



Georgetown Area Parkinson's Support Group

Issue 1

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

January 2018

Mary Jane Berry

dberry3@suddenlink.net

512-240-4167 (h)

512-658-3658 (c)

Next Meetings

**Caregivers/Care Partner
Support Group Meeting:
Thursday, January 11, 2018;
(Always on the 2nd Thursday of the month!)
2-3 pm**

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, January 25, 2018
(Always on 4th Thursday of the month!)
2-4 pm**

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

Speaker: Dr. Salima Brillman, MD –
Movement Disorder Specialist at the
Parkinson's Institute & Clinical Center in
Sunnyvale, CA and nOH
Patient/Caregiver Ambassadors

Topic: "Doctor, I'm Dizzy, Is It My
Parkinson's? Understanding Neurogenic
Orthostatic Hypotension (nOH)"

**Refreshments Sponsor
for the January Meeting
Christine Reed,
Lundbeck — Northera**

Our December Meeting was Our Christmas Luncheon

Thank you...thank you everyone for helping and attending our Christmas lunch on December 14...it was a GREAT time. We had a wonderful pot-luck meal and we have great cooks in our group!

A big THANK YOU to our new "Co-Facilitator" — Patty Rooney Lingo for all the help and coordination that she did for our party and will do to help make our support group even better! Welcome, Patty!

Thank you to Nancy Bain and our Georgetown Dance Troupe! The dances were inspiring – Well done, my friends! Thank you to Ki for leading us in chair yoga – stretches helped us after a great meal. And, thank you to Ron for leading us in singing – our newest group "Sing with Parkinson's Group!" A BIG thank you to all the elves that helped to get the food ready and cleaned up. What a blessing you all are
Thank you all!



The pictures and videos from our Christmas Luncheon is on our website!

<http://georgetownxparkinson.weebly.com/2017-christmas-party.html>

Check out the videos of Dance Troupe on You-Tube:

<https://www.youtube.com/watch?v=21rYmd0UjLs> — Modern Dance

https://www.youtube.com/watch?v=SRaA0Slv_hg — Square Dance

DBS Support Group in Georgetown – GADS

We have a DBS Support group right here in Georgetown – GADS! The Georgetown Area DBS Support – with the goal to share information regarding Deep Brain Stimulation (DBS) in a relaxed casual discussion format. This group is also for those seeking information and/or considering DBS! The first meeting will be

an organizational and get acquainted meeting! Please join and help us to make this another GREAT support group for those with Parkinson's!

Meeting: Georgetown Area Parkinson's
DBS Support Group Meeting

Date: January 17, 2018
(3rd Wednesday of the month!)

Time: 2 pm to 3 pm

Place: 104 Wild Turkey Lane,
Georgetown, TX 78633

RSVP: Please RSVP to: Judy Mayo at
judymayo@suddenlink.net or
512-943-9084

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
January 11	January 25	<i>Dr. Salima Brillman I'm Dizzy, Is It My Parkinson's?</i>	Lundbeck – Northera Christine Reed 972 -896-0548
February 8	February 22	<i>Dr. Sarah King Invigorate PT & Wellness</i>	Care Therapies of Georgetown Julie Creswell 512-256-7627
March 8	March 22	<i>Dr. Britt Stone Let's Talk Parkinson's</i>	Abbott - DBS Beth Erwin 210 -639-3909
April 12	April 26	<i>Social and Health Fair Ice Cream and Cookies ~ YEAH!</i>	<i>Members bring COOKIES!</i>
May 10	May 24	<i>Dr. Michael Soileau FAQ's on Parkinson's</i>	Medtronic Damon & Donny 702 -354-4100
June 14	June 28	<i>Annette Juba, LCSW, Deputy Director Dynamics of Caregiving</i>	US World Meds - Apokyn Clint Graves 806 -672-2033
July 12	July 26	<i>? waiting confirmation? Driving while Aging</i>	?
August 9	August 23	<i>Dr. Christy Khoury-Dennis, Pharmacist Medication Management</i>	?
September 13	September 27	<i>? waiting confirmation? Financial & Legal Considerations for PD</i>	?
October 11	October 25	<i>? Dr. Elizabeth Peckham? To be confirmed</i>	?
November 8	November NO mtg.	“NO” Support Group Meeting	<i>Happy Thanksgiving</i>
December No mtg.	December 13	<i>Christmas Social and LUNCH Merry Christmas 2018</i>	<i>Merry Christmas</i>

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

Palace Theater Rehearsal, Georgetown

Wednesday – “Chair Yoga with Parkinson's” every Wednesday at 9am

Location: [2423 Williams Drive, Georgetown](#)

