



Georgetown Area Parkinson's Support Group

Issue 4

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

April 2017

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Next Meetings

**Caregivers/Care Partner
Support Group Meeting:
Thursday, April 13, 2017;
2-3 pm**

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

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

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

**Parkinson's Support Group Meeting:
Thursday, April 27, 2017**

(Always on 4th Thursday of the month!)

2-4pm

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

No Speaker for April because it will be our Ice Cream and Cookie Social and ...our Health Fair! This means lots of door prizes! We have 20 vendors already confirmed with probably more coming! Yes, the "odds are good for a door prize" but for sure, you will learn lots from our vendors and you get cookies and ice cream too!



OK ... all members need to bring cookies for the social and if... we have any left overs you can donate them to the upcoming fundraiser "Parkinson's Awareness Walk" that will be the following Saturday! So, members ...PLEASE bring your cookies!

VIDEO from the March Meeting

The Thrill of flying with the Blue Angels:

<https://www.youtube.com/watch?v=H6SsB3JYqQg>



Tulips are the official symbol within the Parkinson's community. The tulip was first recognized as a symbol for Parkinson's in 1980. At that time, a Dutch horticulturalist named J.W.S. Van der Wereld decided to honor Dr. James Parkinson and name a tulip after him. Dr. Parkinson was the first person to describe Parkinson's in 1817. It thus became a symbol for Parkinson's. The tulip is felt to denote optimism and hope. The three petals are used to denote the three-pronged mission: Hope through research, education and advocacy.

Last Month's Meeting Summary

We had a GREAT meeting given by Lee Silverman Voice Treatment (LSVT) certified experts. Tonya Clifton for LSVT BIG® and Laura Collier for LSVT LOUD® both from the Baylor Scott & White Sports Medicine and Rehabilitation in Georgetown gave outstanding presentations!

LSVT LOUD® — is an effective speech treatment for individuals with Parkinson's Disease (PD) and other neurological conditions.

LSVT BIG® — training increased amplitude of limb and body movement (Bigness) in people with Parkinson's Disease has documented improvements.

We learned so much, here are several key points: you need a prescription from your

doctor to take these therapies; it is paid for by Medicare; and it WORKS! Here are a couple of videos to demonstrate and contact info:

LSVT LOUD® —

<https://www.youtube.com/watch?v=gNIdxYjGVV8> For more information you can

contact: Laura Collier, M.S., CCC-SLP
Bilingual Speech Language Pathologist

LSVT BIG® —

<https://www.youtube.com/watch?v=1oxOH3rNNDg&feature=related> Tonya Clifton, PT,
MPT Physical Therapist

Both Laura and Tonya can be contacted at
(512) 819-5000 Office.

QUOTE from the March Meeting

The bad news is
Time flies.
The good news is
you're the pilot.

Refreshments Sponsor for the March Meeting

Damon Dennett and Donny Sivieri with Medtronic, Deep Brain Stimulation Therapy Consultants. Thank you for the cookies and tea! Always a treat! THANK YOU to you both!

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](#)

Transportation To/From Meetings and Classes

TRANSPORTATION? Please call Earle Sherrod at 512-626-0975. We have volunteers to help us! So, let us know if you need transportation!

Another Fund raiser will be by:

SUCHIL ★ SALON

Leticia will be doing a fundraiser from her Salon on Sunday, April 23 with music, food, art and raffles plus raffles and all proceeds will go to Georgetown Area Parkinson's Support Group and a National Parkinson Foundation!

DATE: Sunday, April 23

TIME: 12n to 6:30 pm

PLACE: Suchil Salon - 210 N Mays St. Round Rock, Texas 78664

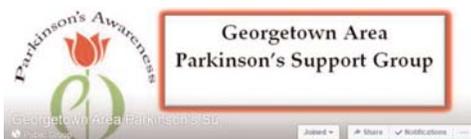
QUESTIONS - contact: Leticia Suchil at 512-799-0298 or 512-218-9988



<https://suchilsalon.com/>

Suchil Salon is a family salon meets barber shop with a professional laid back environment! Come get the best fades, cuts, and styles in Town!

- **FACEBOOK account!** — We have a Facebook Account, YEAH! If you are on Facebook, search for Georgetown Area Parkinson's Support Group and ask to be a member! It will have the latest current updated info on this site!



