



Georgetown Area Parkinson's Support Group

Issue 5

May 2016

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Next Meetings

Georgetown Area Parkinson's Caregivers Support Group Meeting
Thursday, Thursday, May 12, 2016
(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!

"Solo's" Support Group Meeting

If you are a single man or woman with Parkinson's and would like to connect with fellow singles please join us on Thursday, May 12 to organize your group! This is not a "dating group" but intended to be an opportunity to share and socialize! I have meeting dates and a place set up but as the group evolves ~ YOU can decide what works best for this group.

Georgetown Area Parkinson's Solo's Support Group Meeting
Thursday, May 12, 2016

(Always on the 2nd Thursday of the month!)
2-3 pm

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

Georgetown Area Parkinson's Support Group Meeting
Thursday, May 26, 2016; 2 pm

(Our meeting begins promptly at 2 pm)
(Always on the 4th Thursday of the month!)

Topic: Assistive Devices for Daily Living!

Speaker: Steve Chodorow, President,
Assistive Devices Inc.

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

All are invited ~ patients, caregivers, care partners, family, friends, health care providers!

Monthly Meeting Highlights

We did not have a speaker for our April meeting but we had "discussion groups." We had three groups ~ Parkinson's men; Parkinson's women and Caregivers. Earle Sherrod led the discussions and did a GREAT job! The topic to discuss was on "Frustration — What frustrates you?" The groups listed their frustration and here are the findings:

Items/Issues which frustrate people with Parkinson's the most are:

- Handwriting declines
- How fast the disease progress
- Difficulty using electronic devices (PCs, texting, etc) with small keyboards
- Unaided walking and fear of falling
- Soft speech
- Getting dressed and undressed
- Not enough time to get everything done
- Just can't do as much, as fast, and less endurance
- Managing my meds timing and dosages

However, they also addressed how they handle/plan to handle these frustrations:

- Set/share goals/ideas/solutions with your caregiver ~ COMMUNICATE!
- Assistive devices
- Do research and reading
- Balance classes
- LSVT Loud training and practice

The caregivers also had frustrations...

- Understanding and dealing with my loved one with Parkinson's ~ their frustrations
- How to cook and otherwise keep up with their changing ability to smell and taste

- No time or not enough time for myself
- Impact of Parkinson's on other ailments
- Soft speech
- Fear of my loved one with Parkinson's falling

However, the caregivers addressed how they handle/plan to handle these frustrations:

- Attend caregiver's meetings
- Do more research and reading to gain better understanding
- Share ideas and solutions with their loved one with Parkinson's and with other caregivers
- Don't be afraid to vent and share
- Use time management techniques

I would like to thank Earle again for leading this discussion for compiling the summary of the results. I think the bottom line is we all have frustrations! Actually, we all have frustrations in life-with disease or no disease. I would like to encourage you to read the *Tips For Parkinson's Patients* article on page 2 because perhaps to best handle frustrations is with encouragement and LOVE!

Our Next Support Group Meeting

Thursday, May 26, 2016, 2 pm

(On the 4th Thursday of the month promptly at 2 pm)

Assistive Devices for ADL

Steve Chodorow, President
Assistive Devices Inc.

- ✓ Devices to help you dress and undress
- ✓ Devices to aid in eating
- ✓ Many more devices and discussion to help you with ADL's

ADL = Activities of Daily Living

Plummer Movement Disorder Foundation

By Melissa Ainslie

➤ Parkinson's Research Opportunity

Dr. Benge and Melissa are working on a new research study on meaningful outcomes in PD. The Georgetown focus group will be held on Friday, May 20 Time TBD (more than likely after lunch). We need up to 15 Parkinson's patients and their caregivers. If you aren't able to participate in this focus group then you can participate in the second portion of the study which will happen later in the summer. Please contact Melissa Ainslie ASAP if you are interested.

Melissa.ainslie@bswhealth.org or 254-724-5679

Save the Dates ~ more info coming!

➤ Caregiver's Symposium —

Saturday, July 23, 2016

➤ Parkinson's Symposium —

Saturday, October 8, 2016

Our New Website

Yes, we have a website, however it is still under construction and ever evolving but please check it out and with that, we also have an acronym for our support group!

It is "GAPS" representing Georgetown Area Parkinson's Support!"

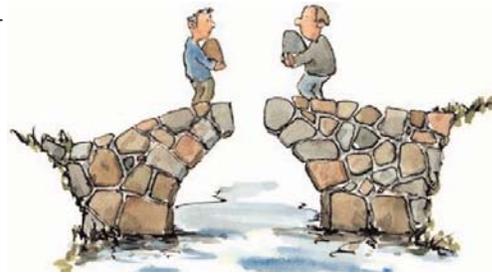
Here is the link to our website:

<http://georgetowntx-parkinson.weebly.com/>

If you are typing it in your web browser it is

georgetowntxparkinson.weebly.com

Welcome to the Georgetown Area Parkinson's Support Group (GAPS). This support group is for YOU! To help YOU bridge the GAPS in your journey with Parkinson's disease. We hope to "bridge the gaps" through our mission as a support group!



