



Georgetown Area Parkinson's Support Group

Issue 10

<http://georgetowntxparkinson.weebly.com/>

October 2017

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Next Meetings

**Caregivers/Care Partner
Support Group Meeting:
Thursday, October 12, 2017;
2-3 pm**

(Always on the 2nd Thursday of the month!)

2423 Williams Drive, Georgetown, Texas.
Georgetown Health Foundation
meeting room.

**All care partners/caregivers are very
welcome to join us!**

**Parkinson's Support Group Meeting:
Thursday, October 26, 2017**

(Always on 4th Thursday of the month!)

2-4 pm

2423 Williams Drive, Georgetown, Texas.
Georgetown Health Foundation
meeting room.

**Speaker: Dr. Eric Rhoden, Doctorate
in Physical Therapy**

Topic: "Parkinson's Physical Therapy"

Refreshments Sponsor for the September Meeting



Medication Screening

I hope many of you took advantage of the FREE offer to have a Medication Screening by Christy Dennis, Pharmacist. A grant was awarded to Health and Human Services Commission, St. David's Foundation and will be administered by The Area Agency on Aging of the Capital Area Council of Governments to provide FREE Medication Screening!

- Your medications will be reviewed by a licensed pharmacist to review doses, potential drug interactions, possible side

Last Month's Meeting Summary

The month of September was special because we had two GREAT meetings. We had an additional meeting because a representative from Michael J Fox Foundation came to Georgetown! On September 13, 2017, Jocelyn Scherr, Associate Director, Advancement for "The Michael J. Fox Foundation for Parkinson's Research" came to Georgetown, Texas and spoke to 70 members of the Georgetown Area Parkinson's Support Group. We were delighted to host the 'first time ever' national representative to present to this support group. Ms. Scherr presented an overview of the Michael J. Fox Foundation, an update on some promising Parkinson's Disease Research in the pipeline, an update on the latest legislation passed that impacts the lives of people with Parkinson's Disease, priority areas for Parkinson's policy work and information on how people can get involved through "Fox Trial Finder" and "Fox Insight." The emphasis was to encourage the Parkinson's community to volunteer for research because The Michael J. Fox Foundation is dedicated to finding a cure for Parkinson's disease through an aggressively funded research to ensure the devel-

opment of improved therapies for those living with Parkinson's today. Since its launch in 2000, The Michael J. Fox Foundation has funded more than \$700 million to speed a cure for Parkinson's disease. Michael J. Fox is quoted to say, "When we find a cure for Parkinson's, and we will, it won't be because of any single person. It will be because of all of us, working together and the foundation will not stop until a cure is found! Here are the links to learn more about:

Fox Trial Finder

<https://foxtrialfinder.michaeljfox.org/> and

Fox Insight

<https://foxinsight.michaeljfox.org/>

We then had our regular meeting September 28 with 97 members in attendance and we all learned more about Parkinson's Medications. We had a pharmaceutical forum covering the all the Parkinson's Meds! It was a very informative meeting with many questions answered. We had representatives sharing information: Kimberly Rivera and Renee Wendland with Northea; Clint Graves and Valeda Logan with Apokyn and Xadago; Damon & Donny with Medtronic DBS; and Christy Dennis, Pharmacist covered all other Parkinson's medication including Stalevo®, Sinemet, Duopa, Rytary. Thank you to all our wonderful speakers, it was a GREAT meeting! And here is a GREAT RESOURCE for PARKINSON'S MEDS: http://www.pdf.org/sites/default/files/dfs_understanding_medications_16.pdf

effects, and provide individualized medication for prescription, over-the-counter and supplements.

- An individualized written report by a pharmacist which will be mailed to you and a follow up call. Yes, you can speak to the pharmacist on all your meds!

If you did not get to do this on October 5 call Christy at 817-800-6426 for an appointment!

Video

Jeff Foxworthy — *Medicine Side Effects*
Let's Laugh!

