



Summary of Meeting

We met at a new location due to the continued problems with the Georgetown gas leak. We met at the First Baptist Church,

1333 W University Ave, Georgetown.

Our speaker

Amy Jarosek from Williamson County EMS provided an excellent presentation on the community

health paramedicine program. She shared with us all about the procedures that EMS follows for emergencies and what we can expect. In addition, she provided information about medication compliance and education, and even talked about home

environment and safety suggestions in the home. There were many questions about “lift assist” that is provided by the fire department and yes, the fire department does provide that service as a free service, if they are available. However, it is recommended if you feel that you “may need lift assist” in the future to contact your fire department for how/when to call. That led Amy to share about “Smart 911.”

Residents of Georgetown can now sign up

work addresses to mobile phones, which can be passed on to responders in the field for more a detailed, rapid response.

Additional information including pets in the home, vehicle details in the event of an accident, and even emergency contacts can all be included in a Safety Profile. All information is optional and the citizen has the ability to choose what details they would like to include. Here is the link to learn more: <https://www.smart911.com/>



Georgetown Area Parkinson's Support Group Meeting GAPS

April 25, 2019

(4th Thursday of the month!)

3pm to 5pm

(meeting starts promptly at 3pm — come earlier for refreshments)

First Baptist Church, Georgetown,

1333 W University Ave,
Georgetown, TX 78628

Meet in the Recreation Center Gym

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

No Speaker: April is Parkinson's Awareness Month! We will have an Ice Cream/Cookie Social and Health Fair! GAPS members bring the cookies! Bring your favorite cookies to share! We are anticipating on at least “50” vendors for the Health Fair to share about their product or services...and, each will give away a door prize! Fun, Fun, Fun!

for a new safety initiative, Smart 911, which is available to all individuals. Smart911 is a free service that allows individuals and families to sign up online and provide key information to 9-1-1 centers. This information enables faster and more effective emergency response by law enforcement, fire, and emergency medical services. With Smart 911, citizens can link both home and

If you have any questions, you can always contact the Williamson County EMS at 512-943-1223.

Just prior to our speaker, we had our usual “stretch” led by Kristi Richards with 413 Senior Fitness and Boxing! This is always a favorite time of the meeting, to get up and move! You should all join us!



Care Partner Support Group Meeting
NEW & PERMANENT LOCATION!
Georgetown Area Parkinson's "Care Partners" Support Group Meeting

April 11, 2019
(2nd Thursday of the month!)

2pm to 3:30 pm
NEW & PERMANENT LOCATION!
3600 Williams Dr, Georgetown, Autumn Leaves facility and meet in the library. Plenty of parking in the back.

Facilitator: Debra Thurber
dthurber@autumnleaves.com
(512) 688-0159



Don't forget, God cares for caregivers, and remember, he's one too!

DBS — Georgetown Area Parkinson's DBS Support Group Meeting

GADS,
Georgetown Area DBS Support

March 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

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!

March Refreshment Sponsor



Our refreshment sponsor for March was **Leslie Reynolds** with **Lundbeck** and the product, **Northera**. It is used for the treatment of orthostatic dizziness, lightheadedness, or the "feeling that you are about to black out" in adult patients with symptomatic orthostatic hypotension. Thank you, Leslie, for the great cookies!

Dizzy or lightheaded after you stand up?
SEE IF YOU CAN BREAK FREE
WITH NORTHERA® (droxidopa)

April Is "Parkinson's Awareness Month"

Goal: To raise awareness about Parkinson's and strive to help make lives better for people with Parkinson's Disease and to do more together to improve care and advance research toward a cure. Parkinson's Awareness Month begins from April 1 through 30! Why the red tulip? Dutch horticulturist in 1980 who had PD devel-



oped a red and white tulip and named it "Dr. James Parkinson." In April 2005, the red tulip was launched as the Worldwide Symbol of Parkinson's Disease. This stylized red tulip was designed by early-onset Parkinson's patient Karen Painter. So, it is your turn to share with others about Parkinson's!

