



Georgetown Area Parkinson's Support Group

Issue 2

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

February 2019

Mary Jane Berry

dberry3@suddenlink.net

512-240-4167 (h)

512-658-3658 (c)

Care Partners

Support Group Meeting:
Thursday, February 14, 2019;
(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

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



Georgetown Area Parkinson's Support (GAPS) Group Meeting:
February 28, 2019

(Always on 4th Thursday of the month!)
2-4 pm

(Meeting starts promptly at 2pm — come earlier for refreshments)

2423 Williams Drive, Georgetown, Texas — Georgetown Health Foundation Meeting Room.

Facilitator: Mary Jane Berry and Patty Rooney-Lingo
512-240-4167

Speaker: Holly McIlheran, Dietitian; Karin Christy, Dental Hygienist; Celest Saldutte, Speech Language Pathologist

Topic: Panel Discussion on "Parkinson's Nutrition, Swallowing and Dental Issues"

Refreshment Sponsor: Amber Lively Whetston with Baylor Scott & White Rehab

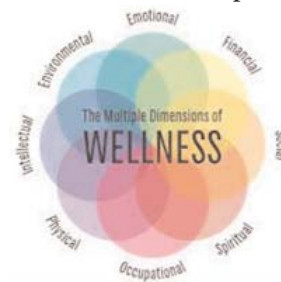
<https://www.bswrehab.com/locations/outpatient/georgetown/>

Summary of Meeting

We had a great meeting to start the 2019 New Year! Chris Grant with Senior Helpers gave a presentation on Wellness and Quality of Life. It was an interactive presentation with our members discussing about those things in life "you have to do vs like to do" and talked about "why and how to plan!" There were three quotes that Chris used:

1. If you fail to plan, you are planning to fail
2. No plan survives first contact with reality
3. Surrender to the reality of both giving and receiving help

Chris also shared that you can get FREE "Parkinson's Care Program DVD and Information Wheel" that can be requested by calling our main phone line 512-388-4357, or emailing at careinfoaustin@seniorhelpers.com



Another quote that Chris shared was from Abraham Lincoln "It's not the Years in your Life that count. It's the Life in your Years."

This presentation aligned with our GAPS mission is to share information beneficial to all members and caregivers/care partners with the goal to influence and live a positive, quality life! THANK YOU, to Chris for a great presentation to a very large crowd of 100+ members in attendance!

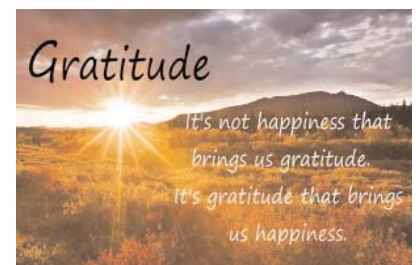
Our refreshment sponsor was Liberty Pharmacy www.libertygeorgetown.com The pharmacist, Kunal Nagarsheth, PharmD, RPh was not able to make it but Brandy gave a wonderful short presentation on the services that Liberty Pharmacy provides. The refreshments included healthy nuts and fresh fruit and vegetables and water! It was appreciated very much ~ THANK YOU to Liberty Pharmacy!

GAPS Advisory Group

Our GAPS Advisory Group is encouraging volunteers to help with the many programs we are offering in the Georgetown Area Parkinson's Support Group! We have "NO" dues for over 850+ membership and rely on our volunteers and sponsors help our Parkinson's Community. Please contact Patty Rooney-Lingo at psrooney@aol.com to volunteer! We need your help, please join us!

GAPS Inspirational Video and Quote

What Is Happiness ~ Grateful Expectations
<https://biggeekdad.com/2017/04/w hat-is-happiness/>
Learn about how expectations determine your level of happiness.



REFRESHMENT SPONSOR!

LIBERTY PHARMACY

About Us Services Resources Mobile

Hassle-Free Pharmacy Experience

Kunal Nagarsheth, PharmD, RPh

512-820-0101 libertygeorgetown@gmail.com
2411 Williams Dr, Ste 3., Georgetown, Texas 78628

Medication Services
Prescription Refills and Transfers
Durable Medical Equipment
Medication Therapy Management
Immunizations
Ortho Molecular Nutritional Supplements

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 that is used in the treatment of Essential Tremors, Parkinson's, Dystonia. All are welcome!

