



Georgetown Area Parkinson's Support Group

Issue 11

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

November 2016

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Monthly Meeting Highlights



Dr. Michael Soileau

Disorder Specialist and the Director for the Plummer Movement Disorder Foundation.

We had a GREAT meeting in October with Dr. Michael Soileau as our presenter. Dr. Soileau is board certified in Neurology and Psychiatry, a Movement

He gave a brief introduction on the Plummer Movement Disorder Foundation and talked about the recent symposium. He then, went right into taking questions! All questions were fair game and he answered with easy to understand responses. He talked about medications, recent research, exercise, DBS and the 'cousins' of Parkinson's and motor and non-motor effects of Parkinson's. His presentation was well received and we had a little over 100 attendees.

We had brief presentations from three pharmaceutical representatives: Christine sharing about Northera, Kimberly sharing about Duopa and Damon talking about DBS — Deep Brain Stimulation!

We enjoyed very good refreshments of meat wraps, cookies and tea! The refreshments were sponsored by Lundbeck, pharmaceutical company makers of Northera medication used for dizziness. Thank you to both Dr Soileau and Christine from Lundbeck!

Next Meetings

Georgetown Area Parkinson's Caregivers Support Group Meeting
Thursday, November 10, 2016;
2-3 pm

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

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

Georgetown Area Parkinson's Support Group Meeting
No Meeting in November
Happy Thanksgiving!



EXERCISE: Movin' to Wellness Classes & Power for Parkinson's Classes:

Check our calendar on our website: <http://georgetownxparkinson.weebly.com/calendar.html>

Check our calendar on Power for Parkinson's website: <http://www.powerforparkinsons.org/>

Transportation To/From Meetings and Classes

I need someone to help us coordinate for transportation! If you would like to be that person ... please call Mary Jane at 512-240-4167! We do have volunteers to drive us!! So, let us know if you need transportation!


GEORGETOWN TRIATHLETES

Come join us for Zumbathon!!!

zumbathon 
MAKE EVERY MOVE COUNT
CHARITY EVENT

Benefiting
Georgetown "Movin' to Wellness" Program
for people living with Parkinson's

FUNDRAISER to help fund our "Movin' to Wellness Exercise Classes. Zumba combines Latin and International music with a fun and effective workout system...dancing exercise for fun and money!
Please join us and tell your friends and family!

LOCATION: Fiesta Fitness, 505 W. University Ave., Ste. 105-E Georgetown

DATE: 11/6/2016 **TIME:** 4:30pm-6:00pm, arrive early for sign in

COSTS: \$15.00 for non-members.

BRING: Water, towel, comfortable clothing/shoes and be ready to shake it!

CONTACT: Maia Rangel georgetowntriathletesmarketing@gmail.com

Fun Door Prizes, too!

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](#)

Capital Area Parkinson's Society (CAPS):

[CAPS website](#)

The CAPS (Austin Support Group) Meeting is Saturday, November 19th at 2pm for a special presentation by Dr. Thomas Hill and Rhonda Winegar. They will be discussing sleep disorders and Parkinson's disease, and the impact each can have on the other. [click here for meeting directions](#) 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.

EXERCISE: Movin' to Wellness Classes & Power for Parkinson's Classes (continued)

"EXERCISE IS MEDICATION WITH UNLIMITED REFILLS!"



Nancy received her Master's degree in Dance Education from New York University. She has taught dance for over 35 years. Not only has she performed with several modern dance companies in New York, but directed her own professional company for 13 years before moving to Austin.

UPDATE from Nancy Bain, our dancing instructor ~ I attended the World Parkinson Congress in Portland, Oregon where I participated in advance training for the Dance for PD programs. The big take-away??

- ✓ The most effective treatment for Parkinson's, besides medication, is **exercise!**
- ✓ And the *most effective forms of exercise* are those with a *challenging cognitive component such as:* Dancing for Parkinson's, chair yoga and boxing
- ✓ Participation in these types of classes **at least 3 times a week, or more!!**

Georgetown is so fortunate to have FREE classes with expert certified trainers; we encourage you to participate in this wonderful opportunity!

"EXERCISE IS MEDICATION WITH UNLIMITED REFILLS!"

Dancing for Parkinson's

every Tuesday at 1:30pm in Georgetown
at Georgetown Palace Theatre, Education Building



Exercise on YOU TUBE or TV

Sit-n-Fit

Join Peggy Reddick as she leads you on simple but effective chair exercises you can do from the comfort of your home. Prerecorded. **Channel 18 or 118 on Suddenlink**

10 a.m.