Our Next Meeting
April 25, 2019 at 2 pm

Ice Cream/Cookie Social and Health Fair with Door Prizes!

Yes, invite your friends and family!



GAPS members bring your favorite cookies to share!

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 Sahn 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](http://AustinYOPDMeetupGroup.com)
Contact: Bob Sahn
512-914-2132 or
rsahm99@gmail.com

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 900+ membership! THANK YOU to our current volunteers and sponsors that help our Parkinson's Community. Please contact Patty Rooney-Lingo at psrooney@aol.com to volunteer! We need your help for set up/clean up/greeting at the meetings and for administrative help, too!



GAPS 2019 Speaker and Meeting Schedule

April 11	April 25	<i>Social and Health Fair Ice Cream and Cookies ~ YEAH!</i>
May 9	May 23	<i>Dr. Keilty Darnall http://www.georgetownsleepcenter.com “Parkinson’s Sleep Problems”</i>
June 13	June 27	<i>Kathryn Hayes, TX State Communication Professor “Parkinson’s Speech & Swallowing”</i>
July 12	July 25	<i>Dr. Michael Soileau, https://www.txmds.net/ “Let’s Talk Parkinson’s!”</i>
August 8	August 22	<i>Dr Robert Izor, https://www.neurologysolutions.com “Parkinson’s Comprehensive Continuum of Care”</i>

Plummer Movement Disorder Foundation

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

* Parkinson’s 101 classes and Research Opportunities!

Contact Christy Herff at 254-724-5309
Christina.Herff@BSWHealth.org

* Plummer’s Symposium was AWESOME!

Many GAPS members attended the symposium at the Belton Expo hosted by the Plummer Movement Disorder Foundation. Excellent speakers! We

heard the about the latest developments and current research for Parkinson’s disease. The symposium had over 325 attending and still was able to answer many questions after each speaker! As a bonus, we had a great lunch and it was sponsored by wonderful vendors! If you did not make it this year I encourage you to... plan to go next year! More information will be coming.



Davis Phinney Foundation Victory Summit

Saturday, April 13, 2019; 9:30 am – 3:30 pm

The Victory Summit has reached capacity with 900 attending! However, Davis Phinney Foundation will broadcast The Victory Summit® event in Austin “LIVE” worldwide on Saturday, April 13 will be filmed at the Hyatt Regency Austin and streamed, free of charge, to anyone worldwide with access to a computer and internet. We’ve taken on this initiative as a way to allow more people living with Parkinson’s, care partners and care providers to take part in this valuable day of information on living well with Parkinson’s.

You will come away from this event, whether online or in person, feeling motivated and armed with tools to help you be more involved in your own treatment and to improve your quality of life. Registration is open to watch Live. For More Event Details visit dpf.org/vs-live or call 1-866-358-0285.



FREE Medical Equipment

~ Call ASAP!

Do you need some medical equipment? One of our GAPS members is donating the following equipment, FREE and in excellent condition. Call ASAP #940-222-7105 if you are interested!

- * Electric hospital bed with Tempur-Pedic mattress
- * Adjustable bedside table
- * Wheelchair with gel-pad
- * 4-prong cane
- * Regular walker
- * Shower Chair
- * Electric Lift chair

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 discounts! To learn more about the City Lights theater



<https://georgetown.citylightstheatres.com/>

We know that socialization is very important for Parkinson’s folks, so join us!

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: We dance - We socialize! Join us for lunch once a month! Remember that this is NOT a professional dancing but we 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!

Boxing with Parkinson's

We believe all things are possible.



www.413.Fitness

Check out this video:

<https://www.instagram.com/p/BuEfHK-gD2K/>

If you are ready to fight Parkinson's, then 413 FIGHT CLUB is the right place for you. Our community of fighters, cornermen, and coaches will welcome you into the family. You are not alone in this fight. Come observe a class and see for yourself. We have 3 locations in Central Texas. Georgetown class address is 2522 Shell Rd, Suite C, Georgetown, TX 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 for 413 family!