Quote



Exercise Classes

Check these calendars for GREAT and FREE exercise classes:

- Georgetown Area Parkinson's Movin' to Wellness: <http://georgetownxparkinson.weebly.com/calendar.html>
- Power for Parkinson's <http://www.powerforparkinsons.org/>

Chair Yoga

Let's Stretch and Meditate, it is FREE! This is a FUN and great way to start the day! Join us every Wednesday at 9 am at 2423 Williams Drive, Georgetown, Texas. Georgetown Health Foundation meeting room.



Power for Parkinson's Fitness for Parkinson's in Round Rock

THURSDAYS — "Power for Parkinson's Fitness for PD" — meets every Thursday at 1pm in Round Rock at 2111 Sam Bass Road in the N'Caliente Fitness and Zumba Studio! This Round Rock location is formally starting a LUNCH GROUP. They will meet the first Thursday of the month and this month will be going to Pok-E Jo's Smokehouse. Please plan to join them for socializing, eating and laughter followed by Mary's Round Rock Parkinson's Fitness class. Now, that's a fun-filled day! Also, this is just one of 8 locations that Power for Parkinson's offers classes and they offer 11 FREE classes weekly! Here is their great Power for Parkinson's newsletter: [Fall Newsletter](#)

Parkinson's Symposium

Plummer Movement Disorder Foundation and CTAP (Central Texas Advocacy for Parkinson's) — will host a Parkinson's Symposium for 2017! These are great and so much information! SAVE the DATE, Saturday, November 4 at Baylor McLane Stadium, Waco. Let Mary Jane know if you need transportation...call ASAP to reserve a seat on the bus!

You must RSVP to attend this symposium: Christy Herff, LCSW 254-724-5309 or Christina.herff@bswhealth.org

Dancing with Parkinson's

Let's Dance... this is fun and FREE! For questions, call Nancy at 512-940-0148. **Also, looking for volunteers to help our dancers!**

Dancing classes have moved back to the Georgetown Palace Theatre Education Building ... please join us every Tuesday at 1:30 pm for FUN and 'Movin' FELLOWSHIP!



Plummer Movement Disorders Center

Parkinson's Disease Patient Symposium

Saturday, November 4th, 2017
10:00 am - 3:00 pm

You are invited to attend this FREE event and hear about updates on the treatments, care and research for Parkinson's disease.

Baylor McLane Stadium - Ballroom
Parking Lot A - Main Entrance
1001 S. M.L.K. Jr. Blvd
Waco, Texas
Seating is limited to 250 guests.

RSVP by October 13th:
Christy Herff, LCSW 254-724-5309
Christina.herff@bswhealth.org
Lunch will be provided
***Request vegetarian at RSVP**

Rock Steady Boxing

Boxing class is not only boxing but also a lot of exercise and stretches! Remember they are always looking for volunteers to help our fighters, join us by calling Kristi at 512-695-4649.

Meeting on Monday, Wednesday, Friday!
3 and 4 level classes will start at 9:30 am
1 and 2 level classes will start at 11:30 am

Boxing Parkinson's Socials —
CONTACT: Kristi 512-695-4649

Foundations Updates

- **Michael J Fox Foundation**
[Michael J Fox Website](#)
- **Parkinson's Disease Foundation**
[Parkinson's Disease Foundation Website](#)
- **National Parkinson's Foundation**
[National Parkinson's Foundation Website](#)
- **Parkinson's Research Foundation**
[Parkinson's Research Website](#)
- **Davis Phinney Foundation**
[Davis Phinney Website](#)
- **St. Louis American Parkinson's Disease Foundation**
[American PD Foundation](#)
- **WOW! — a list of "world-wide" Parkinson's Support Groups!**
[World Wide Groups](#)

Reminders and Thoughts

➤ **Parkinson's Dancing LUNCH Group** — is a "GO"! Please join us...call Nancy for details at 512-940-0148. Socialization is just as important as exercise, please join us!

