



NO PARKIN' ZONE

CENTRAL NEW YORK PARKINSON'S SUPPORT GROUP, Inc.

Vol. 20 No. 3 July 2011

Meeting Schedule – 3rd Tuesday – 12:30 PM
Presbyterian Home of CNY – Emmaus Room,
4290 Middle Settlement Rd., New Hartford, NY

Mailing Address

P.O. Box 181
New Hartford, NY 13413

Phone – 315-272-2267
e-mail - Pduciaume@aol.com

Board of Directors

President -
Pat Duciaume
1st Vice President -
Rose Marie Taylor
2nd Vice President -
Annie Thomas
Recording Secretary -
Martin Zippin
Corresponding Secretary -
Esther Kitchen
Treasurer – Deanna Ventura

Sharon Kelley
Mary Lou Kunkel
Joe Leary
Howard Mason
Julia Sainz
Steven Szmurlo
Lillian Town

Calendar of Events

July 19, 2011

Annual Summer Picnic

@ Preswick Glen
(details page 2 & 10)

August 2011

No meeting – Happy Vacation!!!

September 20, 2011

Topic: "Change is How You Live"

Speaker – Wendy Benton, Social Worker

Parkinson's Awareness Walk

October 8, 2011

10:00 AM – 12:00PM

(details page 4)



The content of this newsletter is strictly for informational purposes and is not intended as medical advice for the treatment of Parkinson's disease. For individual problems, consult your own physician.

No Parkin' Zone Staff

Editor: Nancy McCaffrey

Contributors: Sharon Kelley, Joe Leary, Margaret Moylan

Production Staff: Stuart & Lois Greene, Ann Lenio, John & Thea Matterese,
Pat Moylan, Myrtleann Seifried, Rose Marie Taylor

A Message from the President

Thank you to everyone who made this year special.

We are a small group of dedicated individuals who attempt to make every month meaningful to those affected by Parkinson's disease. I think our greatest contribution is getting out the word and putting a face on Parkinson's disease. We do this in so many ways and there is no one group or activity of premier importance.

In the next few months, let's make our voice heard. Mark your calendars for these important dates:

July 5 th	1:00	Board meeting
July 19 th	12:00	Summer picnic at Preswick Glen Country Western Theme Entertainment by "Two Old Cowboys" Awards Presentation
August 2 nd		No Board meeting
August 16 th		No meeting
September 6 th	1:00	Board meeting
September 20 th	1:00	Meeting Topic: "Changes in How You Live"- Wendy Benton, Social Worker
October 4 th	1:00	Board meeting
October 18 th	1:00	Meeting Topic: TBA

Have a wonderful and safe summer!

Pat Duciaume, President

**Support PAW 10-8-11
Join the CNYPSG, Inc. Team**



What's Coming Up?

Just a reminder to mark your calendar for the annual summer picnic to be held at Preswick Glen on July 19th at 12 noon. The price is \$10.00 per person. Please send checks payable to:

CNYPSG, Inc.
P.O. Box 181
New Hartford, NY 13413

prior to the picnic or if necessary, pay at the door.

Note that the CNYPSG, Inc. is paying \$2.00 per person for all attendees to keep the cost of this picnic down and to help insure a good turnout.

You can be assured this will be a very enjoyable event with good food and fellowship. As usual the annual Walter H. Dickson Awards will be presented and our Board of Directors has planned appropriate entertainment.

Sounds like a good time to me!!

SEE YOU THERE!!

PARKINSON AWARENESS WALK

It's that time of year again when we look forward to joining the many who come out to 'walk the walk' in support of people with PD and other movement disorders. This year the PAW will be held on Saturday, October 8, 2011.

One of the goals of CNYPSG, Inc. is to support the Presbyterian Home in their efforts to provide the programs and services needed for people with Parkinson's and other similar disorders.

We would like everyone to join the CNYPSG, Inc. Support Group Team and walk the lovely mile around the Presbyterian Home campus. If you are unable to take the walk, you may support the effort by a donation or getting donations from family or friends. More information will be provided at the annual picnic in July.

