

ROSEVILLE PARKINSON'S SUPPORT GROUP

JANUARY 09 MEETING MINUTES

The January meeting began with President Tara McCain acknowledging the passing of RPSG members Chuck Anderson and Ella Wing. Both were long time RPSG members and will be greatly missed.

Tara feels that it would be helpful to compile a list of members' doctors (Neurologists) and health insurance companies, so that members can have information to assist them in choosing a new doctor should they feel the need. Please email this information to Tara at t.l.mccain@sbcglobal.net .

Tara also stated that she would like to see the group have more outside social events that will enable us to get to know each other better.

Tara announced that one of RPSG's goals for 2009 is to host a "Health Fair". If you are interested in researching the logistics of the Health Fair (location, sponsors and vendors), please contact Tara. Information gathered will help determine the feasibility of our putting on this event.

Doctor Eric Hassid, was a recent RPSG guest speaker who specializes in rehabilitation neurology and functional medicine. Tara would like to conduct a group site visit to Doctor Hassid's Davis clinic. If interested, please contact Tara.

Our guest speaker was Dan Southard, a physical therapist associated with the local care provider "Help at Home". Their services are designed to ensure the continuity of care at home for the number of hours needed daily. Fall prevention was the main focus of Dan's presentation. Dan stated that 90% of people aged 64 or older who fall, sustain a hip fracture and have a mortality rate of 29%. Dan stressed the need for regular exercise citing the lack of strength, flexibility and balance as the main reasons people fall. Dan noted that a patient loses 3% of their overall strength everyday they are on bed rest.

Dan cited other risk factors as home environment, improper footwear, medication interaction, poor vision and the lack, or misuse of, assistive devices.