

Parkinson's Patients Support Groups, Inc.

March 2005

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~Save The Date~ March 31, 2005

The Parkinson's Institute
Presents

“Living For Today”

A Special Symposium
For
Parkinson's Patients
& Their Caregivers

To register today, please call

800.655.2273

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

Lee Silverman Voice Treatment (LSVT) at The Parkinson's Institute

- ?? **First effective treatment** established for treating voice and speech disorders in individuals with Parkinson's disease and other neurological disorders.
- ?? Over 400 individuals with Parkinson's disease have been treated with the LSVT in efficacy research studies.
- ?? The **LSVT improves both the voice and speech** of individuals with Parkinson's disease by treating the underlying physical pathology associated with the disordered voice.
- ?? Treatment focuses on improving loudness and immediate carryover into daily communication enabling patients to **maintain and/or improve their oral communication.**
- ?? The LSVT is administered on an **intensive schedule** of 16 individual sessions in one month.
- ?? **90% of patients improve from pre-to post-treatment.**
- ?? Approximately 80% of patients maintain treatment improvements in their voice for 12-24 months post-treatment.
- ?? **All patients report improvement in their ability to communicate.**

For More Information-
Contact Randy Hoffman, MA CCC
Speech & Language Pathologist – The
Parkinson's Institute
408.734.2800 ext. 505

Air Travel Tips

By Charmaine Eng, Vice-Chair, PPSG

Are you planning to travel soon by air? At the recent Abilities Expo, Delta Airlines held a workshop that offered some useful hints for traveling.

- ?? When making reservations, let the airline (or tour agent) know what types of services and needs that you require (e.g. assistance for handicapped; special diet).
- ?? Plan to arrive early, at least 1-1/2 hours, and be sitting in the wheelchair if you use one (if you are taking your own, be sure it is collapsible).
- ?? It's easier to check-in by curbside, or by Kiosk, or by Delta Phone Banks.
- ?? To get through security, use the Special Assist Lane or request a private screening.
- ?? At the gate, ask for pre-boarding and seat assignment (e.g. bulkhead; collapsible wheelchairs can be stored in the plane cabin, if airline is informed at the beginning).
- ?? On the airplane, the flight attendants can assist upon boarding and to/from lavatory during flight.
- ?? Assistance to get off the aircraft is available, as well as to the baggage claim when arriving at the connecting city or at the final destination.

Hope these tips help to make your trips more comfortable.

Upcoming Support Group Leaders Meetings

By Charmaine Eng

PPSG will soon be conducting the 2nd annual Regional Support Group Leaders Meetings on the following dates:

April 22 (South Bay) in Hollister; host, John Skinner; facilitator, Elliot Schrier.

April 19 (Peninsula) in Millbrae; host, Leon Rosenthal; facilitator, Dave Russell.

April 26 (North East Bay) in Oakland; host, Robert Lemon; facilitator, Charmaine Eng.

At the meetings, the leaders will have the opportunity to discuss and share mutual problems, needs, and experiences and particularly to enhance resources they gather to conduct their support group meetings. The meetings were well attended last year, and we look forward to meeting again.

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**.

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, and let us know.

Gait and Balances Classes Are Back!

✍️ **Marilyn Basham**, Physical Therapist, who was with the Parkinson's Institute for four years and now returns, will teach classes.

✍️ Class meets most every Wednesday (call at the beginning of the month to check on dates).

✍️ **Beg/Int:** 10:30 AM-12:00 noon; for people new to the Institute, new to the diagnosis of a movement disorder, or who need assistance from caregiver to stand or walk.

✍️ **Advanced:** 12:30-2:00 PM; for students able to get down on the floor independently for gentle yoga or who would benefit from advanced gait activities.

✍️ \$10.00 donation per class (more if you wish). Classes are one-and-a-half hours. Caregivers are welcome, no charge. Participant must be accompanied by a caregiver if physical assistance is needed to participate.

✍️ Each participant sets his/her own pace. Exercises are done sitting and standing. Chairs are provided for those who need support to stand while exercising in the class. Besides exercises, there will be a lecture/discussion about some aspect of living with a movement disorder.

✍️ Register by calling the Parkinson's Institute, at **408.734.2800**, and talk to Gloria.

✍️ It is necessary to register for classes prior to participation. You must have discussed your participation in the classes with your doctor if you have questions. For the first session we ask that you show up at least 15 minutes early to sign waiver and complete medical history questionnaire.

What is Life?

By Clement Butt, M.D.

Life usually has two definitions. One describes the experience of an object through time and space. The other describes the fundamental nature of this experience.

Life as an experience depicts the reaction of an object to its environment. When one seeks the meaning of life, the depiction of the quality of life has to be considered. When one seeks the nature of life, one has to take the level of life into account. For instance, there are two persons and one suddenly dies from a stroke. What makes the difference between the two individuals? It is obvious that one is alive and the other one is not. The person may die from the stroke but his organs and cells may survive and can be used for transplantation. On the level of human as a whole, death means the lack of life activities compared to another human being. Life still exists in organs and cells. I take the liberty of defining life as

an autonomous dynamic process. It is a process or force that is self-maintained. Can anything exist without life? According to the definition, nothing can exist without life.

