

# ROSEVILLE PARKINSON'S SUPPORT GROUP

## JANUARY 2009 MEETING MINUTES

...distributing a senior resource guide compiled by the Sierra Sacramento Valley Medical Society. The directory provides information on health services, senior housing and a number of other community resources.

RPSG Secretary Shelly Butler made the group aware of two charitable websites available for RPSG members, their family and friends. "goodshop.com" provides a link to over 700 on-line shopping sites such as Amazon, Macys, etc. When members order merchandise through "goodshop.com", RPSG receives a 1% to 3% donation based on the total purchase made. The donation comes from the individual merchants from whom the purchase was made. The other charitable website is "goodsearch.com". Use them as your search engine instead of google or Yahoo and each time you use them we receive a small donation.

Our featured speaker was Doctor Eric Hassid, a Neurologist and Parkinson's Specialist from the Institute for Restorative Health. Doctor Hassid stated that the institutes approach is patient-centered and focuses on treating the whole person. The Institute has a staff with expertise in pain management, massage therapy, acupuncture and other related fields. Doctor Hassid discussed many different aspects of treating PD with prescription medicines and supplements.

Tara also announced that the holiday luncheon is scheduled from 12 noon – 2pm Tuesday December 2<sup>nd</sup> at Maidu Center. Our luncheon will be catered by Back Forty BBQ. The cost for each member is \$5. Members are encouraged to attend.