Preclinical Biomarkers of Parkinson Disease

Yuncheng Wu, MD, PhD; Weidong Le, MD, PhD; Joseph Jankovic, MD
Arch Neurol. 2011;68(1):22-30.
doi:10.1001/archneurol.2010.321

The search for markers of preclinical Parkinson disease (PD) is becoming increasingly important because pathogenesis-targeted neuroprotective strategies are being developed for future use in at-risk populations, even before clinical onset of disease. Advances in clinical recognition of early symptoms and signs, development of new neuroimaging probes and technologies, identification of new neuropathological markers of PD, and breakthroughs in genetics and basic neuroscience are gradually translating into better understanding of predisposing and preclinical factors that lead to progressive neurodegeneration. Coupled with system biology tools, progress is being made in the identification of new genomic, transcriptomic, proteomic, lipidomic, and metabolomic molecules and new signaling pathways that are relevant to the pathogenesis of neurodegeneration in PD. These new tools will be critical not only in the discovery of sensitive, specific, and reliable biomarkers of preclinical PD but also in the development of tests that will aid in the early detection and differential diagnosis of parkinsonian disorders and in monitoring disease progression.

Author Affiliations: Department of Neurology, Shanghai First People's Hospital, Shanghai Jiao Tong University School of Medicine, Shanghai, China (Dr Wu); Parkinson's Disease Research Laboratory (Drs Wu and Le) and Parkinson's Disease Center and Movement Disorders Clinic (Drs Wu and Jankovic), Department of Neurology, Baylor College of Medicine, Houston, Texas.

Source: Internet- Neurological Review

Staying Cool Means Staying Safe

Many people dread the heat that summer days can deliver. But beating the heat is more than a matter of comfort – it's about staying safe.

When temperatures rise, so do your chances of getting sick from the heat, including life-threatening heatstroke, the most serious heat-caused illness.

Too much heat can make it harder for your body to keep cool. Your body's usual means of temperature control – sweating to cool down – is less effective on days that are also muggy, because sweat evaporates more slowly. When your body can't cool itself sufficiently, in just ten minutes your temperature can soar dangerously high.

What's more, people older than 65 are among those at increased risk of overheating.

So take these steps to help stay cool and safe when hot weather hits.

Seek air conditioning. The best place to keep cool is in an air-conditioned room. If your home lacks this, try to spend at least a few hours somewhere that does have air-conditioning, such as a mall, library or senior center. Electric fans may make you feel better, but they won't keep you cool enough in extreme heat.

Drink up. Give your body plenty of cool liquids – even if you aren't thirsty. If your doctor has restricted your fluids, be sure to ask how much you should drink.

Cool off. Take a shower, bath or sponge bath. Around the house, wear a minimal amount of lightweight, loose clothing so that air can circulate easily around your body.

Stay out of the heat. When it's really hot, avoid exercising outdoors. If you must go out, plan your activities for the morning and evening hours – and seek shade often. Cover up with lightweight, light-colored clothing, which reflects sunlight. A wide-brimmed hat and sunscreen will shade your head and help protect your skin.

Sources: American Academy of Family Physicians; Centers for Disease Control and Prevention

**Presbyterian Homes Foundation's
Annual
Parkinson Awareness Walk**

2011 Honoree and Grand Marshal

Dr. Guy Wilcox

Saturday, October 8, 2011

10:00_{AM} - 12:00_{PM}

Presbyterian Homes & Services Campus

4290 Middle Settlement Road

New Hartford, New York

Come and join us to support and raise awareness for Parkinson Disease. The event is a one mile walk through the strolling pathways and beautiful gardens on the Presbyterian Homes & Services campus.

Our goal is to reconstruct the current 40 bed Parkinson residence into a "high tech" 34-bed environment that will enable each individual resident to live as independently as possible. This will be obtained through advanced technology in voice and motion sensor equipment. We are set to develop and modify a living environment that is specific to each residents needs.

The results will allow for greater independence in day-to-day living situations and increase in the residences quality of life. Currently we have been able to raise \$2.2 million toward our target of \$3.4 million.

