

September 2014 Meeting Minutes RPSG

President Hap Butler mentioned the August 31, 2014 recall of Parkinson's medication Carbidopa/ Levodopa 25/100 mg. There was a potency problem. The Lot number is 29C220 with the expiration date of November 2015. Return any recalled medication to your pharmacy. Members find it impossible to find respite care for their loved one that does not involve paying for a minimum of 4 to 5 hours. The caregiver may not have the financial resources or does not need that many hours that particular day. You will pay a premium price per hour for short time care. You can understand the policy from the agency's viewpoint. They need to have a regular schedule for their employees. It is just another frustration when you are providing 24/7 care and need a break

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Our guest speaker was Larry Dawes from Eskaton's Live Well at Home program. He is a social worker and geriatric case manager. Larry spoke about the difficulties of being diagnosed with a chronic disease. You have a good idea of how you would like to spend your retirement; maybe a part-time job and some traveling. Larry said you can go through a mourning process when you realize that your life is forever changed. There were several points Larry stressed to restore your sense of control. Learn about your condition, keep a diary, and take medications and record effectiveness. Develop a positive attitude. Know the possible side effects of your medication as depression is a very common one. Eat well and exercise regularly, manage fatigue along with taking care to keep an eye on your stress level. Focus your mind on something other than your illness while not ignoring symptoms. Meditation or prayer can be a very calming distraction. Develop an action plan that is reasonable enough to be successful.

The Amendment proposed by the Executive Board to eliminate the nomination committee was approved by the General Meeting.

The Parkinson's Association of Northern California (PANC) will have its annual "Living Well with Parkinson's" seminar on October 25, 2014. It will be held at The Crown Plaza on Date Avenue off Madison in Sacramento. You may check in at 8:00 a.m. with the program to start at 9:30a.m. The cost per person is \$15.00 with lunch provided. For questions see PANC's website www.parkinsons.sac.org or call 916 534-7279.

Shelly Butler
Secretary RPSG