The Big Bang Theory is proposed as the origin of the universe. It started with an explosion which scattered the atoms around. By the force of gravity, these atoms united with each other to form elements. Just suppose that by chance some of the elements united to form a fish and others formed water. There still leaves the question of how the fish is able to swim in the water. Why does water not possess life? The primordial atmosphere was supposed to be uniform over the land. How is it that water does not have life so it can swim in the fish? I believe that by definition life is an autonomous dynamic process, life was existing before the formation of the universe. In fact, it is involved in the formation of the universe. Space ships are sent to the edge of our galaxy and beyond to look for the beginning of life. What they would observe is not the beginning of life but the beginning of creation – conversion of energy to matter.

If we let human beings have their way, the most destructive nation is also the most advanced in the knowledge of science. How far have we gone in making weapons of destruction, and how far have we gone in the creation or construction of matter? One can deduce that creation is much more difficult than destruction. If this is the case, how in the world during the primordial time did creation outrun destruction unless there is a force, either inherent or external that tipped the balance?. I believe that is the life force we are seeking. Of course just the life force itself is not enough to

create the universe. It takes extreme intelligence and meticulous planning. It is reasonable to assume that what the physicists call Singularity is actually the combination of intelligence, natural laws, and life force.

In summary, life is existing along with intelligence and natural laws as a unit called Singularity before creation, by our scientists. I propose to define life as an autonomous, dynamic process or force. One precaution to define life is that life has to be understood compared with similar species, to have any meaning.

This is one of the two articles reflecting the personal viewpoint of the author regarding stem cell research.

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

Our January meeting was a rap session, due to the fact that both Dave DeGregorio and Buz Crain were unable to speak to our group for physical reasons. We look forward to hearing from them at some future date; we wish them well.

Our February 28 meeting featured Ruth Narayan, PHN, Human Services Department, City of Fremont. The topic was nutrition, as well as the services that the City provides.

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

At the February 1 meeting, we had a much better attendance than we have been having in our last several meetings and that was good. Our speaker, Marilyn Basham, Physical Therapist from The Parkinson's Institute, did her usual excellent job. Marilyn knows her business and gave so much good information in a very gracious and effective manner.

Special thanks to Helen Skinner for her hard work contributing to our programs.

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**.

Magnolia-Peninsula

No meeting in March!

Thursday, April 14

Hazel Horsnell and some of her colleagues will demonstrate various methods of Massage Therapy. This will be a unique "hands-on" session.

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 and Magnolia Avenues, as well as Chadbourne.

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**.

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

In our **March 3** meeting, **Dr. Rhoda Agin** will show us how we can improve our voice volume and quality so that we may speak more effectively and attractively. This helps Parkinson's patients to have better social relationships and enables them to express themselves more effectively.

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

At the February 18 meeting, we heard from Marilyn Basham, Physical Therapist from The Parkinson's Institute. Members participated in a mini balance class and asked many questions. Thank you, Marilyn!

Thanks again to Tracy Stewart, R.N., at The Parkinson's Institute, who spoke at our January meeting. Tracy really has a handle on Parkinson's drugs and the various clinical trials underway. We received many favorable comments on her speech. Since it only takes a box of See's Candy for Tracy to show up, we will try to have her back yearly!!!

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 tie, call **Tom O'Brien** at **415.352.6514**.

San Jose – Almaden/ Blossom Valley (New)

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

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. Francisco 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 Trowse** 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 Trowse 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**.

Turlock

The group meets on the **1st Thursday** of the month, from **2-3 PM** at Emanuel Hospital, Delbon Street, Turlock. For further information, please call **Marion Johnson** at **209-634-3157** or **Jean Okuye** at **209.394.2421**.

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 **Mary Dickerson**, at **559.622.9044** 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**.

YPSG

The Young Parkinson's Support Group meets on the **2nd Saturday** of the month at the First Presbyterian Church of Los Altos, at the intersection of Miramonte Avenue and Foothill Expressway, from **10:00 AM to 12 noon**, in the Golden Oak meeting room. For more information, please call **Dean Prescott** (the group leader) at **408.738.2505** or **Dick Lacey** at **650.328.3429**.

Forming New Support Groups

The following individuals are forming new support groups in their areas:

Corte Madera Region:

Contact Diana Dunlap, Director of Health Services, at 555 Paradise Drive, Corte Madera, CA 94925, at 415.927.4200.

Merced Region:

Contact Tony Gaestal, at 209.723.4616.

San Jose – South Region (Almaden – Blossom Valley)

Contact Betty Havens at 408.269.2167

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**.

Disclaimer

This document is published to promote a greater awareness of the problems caused by Parkinson's disease. Neither the Peninsula Parkinson's 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.

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PPSG Board Meetings

We welcome anyone to drop by our Board meetings and share ideas with us! We regularly meet on the third Wednesday of the month between 1:30 and 3:30 PM at the Parkinson’s Institute in Sunnyvale. To confirm meeting date and time, please call PPSG at 408.734.1593.



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