists while enjoying a served lunch. In the afternoon, there will be 5 different break-out sessions offered to include speech therapy lessons, physical therapy, sleep disorders and a course in living a healthy lifestyle with proper diet. The day also includes a health fair, where attendees can learn about new treatments for PD, find support group information and enjoy artwork created by The Institute's Parkinson's patients.

For more information on this exciting event, and to print the registration form, please click here [Registration Brochure](#). For more information, you may contact Debra Petersen at (408) 542-5619. The website for The Parkinson's Institute is [www.theipi.org](http://www.theipi.org).

[Click here to see their press release.](#)

## **Charlie Nimovitz Concert**

**Saturday, March 25, 7:30 pm**

Marin Lutheran Church, Corte Madera  
Admission is on a sliding scale of \$15-\$25 or whatever you can afford to pay. There will be no food at the event, so please eat before you come. It's fine to bring bottled water to drink.

### **Directions to the church:**

Marin Lutheran Church  
649 Meadowsweet Drive, Corte Madera

From the north:

Highway 101 south to the Paradise/Tamalpais exit.  
Turn right onto Tamalpais. See below:

From the south:

Highway 101 north to the Paradise/Tamalpais exit.  
Turn left onto Tamalpais and go over the freeway.  
Go a couple of blocks and make the first left turn you can at Sanford. (There's a shopping center on the right and a Bank of America on the left.) Then make your first right onto Meadowsweet. The church is in the first block on the left.

**For more info call 415.485.5987 or email [cnim@earthlink.net](mailto:cnim@earthlink.net)**

Classic residence by Hyatt in Palo Alto is having Marilyn Basham, Physical Therapist, from the Parkinson's Institute, to give a presentation on "Care Giving Made Easy for Parkinson's individuals," on Tuesday, **March 21**, at 2:30 pm, at 600 Sand Hill Road, Palo Alto, CA 94304. **RSVP: 650.853.5002.**

## Save The Date!

- When : Tuesday **March 28**, 2006
- What : California Parkinson's Disease Registry Program Inaugural Stakeholders Meeting
- Where : 1515 Clay Street, Oakland, CA
- Who: Anyone interested in the latest and largest effort to collect demographic data on Parkinson's disease.
- Inquiries: Contact Michael Claeys via email: [mike\\_claeys@msn.com](mailto:mike_claeys@msn.com), or via phone at 646.734.5905

### Background:

In the final days of California's 2004 legislative session, Governor Arnold Schwarzenegger signed into law the Parkinson's Disease Registry Act. This landmark legislation authorized the initial 2-year phase of a statewide Parkinson's disease patient registry, which will collect basic information on persons diagnosed with Parkinson's disease, while strictly protecting individuals' confidentiality.

In a letter to the members of the State Assembly, Governor Schwarzenegger wrote, "I am directing the DHS (Department of Health Services) to work with scientists, medical professionals, and advocacy and patient groups to develop an appropriate model to ensure the most accurate reporting of Parkinson's disease."

On March 28, 2006, representatives of the groups named by the Governor, officials from other State agencies and many other important "stakeholders" in the registry program will meet to discuss its structure, governance, safeguards, potential benefits and any possible concerns. This will be a public session for all interested parties to learn, ask questions and share their views. All views are welcome.

Many neurologists and patient advocacy groups lauded the creation of the registry, because the collected data may help researchers design epidemiological studies that could lead to a better understanding of the causes and potential cures for

Parkinson's disease. Much time and money have been devoted to studying Parkinson's disease in humans and animals, yet scientists still do not know precisely how it occurs and what types of people it afflicts. Both genetic and environmental elements are likely involved, but the causative factors remain a mystery.

With approximately 35 million individuals living in California, the state's registry could enroll as many as 5,000 patients each year from a variety of locations with differing socioeconomic statuses and ethnic make-ups.

Researchers using the registry will also be able to take advantage of decades' worth of records documenting the use of toxic chemicals—including pesticides and herbicides—throughout the state. The combination of these two data sets may lead to greater understanding of the relationship between toxic exposures and Parkinson's disease, as well as other neurological disorders.

The patient advocates who inspired and fueled the legislative effort received endorsements from numerous state and national Parkinson's organizations as well as the California Neurological Association. California Assembly Majority Leader Dario Frommer (D, Los Angeles) authored the bill (AB 2248) establishing the program—which will be the largest Parkinson's registry in the world. Critical initial funding was pledged by The Michael J. Fox Foundation for Parkinson's Research and the National Institute of Environmental Health Sciences.

More than 1.5 million people in the United States have Parkinson's disease, with approximately 70,000 newly diagnosed cases each year.

