



# Georgetown Area Parkinson's Support Group

Issue 10

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

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## Next Meetings

### Care Partners

#### Support Group Meeting: Thursday, October 11, 2018;

(Always on 2nd Thursday of the month!)

2-3 pm

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

**Facilitator:** Debra Thurber  
[dthurber@autumnleaves.com](mailto:dthurber@autumnleaves.com)

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



### Georgetown Area Parkinson's Support (GAPS) Group Meeting:

Thursday, October 25, 2018

(Always on 4th Thursday of the month!)

2-4 pm

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

**Speaker:** Mick and Mary Koffend with Accountable Aging

<http://www.accountableaging.com>

**Topic:** "Care Management — guidance through the maze of personal and financial options including Medicare/Medicaid/Medigap!"

## Refreshment Sponsor

We also had some great refreshments at this meeting brought to us by our refreshment sponsor ~ **Erin Doherty, DBS Therapy Consultant — Central TX, Boston Scientific Neuromodulation**  
<https://dbsandme.com> Thank you, Erin and Boston Scientific very much

## Summary of Our September Meeting

We had a GREAT meeting with our largest number of attendees at 133 members!

Dr. Elizabeth Peckham spoke to us about the newest medications and treatment options for Parkinson's. She shared about the latest research that is being conducted with stem cells, vaccines and new trial medications. Dr. Peckham is directly involved in conducting research through the Michael J. Fox Foundation and other resources. She encouraged our members to partici-

pate in research studies through their doctor's offices or online with the many different Parkinson's Foundations. In addition, Dr. Peckham strongly supported "exercise, exercise, exercise"! In fact, she showed us her abilities in boxing as an exercise option!



Be sure to check out this video made at our September meeting, so much FUN exercising!

<https://www.youtube.com/watch?v=0BZk6P5-GW0>



## Stretch

### by Kristi Richards

Kristi led us all in stretching and every month is different set of exercising! This mid-meeting stretch is a regular 3-minute event just prior to the speaker and proves to be exhilarating and FUN... We were all laughing! Click on the above link to see the video. It gets us motivated to hear a great presentation! Thank you, Kristi ~ you are **AWESOME!**



## GAPS Advisory Group

Our GAPS Advisory Group has finalized our organizational chart and ready for you to join us! We have "Team Leads" and now, need team members. Please contact Patty Rooney-Lingo at [psrooney@aol.com](mailto:psrooney@aol.com) to volunteer! Please join us!

### Leadership

MaryJane Berry & Patty Rooney-Lingo

### Facilities/Meeting

Clark Young & Dr. Dan Stultz

### Programs

MaryJane Berry

### Communications/Website

Bob Sahn

Socials & Events

Patty Rooney-Lingo

### Classes/Activities and Other

Gaps Support Groups

Patty Rooney-Lingo

## DBS — Georgetown Area Parkinson's DBS Support Group Meeting:

GADS, Georgetown Area DBS Support with the goal to share information regarding Deep Brain Stimulation (DBS) in a relaxed casual discussion format.

**October 17, 2018**

**2p to 3p**

The Delaney at Georgetown Village, in The Residences section, 359 Village Commons Boulevard, Georgetown.

**Contact:** Judy Mayo  
[judymayo@suddenlink.net](mailto:judymayo@suddenlink.net)  
512-943-9084

**Speaker:** Dr. Dhruve Jeevan, Neurosurgeon, Central Texas Brain & Spine.

**Temple DBS Support Group (TADS)** meets at Baylor Scott and White Medical Center in Temple in Jay Phillips Room (Rm 135). TADS supports Bell, Coryell and McLennan Counties. Contact: [GayleinBelton@gmail.com](mailto:GayleinBelton@gmail.com), 254-718-4198 for information on the next meeting.

**"DBS Information and Education"** — Information on the DBS surgical procedure and programming process.

**Date:** November 2, 2018 TIME: 11:30 am to 1 pm PLACE: Hampton Inn & Suites, 160 River Oaks Cove, Georgetown, TX 78626

RSVP's are required due to limited seating.

**Contact:** Damon Dennett at (702) 354-4100.

## A Couple's Choice to Donate Retirement Assets

Judy and Syd Mayo have been supporting "PD Research for years. Now they are maximizing their impact by naming MJFF as a beneficiary of two IRA retirement funds. [Read Their Story](#)

"Scientists are making brilliant inroads into how Parkinson's is treated," Sid says. "And we can all play a part in a cure." To learn more about planned giving at MJFF, visit [plannedgiving.michaeljfox.org](http://plannedgiving.michaeljfox.org).

