

# Parkinson's Patients Support Groups, Inc.

P. O. Box 60188, Sunnyvale, CA 94088 408.542.5610 www.ppsg.org

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Editor-in-chief: Phyllis Ng

Articles Editor: Ann Roper

Webmaster: Solna Braude

Editorial Staff: Bob Dens, Charmaine Eng, Viola Mays, Steven Russell

## Flies Remember Smells Better When In a Group than When Alone

ScienceDaily (Oct. 28, 2009) — Positive social interactions exist within *Drosophila*: When in a group, *Drosophila* flies have better memory than when they are isolated. Thomas Preat's team at the Laboratoire de Neurobiologie (CNRS / ESPCI ParisTech) has recently highlighted this phenomenon through olfactory memory tests. This work, published in the journal *Current Biology* on 13 October 2009, has paved the way for new research avenues for understanding the role of social environment on memory modulation and decision making.

In a large number of animal species, individuals draw advantages from social life by observing their congeners. In particular, they are capable of adapting their behavior when faced with diverse situations, such as seeking food or defending themselves against predators. Thomas Preat's team at the Laboratoire de Neurobiologie (CNRS / ESPCI ParisTech) has studied the behavior of *Drosophila*<sup>(1)</sup> using olfactory memory tests to investigate the potential effects of interactions between individuals.

During their experiments, the neurobiologists exposed a group of *Drosophila* flies, homogenous from a genetic viewpoint, to an odor associated with weak electric shocks. After this conditioning<sup>(2)</sup>, the scientists conducted olfactory memory tests on the flies, either individually or in groups. Memory was evaluated through the ability of the flies to avoid the odor associated previously with an unpleasant stimulus, for example 24 or 48 hours after conditioning. This study has shown that *Drosophila* flies demonstrate poorer memory when they are tested individually than when tested in a group. However, individual flies have poorer memory not because they

do not remember but because they have difficulty in extracting the information. In addition, a fly conditioned beforehand does not simply have to be placed in a group for its memory to be improved. The group must itself have been conditioned to be able to produce the interactions that lie behind this memory facilitation.

The hypothesis that has been put forward is that, during the test (in other words in the presence of the odor that represents a potential danger), the conditioned flies give off an alarm signal that arouses the attention of surrounding flies and enhances their memory retrieval. In rats, several nerve centers such as amygdala or certain stress hormones such as adrenaline play the role of modulators in such retrieval. This work, carried out on *Drosophila*, has opened new avenues of research on memory modulation and decision making as a function of the perception of the social environment, emotions or stress.

Notes:

- (1) *Drosophila*, small red-eyed flies, are capable of sophisticated behavior: they have in particular a complex memory system dynamic, similar to that observed in mammals.
- (2) Pavlovian conditioning of animals consists in creating reflexes and automatic behavioral patterns.

## Disclaimer

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## A Visit to Central Valley Parkinson's Support Group

*By Charmaine Eng, Chair, PPSG*

On Friday, November 6, Dean Prescott (Vice-chair) and I met at 5:30 AM in San Jose to set out to visit the Central Valley Parkinson's Support Group (CVPSG) in Visalia.

It was dark and hardly any cars were going in our direction south on Hwy 101. As we drove onto Hwy East 152 and over Pacheco Pass, instead of passing through the town of Los Banos, we stopped for a short rest. The morning sun was just beginning to rise over the mountains. It was going to be a clear day. Once we reached Hwy 99, we headed south. The traffic was smooth. I was amazed how much the central valley had expanded; I hadn't driven this way in over 20 years... buildings, shopping centers, industries all along the highway. We drove past Fresno; Visalia was 30 miles away. The scenery changed; we saw acres of grape vineyards. What a beautiful sight to see rows and rows of grape vines. We knew we were getting close to our destination.

We arrived an hour early at United Methodist Church, which is off the freeway at Caldwell and Akers Avenue, on the outskirts of Visalia.