- ★ **May 18–19, 2019 from 9 am to 5 pm attend Parkinson's Regeneration Training®** Learn techniques to help the person with PD to reduce falls and improve: Flexibility; Balance / Stability / Agility; Strength; Breathing capacity; Posture; Cognitive and dual tasking

abilities; Mobility and movement; Overall functionality

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

- ★ **May 26–June 1, 2019 Parkinson's Wellness Recovery Retreat and...** our own 413 Coach Kristi along with Jimmy Choi will be instructors at this Parkinson's Wellness Recovery Retreat! This will be a weeklong (7 day/6 night) retreat will be held at the beautiful Scottsdale Resort in Phoenix, Arizona.
Questions and Registration
[Click here for more information.](#)

Chair Yoga for Parkinson's

"Movin to Wellness Chair Yoga"

New Location

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

Time: 10 am–11 am

Place: **New and Permanent Location** — 6200 Williams Drive at Wellspring Church

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



Let's Exercise!

Just as important as meds!

Painting with Parkinson's

Are you an artist or "artist wanna be"? Help to get this group going! Call Mary Jane 512-240-4167 (h) or 512-658-3658 (c)

Date: You schedule the date that works for you!

Time: You select the time that works for you!

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/>



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](#)

Capital Area Parkinson's Society

CAPS meet on the 3rd Saturday of each month from 2–4 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/> Next meeting is Saturday, April 21, 2–4 pm. for their **CAPS Spring Health Fair**.

Power for Parkinson's



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

Don't Forget 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!



Share a Tulip this April for Parkinson's Awareness Month!

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!



Run/Walk Fundraisers for Parkinson's Research

- **Michael J Fox Trot 5K Run/Walk on Saturday April 27:**

In Austin, the first-ever Fox Trot 5K Run/Walk for Parkinson's Research on Saturday, April 27, 2019. We have a team — yes, GAPS has a team! Join us to walk/run in the first-ever Austin Fox Trot 5K! A 5K run is 3.1 miles. All ages and abilities are invited to run or walk with us to help move a Parkinson's cure over the finish line. Bring your family and friends! You can join our team to donate and/or run and walk with us! Wayne and Barbara Marr are our team captains ~ call 512-921-9836 for more information and/or click on this link to join our own GAPS team:

<https://foxtrot.michaeljfox.org/austin/Team/View/100918/GAPS-Georgetown-Area-Parkinsons-Support-Group>

- **Bob Gessler Parkinson's Awareness Walk for Parkinson's Foundation on Saturday, May 4!** This walk will be a 1.6 mile walk in Georgetown ~ easy and very FUN! Join us!

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 and there is a tomorrow without Parkinson's.

REGISTER TO WALK, CONTACT - Bob Gessler @ 512-688-9375, Patty Rooney @ 512-259-6459
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.



Parkinson's Articles and Updates

◆ **Levodopa** — [Levodopa](#) is one of the main medications used to treat the [symptoms](#) of [Parkinson's disease](#), such as stiffness and slowness of movement. It's naturally found in the body and is the precursor of dopamine, a neurotransmitter or signaling molecule that relays electric signals between nerve cells. Levodopa can be used at all [stages](#) of Parkinson's disease to replace the lost dopamine seen in these patients. It is [available](#) in many forms: as controlled or extended-release tablets ([Rytary](#)), as dispersible tablets that can be mixed with water, and as an intestinal gel ([Duodopa](#)) that is pumped via a tube surgically inserted into the intestine. Learn more here: <https://parkinsonsnewstoday.com/levodopa/>

◆ **WEBINAR: PD and Medication — What's New?** Medication options for Parkinson's disease (PD) are constantly evolving and vary for each individual. Choosing medications depends on many variables; including motor fluctuations, symptom variability and other existing health issues. In this webinar, Dr. Rajesh Pahwa will share new treatment options to be on the look out for within the next two years and explains who would be the best candidates for these new therapies available.

[Learn more](#) by registering for our free Expert Briefing webinar taking place on Tuesday, April 9, 2019 at 12 noon.