If you have made estate plans that include The Michael J. Fox Foundation, we would love to know. Please contact Shirley Nagar at [snagar@michaeljfox.org](mailto:snagar@michaeljfox.org).

THANK YOU to Judy Mayo and Sid Aaron for your generous gift for Parkinson's Research!



## Flu Shot Clinic

Liberty Pharmacy <https://www.libertygeorgetown.com/about-us> in Georgetown will be hosting a Flu Shot clinic at our GAPS meeting on October 25 at 1pm! Flu vaccinations are FREE with Medicare or most insurances. The NEW shingles shot (Shingrix) will also be available but the copay will depend on the prescription insurance. Shingrix is a newer shingles vaccine and is a 2-dose series with better protection from shingles compared to the older version (Zostavax). If you already received Zostavax, it is recommended to get Shingrix as long as 8 weeks has passed since receiving Zostavax. Please bring your insurance card. For question/info contact: Dr Kunal Nagarsheth, PharmD, RPh 512-820-0101 or [libertygeorgetown@gmail.com](mailto:libertygeorgetown@gmail.com).



## FREE T-Shirts Made For Us — GAPS!

Yes, our first "100" are FREE GAPS T-shirts with the quote "We Ain't Givin' Up Hope... Nope!" Hope you can join us at our September meeting to pick up a shirt before we run out ... after that there will be a small charge for the T-shirts! The quote is from our own Robert Kamper's song that he wrote the music and lyrics too! It has been submitted for an international Parkinson's Symposium!



## Foundations Updates

- **Michael J Fox Foundation**  
[Michael J Fox Website](#)
- **Parkinson's Foundation**  
[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 Website](#)
- **WOW! — a list of "world-wide" Parkinson's Support Groups!**  
[World Wide Groups](#)

## YOPD — Young Onset Parkinson's Disease Meeting

YOPD Support Group meets regularly, on the last Saturday of each month, at 10 am. The common theme is sharing and supporting each other while enjoying good times together. They have also started a running group. Bob Sahm facilitates this group, which is open to everyone in the Central Texas area with an interest in Young Onset Parkinson's Disease.

[Austin YOPD Meetup Group](#)

**Contact:** Bob Sahm  
512-914-2132 or  
[rsahm99@gmail.com](mailto:rsahm99@gmail.com)

## Let's Support Bob in the New York Marathon!

**Bob Sahm**, Facilitator for our YOPD group is raising donations for the *Michael J. Fox Foundation* by running in the New York City Marathon which takes place on Sunday, November 4th, 2018. 100 percent of your contribution will go to sponsoring research to find a cure for Parkinson's Disease. Please consider making a donation by visiting my personal page <https://fundraise.michaeljfox.org/tcs-nyc-marathon-2018/goBobSahm>. This year, during the 2018 New York Marathon, TeamFox has set an overall goal of \$650,000 of which my individual goal is \$3,600 or about \$140 per mile that I run. If you are



interested in seeing the progress made this year in research that has been funded by MJFF, please visit <https://www.michaeljfox.org/foundation/news.html?tagid=50>. I am particularly interested in research of the Alpha-synuclein (also a-synuclein) protein whose function in the healthy brain is currently unknown. It is of great interest to Parkinson's researchers because it is a major constituent of Lewy bodies, protein clumps that are the pathological hallmark of Parkinson's disease. Thanks for your support. I will keep running, Bob Sahm, [rsahm99@gmail.com](mailto:rsahm99@gmail.com) 512-914-2132.

## Our 2018 Meeting and Speaker Schedule

### Georgetown Area Parkinson's Support Group Meetings 2018

Parkinson's Caregivers Support Group Meeting	Parkinson's Support Group Meeting	SPEAKER And TOPIC for Parkinson's Support Group Meeting	Refreshments for Parkinson's Support Group Meeting
October 11	October 25	<i>Mary &amp; Mitch Koffend</i> <a href="http://www.accountableaging.com/Healthcare Choices">http://www.accountableaging.com/Healthcare Choices</a> – insurance, care management	AbbVie - Duopa Kimberly Rivera 512 -745-2063
November 8	November NO mtg.	"NO" Support Group Meeting	Happy Thanksgiving
December No mtg.	December 13	Christmas Social and LUNCH Merry Christmas 2018	Merry Christmas

## Dancing With Parkinson's

"Dancing with Parkinson's" every Tuesday at 1:30 pm at Georgetown Palace Theater — Education and Performance Center [216 W 8th Street](#)

Research proves that dancing is great exercise and we have learned that music stimu-

lates the brain! **Please** invite your friends and caregivers to join us to share the FUN! Contact: Nancy Bain [nancysternbain@gmail.com](mailto:nancysternbain@gmail.com) 512-940-0148.