CVPSG meets in the community room (Preschool was in session and was located in the same area of the church.) The room had tables and chairs set up, with a complete public address system and projector and screen set up for power point lectures, overhead stage lights, and a kitchenette for setting up beverages and snacks. Mary Dickerson Frantz, the Immediate Past President and a long-time support group leader; and Donna Green, Publicity Chairperson, and, a former support leader; and Donna DeVries, the new leader, met us shortly. Their committee came and arranged the room for more chairs, placed pitchers of water on the tables and prepared the registration table at the entrance of the room. All was well organized. The guests started to arrive after 10:00 a.m. and by 10:30 a.m. the meeting began.

The room was completely filled. Some of us stood to let the attendees sit. An opening prayer and a huge welcome was given by President Donna DeVries, followed by business reports of the recent fundraising and preparation of the Unity Walk, April 2010. She

also introduced us, PPSG. The guest speaker, Dr. Michael Dogali, a neurosurgeon and Director of Neuroscience at Saint Agnes Medical Center in Fresno, gave an excellent presentation on DBS for Parkinson's and answered many questions from the audience. Some patients spoke to Dean about his experience with DBS. Medtronic Systems provided a complimentary box lunch to all the 90+ guests. Donna Green coordinated the publicity and catering with representative Michael Pierce. The meeting ended by 1:00pm.

Dean and I left shortly afterwards. For a 'change of scenery,' we took Hwy 198 (a two-lane road) through the warm open fields of the Central Valley and drove by the historical town of Hanford. I remembered years ago going into town to view the Chinese temple(s) and by Lemoore Air Force Base, and zoomed up Hwy 5. We arrived back in San Jose before 4:30 p.m. Again, we were against traffic. The driving went smoothly. Our visit was enjoyable and we met lots of nice people during our trip. We will certainly go again, maybe when they hold their 4th Annual Unity Walk. Our thanks to CVPSG for their magnificent hospitality and their continue support of PPSG.

We were glad to have the opportunity to talk to some of the support group members. Everyone seemed so friendly and pleasant. It was good to hear from them that they enjoyed reading our PPSG Newsletters. The CVPSG is a great group consisting of approximately 120 listed members. More about them can be found on their web-site, [www.CVPSG.org](http://www.CVPSG.org) and about their outstanding work to find the cure and cause for Parkinson's Disease, in addition to providing support of those with Parkinson's and their families, caregivers, and friends.

**Visit our PPSG website: [www.ppsg.org](http://www.ppsg.org) for:**

[What's New](#)  
[Articles](#)  
[About Parkinson's Support Groups](#)  
[Exercise Classes](#)  
[Events](#)  
[Newsletters](#)  
[Caregivers](#)  
[Links](#)  
[You Can Help](#)  
[Contact Us](#)

## Health and Exercise

*By Clement Butt, M.D., a member of Sunnyvale SG*

It seems that everybody knows the importance of exercise in relation to health. Yet there are still many people not in shape both physically and physiologically. Many homes are equipped with all kinds of exercise machines. Unfortunately many of them remain idled. There are numerous programs on TV, and in gyms. But the enthusiasm lasts for only a short period of time. The reason is that people are too busy to take care of themselves. Another reason is the lack of immediate results that will last.

To put it simply, the body is divided into two systems - external and internal. The external system is what one can see such as muscles, eyes, ears, mouth, arms, legs, skeleton, skin, and the like. Internal system consists of all the internal organs like brain, spinal cord, lungs, kidneys, heart, digestive organs, to mention a few. There are basically two forms of exercise also, external and internal. Both forms of exercise are important for health. External exercise emphasizes the outer appearance while internal exercise focuses on the internal organs.

Typical examples of external exercises are weight lifting, aerobics, dances, karate, boxing, running, jogging, and different kinds of games. This kind of exercise is welcomed by most people because their results are readily seen by the shape of the body. It is good for the people who have little time. Fifteen minutes or so a day may be adequate.