NOTE: Seating is limited, so please RSVP in advance. You can RSVP and get more info on the meeting through the Parkinson's Institute Web site: [www.theipi.org](http://www.theipi.org). There is a place to access meeting info right on the Institute's home page.

*Visit the PPSG Website*  
[www.ppsg.org](http://www.ppsg.org)

## **DVD Helps Educate About Parkinson's Disease**

Seattle, WA, Dec. 22, 2005 (Newswise) - The Washington State Chapter of the American Parkinson Disease Association has released a 90-minute patient education DVD for people with Parkinson's, their physicians, families, and friends.

The DVD, titled "Managing Parkinson's: Straight Talk and Honest Hope," is now available for no cost through the APDA Information and Referral Center located at the University of Washington in Seattle.

"Our goal is to place this DVD into the hands of everyone who can benefit from it. The title comes from our belief that receiving a diagnosis of Parkinson's doesn't mean that your life is over," said Mike Shanahan, former UW chief of police, who was diagnosed with Parkinson's 12 years ago. Shanahan has devoted countless volunteer hours to the DVD project.

"There are things that you can do, and need to do, to live with Parkinson's," Shanahan said.

"With growing numbers of early onset Parkinson's cases, like Michael J. Fox, the need for honest, hopeful dialogue is becoming critical."

Prominent Parkinson's experts from around the world were recruited to take part in the DVD, including Dr. Philip Swanson, Dr. James Leverenz, and Dr. Ali Samii of the University of Washington Department of Neurology.

"The value of this tool is in the message it provides: that the world is not over once a person is diagnosed with Parkinson's disease," Samii said. "Although there is no cure for it, there are lots of ways to treat its symptoms. Among neurodegenerative disorders, I think Parkinson's is the most treatable and manageable."

The DVD begins with a foreword by Dr. C. Everett Koop, former surgeon general of the United States.

Over half the initial 25,000 copies have now been distributed to individuals, support groups, and physicians nationwide.

The DVD can be particularly helpful to those newly diagnosed with Parkinson's. An estimated 50,000 new cases are diagnosed each year. The DVD is available for no charge from the Washington State Chapter of APDA as long as the supply lasts via [www.waparkinsons.org](http://www.waparkinsons.org), or by phone at 206-543-5369. Further information about the DVD and the work of APDA in Washington state can also be found on the website.

## **Ibuprofen May Curb Risk of Parkinson's Disease**

Dec 16, 2005 (Reuters Health) - Regular use of the pain-relieving nonsteroidal anti-inflammatory drug (NSAID) ibuprofen (Motrin, Advil) may delay or prevent the onset of Parkinson's disease, according to data from roughly 147,000 U.S. men and women enrolled in the Cancer Prevention Study II, Nutritional Cohort.

In 1992 subjects provided information on four types of commonly used analgesics. In 2001 they provided information on the occurrence of Parkinson's disease. The researchers detected 413 cases of Parkinson's disease during follow up.

"We found that individuals who regularly used ibuprofen had about a 35 percent lower risk of developing Parkinson's disease than non-users," Dr. Alberto Ascherio, of Harvard School of Public Health in Boston, Massachusetts, told Reuters Health. Specifically, compared to those who did not use NSAIDs, users of 2 to 7 ibuprofen tablets per week had about a 28 percent reduced relative risk of developing Parkinson's disease, while those who reported using 1 or more tablets per day had a 38 percent reduced risk of Parkinson's.

No associations were observed between the risk of PD and the use of aspirin, other NSAIDs, or acetaminophen. "These findings suggest that ibuprofen could contribute to the prevention of Parkinson's disease," Ascherio said. "Because of the progressive nature of the degenerative process, it is also possible that this drug could be beneficial for individuals with Parkinson's, but this should be tested in randomized clinical trials."

"It would be premature for people with Parkinson's disease to start taking ibuprofen or other anti-inflammatory drugs," Ascherio cautioned. "Albeit promising, these findings are insufficient to support a change in current therapeutical practice."

**William E. Holmberg**  
**9/30/25 – 1/28/06**

Beloved husband,  
father and grandfather,  
passed away on January 28,  
2006, at 80 years of age and  
will be terribly missed by his  
wife, Galina; his daughters  
and sons-in-law, Victoria

*Bill Holmberg was a  
long-time PPSG  
Board member.  
PPSG is grateful for  
Bill's dedication and  
contribution.  
Our deepest  
sympathy to Bill's  
family!*

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

**Helpful Caregiving Websites**

[www.medicinenet.com/caregiving\\_article.htm](http://www.medicinenet.com/caregiving_article.htm)  
National Family Caregiver Support Program  
(NFCSP)

[www.caregiving.org/tips/](http://www.caregiving.org/tips/)  
National Alliance for Caregiving – Caregiving Tips