## Dance for PD®

Video's for dance and exercise!  
<https://danceforparkinsons.org/>



## Plummer Movement Disorder Foundation

<https://www.bswhealth.com/specialties/neuroscience/Pages/plummer-movement-disorders-center.aspx>

Save the dates!

- **PD 101**, — A seminar on Parkinson's 101 for newly diagnosed Parkinson's patients and of course, for anyone who would like to attend. The FREE seminar will be held at Baylor Scott & White in Temple, 5th floor – Neurology! Contact Samantha Beevers at 254-724-5679 or [Samantha.beevers@bswhealth.org](mailto:Samantha.beevers@bswhealth.org) for more information.
- **Parkinson's Walk, October 13th** — Walkin' to Wellness Raising Awareness for Parkinson's Disease. Be a champion in the fight against Parkinson's disease! Join us for this FREE Fun Walk/5K event. Wheelchair and walker accessible. See you at the start line!  
**Saturday, October 13**  
**Registration:** 8:00 am. or call 254-724-5679  
**Start Time:** 9:00 am — Pepper Creek Trail, 546 N. Kegley Road Temple, TX 76502  
No fee to register.

- **Parkinson's Symposium** — **Saturday, March 30, 2019** save the date!
- **Parkinson's Gala** — **Saturday, April 6, 2019** save the date!
- **Parkinson's Research right here in Georgetown!** — Dave and I have done this and highly encourage for you to sign up...easy and insightful! Dr. Jared Bengé and Samantha Beevers are conducting Parkinson's research involving word finding and cognitive difficulties. They are recruiting non-demented, non-DBS, Parkinson's individuals as well as non-demented, non-Parkinson's individuals. For those that participate, there is a stipend available to compensate you for your time. If you would like to participate, please contact Samantha Beevers, Clinical Research and Parkinson's Outreach Coordinator at 254-724-5679 or [Samantha.Beevers@BSWHealth.org](mailto:Samantha.Beevers@BSWHealth.org).

## Chair Yoga for Parkinson's

**"Movin to Wellness Chair Yoga"** — meets every Wednesday at 9 am in Georgetown at our usual monthly support group meeting location, 2423 Williams Drive.

**Contact:** Ki Browning [Ki@YogaKi.com](mailto:Ki@YogaKi.com) 512-876-0071.

*I Love their T-Shirts!*



**LET'S EXERCISE!  
IT'S JUST AS IMPORTANT  
AS MEDS!**

## Davis Phinney Foundation

**is coming to Central Texas —  
April 13, 2019**

The Davis Phinney Foundation



will host "The Victory Summit®" right here in Austin! This is a FREE educational event with information and tools that people with Parkinson's can use to live well today. This Parkinson's Symposium will have excellent speakers on the latest research and updates for Parkinson's.

**When:** Saturday, April 13, 2019 at 9:30 am–3:30 pm

**Where:** Hyatt Regency Austin, 208 Barton Springs Rd, Austin, TX 78704

*Save the Date!*

## Tai Chi for Neurological Diseases

The Georgetown Neuropathy Support Group has invited us



to join them for their Tai Chi classes. The class is on Thursday mornings 9 am – 10:30 am at our same meeting location, 2423 Williams Dr., Suite 101. The cost is \$8 for walk-ins; \$50 for 12 weeks (recommended). To learn more and register, please visit <https://neuropathyaliancetxt.org/register-tai-chi/>

## Power for Parkinson's

<https://www.powerforparkinsons.org/>

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



POWER for PARKINSON'S  
Fitness for mind & body

**Thursdays** — "Power for Parkinson's Fitness for PD" — meets every Thursday at 1 pm in Round Rock at 2111 Sam Bass Road in the N'Caliente Fitness and Zumba Studio! Also, there are five locations throughout Austin and one in Lakeway to attend FREE classes!

## Singing with Parkinson's

### "Texas Tremble Tones"

Music therapists are academically trained professionals who work to improve the everyday lives of their patients. Find out how music therapy is tailored to people with PD [Parkinsons-Disease-Feel-Rhythm](#). Join us for your health and for FUN to make 'joyful sounds'!