February 20, 2019

(3rd Wednesday of the month!)

2-3 pm

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

Contact: Judy Mayo
judymayo@suddenlink.net
512-943-9084

Speaker: Meredith Rollins from Texas Movement Disorder Specialists, Georgetown. Meredith will discuss the relationship between PD/ET medicines and DBS, followed by a Q&A session. Please bring your questions for Meredith!

Medtronic Deep Brain Stimulation Lunch and Learn, "DBS Information and Education" — March 1 at 11:30 am-1 pm. Information on the DBS surgical procedure and programming process. Hampton Inn & Suites, 160 River Oaks Cove, Georgetown, TX 78626. Please RSVP to Damon Dennett, damon.dennett@medtronic.com, 702-354-4100. Lunch is provided.

Temple area DBS Support Group (TADS) will meet at Baylor Scott and White Medical Center in Temple. TADS support's Bell, Coryell and McLennan Counties.

Contact:
GayleinBelton@gmail.com,
254-718-4198 for information.

Thank You to Georgetown Triathletes

On Sunday, January 27th The Georgetown Triathletes presented to GAPS a \$2000 donation! This donation will help us fund our FREE 'Movin' to Wellness' classes that include our dancing, chair yoga and singing



classes for our GAPS members and care partners! On behalf of GAPS, THANK YOU to the Georgetown Triathletes!



Thank You to Sun City Computer Club

We have received a donation of a computer to GAPS to help us at our meetings and all GAPS related administrative/correspondence needs. Also, on December 12, 2018 the Sun City Computer Club gave a \$200 donation to GAPS in honor of Jim

Chapman's service to the computer club. Jim is active in our "Texas Tremble Tones" Singing group and in 413 Boxing as well as, in our support group! On behalf of GAPS, THANK YOU to Jim and to the Sun City Computer Club.

San Antonio Movement Disorder Foundation

We are invited to attend a FREE Parkinson's Workshop in San Antonio on:

Saturday, February 23

9 am-1:30pm Lunch is FREE

The Vista at Valero Venues, 1 Valero Way, San Antonio

Register: ASAP at 210-774-5370

Patient Workshop "...
MEDICATIONS, TREATMENTS & THERAPY... FACTS VS FICTION
2019

SA Moves.COM
San Antonio Movement Disorder Foundation

With all the media sources today its hard to tell what is fact and what is fiction. This workshop is designed to help you navigate your way through the vast array of social media and misleading articles. Get the truth about "snake oil". Come join us for an educational day designed to help patients with Parkinson's, Essential Tremor, Tardive Dyskinesia, Huntington's, as well as, various other movement disorders. We have chosen a panel of San Antonio's leaders. Programs will include: Pilates; Silver Sneakers; POPs (the Parkinson's Outreach Program); Brain Games; Diet & Nutrition; Physical Medicine; and the Arts. Bring your support/family member/whomever you want and get ready to Learn and Move!

Our 2019 Experts Panel

Eric J. Pappert, M.D. - Neurology, Vikki Alvarez, M.D. - Neurology
Ellen Lin, M.D. - Pain Management, Manuel S. Naron, M.D. - Primary Care
Joycelyn Theard, M.D. - Gastroenterologist, Wayne Lee, M.D. - Orthopedic Surgeon
Rockie Naron, MA, LMFT - Psychologist, Michael Garcia, Ph.D. - Psychologist
Jennifer Penn, PT, DPT, NCS - Physical Therapy, Kathy Schwartz, PT, LSVT - Physical Therapy
Skye Braden, PT, LSVT - Physical Therapy, Alyssa Klaus Shaw, M.S., CCC-SLP - Speech Therapist
Luisa Parker - Pilates, Melinda A. Rodriguez - PT, DPT - Physical Therapy, Corey King - SA Moves

DATE: Saturday, February 23rd, 2019

TIME: Registration 9:00am - (The Registration and Lunch is FREE)

Lunch 11:30am, Program 10:00am until 1:30pm, with "power" breaks

PLACE: The Vista at Valero Venues - free valet parking

1 Valero Way, San Antonio, TX 78249

RSVP: SA MOVES (210) 774-5370 *Space is limited so you must RSVP to confirm attendance*

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

Austin Cure PSP Support Group

This group focuses on families and patients diagnosed with PSP, CBD or MSA.