Wednesday – DBS Support Group Meeting on 3rd Wednesday at 2pm

Location: [104 Wild Turkey Lane, Georgetown](#)

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](#)

Monday/Wednesday/Friday – Boxing classes start at 9:30 am

Location: [2534 Shell Rd, Georgetown](#), 512-695-4649

Boxing with Parkinson's

Rock Steady Boxing/413 Fitness

Rock Steady Boxing is now, 413 FITNESS. Kristi Richard shared that nothing is changing for Parkinson's Boxing classes except the logo. Parkinson's Boxing classes is the reason we are here, and is at the center of every decision we make. Kristi continued to share that they have branched out into specialized senior fitness classes, called 413 Contender classes. The Parkinson's Boxing classes – will continue to be only for people diagnosed with Parkinson's and their designated Cornerman. The schedule for Georgetown Parkinson's Boxing classes is:

Boxing classes 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 Monthly Socials too.
For info CONTACT: Kristi 512-695-4649.



The new 413 Contender classes will be non-Parkinson's boxing / fitness classes for those 55 and up. Classes will start the second week of January and will be taught at the North Austin Gym at 12:00 pm - 1:00 pm on Monday, Wednesday, and Friday. It may expand to Georgetown, more information coming! Every person you recommend that joins the program, will receive a \$50 credit towards membership. Additionally, the person you referred will get two weeks of classes for free!

Fighter of the Month for November

Sid Aaron

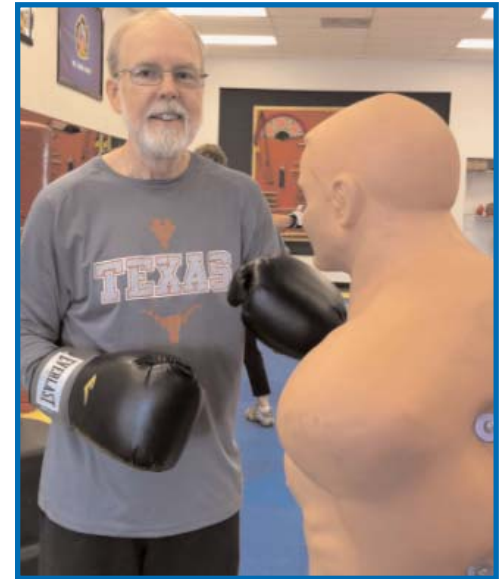
The November Fighter of the Month at Georgetown is Sid Aaron. Sid was born in Ruston, Louisiana, and earned his PhD in biochemistry from Louisiana State University. As a toxicologist, he taught at the University of Leiden in the Netherlands. Sid was diagnosed in 2009; he is a patient of Dr. Michael Soileau. On November 13, Sid had his DBS surgery, less than an hour after returning to his recovery room he called Coach Kristi to let her know he was doing fine. He recently took his driver's test and saw a huge improvement. He credits boxing for raising his score which allowed him to keep driving "Sid Vicious." He and his wife, Judy, have traveled across the country in their RV and are very active in the Sun City community where they live. Sid's cornerman is Judy. His favorite thing in class is the speed bag, and his least favorite is the washers.



Exercise Classes

Check these calendars for GREAT and FREE exercise classes:

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



Fighter of the Month for December

Ron Cooley

Ron Cooley, December Fighter of the Month for Georgetown, was diagnosed in October 2013. Ron was an electronics technician at the University of Texas in Austin. You might be surprised that with roots in South Bend, Indiana, you will rarely find Ron wearing anything but burnt orange at the gym, including his shoes! Ron's doctor is Dr. Elizabeth Peckham, and his cornerman is his wife, and our fabulous Georgetown social coordinator, Therese Cooley. His favorite exercise activity is focus mitts, and his least favorite is the wave bag. Ron is an avid outdoorsman, and enjoys motorcycling, hiking and traveling. He loves spending time with his family and watching Longhorn football.

Chair Yoga with Parkinson's

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 has started a LUNCH GROUP too!

Our Next Support Group Meeting

Don't Forget...

Date: Thursday, January 25, 2018

Time: Our meeting begins promptly at 2:00 pm

Speaker: Dr. Salima Brillman, Movement Disorder Specialist at the Parkinson's Institute & Clinical Center in Sunnyvale, CA

Topic: "I'm Dizzy, Is It My Parkinson's?" Understanding Neurogenic Orthostatic Hypotension (nOH)"

Singing with Parkinson's



We are so excited to announce this new opportunity, our new group "Sing with

Parkinson's Group!"