Sit-n-Fit

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Chair Yoga



every Wednesday at 9a in Georgetown at our usual monthly support group meeting location, 2423 Williams Drive,



Wellness Consultant, Seminar Leader, Executive Success Coach, Fitness Over Fifty Specialist, Registered Yoga Teacher, Certified Strength Trainer, Nutrition Educator, Meditation Instructor and Board Certified Hypnotherapist



Quote of the Month

"Exercise is Medication with Unlimited Refills!"



Getting to Know Duopa

Kimberly Rivera with Abbvie will sponsor a presentation by Kathy Gillaspay, RN, BSN and a Parkinson's Patient Speaker on "Getting to Know Duopa"! Abbvie will provide light snacks and beverages.

Date: December 7, 2016

Time: 2pm to 3pm

Location: Program is in Austin. Belmont Village West Lake Hills, 4310 Bee Cve Rd, West Lake Hills, TX 78746.

Duopa is a carbidopa/levodopa enteral suspension. Duopa is a prescription medicine used for treatment of motor fluctuations in advanced Parkinson's Disease. Duopa is not a pill. It's a gel form, called a suspension, of carbidopa and levodopa. Duopa is delivered continuously by pump into your intestines for up to 16 hours per day.



ROCK STEADY BOXING AUSTIN

FIGHTING BACK AGAINST PARKINSON'S

RSB Georgetown – Level 1 at 11 am and Level 2 at 1pm
2534 Shell Rd, Georgetown, TX 78628, USA



Kristi Richards, Founder and Coach, Rock Steady Boxing Austin
Kristi has been a group exercise instructor for five years; including teaching aqua fitness, senior fitness, Aqua Zumba, boot camps, MMA Fitness Classes and specialized fitness classes for Parkinson's. Kristi is a certified Rock Steady Boxing Coach and NASM certified personal trainer.
Join this 4'10 and ¾ inch ball of energy!



If you cannot make it to any of the classes, please know you can watch YouTube video's. <https://www.youtube.com/> Just click on the link and in the search bar, you can search for Power for Parkinson's or Parkinson Exercise and many to choose!



POWER FOR PARKINSON'S MOVE & SHOUT CLASS, Full Length Class

Power for Parkinsons
9 months ago • 19,226 views
Power for Parkinson's offers 10 FREE weekly exercise and dance classes in Austin, TX for people with Parkinson's and their care ...



Balls & Balance, Home Power for Parkinson's class


Power for Parkinsons
7 months ago • 4,116 views
Work on balance & coordination with this fitness class geared for the person with Parkinson's.


Reminders and Thoughts

- **Our Christmas Party is on Thursday, December 8 at 12 noon** — We will have a “pot-luck lunch.” The support group will provide the meat, drinks, and plates/cups/utensils. We would like members to bring “pot-luck” ...it could be a casserole, or salad, or vegetable or dessert...whatever you wish to share! You choose and we will all enjoy pot-luck lunch! If you can come around 11:30 am to help set up...it will be greatly appreciated!
- **Georgetown Triathletes** — We are blessed to have the support of the Georgetown Triathletes which is a group, dedicated to the educational pursuit of triathlon, health, general physical fitness, and the representation

of the sport of triathlon within the community. This group supports our “Movin to Wellness” classes as part of their pursuit of general physical fitness. They make yearly donations that go to pay for our instructors. Please check out their website and their recent newsletter <http://www.georgetowntriathletes.com/> On November 16 this club will host a Zumbathon — supporting the “Movin to Wellness Program.” Let’s support them! More info coming! They will share a portion of the fundraising with us at their Club Championship Awards with a presentation of check to “Movin to Wellness Program” at Grape Creek Winery in January 2017. Thank you, Thank you to the Georgetown Triathletes!

- **Research in Parkinson’s Disease** — The Science Daily website is another source for the latest research news: https://www.sciencedaily.com/news/health_medicine/parkinson's_disease/
- **Video of the Month** — Emotional Wellbeing WITH Parkinson’s watch this video!
https://www.youtube.com/watch?v=2gHNFj_ftc



HEADS UP! ~ There will be **"NO"** Parkinson's Support Group meeting in November BECAUSE it will be Thanksgiving 

but we will still have a Caregiver's Support Group meeting on:
November 10, 2016

We will meet in December for our Christmas Social on:
Thursday, December 8th at 12n



➤



Christmas Lunch 2016
DATE: Thursday, December 8th
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!!!

Blessings

See you in December!