[www.caregiving.com](http://www.caregiving.com)  
Caregiving Newsletters

[www.homecarecompanion.com](http://www.homecarecompanion.com)  
The HomeCare Companion™

[www.aarp.org/families/caregiving](http://www.aarp.org/families/caregiving)  
Look for AARP's Best-Selling Caregiving Guide

[www.familycaregiving101.org/](http://www.familycaregiving101.org/)  
Answers to top 10 questions; also provides helpful  
articles

[www.cargiver.org/caregiving/jsp/home/jsp](http://www.cargiver.org/caregiving/jsp/home/jsp)  
Family Caregiver Alliance

[www.caregiversadvisarypanel.com/](http://www.caregiversadvisarypanel.com/)  
The Caregiver Advisory Panel (TCAP)

[www.wellspouse.org/](http://www.wellspouse.org/)  
The Well Spouse Foundation

[www.californiacrc.org](http://www.californiacrc.org)  
California Caregiver Resource Centers

[www.nadsa.org](http://www.nadsa.org)

National Adult Day Services Association, Inc.

[www.n4a.org](http://www.n4a.org)

National Association of Area Agencies on Aging

[www.nfcacares.org](http://www.nfcacares.org)

National Family Caregivers Association

[//www.aoa.gov/caregivers](http://www.aoa.gov/caregivers)

National Family Caregivers Support Program

[www.respitelocator.org/index.htm](http://www.respitelocator.org/index.htm)

The National Respite Locator Service

**What kind of home care help is available?**

There are two kinds of home care: home health care and non-medical home care services. Both types help sick and disabled people live independently in their homes for as long as possible. Caregivers and doctors decide what services are necessary and most helpful.

Home health care includes health-related services such as:

Medicine assistance

Nursing services

Physical therapy

Non-medical home care services include:

Housekeeping

Cooking

Companionship

**How will I pay for home health care?**

Medicare, Medicaid and some private insurance companies will cover the cost of limited home care. Coverage varies from state to state. Other times, you will have to pay out of pocket for these services.

The cost of home care depends on what types of services are used. Non-medical workers like housekeepers are much less expensive than nurses or physical therapists. Also, some home care agencies are cheaper than others.

**Helpful Services by the National Family  
Caregiver Support Program (NFCSP)**

### **Who is eligible for Medicare home health care services?**

To get Medicare home health care, a person must meet **all** of the following four conditions:

A doctor must decide that the person needs medical care in the home and make a plan for home care.

The person must need at least one of the following: sporadic (and not full time) skilled nursing care, physical therapy, speech language pathology services, or continue to need occupational therapy.

The person must be homebound. This means that he or she is normally unable to leave home.

When the person leaves home, it must be infrequent, for a short time, to get medical care, or to attend religious services.

The home health agency caring for the person must be approved by the Medicare program.

To find out if a person is eligible for Medicare home health care services, call the Regional Home Health Intermediary at 1-800-MEDICARE or visit the Medicare Web site at: [www.medicare.gov](http://www.medicare.gov) and select "Helpful Contacts."

### **Will Medicaid help pay for home health care?**

To qualify for Medicaid, a person must have a low income and few other assets. Medicaid coverage differs from state to state. In all states, Medicaid pays for basic home health care and medical equipment. In some cases, Medicaid will pay for a homemaker, personal care, and other services not covered by Medicare.

For more information on Medicaid coverage of home health care in your state, call your state medical assistance office. For state telephone numbers, call 1-800-MEDICARE.

### **What is the National Family Caregiver Support Program (NFCSP)?**

The National Family Caregiver Support Program (NFCSP) is a federally-funded program through the Older Americans Act. The NFCSP helps states provide services that assist family

caregivers. To be eligible for the NFCS, caregivers must:

Care for adults aged 60 years and older, or  
Be grandparents or relatives caring for a child under the age of 18.

Each state offers different amounts and types of services. These include:

Information about available services

Help accessing support services

Individual counseling and organization of support groups

Caregiver training

Respite care

Limited supplemental services to complement the care provided by caregivers

*www.4woman.gov/faq/caregiver.htm*

### **Bed Rails and Bed Safety**

When Helen got frail and weak, it seemed like a good idea for her daughter to install bed rails on her mother's bed. After all, Helen needed help to safely get out of bed and her daughter couldn't always hear her if she was in another part of the house.

For another family, a nursing home recommended that bed rails be installed on a patient's bed after he fell out of bed. What's the harm? We've all seen them used in hospitals.

Unless used properly, bed rails can be dangerous.

The facts:

Between 1985 and 2005, the U.S. Food and Drug Administration received 606 reports of people caught, trapped, or strangled in beds with rails.

Of these, 378 died, 116 received a nonfatal injury, and 112 were not injured because caregivers intervened.