Saturday, February 23, 2019

(4th Saturday of every month)

10–12:30 pm

(10–10:30 Coffee Social)

Silverado Cedar Park Memory Care Community, 800 C-Bar Ranch Trail

Cedar Park, Tx 78613

<https://www.silverado.com/silverado-locations/texas/cedar-park/cedar-park/>

Contact: Judy Nudelman
512-301-2268

Davis Phinney Foundation

is coming to Central Texas — April 13, 2019

SIGN UP NOW! This symposium, The Davis Phinney Foundation “The Victory Summit®” will be in Austin and will fill quickly! This is a complimentary event but SEATING IS LIMITED. We welcome your care partners, family and friends. Please make sure each person has registered to save their seat. This is a FREE educational event with information and tools that people with Parkinson's can use to live well

Plummer Movement Disorder Foundation

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

Save the dates!

- ✳️ **Parkinson's 101 classes** — PD 101 classes, designed for those that are newly diagnosed, will now be every three months. Our next class will be February 21, 2019. Contact Samantha Beevers for details: 254-724-5679
Email: Samantha.Beevers@bswhealth.org
- ✳️ **Parkinson's Symposium, FREE and lunch too!** — Saturday, March 30, 2019 at 10 am–3 pm, doors open at 9:30 am for Registration. Location of Symposium is Bell County EXPO Center. You are invited to attend this FREE event and hear about updates on the treatments, care and research for Parkinson's disease. RSVP by March 15.
Samantha Beevers 254-724-5679, Samantha.Beevers@bswhealth.org
Complementary lunch will be provided for those with RSVP.
Please let us know at RSVP if you have specific dietary requests.

Plummer Movement Disorders Center
Parkinson's Disease Patient Symposium

Saturday, March 30th, 2019
10:00 am - 3:00 pm
Doors open at 9:30 am for Registration

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

Bell County EXPO Center
301 West Loop 121
Belton, Texas 76513

RSVP by March 15th:
Samantha Beevers 254-724-5679
Samantha.Beevers@bswhealth.org

Complementary lunch will be provided for those with RSVP.
Please let us know at RSVP if you have specific dietary requests.

- ✳️ **Parkinson's Gala** — Saturday, April 6, 2019 save the date!

Save the Date!
APRIL 6, 2019
6:00PM
BELL COUNTY EXPO

11th Annual
Central Texas Advocates
for Parkinson's Gala

Please email ctap.gala@gmail.com for tickets, sponsorship opportunities and items to donate to the auction or raffle.

The Central Texas Advocates for Parkinson's (CTAP) is a non-profit organization and the CTAP's 11th Annual Gala fundraiser is held each April, Parkinson's Awareness Month, and is a fundraiser for the organization's primary mission—to provide free or reduced cost outreach and educational programs for those with Parkinson's disease and other movement disorders within Central Texas.

At this year's event, there will be a live auction and raffle. **Your help is needed for auction items and/or sponsorship.**

Please contact Sarah Potter Davison, Raffle/Auction Committee Chair, at sarahpdavison@gmail.com, 254-715-9987.

FREE T-Shirts Made for GAPS!

FREE GAPS T-shirts with the quote “We Ain't Givin' Up Hope... Nope!” Yes, we have more... thanks to a donation by Medtronic. If you want a shirt, contact Mary Jane Berry! The quote on the T-shirt is from Robert Kamper's song, he wrote the music and lyrics! Thank you, Robert!

today. This Parkinson's Symposium with 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

Register: ASAP at <https://www.davisphinneyfoundation.org/register-vs-austin/>

We're coming to you,
AUSTIN
SATURDAY
APRIL 13, 2019

JOIN THE DAVIS PHINNEY FOUNDATION FOR A FREE EVENT TO HELP YOU LIVE WELL.