◆ **Medical Marijuana: Where Should Research Go?** Patients and physicians have reported that various forms of medical cannabis help with symptoms such as anxiety, pain and sleep disturbances, but there is very little research evidence available to support this. Physicians have almost no medical literature to rely on and say they have concerns about the effects of cannabis on memory and executive functioning. Learn more here: www.medical-marijuana-where-should-research-go

◆ **Ketogenic Diet or Low-Fat or MIND (Mediterranean-DASH Intervention) Diet for Parkinson's** — *Which one do you choose?* Research has revealed that PD patients who maintained a low-fat or ketogenic diet for 8 weeks. Both diet groups improved in motor and nonmotor symptoms; however, the ketogenic group showed greater improvements in nonmotor symptoms. However, there is no single "Parkinson's diet!" Dietary recommendations should be based on an individual's medical conditions and medications, activity level, etc. Treat diet like medication — don't make significant changes without first discussing with your physician and dietitian. Here are some interesting articles to learn more and discuss with your doctor

✓ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6175383/>

✓ <https://www.michaeljfox.org/foundation/news-detail.php?ask-the-md-what-the-best-diet-for-parkinson>

✓ <https://www.drperlmutter.com/ketogenic-diet-dramatically-improves-parkinsons-disease/>

◆ **Living with Dementia** — Dementia causes problems with thinking, memory, and reasoning. It happens when the parts of the brain used for learning, memory, decision making, and language are damaged or diseased. Dementia is a group of symptoms caused by other conditions. Doctors have identified

many other conditions that can cause dementia or dementia-like symptoms.

<https://www.nia.nih.gov/health/types-dementia> Here are some tips to help you 'living with people who have dementia.'



◆ **Medicare and Parkinson's** — In this interview, Dr. Sarah King, PT, DPT, Founder of Invigorate PT and Wellness chats with Danielle Roberts, a Medicare Supplement Accredited Advisor, member of the Forbes Finance Council and chief blogger at Boomer Benefits about how to successfully navigate the Medicare enrollment process and how to get the most out of your Medicare plan. Fortunately, for Parkinson's patients over the age of 65, Medicare is here to help with the costs of treatment, providing inpatient, outpatient and drug benefits. The video will cover at this time frame in minutes: [4:00](#) Who is eligible for Medicare? [8:00](#) What's the difference between Medicare Part A vs. Part B [12:00](#) What is Medigap? What does Medigap cover? [14:30](#) What is the difference between Medicare Advantage vs Supplement Plans? [19:50](#) Medicare Part D — To see the entire presentation [watch the replay](#) on YouTube! Also, Danielle dove deeper into the details on her two recent blog posts:

[How does Medicare cover Parkinson's Disease?](#)

[Physical Therapy Guidelines under Medicare in 2019](#)

Whether you're someone who has been diagnosed with Parkinson's, or you're a friend or family member that's trying to help someone with PD navigate their Medicare benefits, this interview will save you hours of frustration, overwhelmed, and confusion!

◆ **Parkinson's News Today Daily Digest** — These are great articles, click on the one that grabs your attention, it is linked to the article:

✓ [Parkinson's Medicines May Contribute to Somatosensory Deficits, Study Finds](#)

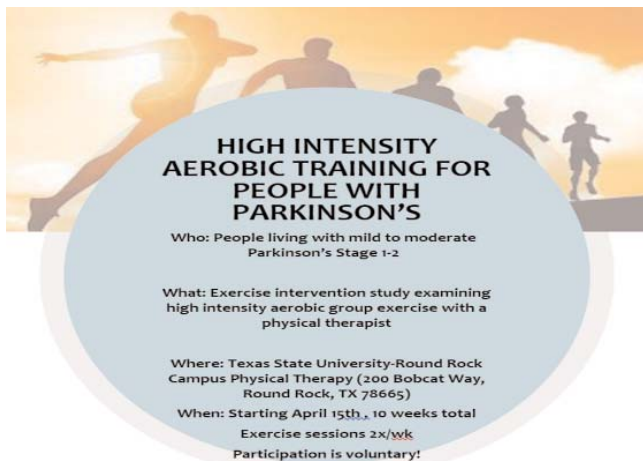
✓ [Don't Settle for Feeling Good When You Can Feel Great](#)