Most of these people were frail, elderly or confused. How do these deaths, injuries or near miss entrapments happen? People get caught or trapped between or within rails, between bed rails and the mattress, or between the rail and the head or footboard. Some fall when trying to climb over the rails.

But no one is saying never to use bed rails. They have their benefits.

Weighing the pros and cons isn't always easy. The goal is to make the changes that are necessary to meet that person's need for safety. Some ideas:

Use beds that can be lowered close to the floor.

Check the person frequently to assist him/her in getting out of bed, if needed.

Assess the bed for proper mattress and side rail fit and select so there are no gaps wide enough to trap someone. Not all mattresses and rails are compatible and fit with every bed frame. Check with the manufacturer of your bed to identify compatible components.

Use a mattress with raised foam edges which can provide a sense of boundaries in the bed and may eliminate the need for bed rails. However, this isn't a good idea if the person feels restricted in the bed when this type of mattress is used.

There are a variety of approaches that can be used to reduce the potential for harm in a bed. Examples: side rail protective covers, bed alarms, assist bars, or placing mats next to the bed.

Making these or other changes does not always reduce the risk for harm. All devices must be individually assessed for the effect on the individual's safety and well-being.

Before buying or installing bed rails, talk to your health care planning team. They can help you determine if bed rails are really needed or if alternative solutions can be found.

Log on to <http://www.aarp.org/families/caregiving/> to learn about the following and more:

[AARP on Home Design](#)

There are many simple changes to a home that allow the homeowner to live quite independently.

Additional Resources

[A Guide to Bed Safety, Bed Rails in Hospitals, Nursing Homes, and Health Care: The Facts](#) (Adobe Acrobat required)

The Food and Drug Administration (FDA), working with many organizations, formed the Hospital Bed Safety Workgroup (HBSW). Its goal is to improve the safety of hospital beds for patients who are most vulnerable to the risk of side rail entrapment.

[Bed Rails are Not the Only Choice](#)

The Detroit Free Press discusses alternatives to bed rails.

[Kendal Outreach, LLC Catalog](#) (Adobe Acrobat required)

Pages 2-3 of the catalog give descriptions of the bed safety consumer education materials that are sold by this non-profit organization.

[US Food and Drug Administration](#)

Report problems with bed rails, medical equipment, or drugs at the FDA's online MedWatch Reporting Program.

Books

[Caring for Your Parents: The Complete AARP Guide](#), Hugh Delehanty, Mary Pipher, Elinor Ginzler, Sterling Publishing Co., Inc, April 2005

*Edited from [aarp.org/families/caregiving/bed\\_rails\\_and\\_bed\\_safety.html](http://aarp.org/families/caregiving/bed_rails_and_bed_safety.html)*

#### Disclaimer

This document is published to promote a greater awareness of the problems caused by Parkinson's disease. Neither the Parkinson's Patients Support Groups, Inc., its members and employees, nor the individuals involved in its production make any warranty, express or implied, assume any liability or responsibility for accuracy, completeness, or usefulness of any information or represent that it will not infringe privately owned rights. Mention of any product, material, or service shall not, nor it is intended to, imply approval, disapproval, or fitness for any particular use.

## Decisions, Directions and Reflections: Moving Your Loved One to a Care Facility

Deciding if and when to move your family member from home to a care facility can be the hardest decision a caregiver makes. This four-week class will assist you to better understand your individual reasons for considering this change. Together we will look at: your feelings and beliefs about moving your loved one and how they impact your family's decision; your options for long term care; who to involve in the decision-making; how to choose a care setting that matches your relative's needs; and most important, how to make the best out of the move for your loved one and for those affected by the decision. Whether you are actively considering a change in your loved one's living arrangements or want to prepare for a decision that you might have to make in the future, this program is for you.

**Speaker:** Beth Logan, MSW, Eldercare Consultant

**Sponsored by:** Family Caregiver Alliance

**Registration/Contact information:** Pre-registration required. Donations accepted. Register by contacting Beth Logan, MSW, at 800.445.8106, ext. 405

**Location:** TBA

**Date and Time:** This four-week, 2.5-hour class will be offered in March in San Francisco.

#### MAILING LIST

If you would like to be removed from our mailing list or know someone who would like to be included, please take a minute, call us at **408.734.1593**, or e-mail [ppsginfo@yahoo.com](mailto:ppsginfo@yahoo.com), and let us know.

## Powerful Tools for Caregiving

Learn clear and effective tools to prevent caregiver burn-out. This class teaches self-care skills, enabling caregivers to reduce personal stress, change negative thinking, better communicate with family and healthcare providers, and to make difficult caregiving decisions.