WHAT	WHERE	WHEN
The Victory Summit® is a free educational event with information and tools that people with Parkinson's can use to live well today.	Hyatt Regency Austin 208 Barton Springs Rd Austin, TX 78704	Saturday April 13, 2019 9:30am - 3:30pm Complimentary lunch served.

GAPS Movie Night

Let's go to the movies, every Tuesday at City Lights, all day/night you can watch a movie for \$5.25/\$5.50. Senior



combo drink/popcorn \$4.96 and they also have grilled hamburgers, pizza, desserts! Join your GAPS friends to 'eat out' or 'eat at the City Lights' and then, go to the movie! To learn more about the City Lights theater <https://georgetown.citylightstheatres.com/> We know that socialization is very important for Parkinson's folks, click on this link [social-life-advice](#) so, let's support a local business, enhance our life with Parkinson's and have FUN/SOCIALIZE together!

Dancing For Parkinson's

Date: Every Tuesday (except during the holidays, as noted)
Time: 1:30 pm–2:30 pm
Place: Georgetown Palace Theater Education and Performance Center!
Contact: Nancy Bain
nancysternbain@gmail.com
512-940-0148

Socials: In addition to dancing we socialize! Join us for lunch once a month! Remember that this is NOT a professional dancing but rather a sincere representation of FUN and EXERCISE in our dance class while challenging our bodies and our brains, to push back the disease! We

perform to encourage others with Parkinson's, and their caregivers, to exercise, dance and sing through life! Please invite your friends and caregivers to join us to share the FUN! Here is a picture of our dance class celebrating Al Blaschke's 102nd birthday last week after our class! He joined us last year and has been coming regularly when possible!



Boxing with Parkinson's

We believe all things are possible. 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
512-695-4649 Kristi is a certified Rock Steady Boxing Coach and NASM certified personal trainer.

It is going to be a great year with many things in the works for 413 family! We've planned parties, Cornerman Coffees, and Dinner with Dr. Rob Izor in March. 413 is partnering to bring The Davis Phinney Victory Summit to Austin and hosting the Parkinson's Regenerist Training at the north Austin gym. Here are some events to check out:

◆ **February 16, 9:30 am** — Georgetown at Sweet Lemon Kitchen will be the 1st Cornerman Coffee — This event has been 3 years in the making. Dawn Carter, wife of Rodney, Therese Cooley, wife of Ron, and Catherine Myers, wife of Lennie, will be launching our first events. This inaugural coffee hour will

be a discussion to decide what events to do in the future.

- ◆ **March 7, 6 pm at *Maggiano's*** in the Domain, Dinner with Dr. Rob Izor — Dr. Izor will speak on PD-focused nutrition and give an overview of the multi-disciplinarian approach of his office. I encourage everyone to try and attend this event if you have not met Dr. Izor. It is our goal to get every movement disorder doctor over the next 2 years in front of you. This is a great opportunity to meet him and hear about his practice especially if you think you might want a second opinion at some point in the future. Apps and Finger Foods graciously provided by Medtronic. Must RSVP and it will cap at 40 participants (this will fill up fast). RSVP to fightback@413.fitness.
- ◆ **May 18-19, 2019 from 9 am–5 pm** attend Parkinson's Regeneration Training® and Workshop for Fitness Professionals and "All affected by Parkinson's Disease." This is a highly interactive/hands on workshop, you will learn and gain an understanding of: Parkinson's Disease (PD) and its symptoms, fall risk assessments and optimal exercises, concepts, and techniques to help the person with PD to reduce falls and improve:



Flexibility; Balance / Stability / Agility; Strength; Breathing capacity; Posture; Cognitive & dual tasking abilities; Mobility and movement; Overall functionality

Questions & Registration — [Click here for more information.](#)

- ◆ **May 26–June 1, 2019** will be the Parkinson's Wellness Recovery Retreat and... CONGRATULATIONS to 413 Coach Kristi was selected to be a guest instructor at this Parkinson's Wellness Recovery Retreat! This will be a week-long (7 day/6 night) exercise-focused Parkinson's disease-specific retreat and conference for people with Parkinson's and their care partners. The PWR Retreat will be held at the beautiful Scottsdale Resort in Phoenix, Arizona. Experience a FUN, engaging way to learn all about, and put into practice, the latest research in exercise and PD — HOW to exercise, WHY you should exercise and the EFFECT exercise has on PD symptoms. [Click here for more information.](#)

Power for Parkinson's

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

Fitness for Parkinson's in Round Rock



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!