Meet every Monday at 11:00 am to 12 pm in Room E2.103, First Baptist Church, 1333 W University Ave, Georgetown. Please invite your friends to join us for Texas Tremble Tones! Remember that Caregivers are welcome too! In addition to singing we socialize! Join us after choir for lunch once a month!

**Contact:** Ron Franklin #210-392-0098 or [ronlindafranklin@gmail.com](mailto:ronlindafranklin@gmail.com)  
Pama Fontenot #512-963-7133 or [singin-2-high@suddenlink.net](mailto:singin-2-high@suddenlink.net)

## Boxing with Parkinson's



We believe all things are possible. [www.413.Fitness](http://www.413.Fitness)

### More Than a Boxing Gym

4:13 FITNESS has been a pioneer in the Austin/ Round Rock/ Georgetown fitness industry by starting the first non-contact boxing and fitness program built only for seniors and people with Parkinson's! Georgetown class address is [2522 Shell Rd, STE C, Georgetown, 78628](#). (Inside Georgetown Brazilian Jui Jitsu) Contact Us to Try a Free Class — CONTACT Kristi at [fightback@413.fitness](mailto:fightback@413.fitness) 512-695-4649 Kristi is a certified Rock Steady Boxing Coach and NASM certified personal trainer. Join us for classes every Monday, Wednesday and Friday! Great exercise made FUN plus, social monthly!



## Inspirational Video and Quote

The quote from Robert Kamper's song which is the inspiration for our GAPS T-shirt!  
You can hear his song, click on this link!

[Parkinson's Anthem](#)

Words and Music By Robert Kamper  
*We Ain't Givin' Up Hope*



## TIPS for Parkinson's

Voice Choral Singing Therapy (VCST) uses music therapy to help patients:

- increase their respiratory volume
- reduce vocal fatigue
- improve vocal intensity and intelligibility;
- Watch this video —

<https://www.youtube.com/watch?v=gNIdxYjGVV8>

## Painting with Parkinson's

Is art therapy for you? Art therapy improves PD symptoms and it is a great activity for people with PD and caregivers alike. Click



on this link to learn more about PD art therapy: [Learn More](#)  
So, let's do PD Art Therapy!

**Date:** October 23, 2018 (4th Tuesday of the month)

**Time:** 10:30 am till 12 pm... then, lunch therapy!

**Place:** 2534 Shell Rd, Georgetown

**Contact:** Kimberly Keller at (512) 635-7936 or email: [paintwithme.kimberlykeller@gmail.com](mailto:paintwithme.kimberlykeller@gmail.com)

**Website:** [www.paintwithmekeller.com](http://www.paintwithmekeller.com)

## Capital Area Parkinson's Society

CAPS meet on the 3rd Saturday of each month from 2:00 – 4:00 pm, 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.

<http://www.capitalareaparkinsons.org/>

**CAPS Fall Gala & Fundraiser —**

Silent and live auctions, live music and a formal sit-down dinner. On Friday, October 26, 2018 at 6:30–10:00 pm at DoubleTree Hotel – by Hilton Austin, 6505 N. Interstate 35.

**Tickets:** \$75 per person. Call 512-371-3373 for more details or tickets.

# Michael J Fox Foundation Came to Georgetown

The Michael J Fox Foundation, Community Engagement Officer, Lauren Paglisotti presented an update of Fox Research at the 413 Boxing Gym in Georgetown on September 19th. Thank you to Julie Fitzgerald and Kristi Richards for setting up the meeting! Lauren provided us with wonderful updates. She followed up on the questions asked and provided these resources:

3 There is research on Retinal Scan and PD, such as CA biotech Amydis Inc. looking to measure [alpha-synuclein in retinal tissue](#) and from prior studies there is evidence that PD affects vision (more studies linked in this blog).

- ✓ The latest on [Marijuana for PD](#)
- ✓ There is still a lot of diverse research on Stem Cells for PD, including the world's first clinical trial using [iPS cells](#) on Parkinson's disease after early funding from [MJFF grants](#) and this collaborative research with [MJFF and NSCF](#).
- ✓ A blog on [Gene Therapy](#) for PD
- ✓ There are a [couple studies](#) funded by MJFF utilizing the [CRISPR](#) gene to impact PD.

- ✓ A blog on [treating cognitive issues](#) without medication and a detailed overview of [cognitive impairment](#) in PD.