Bridging Our GAPS

Our mission is:

- to provide opportunities to discuss shared experiences and feelings
- to share information beneficial to all members and care partners/caregivers
- to learn more about Parkinson's disease with the goal to live a quality life
- and to welcome, inspire, support...and have FUN!

We owe a tremendous "thank you" to Candy Minsheu for constructing this FREE website using her valuable time and expertise as a gift of love for our support group!

Candy ~ a million times thanks!

Tips For Parkinson's Patients

Words of Love by Dr. David Jeremiah

"Therefore comfort one another with these words." — 1 Thessalonians 4:18

The phrase "one another" occurs 53 times in the New Testament of the Bible. We are continually to look out for the needs of others as well as for our own. And that applies to the "one another's" in marriage — husbands and wives who encourage each other.

There are many ways to encourage a spouse. We tend to focus on things that require investments of time, talent, and treasure—gifts, trips, flowers, and date nights. And those are well worth the effort.

But the tool of encouragement that is probably more helpful than any other is also the least expensive: encouraging words. When Paul wrote to the Thessalonians to "encourage one another with these words," he was referring to truth about the rapture and the future of deceased loved ones. It was just a word, but that's all it took to provide hope and certainty. And the same can be true in marriage. A true word from a spouse/family/friend can convey the certainty of love and hope in a moment.

If you are married, purpose to share an encouraging word with your spouse at least once a day. If you're single, still share a word of encouragement with a friend or family. The right words can become building blocks to a strong union.

A Single Thought: An often overlooked and undervalued gift is a word of encouragement.

To all our Mother's,
we hope you enjoyed a
Happy Mother's Day!



Let us all remember, May 30th is Memorial Day, a United States federal holiday commemorating men and women who died while serving in the United States Armed Forces.

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](#)

Power For Parkinson's (PFP) Update

They offer FREE classes all over Austin and Round Rock ~ and YES, you can attend whatever is convenient for you! Be sure to check out their website!
<http://www.powerforparkinsons.org/>

Capital Area Parkinson's Society (CAPS)

[CAPS website](#)

The CAPS (Austin Support Group) next membership meeting is Saturday, May 21, 2016 at 2 pm. The speaker will be Dr. Mark Carlson, who will discuss "fall prevention." Falling can mark a significant event impacting a senior's independence. According to a recent study by the Center for Disease Control more than 30% of Americans over age 65 fall each year!

[Click here for meeting directions](#)

Transportation To/From Meetings and Classes

TRANSPORTATION? Please call Carolyn Aldridge at 571-213-4733. We have volunteers to help us! So, let us know if you need transportation!

Georgetown Area Parkinson's Support Group

Speaker List for 2016

Parkinson's Caregivers & Solo's Meetings	Parkinson's Support Group Meetings
May 12	May 26
June 9	June 23
July 14	July 28
August 11	August 25
September 8	September 22
October 13	October 27
November 10	November NO Meeting
December 8	December 8

Mark your calendars with these dates and share with family and friends to join you!

Speaker and Topic for Parkinson's Support Group Meetings

Steve Chodorow ~
Assistive Devices for YOU!

Summer Social
Ice Cream and Cookies ~ YEAH!

Exercise Presenters on: self-defense, boxing, swimming, tai chi, yoga, acupuncture.

Dr Peckham
Let's Talk Parkinson's!

Support Group Discussions
PD Men's; PD Women's; PD Care Partners

Dr Michael Soileau ~
What's the Latest in PD!

NO Meeting ~
Happy Thanksgiving!

Christmas Social...
Merry Christmas 2016

Calendar

Georgetown Parkinson's Meetings & Movin' to Wellness Classes

You can get to this calendar from our new website too!

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

Today: May 2016							Print	Week	Month	Agenda
Sun	Mon	Tue	Wed	Thu	Fri	Sat				
May 1	2	3 11am Cardiac Chair 1:30pm Dancing with	4	5 9am Chair Yoga in C 9:30am Tai Chi \$5 a 1:30pm Round Rock	6 10am Tai Chi for PD	7				
8	9	10 11am Cardiac Chair 1:30pm Dancing with	11	12 9am Chair Yoga in C 9:30am Tai Chi \$5 a 1:30pm Round Rock 2pm Georgetown C	13 10am Tai Chi for PD	14				
15	16	17 11am Cardiac Chair 1:30pm Dancing with	18	19 9am Chair Yoga in C 9:30am Tai Chi \$5 a 1:30pm Round Rock	20 10am Tai Chi for PD	21 2pm Austin PD Supp				
22	23	24 11am Cardiac Chair 1:30pm Dancing with	25	26 9am Chair Yoga in C 9:30am Tai Chi \$5 a 1:30pm Round Rock 2pm Parkinson's Su	27 10am Tai Chi for PD	28				
29	30	31 11am Cardiac Chair 1:30pm Dancing with	Jun 1	2 9am Chair Yoga in C 9:30am Tai Chi \$5 a 1:30pm Round Rock	3 10am Tai Chi for PD	4				