Painting with Parkinson's

Date: You schedule the date that works for you!

Time: You select

Place: 2534 Shell Road, Georgetown

Contact: Kimberly Keller at 512-635-7936
paintwithme.kimberlykeller@gmail.com

Socials: We need a volunteer lead for this to set up painting dates and socials! We know that art therapy has been demonstrated to reduce stress, lower blood pressure, and improve dexterity. It's one of a number of complementary therapies that have been



demonstrated effective in helping people with Parkinson's disease (PD) both improve physical condition and increase happiness.

Website: www.paintwithmekeller.com

Dance for PD®

Video's for dance and exercise!

<https://danceforparkinsons.org/>



Singing with Parkinson's

“Texas Tremble Tones”

Date: Every Monday (except during the holidays, as noted)

Time: 11:30 am to 12:30 pm

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

Contact: Ron Franklin #210-392-0098 or ronlindafranklin@gmail.com

Socials: In addition to singing we socialize! Join us after Choir for lunch once a month! Join us for your health and for FUN to make 'joyful sounds'! Please invite your friends to join us for Texas Tremble Tones! Remember that Caregivers are welcome too!



Welcome to Jody Thornton, who is helping us with her guitar!

Chair Yoga for Parkinson's

“Movin to Wellness Chair Yoga”

Date: Every Wednesday (except during the holidays, as noted)

Time: 9 am–10 am

Place: Georgetown at our monthly support group meeting location, 2423 Williams Drive.

Contact: Ki Browning Ki@YogaKi.com
512-876-0071.

Let's Exercise! It's Just as important as meds!

TIPS for Parkinson's

EMST150™

<https://emst150.com>

You can get this device at Liberty Pharmacy
Address: 2411 Williams Dr #3, Georgetown
Phone: (512) 820-0101

How it Works

The EMST150™'s exceptional design uses a unique, calibrated pressure relief valve that creates an isometric load** to the muscles used for coughing, swallowing and breathing out. This is similar to the experience that occurs when you lift weights to strengthen muscles in other parts of your body. It uses the same principle as the weight machines in the gym — The EMST150™ is your hand held “weight machine”.

**Isometric load – simply means the muscles are being “worked” at a force equal to the force you place on them.

There are some contraindications, consult your physician.

EMST150™ has shown significant improvements in the strength of healthy individuals, and individuals diagnosed with neurological/neurogenic diseases such as Parkinson's disease, stroke, multiple sclerosis, ALS, and spinal cord injury.



Parkinson's Walk in Georgetown:

Date: Saturday, May 4, 2019

Time: 10 am

Place: San Gabriel Park, Georgetown

Contact: Bob Gessler 512-688-3179 or Patty 312-259-6499



Parkinson's Champion



Georgetown Parkinson's Awareness Walk

Georgetown Texas

PARKINSON'S AWARENESS WALK

May 4, 2019 at 10:00 am
San Gabriel Park, Georgetown, TX

Please join us for a 1.6 mile walk to increase awareness of Parkinson's disease and raise money for the National Parkinson Foundation (NPF) to fund research projects and provide support, education and free resources to people with Parkinson's disease.

Why Get Involved - The National Parkinson Foundation (NPF) is focused on what people with Parkinson's need today. Your support allows us to help people live their best lives now until there is a tomorrow without Parkinson's.

REGISTER to WALK, CONTACT - **Bob Gessler @ 512-688-3179, Patty Rooney @ 312-259-6499**
REGISTER/DONATE ONLINE - [website will be posted soon](#)

If you are unable to participate, please make a donation to one of the Team Hope members listed on website.

