

PEP NEWS

Newsletter of the Parkinson Education Program of Greater Cleveland

MAY 2008

Marilyn Brandt, Editor

MAY MEETING

JOE BANDIERA

Marketing Manager, Concordia Care/PACE

AUTUMN RICHMOND, LSW

Benjamin Rose Institute

“Addressing the Non-Medical Needs of Chronic Disease”

Wednesday, May 7, 2008 – 2:00–3:30 PM

Cleveland Heights Recreation Center

One Monticello Boulevard, Cleveland Heights, OH

Last names A through M please bring light refreshments

HENRY WILSON

We are saddened to announce the passing of Henry Wilson, a long-time board member and former president of PEP. Henry was a wonderful mentor to me and touched the lives of so many Parkinsonians and their caregivers. He supported the group through his volunteering, attendance, compassion, and friendship. He will be sorely missed by all who knew him. At his memorial service, his daughter gave a very moving eulogy, some of which is reproduced below:

So who was this guy?

We see Dad as a man of quiet strength, quick wit, meticulous skill, integrity in his work, and deep love for his family and friends. His was a tender heart. He was a wise soul.

Dad's strength of character was an anchor for his family and all those who depended on him.

Dad performed his dental craft, his music, his relationships, his responsibilities, with a dedication to perfection, detail, and simple harmony with his surroundings.

He was easy to love.

Message from President

Marilyn Brandt

Stress is an everyday problem in the lives of caregivers and Parkinsonians. We not only deal with the constant changes in the symptoms and medicines of PD, but we must also deal with the usual symptoms of aging that affect everyone. So often, the concerns over changes in our bodies are magnified by the additional weight of dealing with the disease. Recently in addition to my usual care and concern for Ray, I've dealt with medicine mix-ups, cataracts, finger surgery, knee pain and back pain. Unlike many people, I cannot stop to let my body recover. I need to keep going to help Ray. This means that these problems take even longer to resolve, adding to my worries and stress.

I know I am not alone. So many of you deal with similar problems. While they can seem so overwhelming, it's important to remember that you are part of a community of supportive, understanding friends in PEP. Come to a meeting to learn more about PD, but also to find an ear to bend or a shoulder to cry on. We are here to help you with all aspects of dealing with this disease.