Dates: meet every Monday

Start Date: January 8, 2018

Times: 11:00 am to 12 noon

Location: Room E2.103, First Baptist Church, 1333 W University Ave, Georgetown

Music/Singing Facilitator:

Ron Franklin, #210-392-0098 or

ronlindafrank-lin@gmail.com

Call or email for questions!

Why Singing? Singing uses the same muscles as swallowing and breathing control, two functions affected by Parkinson's disease.

<https://medicalxpress.com/news/2017-08-good-medicine-parkinson-patients.html>

So join us for a health benefits, for FUN and to make 'joyful sounds!'

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](#)

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 are at Georgetown Palace Theatre Education Building... please join us every Tuesday at 1:30 pm for FUN and 'Movin' FELLOWSHIP!

Tai Chi for Neurological Diseases

The Georgetown Neuropathy Support Group



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

Capital Area Parkinson's Society

[CAPS website](#)

The CAPS (Austin Support Group) Meeting will be January 20, 2018 at 2 pm. They meet in the 5th Floor Conference Room of the Medical Office Building at St. David's Medical Center, at 3000 North IH-35, Austin, 78705.

Reminders and Thoughts

- **Choices to fight Depression and Anxiety** – Kathleen Kennedy has listed on how she fights the demons of Parkinson Disease. <https://www.davisphinneyfoundation.org/blog/vanquishing-depression-and-anxiety/>
- **Caregivers Tips** – Caring and Coping Guide was written for caregivers at every stage of Parkinson's disease (PD). The workbook contains tips and tools to help you with the caregiving journey. You can look at it online however, it is 180 pages ...so, you will NOT want to print it. Here is the link: <https://secure3.convio.net/prkorg/PDF/Caring-and-Coping.pdf> YOU can request a copy of the guide at Call 1-800-4PD-INFO (473-4636) or email helpline@parkinson.org.
- **Best Caregiver Resources** – The Parkinson's Foundation mission is to make life better for all people affected by Parkinson's disease (PD) – not just those with the diagnosis – is by providing free materials and programs to everyone in the Parkinson's community. Click here for great resources for the caregiver <http://www.parkinson.org/Living-with-Parkinsons/For-Caregivers/Self-Care-Tips-for-Caregivers/Best-Caregiver-Resources>
- **U.S. Blogger Heather Kennedy** – Heather shares about Parkinson's through Vimeo videos...very open how it impacts her and maybe, you can relate to this? <http://www.livshygiene.no/?p=295> And actually, there are 420 videos on Parkinson's Disease listed on Vimeo ...check this out: <https://vimeo.com/tag:Parkinson%27s+Disease>
- **Traveling with a neurologic condition** is not impossible – With advance planning, lots of patience, and these 10 strategies, your next trip can be fun and invigorating. http://journals.lww.com/neurologynow/Fulltext/2017/13020/Hit_the_Road_Traveling_with_a_neurologic.14.aspx
- **Caregiving Newsletter** – “Caring Right at Home” is a newsletter for information, advice and support for adult caregiving. It is FREE and you can get your own subscription, [click here](#). To learn more about it, here is the website: <http://www.caringnews.com/>
- **Free Caregiver Seminar on Dementia Communication on Thursday, January 11th** – Margaret DeVinney from Halcyon Home will present the seminar from 6:00 p.m. to 8:00 p.m. on January 11, 2018 at [The AGE Building](#), located at 3710 Cedar Street in Austin. The caregiver seminar is free, but advance registration is required. Register online at: <http://www.TinyURL.com/AGEjanuary2018> or call Becky McGinnis at 512-600-9275.
- **Financial Safety for you** – Here are some resources for financial safety:
 - ✓ Order and review your [free annual credit reports](#).
 - ✓ See expert tips on creating [unique updates for your passwords](#).
 - ✓ Get extra protection for your credit by [restricting access to your credit file](#) with the credit bureaus.
 - ✓ Learn to recognize the signs of [elder financial abuse](#) for yourself or loved ones.
 - ✓ Learn more about identity theft and other ways to protect yourself at IdentityTheft.gov or the [Consumer Financial Protection Bureau](#).
- **Pain? Take Control of YOUR PAIN** – Make a resolution for your health this New Year with a Chronic Pain Self-Management Workshop. The Chronic Pain Self-Management Education workshop, developed at Stanford, is offered to adults 60 years of age or older experiencing chronic pain. Tuesdays January 16 – February 20 1-3:30 p.m. Seton Medical Center Williamson 201 Seton Pkwy. Learning Center 3 Round Rock, TX 78665 REGISTRATION IS REQUIRED There is NO COST to participate Class size is limited. Register: <https://www.capcog.org/training/class/view/chronicpain-self-management-workshop> OR CONTACT Kate Gibbons at kgibbons@capcog.org, 512-916-618
- **Webinar** – Presented by The Parkinson's Foundation: Freezing or Sweating Falls When Walking with Parkinson's Disease. This is a FREE Webinar that will be on Tuesday, January 16, 2018 at 12 noon CST. Register: <http://event.netbriefings.com/event/pdeb/Live/falls2/register.html>
- **Jesse Jackson has Parkinson's** – “For me, a Parkinson's diagnosis is not a stop sign but rather a signal that I must make lifestyle changes and dedicate myself to physical therapy in hopes of slowing the disease's progression.” [Jesse Jackson](#)
- **Scientists find a role for Parkinson's gene in the brain** – We can never give up because research continues! [Parkinson's Gene](#)
- **Lewy Body Dementia** – The second most common form of degenerative dementia and affect 1.4 million people in the U.S. alone. It is often misdiagnosed as Alzheimer's or Parkinson's. Access to educational and caregiving resources are limited to many individuals impacted by LBD. To learn more, click here: <https://www.lbda.org/>