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](#)

Quick Summary For Meetings and Classes

Monday's — “Singing with Parkinson's with the Texas Tremble Tones” every Monday at 11:30 am

Location: 1st Baptist Church,
[1333 W. University Ave, Georgetown](#)
Contact: Ron Franklin 512-392-0098

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

Contact: Nancy Bain #512-940-0148
nancysternbain@gmail.com

Wednesday's — “Chair Yoga with Parkinson's” every Wednesday at 9 am
Location: [2423 Williams Drive, Georgetown](#)
Contact: Ki Browning 512-876-0071
ki@yogaki.com

Wednesday — “DBS Support Group” on 3rd Wednesday at 2pm
Location: The Delaney at Georgetown Village, in The Residences section,
[359 Village Commons Blvd, Georgetown](#)

Contact: Judy Mayo 512-943-9084
judymayo@suddenlink.net

Thursday — “Caregiver's Support Group” on 2nd Thursday at 2 pm
Location: [2423 Williams Drive, Georgetown](#)
Contact: Debra Thurber #512-688-0159
dthurber@autumnleaves.com

Thursday — “Parkinson's Support Group” on 4th Thursday at 2 pm
Location: [2423 Williams Drive, Georgetown](#)
Contact: Mary Jane Berry 512-240-4167
dberry3@suddenlink.net

Thursday's — “Power for Parkinson's Round Rock Fitness” every Thursday at 1:30 pm at [2111 Sam Bass Road, Round Rock](#)
Contact: 512-464-1277
<https://www.powerforparkinsons.org/>

Monday/Wednesday/Friday — “Boxing Classes” start at 9:30 am
Location: [2522 Shell Rd, STE C, Georgetown, TX 78628](#)
(Inside Georgetown Brazilian Jui Jitsu)
Contact: Kristi Richards 512-695-4649
email: Fightback@413.FITNESS
website: <http://413.fitness/>

Our Next Support Group Meeting, Don't Forget:

Date: February 28, 2019

(4th Thursday of the month!)

Time: 2p to 4p (meeting starts promptly at 2pm — come earlier for refreshments)

Place: 2423 Williams Drive, Georgetown, Texas;
Georgetown Health Foundation Meeting Room.