Health, however, is not only measured by body shape but also by function of internal organs. For instance, a man can live without a bone, an arm or an ear but cannot survive without the lungs, the heart, or the kidneys. It is the impression of this author that external exercises yield faster results but are not effective compared to internal exercises as far as health is concerned. Some better known internal exercises include yoga and Tai Chi. One explanation can be that a person is not merely a skeleton plastered with soft tissue. The body exchanges materials with the environment, the universe, which is part of another larger universe, constantly through absorption, excretion, evaporation, etc. Man cannot live without his environment. The individual environment is also part of a larger environment. Just as a small red blood cell in a blood vessel cannot visualize things beyond the vessel wall. Somehow some people found that there was a way to harvest the great energy from the environment for the benefits of the health of the human body. The result of these exercises are not readily appreciated. However, their effects are long lasting in order to bring peace and harmony to the individual and his society.

## Shake Your Way around the World with Parkinson's

**Health & Wellness** - Don't let Parkinson's disease slow you down until you absolutely have no choice. Indulge in your hobbies and yes, travel too! Sure, there is extra planning and preparation involved but the end result is so worth it. You can enjoy your travels and experience less anxiety and stress with some of the tips listed below:

### **Broad Guidelines for Traveling**

First and foremost, while you value your independence, do not travel by yourself. At some point you will need some help, so why rely on strangers when a loved one or friend will be someone who understands?

Compile a list of phone numbers such as your doctor, insurance company and list medications. That way, if something happens, a person can easily find the information needed to help you.

Because balance issues can be a problem, do not carry a purse but rather a backpack or fanny pack to hold your wallet and other essentials. This will free up your hands and help you balance better. Of course, it is important to wear comfortable clothing and shoes as well as taking snacks and drinks.

Stay in a hotel with an elevator or choose a ground floor room. Either way, be sure to ask for a handicap accessible room as these will have assistive devices like shower bars and rails.

### **Planning Around your Medications**

Be prepared and carry several days' worth of medications on your person whether in a purse or fanny pack just in case your suitcase or carry-on bag is misplaced or stolen. It is better actually though to keep all medications with you. Be sure to take a note on your doctor's letterhead stating your medications as well as dosages so you can prove to officials the medications are legitimate, should you have to do so.

Check out the local hospitals and pharmacies where you are going just in case you end up needing help. Talk with your doctor to see if you can take over-the-counter anti-diarrheal or motion sickness drugs with your prescribed Parkinson's medications. Of course, pack sunscreen, as some of the medications may make you sensitive to prolonged sun exposure. Set your watch with alarms to help you remember to take your medications on schedule for maximum effectiveness.

## **Airplane Travel**

If you plan to fly by plane, aim for a non-stop flight with an aisle seat so you can get up and move around with ease. Keep your carry-on bag with you and be sure your medications are inside. Use the bathroom before you get on the plane as the enclosed bathrooms on the flight may be too difficult to maneuver in, especially if your Parkinson's disease symptoms are flaring up. Try to request early seating on the plane to give you a chance to get situated and don't be afraid to ask for a wheelchair or a ride on one of the airport worker's utility carts to get from one gate to another.

## **Car Travel**

Drive only when you are well-rested, and do not schedule too much driving in one day. If your medications make you drowsy, take a nap as needed and try not to eat while on the road as a full stomach could intensify drowsiness behind the wheel. It is best to travel with a companion that can drive you. Make frequent stops to rest as needed.

## **Train, Bus and Other Alternatives**

If you are well enough to travel but via wheelchair, make sure the bus and train have the special wheelchair lifts needed to get aboard. If you are not wheelchair bound, choose an aisle seat near the exit or by the bathroom for better and quicker access.

Whatever you do, listen to your body. If you become tired, stop and rest. You don't want to spend your travel time being miserable. Pushing yourself to your limits while having Parkinson's disease could set you back.