(Continued on page 7)

Parkinson's Articles and Updates

Continued from page 6)

- ✓ [Exercise Improves Cognitive Function in Parkinson's, Review Finds](#)
 - ✓ [Apathy and Depression Linked to Sleep Disorder in Parkinson's Patients, Study Finds](#)
 - ✓ [When You're Living with Parkinson's Disease, Kindness Matters](#)
 - ✓ [Seelos to Test Potential Parkinson's Treatment Targeting Alpha-synuclein Clumps](#)
 - ✓ [New Strategy Targets Parkinson's by Improving Dopamine Metabolism, Study Reports](#)
 - ✓ [Study Cites Factors Associated With Sleep Benefit In Parkinson's Disease](#)
 - ✓ [A Healthy New Identity Helps When Battling a Chronic Disease](#)
 - ✓ [Mouse Studies Suggest Protective Effects of Caffeine in Parkinson's Disease](#)
 - ✓ [Study Assessing Smartphone Technology to Track Parkinson's Motor Symptoms, Researchers Report](#)
 - ✓ [What to Say to Someone with Parkinson's Disease](#)
 - ✓ [Mild Cognitive Impairment in Parkinson's Linked to Worse Memory, Attention Deficits, Study Reports](#)
- ◆ **NEW Parkinson's medication, INBRIJA™** — First and Only FDA-Approved Inhaled Levodopa for Intermittent Treatment of OFF Episodes in People with Parkinson's Taking Carbidopa/Levodopa. <https://www.inbrija.com/>
 - ◆ **Nature Walks and Gardening Improve Overall Health** — One doctor told me, “Your strong history of exercise and nature has kept Parkinson's at bay.” I was an avid hiker, cyclist, and rock collector in my youth. As I headed into my gray-haired years with Parkinson's disease (PD) ... Read more: parkinsonsnewstoday.com/nature-walks-gardening-health
 - ◆ **Cardiovascular Exercise Parkinson's Research Opportunity** — FREE High Intensity Aerobic Training for people with Parkinson's. Starts April 15, 2019 ~ sign up now! This is an exercise intervention study examining cardiovascular function, physical performance, and quality of life for people with Parkinson's! For more information please contact: Rebecca Russell at (512)-716-2660 or email r_r771@txstate.edu



HIGH INTENSITY AEROBIC TRAINING FOR PEOPLE WITH PARKINSON'S

Who: People living with mild to moderate Parkinson's Stage 1-2

What: Exercise intervention study examining high intensity aerobic group exercise with a physical therapist

Where: Texas State University-Round Rock Campus Physical Therapy (200 Bobcat Way, Round Rock, TX 78665)

When: Starting April 15th, 10 weeks total
Exercise sessions 2x/wk
Participation is voluntary!

- ◆ **Ways to Cope with Parkinson's Related Psychosis** — Use these strategies to help manage visual and auditory hallucinations. If you have Parkinson's disease and experience symptoms of psychosis, you're not alone. Some people are not bothered by these symptoms, but others find them to be disturbing. [Article](#)
- ◆ **Understand Parkinson's Fully, We Must Understand the Gut-Brain Connection** — Upon breaking down two decades of research about how the gut affects the brain in Parkinson's disease, a vision for studying the gut-brain connection for the next two decades has been laid out in a review article published in the Journal of Parkinson's Disease. [Article](#)
- ◆ **Michael J. Fox Talks to 'The New York Times Magazine' on Staying Positive with Parkinson's** — Michael J. Fox sat down for an intimate interview with New York Times Magazine columnist David Marchese. In a series of questions and answers, Michael talked at length about how he stays positive while navigating a chronic illness, how Parkinson's impacted his acting career, and how close we are to finding a cure. [Article](#)