In addition, Lauren encouraged everyone, patients and caregivers, to get involved in PD Research: Get involved at [MICHAELJFOX.ORG](#)

- ✓ [Clinical Research Fair](#) in Houston, TX on December 1, 2018. This free event educates attendees on clinical trial practices, while demystifying participation and making connections with local researchers

## Educational Resources:

- ✓ [Parkinson's 360](#) details different stories about people with PD in these online videos and the books are great for newly diagnosed patients and family members.
- ✓ [The Trial Participant Pack](#) seeks to demystify participation in clinical trials and empower participants to advocate for themselves. This is another great resource for providers to share with the community.
- ✓ [MJFF Blog](#) and Third Thursday [Webinars](#), cover a host of topics and are amazingly informative!

## Research:

- ✓ [Fox Insight](#) is an online, clinical study focused on patient reported data. There are currently over 18,000 participants and counting (myself included) and numerous sub-studies available to participants. Participants with PD can enroll in a genetics sub-study through 23andMe after completing their first Fox Insight survey
- ✓ [Fox Trial Finder](#) is the platform hosted by MJFF, which we like to refer to as the "match.com" of trials and is how you can look for and be paired with PD clinical studies in your area or online
- ✓ These two platforms are integrated, so you can participate in the Fox Insight study, while you wait for a study in the clinic that is a match for you on Fox Trial Finder!
- ✓ **Search more** — [search MJFF funded research here](#)

## Policy:

- ✓ [Action Alerts](#) are a way to get involved in Parkinson's related public policy

# Reminders and Thoughts

- ◆ **FREE electric chair lift** — If you are looking for a chair lift and want one FREE, please call Beverly Hamilton, 512-868-3534. The chair is in great shape with a brown upholstery.
- ◆ **New GAPS Support Group Treasurer** For the past year, Colleen Butcher has served as our GAPS treasurer and did a GREAT job! She has moved to be closer to family and we need a new treasurer! Our member Jane Belanger volunteered and Patty Rooney-Lingo will be back-up treasurer! Thank you to Jane and Patty! On behalf of GAPS and myself, we THANK YOU Colleen so much for being our treasurer! You did a great job and both, you and Gary will be missed! And now, Welcome and Thank you, Jane and Patty! Many people ask; what do we do with the donations? We fund our administrative needs; refreshments at our meetings/walks/socials; donations

to meeting facilities; and assist all our sub-groups with their needs. If anyone would ever wish to review our expenditures, you may! We have the documentation! It is wonderful to have a great treasurer(s) to help us!

- ◆ **Michael J Fox Foundation Parkinson's Podcasts** — These are FREE Audio Podcasts covering over 70 Parkinson's topics! To listen to an audio podcast, mouse over the title and click Play. Open iTunes to download and subscribe to podcasts. <https://itunes.apple.com/us/podcast/the-michael-j-fox-foundation-parkinsons-podcast/id666513729>
- ◆ **Parkinson's Depression** — Many people with Parkinson's disease also experience depression. It is NOT mental illness, it is brain chemistry! Depression may be a result of the emotional challenges that can come from living with [Parkinson's disease](#) and/or

the result of chemical changes in the brain related to the disease itself.

## Depression symptoms are:

- ✓ Feelings of sadness or depression
- ✓ Not enjoying things like you used to
- ✓ Changes in appetite or weight
- ✓ Insomnia or sleeping more than usual
- ✓ Feeling restless
- ✓ Feeling extremely tired
- ✓ Feeling hopeless
- ✓ Feeling worthless
- ✓ Feeling helpless
- ✓ Feeling guilty
- ✓ Having problems thinking, concentrating or making decisions
- ✓ Thinking frequently about death or suicide

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People with depression often exhibit the following signs:

- ✓ Appearing preoccupied
- ✓ Avoiding eye contact
- ✓ Not remembering things or appearing to have trouble with concentrating
- ✓ Pacing, wringing their hands or pulling at their hair
- ✓ Appearing agitated
- ✓ Speaking slowly with long pauses
- ✓ Sighing
- ✓ Moving slowly
- ✓ Being self-deprecating
- ✓ Crying or appearing sad

Please share with your doctor to rule out other possible causes and if determined to be related to Parkinson's, the neurologist will treat using antidepressant medications or may instead refer you to a psychiatrist, a psychotherapist or both for treatment. The important message here is to let your doctor know how you are feeling!