Statewide the home has received the "Innovation of the Year Award" by the New York Association of Homes and Services for the Aging (NYAHSA). Presbyterian Home's telemedicine program which has been recognized and modeled after internationally allows residents and community members to meet with doctors hundreds of miles away from the comfort and locality of Central New York.

The Group Scoop

MEETING NOTES



President Pat Duciaume presided at the CNYPSG, Inc. annual meeting held on April 19, 2011. The membership selected people to fill the vacant seats on the Board of Directors. Following the meeting, Jack and Terry Rockwell, owners and directors of "Seniors Helping Seniors," gave a very interesting presentation describing the services they provide to the people in our area.

On May 17th a very successful auction and bake sale was held to benefit our group's programs. CNYPSG, Inc. realized approximately \$100 from the event.

Audrey Woodard, LMT, Certified Medical Massage Therapist, presented a very informative program describing "Medical Massage for Parkinsonians." Then the people with PD and the caregivers met in separate groups to share and discuss mutual interests and concerns.

WELCOME!!

What a pleasure it is to have new people join us at our monthly meetings. We extend a big "WELCOME" to Ella Broad, Helen Griffith, Mert and Shirley Halladay and Malcolm and Elsa Smith. We hope you will continue to join us in our many activities.



**CNYPSG Website
Check it out!!**

<http://www.vtboxhwr.org/parkinson.html>



CNYPSG, Inc. Board of Directors Meets

The new Board of Directors for CNYPSG, Inc held their annual Meeting in May.

Officers selected for the coming year are:

President – Pat Duciaume
1st Vice-President – Rose Marie Taylor
2nd Vice-President – Annie Thomas
Recording Secretary – Martin Zippen
Corresponding Secretary – Esther Kitchen
Treasurer – Deanna Ventura

We look forward to a successful year with the new Board in place!

Walter H. Dickson Memorial Awards

Every year at our annual picnic these awards are presented to individuals who show outstanding qualities in each category. The membership voted for the recipients at the June support group meeting. The awards are given in memory of Mr. Dickson who played a significant role in the formation of CNYPSG, Inc.

Nominees for 2011 are:

<u>For Parkinsonian</u>	<u>For Caregiver</u>
Sam Kitchen	Esther Kitchen
Joe Leary	Kerry Thieme
Marty Zippen	



Under the Weather?

It's summer time and it is our wish that everyone is healthy and able to enjoy the season!! Our best wishes go out to Pat Duciaume, Sam Kitchen, Charlie Mahaffy, Thea Matterese, Jo Schmidt and all who have been "under the weather" recently!

Congratulations Tony!!

Tony Joseph, Administrator of Presbyterian Home for Central New York was honored by the New York Association of Homes and Services for the Aging with the James W. Sanderson Memorial Award for Leadership. This award is given to a New York State resident devoted to the field of long term care and honors personal leadership and commitment for those working in the not-for-profit sector. He was chosen "for his demonstrated ability to develop programs that meet the needs of his residents and community."

Congratulations to you, Tony! We are glad you to have you as an advocate for the Parkinson's community!

Raising Awareness About PD

CNYPSG, Inc. has always been ready, willing and able to help people learn about Parkinson's disease and other movement disorders. Recently some of our members have been participating in area health fairs to help spread the word.

The SUNY IT Health fair was held on April 12th. Myrtleann Seifried, the Moylans and Joe Leary were on hand to answer questions from the public about PD and our support group. This health fair is very well attended and is a great place to share information.

The Moylans and Myrtleann volunteered their time to represent the support group at the Health and Fitness Day on May 25th at the Parkway Community Center in Utica. A program describing PD was also presented by the Moylans, Myrtleann and Nancy McCaffrey at an ARC group home in North Utica on June 21st.

The Boonville-Oneida County Fair will be hosting a Health Day during Fair week in August.

A special thanks to all who helped.