- ◆ **20-minute Parkinsons Morning Stretching Routine exercise video** — by Dr. Sarah King, PT, DPT, Founder of Invigorate PT and Wellness for our [online exercise program](#) because morning stiffness was one of the most common complaints I was hearing from our participants. This is just one of the 43 videos inside The Booster Program that I love to share with you. They're all specifically designed to improve your strength, balance, flexibility, coordination, and self-confidence — all from the comfort of your own living room. [Try out the Morning Stretching Routine.](#) If you enjoy it, I'd love to invite you to [join me inside The Booster Program.](#)
- ◆ **Synchronizing Finger Taps to Regular Beats Improves Gait of Parkinson's Patients** — Parkinson's disease patients improved their gait after undergoing training in which they tapped their fingers in synchrony to regular beats set at a faster pace than their walking speed, a study has found. The post [Synchronizing Finger Taps to Regular Beats Improves Gait of Parkinson's Patients, Study Suggests](#) appeared first on [Parkinson's News Today](#)
- ◆ **Guidelines for Living a Longer, Healthier Life** — The American Heart Association and the American College of Cardiology have published new recommendations designed to help adults live healthy, longer lives free of heart disease and stroke. Recommendations include physical activity, dietary guidance, and approaches to managing obesity, cholesterol, high blood pressure, diabetes, and quitting smoking. [Click Here to Learn More](#) Also, If you're between 40 and 75

(Continued on page 8)

Parkinson's Articles and Updates

Continued from page 7)

years old and have never had a heart attack or stroke, click on this link to calculate your risk:

[Check. Change. Control. Calculator™](#) This is interesting to help estimate your risk of having a cardiovascular event in the next 10 years.

- ◆ **How I Deal with Chronic Pain in Parkinson's** — A large number of aging adults (65+ years of age) and many of us with Parkinson's are dealing with chronic pain. However, chronic pain is not a mandatory part of normal adult aging. You control how you manage chronic pain. Here is what I do ... [Read More](#)
- ◆ **Is a Parkinson's Life a Poem in Disguise?** — I've rarely had the thought, "Why me?" Does this mean that I've signed my life over to Parkinson's disease? Is it a sign that I've given up? Last week at my boxing class, I was punching a bag when I heard laughter coming from the other side of the half-wall. Behind the divider were ... [Is a Parkinson's Life a Poem in Disguise?](#)
- ◆ **5th World Parkinson's Congress in Japan on June 4-7, 2019** — visit the [website](#). You can vote for the winner of the People's Choice Award. Take a look at the Top 12 Videos in the WPC Video Competition and be inspired, but be sure to vote! The People's Choice Award will be shown at the opening ceremony on Tuesday, June 4, 2019. Help us choose the WPC 2019 People's Choice Award winner by voting for YOUR favorite video. [VOTE TODAY](#) Deadline to vote is April 10.
 - ✓ [My Dad: His Parkinson's through my 9 year old eyes' by Jonny Acheson](#)
 - ✓ [PD Cafe HISTORY and FUTURE by Yojiro Ashina](#)

- ✓ [Shaking the stars — a tribute to the life of Tom Isaacs and his many achievements by Eros Bresolin](#)
- ✓ [Living with Parkinson's, Matt Eagles by Matt Eagles](#)
- ✓ [Hand Standing for Parkinson's Disease by Christine Jeyachandran](#)
- ✓ [Keep Hope Alive by Anders M. Leines](#)
- ✓ [This is Parkinson's by Anissa Mitchell](#)
- ✓ [WPC 2019 by Fumiko Moriya](#)
- ✓ [Don't Give Up by José Maria \(Lobo\) Ramirez](#)
- ✓ [Story of my life...Kyrgystan by Cholpon Shambetova](#)
- ✓ [When You're Gone — Hope for a Cure by Omotola Thomas](#)
- ✓ [Marc Vlemmix Dance & Parkinson by Marc Vlemmix](#)