**Sponsored by:** Redwood Caregiver Resource Center

**Registration/Contact Information:** Pre-registration required. \$25 suggested donation. Register by emailing [rcrc@redwoodcrc.org](mailto:rcrc@redwoodcrc.org) or by calling 707.542.0282, 800.834.1636.

**Location:** TBA

**Date and Time:** Mondays, February 27; March 6, 13, 20, 27; and April 3, from 9:30 am to 12 noon.

### Making Cream of Chicken and Wild Rice Soup by Using a Slow Cooker

- ☞ ☞ Prep time: less than 15 minutes
- ☞ ☞ Minimum cooking time: 4-1/4 hours
- ☞ ☞ Makes 6 to 8 servings

6 cups chicken stock

2 boneless, skinless chicken breast halves, cut into ½ -inch cubes

1 large onion, peeled and diced

2 carrots, peeled and sliced

2 celery stalk, trimmed and sliced

½ cup *wild rice*, rinsed

1 tbl fresh thyme or ½ tsp dried

1 (10-1/4-OZ.) can condensed cream of celery or cream of chicken soup

½ cup heavy cream

Salt and black pepper to taste

Combine chicken stock, chicken cubes, onion, carrots, celery, wild rice, and thyme in the slow

cooker. Cook on Low for 8 to 10 hours, or on High for 4 to 5 hours, or until wild rice is puffed and vegetables are tender.

Then, if necessary, raise the heat to High. Stir in condensed soup and heavy cream. Cook for an additional 15 to 20 minutes or until the soup is simmering. Season with salt and pepper.

Adapted from *The Complete Idiot's Guide to Slow Cooker Cooking*, by Ellen Brown

## Safety Measures

### Bathroom

- ?? Install sturdy grab bars that are securely attached to the walls in the bathtub and shower and on the wall next to the toilet. Grab bars should be color contrasted with the walls of the bathroom for visibility.
- ?? A higher than standard toilet seat is easier to get up and down from and conserves energy.
- ?? Use of a bath bench to bathe is safer than standing or sitting on the floor of the tub.
- ?? A hand held flexible shower hose allows for ease in bathing.
- ?? A long handled sponge or brush helps wash legs and feet more easily.
- ?? Place safety strips or non-skid mats in the bath tub or shower. Be sure to frequently rinse/clean mat of soap residues and mold accumulations.

### Lighting

- ?? Install illuminated light switches so lights can be turned on before entering a dark room or hallway.
- ?? Use energy saver fluorescent light bulbs to illuminate rooms. Replace burned out bulbs immediately.
- ?? Full spectrum light (bright light) is ideal. Use on-glare lights.

- ?? Night lights are essential to visibility and safety in hallways, bathrooms, bedrooms, and kitchens.
- ?? Keep a flashlight with batteries dated on the nightstand, in the bathroom, kitchen, and dining area.
- ?? Install appropriate lighting, both indoors and outdoors, especially for night security and safety. Motion Sensor lights near entries and garage areas are very helpful.
- ?? Install motion sensor lights at the entrance to frequently used rooms and areas. Have a deactivator switch to avoid constant automatic lighting upon entering or exiting a room.

### **Footwear**

- ?? Wear footwear with soles and heels that provide good support and traction on different surfaces.
- ?? Shoes with slip resistant soles are safer.
- ?? Avoid wearing socks, knitted slippers, or shoes with smooth, worn soles especially on stairs, linoleum, wood, or waxed floors.
- ?? Be attentive to walking on surfaces that are wet with rain, ice, water, dripping leaves, moss-covered stone pathways or steps, uneven terrain or grass, gravel, concrete, and sandy areas.
- ?? When coming down steps, stay close to a secure wall or hold on to railings. Remember to feel the back of your foot against the step.
- ?? Be alert to possible hazards such as curbs and slopes when you exit or enter any areas.

*Edited from "Safety Tips & Prevention of Falls,"  
by Kaiser Permanente.*

## **PPSG Board Meetings**

We welcome anyone to drop by our board meetings and share ideas with us! We meet on the **3rd Monday** of the month between **1:30 and 3:30 PM** at the Parkinson's Institute. To confirm meeting dates and time, please call us at 408.734.1593. **Please note the new date and time we meet.**

## **Current Support Group Activities, Partial**

### **Berkeley**

About 20 of us, both PD patients and caregivers, meet at our monthly meetings. We usually have a speaker for the first hour, e.g. in **March** we will have Mr. Gil Shepard, a family counselor, who will help us in a discussion of stress and communication problems related to PD; in **April** we will have Mr. Frank Griffo, who is certified in the use of traditional Chinese medicine. For the remaining time at each meeting we usually pass around a microphone to hear about any updates on treatment and questions from our members. We welcome any suggestions on future programs and we hope that you will join us or just drop in, at some of our meetings.