## **Consider also:**

1. Can Family Travel With The Patient In An Air Ambulance? When a loved one is dealing with serious medical conditions, everyone wants to help and...
2. What Is An Air Ambulance? An air ambulance is an aircraft specifically used for the treatment of a patient who...
3. A Primer On Parkinsons Disease Percentages. The first time Parkinson's disease was recognized as a real condition was back in 1817....
4. Common Complications Often Caused by Parkinson's. As if the diagnosis of Parkinson's disease is not enough, it is also accompanied by...
5. Who Needs An Air Ambulance? We all hope that we never experience a trauma or medical emergency that requires treatment....

*This article was forwarded by Steven Russell. Steven is a PPSG Board Member. Steven took care of his father, Dave, who had Parkinson's. Thanks, Steven!*

## **Medtronics Seminar**

*By Dean Prescott, Vice-Chair, PPSG*

I was a little apprehensive when I drove up to the Three Flames Restaurant on Meridian Avenue in San Jose, the morning of October 29. I didn't expect to see the restaurant undergoing what appeared to be a substantial renovation. I imagined the speakers being interrupted by the sounds of electric saws and pounding hammers. My worries turned out to be unfounded as there was no interruption from the construction.

There were, however, three good speakers that gave the audience of around 100 guests, an overview of some of the strategies used to combat the progression of Parkinson's disease, plus some insight from a couple who have been through Deep Brain Stimulation (DBS) surgery.

Donna Gow of Medtronic, the manufacturer of the stimulation device used in DBS surgery, organized the seminar that included lunch for the attendees. The event was hosted by PPSG.

The event began with Dr. Neng Huang PHD, who gave an overview of the more common medications used in treating different stages of Parkinson's disease. Included were some of the side effects of various drugs and different ways to counteract those effects.

Next to speak was Dr. Suketo Khandhar, who is the director of the Movement Disorders Clinic of Kaiser of Northern California. His topic was the non-motor effects of Parkinson's Disease. These include sleep disorders, depression, and constipation. Dr. Kandkhar also addressed the issues of swallowing and speaking that most Parkinson's patients must deal with at some point.

Dr. Hong Yu, a new neurosurgeon at Stanford, was next to speak. Her topic was, of course, Deep Brain Stimulation for Parkinson's disease. As part of the presentation, a couple who had been through the procedure spoke about some of the things that they don't tell you when considering such an operation. They talked about the evaluation that is required. Patients must go through a series of physical tests both on and off medication and some extensive cognitive tests. They spoke about how strenuous the operation can be and they spoke about how this operation is something that affects more than just the patient, but the whole family.

Overall the quality of the speeches was very good. The speakers complimented each other without being redundant. The only criticism is that there were three speakers without interruption and that made for a long time for the audience to maintain their focus. To their credit, nearly everyone was able to do so. Also at the seminar was a representative from Rebuilding Together Silicon Valley, a non-profit organization that offers free repair services to

qualified home owners, particularly those who are elderly and disabled.

This joint effort was a new experience for PPSG. There was some concern that this would simply be an advertisement for Medtronics, but the seminar was primarily educational.

## Bridging the Gap between Surplus and Need

*By Solna Braude, Webmaster, PPSG*

I recently donated some usable medical supplies to MedShare in San Leandro. The executive director Chuck Haupt was very helpful. By accepting surplus medical supplies from institutions, manufacturers and individuals, MedShare continues to advance its mission of bridging the gap between surplus and need to improve healthcare and the environment. The surplus is sorted into specific items by local volunteers and logged into MedShare's inventory. Medical mission teams and Bay Area clinics come to MedShare for much-needed supplies. Recipient hospitals and clinics in the developing world also have access to MedShare's inventory and can select what they need. Do consider donating the medical equipment and supplies that you have - it will make a difference! Encourage your clinics to request supplies from MedShare. Expired products, any fluids (IV's) and any medications are not accepted. Contact [www.medshare.org](http://www.medshare.org) or call 510.567.7070 for further information.