- ◆ **Vision Problems in Parkinson's Disease WEBINAR on Thursday, April 21, 2019 at 11 am** — Our panelists will discuss changes in eyesight associated with Parkinson's as well as the effects of other symptoms and medications on vision. We also will cover how scientists are looking at the eye as a source of tests to diagnose the disease in its earliest stages. Register: [Vision Problems in Parkinson's](#)
- ◆ **Brain & Life Magazine** — Brain & Life is a free patient and caregiver magazine and website from trusted neurologists of the American Academy of Neurology. Excellent resources that you can receive in print copy or digital copy! Click here: [Contact](#) or [Start a Free Print Subscription](#) or [Start a Free Digital Subscription](#)

Caregiving/Care Partner Support

- ◆ **Twenty Ways To Care for Caregivers** — from the Editorial Staff at "Today's Caregiver" [twenty-ways-to-care-for-caregivers](#)
- ◆ **Caregiver Conference** — Pflugerville Senior Conference, Thursday, May 9 at 9:00 am to 2:00 pm Pflugerville Community Church, 1214 Pfennig Lane, Pflugerville, TX 78660. Hosted by AGE of Central Texas and Pflugerville Community Church
 - ✓ 9-10 am: Registration and Light Breakfast
 - ✓ 10 am: "Medicare Tricks, Traps, and Trends" with Lynn Shank, Certified Senior Advisor at Texas Assurance Care Inc. and A+ Longevity Management
 - ✓ 11 am: "Avoiding Estate Planning Mistakes" with Rob Hugos, Attorney, CPA, LLM (Tax), and Director of Advanced Planning at The Wiewel Law Firm
 - ✓ Noon to 12:30 pm: Resource and Information Fair and complimentary lunch
 - ✓ 12:30 - 1:30 pm: "Aging Boldly" round-table discussion with area experts on healthy aging resources in the Pflugerville area, including the Pflugerville Public Library and Pflugerville Recreation Center

The Conference is free, but advance registration is required, so we can be prepared with enough materials for all attendees, please call Natalie Alcorta at (512) 600-9275.

- ◆ **Dear Abby ... her favorite poem:**
The Time Is Now (Author Unknown)
If you are ever going to love me,
Love me now, while I can know
The sweet and tender feelings
Which from true affections flow.
Love me now
While I am living!
Do not wait until I'm gone
And, then have it chiseled in marble,
Sweet words on ice-cold stone.
If you have tender thoughts of me,
Please tell me now!
If you wait until I am sleeping,
Never to awaken,
There will be death between us
And I won't hear you then.
Let me know it while I am living,
So, I can treasure your love now!

(Continued on page 9)

Continued from page 8)

◆ **7 Essential Do's and Don'ts for People Caring for Caregivers** — Since becoming one of my dad's caregivers, the people I've leaned on the most are my friends. Somehow, my friends just get it. I don't need to tell them what questions to ask, when to ask them or when to leave me alone. In the beginning, however, my husband and some other close family members had to be reminded how to react to the very fragile and stressed side of me.

Read More: [7-essential-dos-and-donts](#)

◆ **Is It Possible to Be Organized and Focused with Parkinson's?** — Many families have known for years that something is going on with a loved one. But the official diagnosis of Parkinson's disease (PD) can still come as a shock! Learn more here: <https://parkinson.org/Living-with-Parkinsons/For-Caregivers/Beginning-Your-Journey-with-Parkinsons>

Also, caring for someone with Parkinson's disease (PD) means keeping lots of medical records, medical and family contact lists, financial documents and other information organized and handy. To avoid getting overwhelmed, below are some tips on what information to gather and how to keep it all organized.

[Parkinsons/Getting-Organized](#)

GAPS Article in Sun City, Texas Sun Ray Magazine

April 2019



PHOTO BY JAIME CALDER
Newcomers introduce themselves at the monthly meeting of the Georgetown Area Parkinson's Support Group.