\*We sometimes switch the day we meet on because of holidays or speaker constraints. So if you plan to drop in it might be best to confirm the date and call Roddy at 510 231

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

For information, call **Roddy at 510.231.1998**, or **Mitzi Cahn at 510.527.9075**.

### **Magnolia-Peninsula**

February 9: Dr. Suketu Khandar, neurologist, SF VA Hospital

**March 9:** Dr. Ruth O'Hara, PhD, Stanford Medical Center

**No meeting in April!**

**May 11: Marilyn Basham**, Physical therapist, Parkinson's Institute

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 **2<sup>nd</sup> 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**

February 28: Xianmin Zeng, PhD, Buck Institute, "Update on Parkinson's Research"

The Marin Parkinson's Support Group meets on the **4<sup>th</sup> 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**.

### **Redwood City**

At the February 19 meeting, we met and exercised in a specially designed chair, and enjoyed a Swedish Massage that promotes healthy relaxation and stress management with certified practitioner **Shelley Giambastiani**. The massage concentrates on relieving the tension and stress held in the neck, shoulders, back, arms and hands.

We had a great meeting last month with **Marilyn Basham** as our speaker. We are still looking for a March 17 speaker. Mark your calendars now for our April 21 meeting. Back by popular demand is everyone's favorite nurse, **Tracy Stewart**, from the Parkinson's Institute.

Tom Constantino, Co Chair, Dave Shein, Co Chair, and Ray Lang, President Emeritus.

PPAP-Positive People Against Parkinson's-meets on the **3<sup>rd</sup> Friday** of each month, from **1:00 to 2:30 PM (new time)**. For more information, call **Sequoia Center** at **650.367.5998**. **Tom Constantino** and **David Shein** co-chair the meetings.

### **San Jose – Willow Glen**

The San Jose Support Group met on February 3 at St. Francis Episcopal Church, hosting 38 people who came to enjoy the refreshments, visit with friends and listen to our guest speaker, Mr. Ed Jonathans. He talked about the invention called an Interactive Metronome, which is used to stimulate patients to do rhythmic movement. There were many questions during and after his talk and some people tried out the system to get the rhythmic feel. We are so grateful to

**Joe and Mary Ulloa**, who are our refreshment hosts. Each month Joe goes to the Safeway Store on Branhamand Ross, and picks up the refreshments for our meeting, and Mary sets them out for our group to enjoy. Many thanks! On **March 3**, our next speaker will be **Professor Tony Fink** from the Department of Chemistry and Biochemistry at the University of California, Santa Cruz. He will speak in general about the underlying basis for Parkinson's Disease and the research being done to try and find a cure. Everyone is most welcome.

The San Jose Support Group meets on the **1<sup>st</sup> 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**.

### **Sunnyvale**

At the December party, **Clement and Sushih Butt** brought members beautiful pins from their trip to Taiwan. Thanks so much, Clement and Sushih! Clement practices Tai-chi and had shown members these graceful movements and other helpful exercises. We also celebrated the birthday of **Le Sotir**, who has been generously cooking Thanksgiving dinner for us for the past several years. Thanks, Le!

In January, we welcomed several new members and we watched a video tape about Parkinson's research brought by **Dean Prescott**. Dean is a PPSG board member and the leader of the YPSG in Los Altos. Thanks, Dean!

In February, we welcomed some new members and we shared among ourselves how to manage our lives with Parkinson's. We also discussed some useful adaptive devices.

**March:** We will be watching a 45-minute videotape on "**Exercising While Sitting Down.**" New members **Carol and Joseph Stern** will be bringing us the tape. Thanks, Carol and Joseph!

**April:** TBA

**May:** **Lisa St. John**, Clinic Manager of Hyperbarics Bay Area, will be our speaker. Her topic is "**Hyperbaric Oxygen Therapy.**" Special thanks to **Maxine Voight** who invited our speaker.

**June:** **Ruth Hanes, Adaptive Physical Education instructor** at De Anza College. Ruth also teaches at the Sunnyvale Senior Center. Join us to have some exercise and have some fun too!

The Sunnyvale Support Group meets on the 2<sup>nd</sup> **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, call **Linda Filice** at **408.978.2859**, or **Phyllis and Henry Ng** at **408.733.5648**.

### Tulare-Kings

February 3 – Videotape by Dr. Gerald Mann, telling his congregation that he has PD.  
Lunch: Lasagna (\$3 donation requested but not required)

Hospitality & Dessert Committee:  
Marvis Sanders, Dorothy Martin, Lena Lawrence

The Tulare-Kings group meets on the 1<sup>st</sup> **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**.