Parkinson's Articles and Updates

- ◆ Team Fox and MJFF are coming to Austin, Texas on April 27, 2019 — Save the day for MJFF's inaugural Austin Fox Trot 5K Run/Walk. Later, enjoy great beer, food and entertainment at Tips for Parkinson's at Austin Beerworks. More information coming soon!
Contact: Bob Sahn 512-914-2132 or rsahm99@gmail.com
- ◆ **Dental Care for Seniors** — No matter the age of a person or the disease, oral hygiene is a crucial component of overall good health. When your mouth is healthy, you can eat the foods you love and need for proper nutrition. You will also feel better about smiling, talking and laughing. Teeth are meant to last a lifetime, but proper daily care and regular dentist visit are necessary for them to do so. Read more:
<https://www.agingcare.com/articles/teeth-and-mouth-care-for-seniors-133879.htm>
- ◆ **Chemistry of Depression** — It's clear that neurotransmitters impact depression and dopamine plays a key role in depression. This is a very interesting and informative article. Recommended to always talk to your physician about this because there is help! Read more: <https://www.verywell-mind.com/the-chemistry-of-depression-1065137>
- ◆ **Do you need to do a Will?** — Here is a FREE Will and you can get assistance from Parkinson's Foundation. Create or update your will today — fast and 100% free
<https://www.freewill.com/Parkinson>
- ◆ **Vertigo and Dizziness** — Dizziness and vertigo are commonly reported symptoms in people with Parkinson's disease (PD). Most experts agree that dizziness and vertigo can be broadly defined as the sensation of spinning or whirling, and the sensation is frequently associated with balance problems. In general, both symptoms are less notable in people in the early stages of Parkinson's. It is more common for older people with Parkinson's to experience dizziness or vertigo more frequently. Read more: <http://www.parkinson.org/Understanding-Parkinsons/Symptoms/Non-Movement-Symptoms/Vertigo-Dizziness-Parkinsons>
- ◆ **What Parkinson's Taught Me by Emma Lawton** — This 29-year-old woman was diagnosed with Parkinson's several years ago and she wants to share how she has found happiness in this 16-minute TED talk! Great video!
https://www.youtube.com/results?search_query=emma+lawton+parkinson%27s
- ◆ **Understanding Dysphagia** — Dysphagia is the medical term for difficulty or inability to swallow. There is help to learn exercises to improve the strength, range of motion, speed, and coordination of her swallowing process. Also learned which foods are most likely to cause choking. Read ...[more](#)
- ◆ **Soft Speech, Hypophonia** — How can wearing something in my ear help my speech? The SpeechVive device plays background sounds in your ear while you're talking and turns off as soon as you stop talking. This causes you to immediately and automatically speak louder, slower, and more clearly. Learn more here: <http://www.speechvive.com/> or contact Price Cleaver at 713-829-5582
- ◆ **2019 Seniors Living Smarter Seminars** — The goal of the seminars is to educate, equip, and inspire seniors to make informed choices and empowered decisions about their lifestyles. On February 21 at 10 am. "Choosing the Right Senior Community For Your Seminar" will be held at First Presbyterian Church, 703 Church St, Georgetown. This seminar is FREE to seniors and their families. For more information 512-862-7339
- ◆ **Do you have stress? Try 'Mindfulness'** — This is the practice of becoming more aware of the present moment, rather than dwelling in the past or projecting into the future. It generally involves a heightened awareness of sensory stimuli (i.e., noticing your breathing and feeling the sensations of your body) and being "mindful-in the now." It can be achieved through meditation, but can also be attained by simply focusing on the present moment and quieting your inner dialogue. [Read Now](#)
- ◆ **How to Improve Your Psychological Well-Being** — Your emotional health is key to a happy life. Read more here: [psychological-well-being](#)
- ◆ **Levodopa** — Levodopa is the most effective drug for Parkinson's symptoms, so it's the most commonly prescribed. But there are a lot of misconceptions about what the medication can and can't do and what side effects it may cause. In this video, Dr Dolhun separates the facts from the fiction when it comes to levodopa. Click here for this 5 minute video: [ask-the-md-myths-about-levodopa](#)
- ◆ **8 Facts to Know About Lewy Body Dementia** — Many people use the terms "dementia" and "Alzheimer's disease" interchangeably, but dementia is an umbrella term used to describe a progressive neurological disorder that affects cognitive function, of which there are many different kinds of dementia. Alzheimer's is one form of dementia that is characterized by impaired memory, issues with decision making, trouble with problem solving and difficulty learning new skills. There are crucial differences between Alzheimer's and Lewy Body Dementia. This is a great article for facts: [facts-about-lewy-body-dementia](#)
- ◆ **Senior Discounts** — The Senior List® is pleased to bring you our annual "Biggest List of Senior Discounts" for 2019. What you'll find below is a compilation of all of our senior discount lists, woven into one giant money-saving-machine!
<https://www.theseniorlist.com/senior-discounts/>
- ◆ **WEBINAR, Beyond Medication: Deep Brain Stimulation and Focused Ultrasound for Parkinson's** — Thursday, February 21, 2019 at 11 am. Surgical options deep brain stimulation and the more recently approved focused ultrasound can help manage Parkinson's symptoms, but these procedures are not for everyone. Our panelists will discuss who should consider these treatments and when, and what someone may expect after the surgery. Register:
<https://www.michaeljfox.org/understanding-parkinsons/webinar>

(Continued on Page 8)

Continued from page 7)