TIPS for Parkinson's from the March Meeting

Sleep Disturbances and Parkinson's Disease — Watch the video to learn more about each of these factors and how they can be managed, and to hear tips for enhancing sleep in Parkinson's.

<https://www.michaeljfox.org/foundation/news-detail.php?ask-the-md-sleep-and-parkinson-disease> and then, click on this link for "FREE guide for Sleep and Parkinson's Disease"

https://www.michaeljfox.org/files/031416_MJFF_SLEEP_GUIDE_SM.pdf

Exercise Classes

Check out our calendar on our website:

<http://georgetownxparkinson.weebly.com/calendar.html> we have classes for dancing, yoga, boxing, and Tai Chi. Check out calendar on Power for Parkinson's website:

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

Capital Area Parkinson's Society (CAPS)

[CAPS website](#)

The CAPS (Austin Support Group) April Meeting will be their Conference on Saturday, April 22 from 1pm to 5pm.

[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

Fundraising in Georgetown, Texas

Parkinson's Awareness Walk

April 29, 2017 at 3:30 pm

San Gabriel Park, Pavilion B, 445 East Morrow St., Georgetown, Texas

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.

QUESTIONS and REGISTER to WALK, CONTACT:

Bob Gessler @ 512-688-3179, Patty Rooney @ 312-259-6499

REGISTER/DONATE ONLINE:

<http://georgetownxparkinson.weebly.com/> (click on Team Hope for Parkinson's)

or www.parkinson.org/teamhope/georgetownx

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



As winter melts into spring, you may have realized that your exercise routine suffered through the cold season. You probably already know that **exercise** is a vital component to maintaining balance, mobility and daily living activities for people with Parkinson's. With the warmer, longer days, Spring is the perfect time to kick back into gear.

[Click here](#) for the full list of ways to prepare for spring — including more tips on creating a new exercise routine, how to safely get back into gear and different ways to exercise.

think/able
OUR CHALLENGES DON'T DEFINE US.
OUR ACTIONS DO.

THIS PARKINSON'S
AWARENESS
MONTH, TAKE
ACTION TO SPEED
A CURE.



Reminders and Thoughts

- **BOOKS – Shuffle and Shuffle On** — I have ordered these books for our mobile library. These are two books written by a minister diagnosed with Young Onset Parkinson's. When Wendall Woodall was diagnosed with Parkinson's Disease, he began recording his journey in a book called *Shuffle*. His faith in Christ fueled his sense of humor and gave him a basis for daily living. Among his strategies was the habit of volunteering. "A big part of my life is volunteering," he wrote. "Specifically, I'm talking about when we serve, assist, or in some way help those who are less fortunate than we are... The Parkinson's brain tends toward smallness—small steps, small motions, etc. I would say that our brains also tend toward inwardness... It would be so much easier just to stay home and isolate myself from all human contact... But just as I stretch out my fingers, I also stretch out my soul." When we serve, it takes our minds off our desire to be served. The danger of being a lover of self is inherent within each of us, regardless of our health. But as we put aside our own desires and become more selfless, we will enrich those around us, show God's love wherever we are, and develop the mind of Christ.
- **INVIGORATE by Sarah King** — Exercise is as important as medicine for Parkinson's Disease... before you roll your eyes and quit reading, hear me out. Exercise has an insane number of benefits for the average person — it improves mood and memory, regulates blood pressure and blood sugar, decreases joint pain, protects you from Alzheimer's and weak bones, and boosts your immune system just to name a few. If you have Parkinson's it also does a powerful thing to your brain: Exercise increases your brain's ability to use dopamine, which is the brain chemical that's slowly lost when

you have PD. There are 2 parts to dopamine: Parts of your brain are responsible for producing dopamine (these die off as PD progresses), and other parts of your brain are designed to absorb and use dopamine. Dopamine is responsible for helping you start and stay moving. As your brain produces less dopamine, you tend to develop movement symptoms like tremor, slowness, stiffness, and balance problems. Exercising consistently, in the right way, helps your brain better absorb the dopamine you have left so you can move more freely.