<https://www.healthline.com/health/parkinsons-and-depression> and <https://www.michaeljfox.org/understanding-parkinsons/living-with-pd/topic.php?emotions-depression>

- ◆ **Partners Against Parkinson's** — 60 Minutes correspondent Lesley Stahl uses her investigative skills to help her husband manage his Parkinson's disease. [Read more](#) This is an excellent article and many of us can relate to it!
- ◆ **Biology Matters** — Find out how women experience Parkinson's disease and other neurologic conditions differently than men. [Read more](#) "Women present more with affective disorders [such as depression], cognitive changes, fatigue, and stiffness-not the tremors people recognize [as a hallmark of Parkinson's disease]" Dr. De Leon says. Very interesting article... click on [Read more](#) for the full article.
- ◆ **Wine Test** — Parkinson's disease could have made a simple request at dinner a disaster. At dinner recently, a new friend held his glass across the table for me to refill with wine. To him, pouring that glass of wine was a simple courtesy. For me, a person with [Parkinson's disease](#), pouring red wine into a glass above a white tablecloth was a disaster waiting to happen. [Read more](#)
- ◆ **Parkinson's Disease and Insulin Resistance** — Is there a link between insulin resistance and Parkinson's? In our latest Science News, we highlight the results from a new study that sought to determine how common insulin resistance is in non-diabetic people with PD and what you should know. [Read more](#)
- ◆ **Parkinson's Helpline** — The Parkinson's Foundation believes in empowering the Parkinson's community through education. Learn more by calling our free Helpline at 1-800-4PD-INFO (473-4636). Call for any questions!



- ◆ **Spotlight on Parkinson's Disease** — Brain & Life publishes the latest news and resources on specific neurologic disorders and brain health. The August/September 2018 issue <https://www.brainandlife.org/the-magazine/bl-current-issue/> spotlight's Parkinson's disease, we hope you will value the below stories and more on [BrainandLife.org](http://BrainandLife.org).
  - ✓ [Parkinson's Disease Overview](#)  
Learn about the causes, symptoms, diagnosis, and treatment of Parkinson's disease.
  - ✓ [The Basics-Parkinson's Disease](#)  
Download an overview from *Brain & Life*.
  - ✓ [Parkinson's Disease Content Collection](#)  
Search more articles on Parkinson's disease from past issues.
  - ✓ Book: [Navigating Life with Parkinson's Disease](#)  
Purchase the American Academy of Neurology's guide for individuals living with Parkinson's disease and their families.
  - ✓ Press Release: [Recent Study on Parkinson's Disease](#)  
A recent study in the journal *Neurology*® shows a link between thinning of the retina and loss of certain brain cells in people with Parkinson's disease.
- ◆ **LSVT LOUD Webinar** — Wednesday, October 17th at 2 pm. A discussion on the benefits of vocal exercise and LSVT LOUD®. Learn how individuals with early stage Parkinson disease (PD) or young onset PD may benefit from vocal exercise and the LSVT LOUD intensive protocol to help maintain current levels of functioning, uncover communication challenges, and improve voice and speech while potentially slowing symptom progression. **Register:** <https://register.gotowebinar.com/register/5252822634930340354>
- ◆ **Simple Tricks to Exercise Your Brain** — We exercise our body, now let's exercise our brain! This is a great article, click on link: [brain's fitness](#) on "10" ways to improve brain fitness:
  1. Play games
  2. Meditation
  3. Eat for healthy brain
  4. Tell good stories
  5. Turn off TV
  6. Exercise body
  7. Read
  8. Learn a new skill
  9. Make simple changes
  10. Train your brain
- ◆ **The ABCs of Parkinson's: 'F' Is for 'Fear'** — There is comfort in knowing that I don't face the battles of this disease alone. The unknowns. The what ifs. If I truly believe what I write, then I can step out and do what often seems impossible to do in the darkest valleys: face my fears. What makes that possible is faith. And it is faith that gives us hope. Click here to read more: [The ABCs of Parkinson's: 'F' Is for 'Fear'](#)

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- ◆ **Living Well with Parkinson's** — OK... I watched this and YES... great practical solutions, worth your time! Nancy Hillmer explained how beneficial it is for people with Parkinson's to work with an occupational therapist (OT). In this video, Nancy takes it further and explains practical actions you can take every day to improve your mobility, strength and quality of life while living with Parkinson's. This is a 31-minute video, but Nancy offers such useful, helpful and doable suggestions that it's worth every minute. Click on this link: [What are an OT's simple strategies for living well with Parkinson's?](#)