- ◆ **Genetics and Parkinson's** — Can my child or grandchild inherit Parkinson's disease (PD) if I have it? Regardless of how a person gets Parkinson's — through genetics or environment or a combination of both — every person with PD experiences a loss of dopamine in the brain, along with symptoms and a progression of their disease that is unique to them. Learn all about genetics and Parkinson's in our new easy-to-read articles. We cover at-home genetics testing, environmental factors, genetic counseling and more.
Register: [An Introduction to Parkinson's and Genetics](#)
- ◆ **WEBINAR: Seeing Clearly with PD: Vision Changes** — Tuesday, March 5, 2019 at 12 Noon. Learn which vision problems are related to Parkinson's. Watch the FREE online webinar on March 5 to find out the most common PD-associated vision symptoms, how to recognize and treat them. **Register:** [VISION and Parkinson's](#)
- ◆ **Dry Mouth, Another PD Symptom** — Dry mouth (xerostomia) is a common but often unreported symptom of PD. It is a condition that results in decreased saliva production. Saliva keeps our mouths wet and helps to clean it by swallowing. It contains enzymes that aid in digestion. People may experience varying degrees of dry mouth, which can impact swallowing and contribute to tooth decay and mouth infections. Dry mouth can be an early indication of autonomic involvement in PD.
[Read More](#)
- ◆ **Parkinson's and massage** — So where does massage fit into the overall package for maintaining a healthy lifestyle for a person with PD? It is no surprise that massage therapy (MT) has been sought out for PD for many years as a complementary treatment to standard medical treatments. National Institutes of Health studies noted reduction in pain, stiffness, constipation, less depression, and greater vitality! Not only that, massage has been found to release the happy endorphins we need to battle depression and stop the pain! [Read More](#)
- ◆ **Physical Activity, Coffee, Moderate Alcohol Consumption Protect Against Disease Progression, Study Reports** — Lifestyle factors such as coffee and moderate alcohol consumption, physical activity, and cigarette smoking have been linked with lower risk of Parkinson's disease. Whether they affect disease progression remains undetermined, although small studies have shown that smoking and drinking coffee do not affect motor progression in Parkinson's. In turn, non-pharmacologic approaches such as physical activity may benefit physical functioning, balance and gait, as well as protect against dementia. [Read More](#)

- ◆ **Free "Financial Planning for Caregivers" Seminar** — AGE of Central Texas will host the FREE "Financial Planning for Caregivers" support seminar on Tuesday, February 12, with financial expert Darby Armont. The seminar will discuss asset protection for caregivers and their care partners, long-term care insurance, benefits planning, and taking the first steps toward financial planning. Part of the on-going workshop series to help family members effectively care for an older loved one, the free seminar will be held from 6–8 pm at Restoration Covenant Church, located at 475 Round Rock West Drive, #110, in Round Rock. Registration for the caregiver seminar is free, but space is limited. Participants can register by calling 512-600-9275, or online. Click Here to Register www.TinyURL.com/AGEfebruary2019.
- ◆ **Savvy Caregiver Class in Georgetown** — FREE class and it will fill up fast! I have been given an early update to share with our GAPS members. Savvy Caregiver provides in-depth practical training for family caregivers of persons with dementia. Think of this course as professional-level training for the non-professional, family caregiver. During the six, two-hour classes, caregivers will learn about dementia, the progressive impact of the illness on the person, and the skills needed to manage day-to-day caregiver responsibilities with your loved one. A six-session course: Fridays, March 8–April 12, 2019; 1 am–12 pm. Wellspring United Methodist Church 6200 Williams Dr., Room 205. Georgetown, TX. To register: Contact Janice Wallace at 512-799-6654. As space is limited; pre-registration is required. There are no fees FREE class.
- ◆ **Three Legal Documents Caregivers Need** — We often think of getting affairs in order as part of end-of-life planning. However, being prepared with basic legal documents, before they are needed, could make future difficult times a little easier. In fact, people should have these documents regardless of age. Key documents include a HIPAA Authorization, Power of Attorney, and an Advance Healthcare Directive. [Read More](#)
- ◆ **Powerful Tools for Caregivers** — Powerful Tools for Caregivers is a series of classes designed to empower family caregivers of older adults to take better care of themselves. The "tools" learned in the six-week series benefit caregivers by helping them reduce stress, improve caregiving confidence, establish balance in their lives, communicate their needs, make tough decisions and locate helpful resources. We'll be offering the Powerful Tools for Caregivers class sometime after April, more information coming!