Positive despite Parkinson's

By Mary Jane Berry
On the fourth Thursday of the month, attendees are greeted with smiles, hugs and refreshments. It's the monthly meeting of the Georgetown Area Parkinson's Disease Support Group (GAPS), an organization which aids and advocates for people with Parkinson's disease; those dealing with any of the atypical Parkinsonian disorders and/or Parkinson's-plus syndromes; anyone living with any movement disorder, and — of course — friends and family. The group strives to "bridge the GAPS" for a positive journey through Parkinson's disease and its related conditions. Parkinson's disease is a neurodegenerative disorder which develops slowly over years. Symptoms, which often vary from one person to another, can include small handwriting, loss of smell, difficulty sleeping, mobility issues, a change in voice volume, dizziness and fainting. The cause remains largely unknown and, though the disease itself is not fatal, complications can be serious. While there is no cure, a variety of treatment options exist, including physical therapy, medications and surgery. "Everyone is welcomed," says GAPS facilitator Mary Jane Berry. Mary Jane first came to GAPS in 2007. Her husband Dave had been diagnosed with

Parkinson's just months after they'd moved to Sun City Texas. Mary Jane became the group's facilitator in 2011 and has held the role ever since.

In their mission to improve experiences with Parkinson's for patients and caretakers alike, GAPS' aims are the following:

- To provide opportunities to discuss shared experiences and feelings.
- To share information benefiting all members and caregivers/care partners.
- To learn more about Parkinson's and related issues to enable a positive, high-quality life for those with movement disorder diseases.
- To provide opportunities for engaging in healthy, positive and constructive social and physical activities.
- To welcome, inspire, assist and have fun!

As a support group, GAPS understands that Parkinson's puts enough financial burden on a person. That's why there are no dues — all financial backing comes in the form of donations and/or fundraisers. In addition to their monthly general meeting, the group offers an array of exercise programs and activities, including dance classes, singing lessons, chair yoga sessions, boxing and more. Support meetings are also available for caregiv-

ers and those who have undergone or who are interested in learning more about deep brain stimulation (DBS).

Boasting almost 900 members, GAPS is open to all. The group regularly welcomes patients, caregivers, friends, family members, healthcare professionals and anyone else who may wish to attend. Monthly meetings usually have around 100 attendees and refreshments are always served.

Living with any kind of disease which affects mobility can be challenging, but there are many things that can be done to maintain a positive attitude and live well. Mary Jane's husband Dave advises that, "Both caregiver and patient must stay busy doing the things that they enjoy and filling their days with activities that bring them together."

Anyone is welcome to attend GAPS' free meetings and classes. It is a great time and an opportunity to meet others. Remember: you are NOT alone!

"Don't be consumed with what might happen down the road," says Dave. "Consume what you have today. As they say in Texas, 'Carpe diem, y'all!'"

Call or email Mary Jane Berry at 512-240-4167 (home) / 512-658-3658 (cell) or georgetownxparkinson@gmail.com with any questions. For additional information and resources, visit GAPS online at georgetownxparkinson.weebly.com.

Our Next Support Group Meeting, Don't Forget:

Date: April 25, 2019 (4th Thursday of the month!)

Time: 2 pm to 4 pm;
meeting starts promptly at 2pm —
come earlier for refreshments

Place: First Baptist Church, Georgetown,
1333 W University Ave, Georgetown, TX 78628
Meet in the Recreation Center Gym

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

No Speaker: April is Parkinson's Awareness Month! We
will have an Ice Cream/Cookie Social and
Health Fair! GAPS members bring the
cookies! Bring your favorites to share!

We LOVE Cookies!
Please remember
to bring your
favorite to share!



We are anticipating on at least "50" vendors for the Health Fair to share
about their product or services...and, each will give away a door prize!
Fun, Fun, Fun!

**You do not want to miss this ~ Ice Cream/Cookie Social
and Health Fair!**

**New
Locations
for Chair Yoga
and Support
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: First 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: **New and Permanent Location** —
6200 Williams Drive at
Wellspring Church

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: Autumn Leaves **(NEW)**
[3600 Williams Drive, Georgetown](#)

Contact: Debra Thurber #512-688-0159
dthurber@autumnleaves.com

Thursday — "Parkinson's Support
Group" on 4th Thursday at 2 pm

Location: First Baptist Church, **(NEW)**
[1333 W. University Ave,](#)
[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/>