

ROSEVILLE PARKINSON'S SUPPORT GROUP

March 2009 MEETING MINUTES

President Tara McCain began the March meeting by announcing that the Roseville Parkinson's Support Group (RPSG) would not be holding its annual fundraising event this year due to the worsening economy. Tara stated that the Board decided, based on the numerous reports in the media regarding the difficulty of charitable organizations to raise money, that it would be too risky for RPSG to invest in an event that may not raise enough donations to cover the initial start-up cost. Tara announced that the Board decided to concentrate its efforts on educating the public about PD through participation in local public events. Our main effort will be to operate a booth at Roseville's "Downtown Tuesday Night" street fair. Tara also stated that the Board is looking into the possibility of participating in an upcoming health fair.

Tara announced that on April 7, from 10am – 11am, the Maidu Senior Center and the Del Oro group are hosting a workshop on therapeutic laughter. Reservations are recommended.

Harry Butler, RPSG Treasurer, announced that the 9th annual "Parkinson's Seminars at Sea" will be departing from Long Beach on October 18th. The cruise is to the Mexican Riviera, and features workshops and presentations by movement disorder specialists including John Argue. The cruise is geared toward PD patients and caregivers. Those who are interested can call Harry at (916) 726-1573 or email him at www.hapbutler@comcast.net .

Our guest speaker was Larry Dawes from the Senior Connection. Larry is a geriatric case manager who evaluates the everyday healthcare needs of the elderly. His topic was depression. Larry defined depression as an on-going sadness possibly accompanied by anxiety, stress and grief. Depression can be caused by physical disease, medication, the loss of loved ones and retiring from the workforce. The following are a few strategies for coping with depression outlined by Larry:

- Exercise – Any form approved by your doctor can lift your spirits and may help alleviate symptoms of chronic illness.
- Eating Healthy – Nutritional needs may vary based on chronic illness being managed and medications being taken.

- Keeping a Journal – By keeping a journal individuals often discover patterns to their emotional and physical symptoms that may be attributed to causes other than chronic disease.

The Senior Connection may be reached at (916) 334-1072 or toll free at (888) 334-3490. Senior Connection offers a variety of services benefitting older adults such as the “Telephone Reassurance Program.

Shelly Butler, Secretary.