- ◆ **Research Study** — The Fox Trial Finder Team [support@foxtrialfinder.org](mailto:support@foxtrialfinder.org) has an easy research brain research study that you can sign up to join! The overall goal of this project is to identify, assess and longitudinally monitor subjects who are interested in participating in brain research. Participants will enroll through the website: [www.BrainHealthRegistry.org](http://www.BrainHealthRegistry.org) and provide informed consent prior to any study activities. The website will collect a variety of information, including participants' overall health, memory complaints, family history of dementia and Alzheimer's disease (AD), mood status, sleep, diet, and exercise—all through self-reported online questionnaires. Participants will also be asked to take online cognitive tests, and to return to the website at regular intervals, to complete follow-up questionnaires and neuropsychological assessments. Everyone over the age of 18 is welcome to participate. To join the Brain Health Registry, please visit [www.BrainHealthRegistry.org](http://www.BrainHealthRegistry.org) OK... I have joined, it is not hard, all online! So join with me!
- ◆ **Spanish Parkinson's Information** — The Parkinson's Foundation has Call our free Helpline at 1-800-4PD-INFO (1-800-473-4636) to get your PD questions answered in Spanish or English. Our website has articles written in Spanish including key information about a PD [diagnosis, treatment, living well with Parkinson's](#) and [caregiving](#).
- ◆ **Parkinson's Spectrum** — The needs of each Parkinson's disease (PD) patient varies because there is a [large symptom diversity](#) in the disease population. We may think of this diversity as a Parkinson's disease spectrum: some people display little or no symptoms of a certain type while others describe those same symptoms as severe. Read more here: [A Preliminary Look at the Parkinson's Disease Spectrum](#)
- ◆ **Pain and Parkinson's** — Chronic pain is prevalent in Parkinson's disease patients and its severity considerably impacts their daily life, work, and social relationships, a study aiming to guide physicians in better managing this symptom reports. It also links chronic pain to such psychological ills as depression, low self-esteem, frustration and sleep deprivation. Read more here: [Chronic Pain Common in Parkinson's Patients and Weighs Heavily on Quality of Life, Study Reports](#)

- ◆ **Are medications not adequately controlling your Parkinson's or essential tremor symptoms?** — Deep brain stimulation (DBS) therapy has been proven over the past 15 years to be an effective treatment option for symptoms of Parkinson's disease and essential tremor. The latest advancements to DBS offer innovations in the way the therapy is delivered and how it is controlled. Attend this free informational seminar to learn more about DBS therapy, including the benefits and risks of this therapy. Call Beth Erwin at 210-639-3909 or email [Beth.Erwin@abbott.com](mailto:Beth.Erwin@abbott.com) to reserve your spot. The presentation is presented by: Georgeta Varga, M.D. **When:** October 24, 2018 at 6:30-8:30 p.m. **Where:** Hotel Granduca in Sala Como Room, 320 S. Capital of Texas Highway, Austin
- ◆ **October 28th Saturday, Ironman 70.3 in Waco, Texas** — **Let's Support the Georgetown Triathletes** because... **"they support us"**! Georgetown Area Parkinson's Support Group members and anyone touched by Parkinson's ... **Family and Friends** — **We Need You** for the Waco 70.3 Ironman Race! We need Volunteers for this Charity Fundraiser! OK... you do not need to run/bike/swim but...let's HELP those that do! Volunteering at Waco Ironman 70.3 also supports our Georgetown "Movin To Wellness" Programs (GAPS Yoga, Dancing, Singing) <https://www.georgetowntriathletes.com/movin-to-wellness> <http://www.ironman.com/triathlon/events/americas/ironman-70.3/waco/course.aspx#axzz5Q9lNF4fQ> **Contact:** Amanda Shannon [Amanda.Shannon@dell.com](mailto:Amanda.Shannon@dell.com)
- ◆ **Special Request!** — There has been a request by several members to connect with others in our group that have either MSA, PSP, Lewy Body and Young Onset. Yes, we have members that have been diagnosed with this and they would just like to "talk" with someone else who also has this specific diagnosis! If you are willing to share, please contact me (Mary Jane) at 512-240-4167 or [dberry3@suddenlink.net](mailto:dberry3@suddenlink.net) This will be kept confidential and if you want to connect with a member ~ I will facilitate the connection!
- ◆ **Long-Distance Caregiving: Tips for Success** — Experienced caregivers recommend that you learn as much as you can about your family member or friend's illness, medicines, and resources that might be available. Information can help you understand what is going on, anticipate the course of an illness, prevent crises, and assist in healthcare management. It can also make talking with the doctor easier. Make sure at least one family member has written permission to receive medical and financial information. To the extent possible, one family member should handle conversations with all healthcare providers. Try putting all the vital information in one place—perhaps in a notebook or in a shared, secure online document. This includes all the important information about medical care, social services, contact numbers, financial issues, and so on. Make copies for other caregivers, and keep the information up to date. Read more here: <https://caregiver.com/articles/long-distance-caregiving-tips/>