Reminders and Thoughts (continued)

- **Latest Research** – Clinical trials of a Parkinson's treatment targeting LRRK2 announced good [news](#). This early study has reported positive results, showing that the experimental treatment is safe and exerts the desired effect in body cells, setting the stage for future trials. Clinical testing will continue in patients who carry the LRRK2 mutation. The company's CEO has been forthcoming with his acknowledgment of our Foundation's partnership in helping bring LRRK2 to this point. LRRK2 is one of the most promising targets in Parkinson's disease, with potential to slow or stop progression of the disease (something no current treatment can do). For more information: <https://www.michaeljfox.org/understanding-parkinsons/living-with-pd/topic.php?lrrk2>
- The Victory Summit in Lubbock TX. February 24, 2018 at 9:30 am to 3:30 pm – The Victory Summit is FREE – Register at www.davisphinneyfoundation.org You are invited to join the Lone Star Parkinson's Society. They are looking to charter a bus to Lubbock for this awesome event! Cost is a \$30 minimum donation per person to ride the Charter bus. You will also be responsible for the cost of the Hotel Room and meals other than the free lunch provided at the Victory Summit. Hotel Reservations can be made by calling the Overton Hotel & Conference Center at (806) 776-7000 and ask for The Victory Summit room block. It is a discounted rate of \$129.00 per night! That discount is available until February 7, 2018. The charter bus will leave New Braunfels Texas on Friday, February 23 no later than 12:00 PM that day. We will head home from the Summit after it is over on Saturday, February 24th, making a stop for dinner on the way home. We will arrive home around 1:00 am on Sunday, February 25. Please RSVP to either Tommy Dubuque @ tommydubuque@yahoo.com or Darryn Wright at dwtatt@gmail.com by February 7, 2018!
- **FREE gift** – Yes, you can get a FREE PopSocket for your cell phone! What is a PopSocket? A PopSocket is an accessory for your cell phone that helps to give your cell phone a secure grip, built in stand, and easy mounting options. PopSockets stick to the back of your phone, case, or tablet to help you securely hold your cell phone. PopSockets' patented design enables you to 'pop' your PopSocket whenever you need a grip or stand. You can then collapse your PopSocket for slim, sleek, convenient transport, transforming your mobile device into a fashionable, fun experience. Click here for information for this FREE gift from "Dance with Parkinson's" <https://madmimi.com/p/37df2b>
- **Webinar – Understanding Dyskinesia** – Thursday, January 25, 2018 at 11 am webinar/teleconference presented by the American Parkinson's Disease Foundation. Join in to hear expert perspectives to help people with Parkinson's disease (PD) understand dyskinesia and explore management options. This program is designed to help people with PD, family members and care partners. Register: <http://www.aaic.net/APDAJan25> or call (800) 223-2732
- **Dance for Parkinson's – DANCE + PD**
Yes, you can dance/exercise at home by watching these online streamed Dance for PD® classes from the Mark Morris Dance Center in Brooklyn, NY. No registration required-just click below <http://capture.nbs-enb.ca/27/Watch/1503.aspx> and <http://capture.nbs-enb.ca/27/Watch/1523.aspx>
- **Exercise Research** – Exercise stops the progression of a protein in the brain that is produced in Parkinson's patients! Read more here: [Exercise Research](#)
- **Overcoming Parkinson's Anxiety** – The duo = Exercise + Meditation! Dr. Sarah King will walk you through why exercise and meditation (which is probably not what you're thinking it is) is so powerful. Click on this link: [Overcome Anxiety](#)