➤ **Aging Resources Fair** — Wednesday, October 25 in Sun City Ballroom at 9 am. Please join us on October 25 to meet with local professionals on topics related to aging. Beginning at 9 am visit with organizations that provide support in areas such as caregiving, meal assistance, transportation to medical appointments, handyman services, home safety checks, emergency financial assistance and more. At 9:30 am a panel of experts in their respective fields related to aging will offer information and insight as they answer questions provided by the facilitator and the audience.

➤ **Let's get ready for winter!** — Here are tips from Chris McKee, Nutritionist to help boost your immune system:

🍷 **Sleep!** Have you ever noticed when you start to "feel" yourself coming down with something it's often the end of the day or when you wake up? Your immune system uses sleep time to do housekeeping, going around and gobbling up viruses and bacteria. If you don't sleep enough your immune system is greatly compromised.

🍷 **Kick the sugar out!** A study was done that gave the participants a 12oz. can of full sugar soda that has 39 grams of sugar in it. They monitored the immune system for 4 hours. For 4 hours the immune system was SO WEAK it could not mount an attack against viruses that were introduced. Read your labels, sugar is everywhere!

🍷 **Fruits and Veggies!** While fruit does have sugar in it, in small quantities it's much lower than processed foods. Fruits and vegetables are loaded with antioxidants, vitamins and minerals. These are the "tools" your immune system uses to fight back.

🍷 **Lower stress!** Yes, I know this is actually a stressful time of the year as the pace of holidays and activities of school with kids and grandkids! Families need those "no schedule" times to relax and rejuvenate. Pick a family "stay in" night for a home cooked meal and a movie, you'll all love it!

For more information, feel free to contact Chris at <http://thenomadnutritionist.com/>

➤ **Coconut Golden Milk:** A Soothing Beverage With Benefits — Turmeric is an ancient spice that has been used in Eastern countries for thousands of years in cooking and traditional medicine. Thanks to the polyphenolic compound curcumin, turmeric has proven antibacterial, anti-inflammatory, and antioxidant activity.

- ✓ 2 cups unsweetened coconut milk beverage
- ✓ 1 tablespoon grated fresh ginger (or 1 teaspoon ground)
- ✓ 1 tablespoon grated fresh turmeric (or 1 teaspoon ground)
- ✓ 1 2-inch piece cinnamon stick (or 1/2 teaspoon ground cinnamon)
- ✓ 4 to 5 peppercorns
- ✓ 1 teaspoon honey
- ✓ Preparation — Bring all ingredients to low boil and simmer 10 minutes, covered. Remove from heat and strain into 2 mugs. Enjoy warm.

➤ **Parkinson's TV** — The University of Rochester <http://www.pdcny.org/> has developed an educational series called *Parkinson TV* that brings together neurologists, patients, and topic experts to discuss different aspects of living with Parkinson's and ways to maximize quality of life. The first season will consist of six episodes on exercise, medication, nutrition, advanced therapies, speech therapy, and occupational therapy. Here are the episodes that have aired:

🍷 EXERCISE —

<https://www.youtube.com/watch?v=Usw2zbHmyjE>

🍷 PD MEDS —

<https://www.youtube.com/watch?v=BkAVStPmwtc&feature=youtu.be>

🍷 NUTRITION —

https://www.youtube.com/watch?v=t7yepg_rA3o&feature=youtu.be

🍷 ADVANCE THERAPIES —

<https://www.youtube.com/watch?v=Gvmhh4-V7z8>

🍷 SPEECH THERAPY —

<https://www.youtube.com/watch?v=qliYEgbrBvg&feature=youtu.be>

Be sure to look at the video resources on the right side of the screen. These are very good too!

➤ **Stem Cell Research** — Scientists have successfully used "reprogrammed" stem cells to restore functioning brain cells in monkeys, raising hopes the technique could be used in future to help patients with Parkinson's disease.