*(Continued on page 9)*



## Reminders and Thoughts (Continued from page 8)

- ◆ **High Cholesterol Levels May Protect Against Parkinson's Disease, Study Suggests** — High levels of blood cholesterol may decrease the risk of men developing [Parkinson's disease](#), according to a large-scale clinical study. The study, "[Higher serum cholesterol and decreased Parkinson's disease risk: A statin free cohort study](#)," was published in the journal *Movement Disorders*. Read more here: [high-cholesterol-may-reduce-parkinsons-risk-study](#)
- ◆ **Is there a special diet that can help with my Parkinson's?** [Read the answer now.](#)
- ◆ **Dental Health for Parkinson's** — Parkinson's symptoms can complicate dental care. PD experts discuss what you should know about oral health and how it relates to the number one cause of death for people with PD: aspiration pneumonia. Don't miss their 11 tips. [Learn More](#)
- ◆ **What's Hot in Parkinson's Meds** — New Therapies in Trial for Parkinson's Disease? The What's Hot in PD? column, written by Dr. Michael S. Okun, Parkinson's Foundation national medical director, discusses the exciting PD therapies currently being tested — from pills to injections and trials <http://parkinson.org/blog/whats-hot/2018-New-Therapies-in-Trial-for-Parkinsons-Disease>

- ◆ **Webinar, More Symptom Control: Treating Parkinson's "Off" Episodes** — In this webinar, our expert panelists will discuss what causes "off" episodes (when symptoms aren't well controlled), how to manage and treat these fluctuations, and the therapies in development to smooth out these cycles. **Date:** Thursday, October 18, 2018 **Time:** 11a **Register:** [Treating Parkinson's Off Episodes](#)

- ◆ **Fact: Life is more difficult with Parkinson's!** — So, "Blame it on the Parkinson's" like Mitch Faile, who was diagnosed with Parkinson's Disease at an early age. But, that didn't stop him from the pursuit of his dreams and helping to bring worldwide awareness to this life changing affliction. Click on this link: [Mitch Faile — Blame it on the Parkinson's](#) (Official Music Video) — YouTube



## Quick Summary For Meetings and Classes

- Monday** – "Sing with Parkinson's" every Monday at 11 am  
**Location:** 1st Baptist Church,  
[1333 W University Ave, Georgetown](#)
- Tuesday** – "Dancing with Parkinson's" every Tuesday at 1:30 pm  
at Georgetown's Palace Theater Education and  
Performance Center [216 W. 8th Street](#).
- Wednesday** – "Chair Yoga with Parkinson's" every Wednesday at 9 am  
**Location:** [2423 Williams Drive, Georgetown](#)
- Wednesday** – DBS Support Group Meeting on 3rd Wednesday at 2pm  
**Location:** The Delaney at Georgetown Village,  
in The Residences section 359 Village Commons Blvd.  
Georgetown. (<https://thedelaneyseiorliving.com>),

- Thursday** – Caregiver's on 2nd Thursday at 2 pm  
**Location:** [2423 Williams Drive, Georgetown](#)
- Thursday** – Parkinson's Support Group Meeting on 4th Thursday  
at 2 pm **Location:** [2423 Williams Drive, Georgetown](#)
- Thursday** – "Power for Parkinson's Round Rock Fitness" every  
Thursday at 1:30 pm at [2111 Sam Bass Road](#),  
Round Rock
- Monday/Wednesday/**  
**Friday** – Boxing classes start at 9:30 am  
**Location:** [2522 Shell Rd](#), Suite C, Georgetown, TX 78628  
(Inside Georgetown Brazilian Jui Jitsu)



### **Don't Forget:** **Our Next Support Group Meeting** **Thursday, October 25, 2018**

**Our meeting begins promptly at 2 pm**

**Speaker: Mick and Mary Koffend, Founders of Accountable Aging**

**Topic: "Care Management** — guidance through the maze of personal and financial options including Medicare/Medicaid/ Medigap"! Reduce anxiety and confusion by learning about Eldercare, Health Care Options, Medicare & Insurance issues, Estate Planning and Social Security Options!