- ✓ Which way is the "right way" to exercise? The most obvious answer: *The kind you'll do*. After that, the research shows that exercise that includes the following 4 things produce the most potent and lasting effects.
- ✓ #1 High Intensity Activities — Do things that get your heart rate up. If you can talk comfortably while you exercise you're not working hard enough to change your brain. If it doesn't challenge you, it isn't changing you! Aim to get this high-intensity, aerobic activities in 3-4 days per week.
- ✓ #2 BIG Movements — Do things that stretch your joints through their full range of motion. Include your back, hips, shoulders, elbows, knees, ankles and even your fingers and toes! Rotate, twist, and move in all directions and BE BIG!
- ✓ #3 Mentally Challenging — Your brain makes new connections when you ask it to do things that it's not familiar or comfortable with. Do things that require focus, problem solving, multi-tasking, and get you out of your comfort zone.
- ✓ #4 Consistency — Your body needs to move in some shape or form every single day. Schedule movement into your day, even if it just means doing 3 stretches every

morning at 9am. It takes time to build a habit and everyone falls off sometimes, but make it a priority to get back on track. Your brain depends on it!

- **Free "Caregiver Lecture Series"** — Three Saturdays in April, from 10 a.m. to Noon in the St. David's Foundation Conference Room at The AGE Building, located at 3710 Cedar Street in Austin, Texas
- ✓ Saturday, April 1st: "Five Legal Documents All Caregivers Need to Have"
 - ✓ Saturday, April 15th: "Long-Term Care Financing and Issues"
 - ✓ Saturday, April 31st: "Long-Term Care Financing and Issues"
- To RSVP, please call Gailyn Trammell at (512) 600-9275.
- **XADAGO** — Last week, the FDA approved a new drug called Xadago to treat Parkinson's patients who experience "off" episodes while taking levodopa. Read more about how this add-on therapy can alleviate "off" episodes, when Parkinson's symptoms return before it is time for the next dose of medication.
- Click on link: [Xadago](#) and read more!
- **Webinar** — Urinary Problems in Parkinson's Disease — Thursday, April 20 at 11 a.m. CT. Parkinson's Disease can affect the autonomic nervous system, which regulates many body functions, including bladder control. In this webinar, our panelists will discuss how and why Parkinson's causes urinary problems, how this symptom can be managed and ongoing research on the topic. [REGISTER for Webinar](#)
- **Caregivers** — this is new for this email — [Ten Commandments for Caregiving](#) -
- **Dementia Resources** — wonderful resource on this subject and for caregivers too <http://autumnleaves.com/assisted-living-education/>

(Continued on next page)

Reminders and Tips *(continued)*

- **Detecting Dementia** — Dementia itself is not a disease, but rather a set of symptoms that accompany specific diseases. Dementia is a general term for the loss of memory, language and recognition that is severe enough to interfere with everyday life. Read more here: [Detecting Dementia](#)
- **Save the Date** — Plummer Movement Disorder Gala will be Saturday April 8 at 7:00 pm. We know the theme will be “The Night at the Oscars”...more info coming. This is a wonderful event, lots of FUN and helps to raise money for our “Movin’ to Wellness Classes” our dance and chair yoga classes! *Put the date on your calendar!* We can get transportation!



A NIGHT AT THE OSCARS

9TH ANNUAL CTAP GALA

Saturday
April 8, 2017 6 p.m.

Bell County Expo Center
301 W. Loop 121
Belton, TX 76513

LIVE AUCTION BY JEFF DAVISON
LEON RIVER BAND PERFORMING
SILENT AUCTION
PICK-A-CARD RAFFLE
DINNER
ENTERTAINMENT WITH
THE GEORGETOWN DANCE TROUPE
PHOTO BOOTH

TICKETS: \$40 per person

For more information or to purchase tickets, contact:
Ashley Hudson at 254.338.2413
ctap.chairman@gmail.com

Tips for Assistive Devices — [click here](#)



DID YOU KNOW?

The most common medical equipment for people with Parkinson's include the: U step walker, laser cane, Rollator Walkers, transport chairs, tub benches and voice amplifiers.

Our Next Support Group Meeting

Don't forget...

NEXT MONTH'S MEETING!

DATE: April 27 2017

TIME: 2:00 pm

PLEASE bring your cookies to share! The support group will supply the ICE CREAM!

SPEAKER: “NO” Speaker but many health vendors and door prizes!