Signs of Depression Checklist

Depression in the elderly is a widespread problem, but is not often recognized or treated, according to the National Institutes of Health (NIH). A number of life changes can increase the risk for depression, or make existing depression worse. Caring for a spouse or family member also can add to those feelings of depression. According to the NIH, some of the other changes and life events are:

- Adapting to a move from home to an apartment or retirement facility
- Chronic pain
- Feelings of isolation or loneliness as children move away and their spouse and close friends die
- Loss of independence (problems getting around, caring for themselves, or driving)
- Multiple illnesses
- Struggles with memory loss and problems thinking clearly

Look for the signs that an older loved one may be depressed and need help:

- Being more confused or forgetful.
- Eating less. The refrigerator may be empty or contain spoiled food.
- Not bathing or shaving as often. Visitors may notice smells of urine or stool. Clothes may be dirty and wrinkled.
- Not taking care of the home.
- Stopping medicines or not taking them correctly.
- Withdrawing from others. Not talking as much, and not answering the phone or returning phone calls.

The support of a Caregiver can go a long way toward helping an older loved one who is depressed or suffering the strain of caring for a sick spouse or other family member.

Subj: Inquiry
Date: Monday, April 18, 2011 5:20:09 PM
From: HigginD@mail.amc.edu
To: glynnismoy@aol.com

I was provided a list that Mary Fenn had put together of Parkinson's disease Support Groups In NY. I send you this email now seeking assistance. We are involved in an NIH study examining the genetics of Parkinson's disease. We are trying to identify families in which 2 or more living members have PD. The study consists of a standard neurological examination, a number of cognitive assessments, review of family history and a blood sample. Recruitment has proven most difficult with concern that the study might be prematurely stopped due to poor enrollment. Was curious to know if you might be aware of families in Upstate NY that would be interested in getting involved. Funds are available to assist with travel expenses. We would be happy to meet/work with your Support Group. I welcome any thoughts that you might have.

Thanks in advance for considering this request.

Best regards,

Don Higgins

 Donald S. Higgins, Jr., MD
 Professor of Neurology
 Residency Program Director
 Albany Medical College
higginD@mail.amc.edu

Chief of Neurology
 Stratton VA Medical Center
donald.higgins@va.gov

The above e-mail was received by Marge Moylan regarding a current NIH study.

Stem Cell Research

The Parkinson's community has been at the forefront of the struggle to achieve research freedom for scientists working in the field of embryonic stem cell research. The Parkinson's Action Network (PAN) is a founding member of the Coalition for the Advancement of Medical Research (CAMR), which is made up of more than 100 nationally recognized patient organizations, universities, scientific societies, and foundations advocating for the advancement of breakthrough research and technologies in the field of medical and health research. Together, PAN and CAMR will continue to educate the nation about the importance of medical and scientific research, including embryonic stem cell research.

Why Support Embryonic Stem Cell Research?

Embryonic stem cell research has significant scientific and therapeutic potential for people living with Parkinson's disease. While replacement of human dopamine producing neurons may be one therapy resulting from additional embryonic stem cell research, many avenues of Parkinson's research will benefit from this research. Researchers will be aided in studying the causes of Parkinson's, developing more accurate models to improve our understanding of the disease, and, ultimately, halt the unrelenting neurological degeneration and loss of quality of life for people living with Parkinson's.

Source: Parkinson's Action Network Website



In Memoriam

John J. Schmidt of Utica passed away June 19, 2011 after a long battle with Parkinson's disease. John and his wife, Jo, were long time members of CNYPSG, Inc. and were active participants in our various activities. John was also an active member of his church and community until health issues prevented his participation. We extend our sympathies to his family and friends.

Joan H. Manzelmann died on June 14, 2011 from complications of Parkinson's disease. Joan joined us for some of our meetings while residing at the Presbyterian home. Joan will be remembered for her work in church and community and for developing many social programs for the community. Our sympathy goes out to her family and friends.

We also extend our thoughts and prayers to Nancy Donahoe and her family for the loss of her husband, Gordon on May 16, 2011.

MEMORIALS

In Memory of Edward McCaffrey

by Mr. & Mrs. Daniel McAuliffe
Joan McKenna

Poetry Corner

Spread Kindness, Joy and Hope

By Sharon Lee Kelley

Be a kind encourager; deliver hope
Give helpful suggestions so others can cope.

