



RPSG Meeting Minutes
January 6, 2015

Our first guest was Sydni Aguirre from Dignity Health. She is Program Manager for their Healthier Living and Chronic Disease Self-Management Program. There will be a series of workshops called "Building Better Caregivers" taking place at Maidu Park in February and March. It is a ground-breaking research study created at Stanford University and sponsored by Dignity Health to help caregivers take care of a loved one with memory loss. You will learn simple, self-care habits to ease caregiver stress. A workshop is held once a week for 6 weeks for 2.5 hours and facilitated by two trained peer leaders. For further information call Sydni at 916.851.2793.

Alex Fong and Jonica Eberbach made a presentation regarding the Teva PD medication Azilect. It is designed to help your Sinemet (Carbidopa/Levodopa) work more effectively thus adding to your "on time". Teva Neuroscience has a "Parkinson's Support Program" to assist patients taking Azilect. This program provides PD information to help manage your disease, troubleshooting pharmacy issues and providing financial assistance. For more information go to www.azilect.com or call 1.866.880.8582.

On Thursday January 29th 12 Noon Teva will be hosting a lunch at the Spaghetti Factory 731 Sunrise Blvd. Roseville 95661. Dr. Richard Sauer is a neurologist from Roseville. He will make a presentation on PD and answer your questions. Please let me know should you wish to attend.

Finally Jody Martin who teaches the RPSG Yoga Exercise class wanted to stress the importance of exercise for PD patients. The class concentrates on strengthening and stretching muscles which may slow the progression of PD. An important part of the class is the moral support members provide to one another through the discussion of issues and common problems. Jody is very knowledgeable about PD as she has had a family member with the disease.

Shelly Butler
Secretary RPSG