### In Memory

PPSG recently received gift donations in memory of the following individuals: Boyd Allen, Paul Anderson, John Barreras, Albert Biagi, George Cechmanek, Herbert S. Chu, Donald W. Ford, William Foss, Phyllis S. Green, Henry Guillot, Charles Hanna, Lillian E. Harris, Jerry Havens, William Holmberg, David Hyman, Grace Italia, Kay Iwasaki, Art Kezer, Irving Ljunquist, Glen E. Lofgren, David Lorentson, Bob Lux, Russel & Sue McKarns, Jack Moore, Alfred Pambo, Norb Provax, Gary L. Randall, David Reitor, Alice Anne Roberts, Gerold “Jerry” Swezea, and Duane A. Voight.

### In Honor

PPSG recently received gift donations honoring the following individuals: Elaine Bailey, Gerhard Danziger, Dr. Victor Freeman, David Gatskil, Betty Havens, Peg Krome,

Anthony Mendoza, June Miller, and Doug Stow.

**Thank you so much for your donations!** Please use return address labels, to help us acknowledge your donations properly. Your generous contributions go to support newsletters, education and community awareness of Parkinson’s disease.

### SUPPORT GROUPS

**Berkeley:** 3<sup>rd</sup> Mon. North Berkeley Sr. Ctr. 1901 Hearst Ave. Call Mitzi at 510-527-9075, or Roddy at 510-231-1998

**Corte Madera (forming):** Diana Dunlap 415-927-4200

**Daly City:** 1<sup>st</sup> Tue. 3-4 pm, Doelger Ctr., 101 Lake Merced Blvd., Leonard Ke, 415-587-1285

**Fremont:** 4<sup>th</sup> Mon. 7:00 pm. Fremont Sr. Ctr. 40086 Paseo Padre Pkwy. Lettie 510-656-6393 or Bob 510-794-7988

**Caregiver:** Call Nancy at 510-574-2035

**Hollister:** 1<sup>st</sup> Tue. 1:30-3:30, 1st Presbyterian Ch., 2066 Cienega Rd. John 831-637-6755, or Shirley 831-637-3839.

**Los Altos-YPSG (Young Parkinson’s):** 2<sup>nd</sup> Sat., 10-12 noon, United Methodist Church. Call Dean at 408-738-2505

**Magnolia/Peninsula:** 2<sup>nd</sup> Thur. 1:30 Magnolia of Millbrae, 201 Chadbourne Ave. Leon Rosenthal, 650-348-3480

**Marin County:** 4<sup>th</sup> Tue. 2-4, 40 Camino Alto, Mill Valley. Call Gloria Rashti 415-381-6680

**Merced:** 4<sup>th</sup> Thur. 10 am. Mission Gardens, 1450 E. 27<sup>th</sup> St., Merced. Call Amie at 209-384-3300

**Modesto:** 3<sup>rd</sup> Wed. 1:30-3:00, Centenary United Methodist Ch., 1911 Toyon Ave. JoAnn and David Ryan 209-529-5643

**Monterey:** 3<sup>rd</sup> Mon. 2:30-4:00, 200 Coe Ave., Seaside. Call Helen 831-657-4241 or Kathy 831-372-7510

**Mt. Diablo Parkinson’s Network Saturday General Meetings:** 2<sup>nd</sup> Sat. 10-12 noon, 2100 Tice Valley Blvd., Nancy Walls 510.236.7065 Philip Wheeler 510-527-3588 Ronalee Spears 925.284.2189.

**Walnut Creek Caregivers:** Last Wed. For time and place call Jewel 510-236-7065

**Oakland:** 1<sup>st</sup> Thur. 1:30-3:30, 180 Grand Ave., Ste. 300. Call Ardella at 510-835-2131 X103, or Robert at 510-526-2078

**Palo Alto:** 2<sup>nd</sup> Wed. 2-3:30, Avenidas Sr. Ctr., 450 Bryant St. Call Linda Chen 650-254-0906 or 650-289-5400 for directions

**Redwood City:** 3<sup>rd</sup> Fri. 1-2:30, Sequoia Hospital Health & Wellness Ctr. Call 650-367-5998

**Salinas:** 4th Wed. 2-3:30, Salinas Adult School, 20 Sherwood Pl. Elaine Viens, Delmar Research, 831-424-4359 X10

**San Francisco:** 3<sup>rd</sup> Thur. 5:30-7.00 pm, Holiday Inn Chinatown; 750 Kearny St.; free parking. Call Tom at 415-352-6514

**San Jose – Almaden/Blossom Valley:** 3<sup>rd</sup> Tue. 2:30-3:30 pm, The Atrium, 1009 Blossom River Way. Call Betty at 408-269-2167