Tuesdays — 11 am; Cardiac Chair Yoga at Seton Williamson County Hospital, Learning Center; call Dawn at 512-619-8280

Tuesdays — 1:30 pm; Dancing with Parkinson's at Georgetown Palace Theatre, Education Building; call Nancy at 512-940-0143

Wednesdays — 9 am; Chair Yoga at 2423 Williams Dr., Georgetown; call Kim 512-876-0071

Thursdays — 9:30 am; Tai Chi at 2423 Williams Dr., Georgetown; call Diane Ricklefsen 512-863-9293
Cost is \$5 per class.

Thursdays — 1:30 pm; Round Rock Fitness with PD at 2111 Sam Bass Road, Round Rock; call Power for Parkinson's 512-750-8091

Fridays — 10 am; Tai Chi for PD at Belton First Baptist Church, 506 N. Main Street, Belton, TX; Melissa 254-724-5679call

Reminders and Thoughts

- **Webinar — Michael J Fox presents *Partners in Parkinson's Online Event*** — On May 14 the Partners in Parkinson's broadcasts will be a full day of educational panels online. Watch sessions from the comfort of your own home and learn about ways to optimize your care. FREE! Viewers will have the opportunity to submit questions to our moderator and panelists throughout the day. Click here for the agenda and register: partnersinparkinsons.org [REGISTER](#)
This will be EXCELLENT!

Topics of Discussion Include:

- ◆ How Parkinson's impacts everyone differently, and how to meet your specific needs
 - ◆ What to know, ask and expect from an appointment with a movement disorder specialist
 - ◆ Updates on current Parkinson's disease research
 - ◆ Ways to build a healthy and active lifestyle
- **DBS- Deep Brain Stimulation Lunch and Learn Support Group** — These meetings are the same date as our meeting ~ 4th Thursday of the month but it is earlier in the day...
Yes, you can make them both! The meetings will be on Thursday, May 26, Thursday, June 23, and Thursday, July 28.
The times are: 11am–12pm for IMPLANTED patients — “Battery Longevity Clinic” and 12pm–2pm for NEW patients — “Behind the Surgical Curtain.” **Meet at:** Homewood Suites by Hilton, Austin-Arboretum/NW10925 Stonelake Boulevard, Austin, Texas, 78759 Questions &RSVP to Erin Doherty erin.m.doherty@medtronic.com. The location is on the north-west corner of Mopac and Braker Lane behind the Hampton Inn and Sam's Boat Restaurant.

- **Caregivers - Guess what?** ... here is a great article on “Animals as Caregivers” from Caregiver.com website, click on this link: [Animals as Caregivers](#)
- **Constant Updates on Parkinson's** — The Austin Parkinson's support group Capital Area Parkinson's Society (CAPS) sends out a weekly email on Parkinson's updates. It is excellent! If you would like to receive these emails, please email your request to: constantcontact@capitalareaparkinsons.org email. It is a wealth of Information!
- **New Medication** — The Food and Drug Administration has approved Nuplazid (the compound pimavanserin) from the pharmaceutical company Acadia to treat Parkinson's psychosis. Psychosis — which may eventually affect more than half of people with Parkinson's disease — can appear in a variety of ways, including hallucinations (seeing things that aren't there) and delusions (holding false, typically paranoid, beliefs).
- **How to Help People with Parkinson's Maintain their Identity and Dignity** — Rabbi Rena Arshinoff gave a moving speech as to how spirituality can help people with Parkinson's maintain their identity and dignity at this year's NPF Centers of Excellence Leadership Conference. This is an excellent article - please read: [Parkinson's Dignity](#)
- **Exercise, Exercise, Exercise** or Move, Move, Move! — Don't forget!

PLUMMER MOVEMENT
DISORDERS CENTER PRESENTS

2016 Parkinson's Disease Caregiver Symposium

SATURDAY, JULY 23, 2016 — 10 a.m.-2 p.m.

Join us for a day of support and education
at this FREE event for Parkinson's
Disease caregivers.

Lunch will be provided.
Vegetarian and gluten-free options
available upon request during RSVP only.
Seating is limited to 150 guests.

Wildflower Country Club
Wildflower Dining Room
4902 Wildflower Lane | Temple, TX

RSVP by July 5
Melissa Ainslie, PMDC Outreach Coordinator
254.724.5679
melissa.ainslie@bswhealth.org

 SCOTT & WHITE
NEUROSCIENCE INSTITUTE

Plummer Movement
Disorders Center

But, don't forget to exercise!