### Sit and Be Fit Exercise - [www.sitandbefit.org](http://www.sitandbefit.org)

Last year I broke my foot and was unable to exercise or play golf. A neighbor suggested I exercise by watching the TV show Sit and Be Fit ([www.sitandbefit.org](http://www.sitandbefit.org)) – on KCSM San Mateo channel 17. I was so impressed with the 30 minute show and felt so much better after joining the daily lesson at 11 am for 30 minutes that I called the company and found out that they had two CDs for Parkinson's disease too. **Mary Ann Wilson, RN**, and Lori McCormick, Physical Therapist, present a cheerful and upbeat workout focusing on posture, breathing, balance, trunk mobility, ankle flexibility and rhythmic stepping. Also included are simple but functional movements such as moving from a sitting to standing position and facial exercises. Parkinson's Workout II

is the second in a series of workouts designed to meet the needs of those with Parkinson's. Total running time: approximately 20 minutes. The daily TV session ends with a minute of enjoying beautiful scenery or flowers – very relaxing and invigorating and all from the comfort of one's chair and at home.

EXERCISE	TIME	POSITION	SONG
Warm-Up	4:52	Seated	Reflections
Warm-Up	4:00	Seated	Bright Tomorrow
Facial Exercises	2:15	Seated	That Old Soft Shoe
Circulation	3:46	Seated	Smooth Big Band
Leg Exercises	5:50	Seated/Standing	Ode to a Simpler Time

## Sleep Enforces the Temporal Sequence in Memory

ScienceDaily (Apr. 18, 2007) — We have usually quite strong memories of past events like an exciting holiday or a jolly birthday party. However it is not clear how the brain keeps track of the temporal sequence in such memories: did Paul spill a glass of wine before or after Mary left the party?

Previous findings from a research group headed by Jan Born at the University of Lübeck have confirmed the widely held view that long-term memories are formed particularly during sleep, and that this process relies on the brain replaying recently encoded experiences during the night. The same research group now provides evidence that sleep not only strengthens the content of a memory but also the particular order in which events were experienced, probably by a replay of the experiences in "forward" direction. Students were asked to learn triplets of words presented one after the other. Afterwards they slept, whereas in a control condition no sleep was allowed. Later, recall was tested by presenting one word and asking which one came before and which one came after during learning. Sleep was found to enhance word recall, but only when the students were asked to reproduce the learned words in a forward direction. This finding shows that sleep-associated consolidation of memories enforces the temporal structure of the memorized episode that otherwise might be blurred to a timeless puzzle of experiences.

**The Health Trust** is working on several projects to provide information and support to family caregivers in Silicon Valley in conjunction with the [Aging Services Collaborative of Santa Clara County](#), including the [Caregivers Count Conference](#) and a resource brochure that can now be downloaded in [English](#), [Spanish](#), [Vietnamese](#) and [Chinese](#).

“When caregivers have the support they need, they do a better job—not only caring for their aging loved one, but also for their own health and well-being,” said Lori Andersen, Director of [Healthy Aging](#) at The Health Trust.

### Advice for caregivers

The role of a caregiver may be challenging, but it is one of the most valuable roles you may play during your life. Being a caregiver often allows your loved one to remain at home. The AARP estimates informal caregivers contribute more than \$375 billion in unpaid contributions each year. If you are caring for a loved one, the Aging Services Collaborative Caregiver Support Team offers these suggestions:

- You won't be able to continue caring for your older loved one if you don't **take care of yourself**. Make sure you have good nutrition, physical activity, stress reduction and support in your life, too.
- **Take a break** every now and then. Make arrangements for another family member or friend to be the primary caregiver for a bit so that you can rest and refresh. In some communities adult day care may be another option.
- Educate yourself about the **wealth of information and resources** to help you through this experience. Help is out there—seek it.
- **Talk to other caregivers** whenever you can. They often have the best advice and perspective. In addition, many caregiver support groups meet monthly in Santa Clara County. You can find out more from the Council on Aging. Sometimes finding someone to just listen is all the help you need.
- Determine **family responsibilities** ahead of time and take advantage of individual strengths and interests. Who's good with numbers? Legal issues? Organizing spaces? Calendaring? Let everyone have the opportunity to step up.
- **Get help and support** before you think you really need it. If you wait until you feel overwhelmed or burned out, it will be harder to manage care. The AARP has found that caregivers who seek support for themselves can actually prevent or delay nursing home placement of those they care for.

**If you need more information about resources or suggestions please call the Council on Aging Information and Assistance Line at (800) 510-2020**

Over the next few months, the Aging Services Collaborative will be working with the Council on Aging to develop a comprehensive web site with local resources for caregivers. Check [www.sccagingcollaborative.org](http://www.sccagingcollaborative.org) for more information in the coming months.

*Adapted from [www.healthtrust.org](http://www.healthtrust.org)*

## Water Content of Fruits and Vegetables

*By Robin Riddle, APDA Coordinator*

A local support group member was telling me that her family member was having difficulty drinking enough water (or liquid) every day to prevent constipation and dehydration. I stumbled across this one-page list of the water content of some fruits and vegetables:

<http://www.ca.uky.edu/enri/pubs/enri129.pdf>

Certainly, those would be good sources of water. (It's best to steam vegetables or microwave them so that they retain their water content.)

Other high-liquid items are: popsicles, ice cream, jello, and yogurt.

## Gait and Balance Classes at the PI

The Gait and Balance Classes at the Parkinson's Institute are great and fun. Come check them out! The **Beginning Classes** run on **Thursdays** and the **Intensive Classes** run on **Wednesdays**. Both classes run from **10:30 to 12 noon**. A donation of **\$10.00 per session** is suggested. The classes are held at The Parkinson's Institute, at 675 Almanor Avenue, Sunnyvale, CA 94085. Please call **408.734.2800** if you have any questions.

## PPSG Board Meetings

You are welcome to drop by our board meetings and share ideas with us! We meet on the **3rd Monday** of the month between **1:00 and 3:00 PM** at the Parkinson's Institute, at 675 Almanor Avenue, Sunnyvale, CA 94085. To confirm meeting dates and time, please call us at **408.542.5610**. If you are planning to attend, please call Charmaine Eng at 408.723.8116 (dial \*82 before the number).

**This newsletter is assembled by the Morgan Center in Santa Clara. Thank you!**

## Caregiving: Maintaining Perspective

A recurring theme at **Avenidas' Caregiver Conference** is that the person receiving care is not the only one with rights; the caregiver also deserves equal consideration. In fact, some social work professionals have proffered the concept of a **formalized caregivers bill of rights**, an example of which follows (author unknown).

### **As a Caregiver, I Have the Right:**

**To take care of myself.** This is not an act of selfishness; it will give me the capability of taking better care of my loved one.

**To seek help from others** even though my loved one may object. I recognize the limits of my own endurance and strength.

**To maintain facets of my own life** that do not include the person for whom I provide care, just as I would if they were healthy.

**To reject any attempt by my loved one** (either conscious or unconscious) **to manipulate me** through guilt, anger, or depression.

**To receive affection, consideration, forgiveness, and acceptance** for what I do for my loved one for as long as I offer these qualities in return.

**To take pride in what I am accomplishing** and to applaud the courage it sometimes takes to meet my loved one's needs.

**To express** anger, depression, and other **difficult feelings** occasionally.

**To protect my individuality** and my right to make a life for myself that will sustain me when my loved one no longer needs my full-time help.

**To expect and demand** that as **new strides** are made in finding resources to aid physically- and mentally-impaired older persons in our country, similar strides will be made **toward aiding and supporting caregivers.**

Adapted from [www.avenidas.org](http://www.avenidas.org). This article was forwarded by Ann Roper.