**San Jose – Berryessa:** 1st Wed, 12:30-2, Berryessa Comm. Ctr., Bob & Jane Pomeroy 408-263-8485

**San Jose – Willow Glen:** 1st Fri. 10-noon, St. Francis Episcopal Ch., 1205 Pine Ave. Betty 408-269-2167

**San Jose Caregivers** 4th Wed. 1:30-3 pm, St. Francis Episcopal Ch. 1205 Pine Ave. Call Charmaine at 408-723-8116

**San Leandro:** 1<sup>st</sup> Thur. except summer, at 10 am, 13855 East 14<sup>th</sup> Street. Call Harry Santi at 510-351-3224

**San Mateo Caregivers:** 1st Wed. 2:30-4:30, Mills Health Ctr., 100 San Mateo Dr. 800-654-9966

**Santa Cruz:** 1st Wed. 12:30-2:30 St. Stephen’s Lutheran Ch., 2500 Soquel Ave. David Donahoe 831-479-4485

**Saratoga:** 3rd Tue. 2-4, 19449 Via Real. Lois McPherson 408-867-1807

**Sonoma County:** 1st Sat. except Jan., July, Sept., 1 pm, 1st Cong. Ch., 2000 Humboldt St. Santa Rosa. Call Sue Croel at 707-544-5151 or Ron Trowse at 707-526-4373

**Sunnyvale:** 2nd Wed. 1-3, 535 Old San Francisco Rd. Call Linda 408-978-2859, or Henry and Phyllis 408-733-5648

**Tulare-Kings:** 1<sup>st</sup> Fri., at 10:30, Visalia United Methodist Ch., 5200 W. Caldwell Ave. Visalia. Call Donna Green at 559-307-4189

**Turlock (reforming)**

**Vallejo:** 3rd Mon. 2-4 (except 2nd Mon. in Jan. & Feb.); Kaiser Med. Ctr., 975 Sereno Drive. Evelyn Fox 707-644-3390

**YOPD:** 2nd Tue. 6:30-8pm, Lucile Packard Children’s Hosp., 725 Welch Road, Palo Alto. Call Bill 831-662-3825

## EXERCISE CLASSES

**Berkeley:** Vista College, Joan Nielsen, 510-981-2800

**Berkeley:** Mon. 10:30-11:30 & 1-2:30, John Argue 510-985-2645

**Daly City:** Tue./Thur. 1-2, Doelger Sr. Ctr. Pat Armstrong 650-991-8012

**Gilroy:** Gavilan College, Dave Ellis, 408-848-4878

**Hayward:** Kaiser Permanente, Wed. 10-11:30, John Argue 510-985-2645

**Kensington:** Tue. 1:30-3:00, John Argue 510-985-2645

**Marin Cty:** Tue. 10-11:30; 12-1:30. Osher Marin JCC, San Rafael. 415-479-2000

**Monterey:** Monterey Peninsula College, Mark Clements, 831-646-4231

**Orinda:** Tue. & Fri. 1:00-2:30, In Forma Gym. Dean Dallman 925-283-5019

**Palo Alto:** CAR, Aquatic Therapy, 650-494-1480

**Palo Alto:** Mon. & Fri., 9:15-10:15, Sr. Ctr. 450 Bryant St. 650-289-5400

**Redwood City:** Canada College, 4200 Farm Hill Blvd. Barbara McCarthy 650-306-3473

**Salinas:** Hartnell College, Melissa Stave, 831-755-6876

**Saratoga:** Mon. – Fri. 9-12; 1:30-3, W. Valley Comm. Coll. Joan 408-741-2420

**San Bruno:** Mon. & Wed. 1:10-2:30, Tue. & Thur. 12:35-1:50, Skyline Coll. Bess 650-738-4286

**San Francisco:** Fri. 11-12, SFSU, Marsha Melnick 415-338-1360.

**San Jose:** Mon. & Wed. 10:30-11:45, Houge Ctr. Tue. & Thur. 10-11:45, Evergreen Ctr. Deanna, 408-369-6435

**San Jose:** Easter Seals Comm Ctr. Aquatic Exercise programs, 408-295-0228

**San Jose:** Evergreen Valley College, Rich Wagner, 408-274-7900 X 6447

**San Mateo:** College of San Mateo, 1700 W. Hillsdale Blvd., John Hogan, 650-574-6469

**Sunnyvale:** Tue. & Thur. 9-10, Sr. Ctr. 550 Remington Dr. Ruth Hanes 408-864-8873

**Sunnyvale:** Wed. 10-12 noon, The Parkinson’s Institute, 1170 Morse Ave., Marilyn Basham: 408-734-2800.

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## Spring Quarterly 2006

Parkinson's Patients Support Groups, Inc.  
1170 Morse Avenue  
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