Treasure the beauty of the moon
along with each and every star,
Thank God for so many blessings
and be thankful for who you are.

Be like a torch; be positive; shine your own light.
Enlighten others; help them gain insight
and never give up the fight.

Be a flame; spread kindness about.
Decrease worry; diminish doubt.
Share joys with others; tell a good joke
Support others graciously so they will have hope.

NURSING HOME ADDRESSES

Marjorie Renodin

Folts Home
104 N. Washington St.
Herkimer, NY 13350

Margaret Bluff

Marion Burg

James Dexter

George Fanelli

Joe Giannantelli

Stuart Greene

Barbara Grogan

Victor Jarzombek

Sam Kitchen

Robert Luberda

Hank Taylor

Nate Thomas

Presbyterian Home for CNY
4290 Middle Settlement Road
New Hartford, NY 13413

Mae Mosher

VanAllen Nursing Home
755 E. Monroe St.
Little Falls, NY 13365

Margaret Hoskyns

Valley Health Services
690 W. German St.
Herkimer, NY 13350

Betty Langdon

Eden Park Nursing Home
1800 Butterfield Ave.
Utica, NY 13501

Mailing list

Please notify us if you move or want your name added or removed from our mailing list.

PLEASE CHECK ONE:

- Add to mailing list
- Delete from mailing list
- Change address to:

Name _____

Address _____

Mail to: Central NY Parkinson's
Support Group, Inc.
P.O. Box 181
New Hartford, NY 13413

Nancy's Nonsense



Best Speeding Excuse Ever!

When asked by a young patrol officer, "Do you know you were speeding?" This 83 year-old woman gave the young officer an ear to ear smile and stated, "Yes, but.... I had to get there before I forgot where I was going." The officer put his ticket book away and bid her good day.

Makes perfectly good sense to me!

A man received a phone call one day, and the caller asked if he had lost a parrot. He said that he had indeed lost the bird, but wanted to know how the caller located him.

The caller said that the bird had landed on his balcony and kept repeating, "Hi, you have reached 555-1234. I can't come to the phone right now, but please leave a message at the tone."

It's good to know one's history....>

During the Revolutionary War, there was a small encampment of patriot soldiers in the woods. Before they went to bed that night, they tied chickens (they were saving them for a special meal when needed) to the trees around the campground.

Sure enough, some British soldiers were stumbling through the woods that night and frightened the chickens. Their screams and clucks woke the patriots and they were able to defeat and capture the entire group of British soldiers. A few nights later, the cook prepared the chickens for dinner.

The soldiers said, "This is really good. What do you call it?"

The chef said that in honor of these special chickens who saved their lives, he called it "Chicken Catch a Tory."

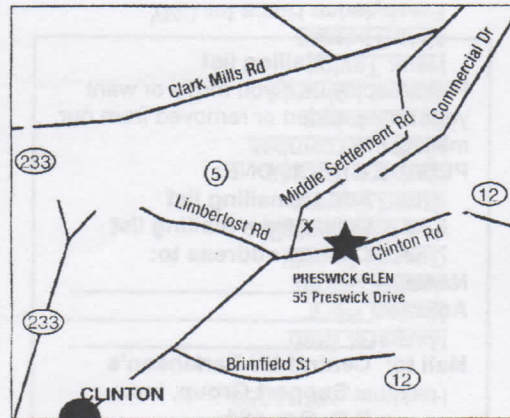
20th Annual "Park Pic"
July 19, 2011 12:30-3:30 PM

Preswick Glen
55 Preswick Drive, New Hartford
Cost - \$10 per person

MENU

Grilled chicken
Sausage w/onions & green peppers
Pasta salad
Tossed salad w/Italian dressing
Watermelon wedges
Iced tea or lemonade
Coffee - tea
Delicious homemade desserts!

Family, friends & guests welcome!
R.S.V.P. to Pat Duciaume - 272-2267
by July 13th



x - Presbyterian Home
star - Preswick Glen