Learn more here: [Stem Cell Research](#)

➤ **In last couple of years these meds were approved therapies for Parkinson's:**

✓ MEDICATIONS FOR MOTOR SYMPTOMS

Extended-Release Amantadine Xadago (safinamide)

Rytary (levodopa/carbidopa)

Duopa (levodopa/carbidopa)

✓ MEDICATIONS FOR NON-MOTOR SYMPTOMS

Northera (droxidopa): Orthostatic Hypotension (low blood pressure)

Nuplazid (pimavanserin): Parkinson's disease psychosis

Read more about each drug here: [Meds](#) and [PD Meds](#)

➤ **Brain MRI Tracks Parkinson's Progression** — Researchers at a Parkinson's Foundation Center of Excellence have found that a brain MRI that uses a special protocol that can track changes that occur as Parkinson's disease (PD) progresses. Read more here: [Parkinson's Progression Research](#)

➤ **Swallowing Difficulties** — Many people these days know about the dangers of falling in the elderly. Did you know that swallowing problems are another major threat to the elderly? Aspiration of food, liquid, or bacteria-laden material from the mouth into the lungs causes fatal pneumonia in tens of thousands. Malnutrition resulting from swallowing problems causes weakness and susceptibility to infection that hasten the death of thousands more. Learn more here: [Swallowing Problems](#) and here is a cookbook for you [Dining with Dysphagia](#)

Reminders and Thoughts

- **Young Onset Parkinson's Disease** — Free Web/Teleconference, Thursday, October 12, 2017 at 11:00 am–12:00 pm CT. Join us to hear expert perspectives to help people with young onset Parkinson's disease (PD) with exploring their treatment and management options. This program is designed to help people with PD, family members and care partners. Please share this invitation with anyone in your support network whom you feel will benefit from this information. REGISTER: [YOPD presentation](#) Or, to register by phone, 800-223-2732
- **Tips for Daily Living:** Preparing for Autumn with Parkinson's Disease — The Parkinson's Foundation has tips to share to help avoid falls this autumn. [Prevent falling down](#)
- **Depression and Parkinson's** — Learn more about depression in Parkinson's by joining a one-hour Parkinson's Foundation online seminar. Register: [Depression and Parkinson's](#)
- **New medication for Dyskinesia** — The U.S. Food and Drug Administration (FDA) has approved an extended-release amantadine capsule (GOCOVRI™) for the treatment of dyskinesia in people with PD receiving levodopa-based therapy. Learn what makes this medication different from others on the market and what it means for people with Parkinson's. Learn more here: [GOCOVRI](#)
- **Improve your Speech and Communication** — On October 12 the Sun City Hearing Solutions Group will have a meeting will be entitled "Improve Your Weak Speech & Better Communication with Hearing Loss" by Dr. Natasha Dewald, Doctor of Audiology, and degree in Speech Pathology.
 - 🕒 DATE: October 12, 2017
 - 🕒 TIME: 10 am
 - 📍 PLACE: Sun City Atrium, Activities Center, 1 Texas Drive
 - 👥 Everyone is invited! For questions, you may call: Nelda McQuary, 512 819-0499. mcquary@suddenlink.net
- **FREE Caregivers Class** — This is a 6 class series of "Powerful Tools for Caregivers"! I highly recommend it. It starts on October 10th to November 14, 2017! You must register and it fills up fast ...so call ASAP! For more information: <http://www.caregiverucentx.org>
 - 🕒 DATE and TIME: Tuesdays 10–11:45 am
 - 📍 PLACE: Christ Lutheran Church - Georgetown
 - 👥 REGISTRATION: Registration required 512-864-4025 or email: janiskroddgers@yahoo.com

You Will Learn To:	Who Should Attend? ANYONE:
<ul style="list-style-type: none">• Identify and reduce personal stress• Communicate feelings, needs, and concerns• Communicate more effectively during challenging situations	<ul style="list-style-type: none">• Caring for a loved one• Looking for caregiving resources and needing caregiving guidance• Wanting to master caregiving decisions and learn from emotions
- **Why are seniors always so cold?** As we age, our bodies become sensitive to cold temperatures. This is because of a decrease in the metabolic rate. Our aging bodies are not capable of generating enough heat to help maintain the normal temperature of 98.6 degree. [Getting Cold?](#)