### **In Honor**

A donation was recently received in the following individual: Charmaine Eng.

### **In Memory**

Donations were recently received in memory of the following individuals: Neil Adams, William F Chin, Leonard Feldhev, Bryan Files, Art Kezer, William Malone, Albert A. Maurer, Anthony Ponza, Paul Smith, Ted Sieverson, Gus Sotir, Bonnie Stewart, Howard Wan, and Ruth R Young.

## My Husband's New Cadillac!!!

My husband, Henry, has had Parkinson's for the last 21 years. He was diagnosed when we were still newly-weds. Over the years, his Parkinson's progressed to the point that he was hardly moving. If he did, he would have had dyskinesia (involuntary movements) and be moving constantly. He also has many other symptoms that are shared by other Parkinson's patients.

His neurologist, Dr. Tasch at Santa Clara Kaiser recommended him for DBS, thinking that he was a good candidate. After his two DBS surgeries, operated by Dr. Pappas in Sacramento Kaiser, in March and April of 2006, his dyskinesia reduced a lot. He still freezes but less often.

In general, his Parkinson's symptoms have become less challenging and more manageable. We go to Hayward Kaiser to see Carol Evans, RN, for his DBS Programming.

Recently, I saw a demonstration on the Dashaway walker by Jake Kauffman and thought this assisting device could be a good support for Henry. Henry has had troubles with most walkers because they tend to "out-run" him and he would be "stuck" behind. It has been a real frustrating experience for him and I was very concerned about his safety.

Henry has been using a Dashaway walker ever since and it has been very helpful for him. He puts his arms on the arm rests when he walks and instead of bending down like what happens when he uses other walkers, he stands up straight and uses the break control whenever he needs to catch-up with himself. The Dashaway is sturdy and the height can be adjusted according to the user's need. It can also be folded – down partially so it can be stored in the trunk of the car.

The Dashaway gets a lot of attention, everywhere we go, strangers always come up and ask where we got it. The people that know him praise how good Henry walks and looks with his new companion. One lady that saw Henry "running" with the Dashaway called him "Speedy Gonzales!"

But most call the Dashaway Henry's "Cadillac!" He now goes everywhere with his new "car."

For more information, call Jake at 310.977.8166. The company's website is [www.dashaway.net](http://www.dashaway.net) and Jake's e-mail address is [Jake.Kauffman@dashaway.net](mailto:Jake.Kauffman@dashaway.net)

To find out information on Parkinson's support groups and exercise classes, please log on to [www.ppsg.org](http://www.ppsg.org).

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Le Sotir

The Stanford Movement Disorder Center has received a grant to start a PD caregiver support group as of January. If you are a PD caregiver living or working in the Palo Alto or Menlo Park area and are interested in joining a caregiver-only support group, please contact Robin Riddle, APDA Info & Referral Center Coordinator, **650.724.6090**, [riddle@stanford.edu](mailto:riddle@stanford.edu). The meeting day, time, location, and format are all open for discussion! The facilitator will likely be a social worker.



Parkinson's Patients Support Groups, Inc.  
P.O. Box 60188  
Sunnyvale, CA 94088  
408.542-5610  
**ADDRESS SERVICE REQUEST**



**Medtronic**

**ACTIVE SENIOR HEALTH FAIR**

**Friday January 29, 2010**

**9 AM – 12 PM**

**FOR ALL ACTIVE SENIORS in the COMMUNITY**

Come learn about Parkinson's disease  
and related movement disorders.

Meet local vendors who are in the business of  
helping seniors.

Multiple senior resources in one location!



**The  
Parkinson's Institute  
and Clinical Center**

**675 Almanor Avenue, Sunnyvale, CA 94085**

**Contact Julie, RN, at 408.542.5646**

**Or [jbergman@theipi.org](mailto:jbergman@theipi.org)**

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