- **Davis Phinney Foundation FREE Manual** — The *Every Victory Counts* manual gives people living with Parkinson's, their care partners and their family members the tools they need to take control of their own Parkinson's treatment through a proactive approach to self-care. Through extensive research and contributions from more than 40 Parkinson's experts, we have expanded and improved the Every Victory Counts manual, while retaining the heart and soul of what you love. This edition is jam-packed with even more up-to-date information about everything Parkinson's. And, it is still free of charge thanks to the generosity of our sponsors. Request your copy of the new *Every Victory Counts* manual by clicking [Request here](#) or calling 1-855-744-6639
- **Caregiver's Conference** — FREE 16th annual "Striking a Balance" Caregiver Conference rescheduled due to Hurricane Harvey and the new date rescheduled is December 2 at the same location: the Doubletree by Hilton Hotel Austin at IH-35 and Highway 290. During this free annual conference, family caregivers discover local resources, learn new skills to meet the needs of their caregiving situation, and connect with other caregivers and local experts on aging. The day also includes a keynote talk by a nationally-renown expert in aging and caregiver concerns, workshops on topics related to caregiving with experts available for questions, along with a complimentary lunch and opportunities to visit with leading senior services non-profit organizations and companies. You must register!

REGISTER:

<https://www.capcog.org/training/class/view/striking-a-balance-2017>

➤ **Funny**

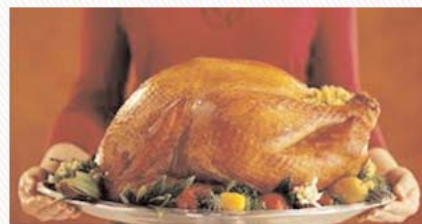


Don't forget...

NEXT MONTH'S MEETING!

NO, Meeting

In November!!!



Happy Thanksgiving!

Capital Area Parkinson's Society

[CAPS website](#)



Capital Area Parkinson's Society
3rd Annual

Fall Bash

Raffle • Silent Auction • Live Music

For more information, contact CAPS at 512-371-3373
or info@capitalareaparkinsons.org

Tickets: \$75
May be purchased at
www.capitalareaparkinsons.org/fallbash
General and Table Sponsorships available

All proceeds benefit the programs and services of the Capital Area Parkinson's Society

SAVE the DATE Thursday, October 26, 2017
6:30–10:00 pm
DoubleTree Hotel—Arboretum
8901 Business Park Drive

The CAPS (Austin Support Group) Meeting will be October 21, 2017 at 2 pm. [Click here for meeting directions](#)

They meet in the 5th Floor Conference Room of the Medical Office Building at St. David's Medical Center. The address is 3000 North IH-35, Austin, 78705.

They have a great fundraising gala coming up this month, hope to see you there!



Christmas Lunch 2017

DATE: Thursday, December 14th
TIME: 12 noon (you are welcome early and help set up!)
PLACE: same place as our meetings
MENU: Turkey & Ham & Drinks will be provided!!!
BRING: YOU bring a dish to share!
ENTERTAINMENT and DOOR PRIZES

This is a FUN time and we hope you join us!!!

Ladies — Want a Spa morning?

Here is your FREE opportunity!



Feed your mind, body and soul with a day of education, encouragement and more at INSPIRED!

DATE:
Saturday, October 21, 2017



TIME:
9:30 a.m. to 12 p.m.

LOCATION:
Seton Breast Care Center at
Seton Medical Center Austin
1201 West 38th Street
Austin, Texas 78705
Inside on the first floor of the West Tower

OFFERINGS INCLUDE:

- Physician presentations
- Spa treatments
- Fitness, yoga and meditation classes
- Sponsor expo
- Goodie bags
- Meet members of the Seton Family of Doctors

Light refreshments will be provided.

 **Seton** |  **ASCENSION**

Offered by Ignite Women's Health

FREE parking with online registration: Seton.net/Ignite
For more information call 512-324-1000, Ext. 11025.