



# Georgetown Area Parkinson's Support Group

Issue 6

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

June 2017

Mary Jane Berry

[dberry3@suddenlink.net](mailto:dberry3@suddenlink.net)

512-240-4167 (h)

512-658-3658 (c)

## Next Meetings

**Caregivers/Care Partner  
Support Group Meeting:  
Thursday, June 8, 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, June 22, 2017**

*(Always on 4th Thursday of the month!)*

**2-4pm**

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

**Speaker: Dr. Michael Soileau**

**Topic: "Let's Talk Parkinson's"**

- **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!
- **WEBSITE:** <http://georgetowntxparkinson.weebly.com/>  
Check out all our pictures and video's!

## Last Month's Meeting Summary

Dr. Karen Valdez, Geriatric Psychiatrist spoke at our May meeting. We had a large crowd with 85 members in attendance. Dr. Valdez spoke on "Depression" and she emphasized that depression is just like any illness we could have. It is important that we overcome the negative stigma of depression and mental illness.

Unfortunately, negative attitudes toward people who have a mental health condition are common. This negative stigma can lead to discrimination and negative attitude about mental illness or treatment. We need to educate ourselves! *Depression can be caused by many factors, such as Parkinson's!* Depression is more than just *feeling down*. *It is a serious illness caused by changes in brain chemistry.* Research tells us that other factors contribute to the onset of depression, including genetics, changes in hormone levels, certain medical conditions, stress, grief or difficult life circumstances. Again, it is changes in brain chemistry! Symptoms of depression include feeling several of the following for at least 2 weeks:

- Feeling sad, anxious, or empty
- Anger, yes... ANGER especially in men

- Feeling hopeless or pessimistic
- Feeling guilty, worthless, or helpless
- Not enjoying things you used to enjoy
- Trouble with concentration, memory, or making decisions
- Sleeping too much or too little
- Appetite changes
- Gaining or losing weight
- Feeling restless or irritable
- Thoughts of suicide or death

No two people are affected the exact same way by depression. There is NO "one size fits all" treatment that cures depression. What works for one person might not work for another. The best way to treat depression is to become as informed as possible about the treatment options, and then tailor them to meet the need. Treatment often includes medication but more strongly recommended is exercise, healthy nutrition, sleep, social support, stress reduction and/or psychotherapy!

This was an excellent presentation and thank you to Dr. Valdez!



## 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!

## REFRESHMENTS BY



The Delaney at Georgetown Village strives to be the choice in the Georgetown area for retirees seeking complete freedom to be as independent as they want to be in a casual atmosphere that feels like a well-appointed home. In addition to residential senior apartments for independent living. The Delaney offers families a reliable choice for loved ones in need of supportive assistance with the activities of daily living. Location: 359 Village Commons Blvd., Georgetown, TX 78633.

## 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](#)

## Exercise Classes

Check our calendar on our website:

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

We offer FREE classes for dancing and chair yoga. We also recommend classes with:

- Boxing with Rock Steady Boxing  
<http://rocksteadyatx.com/>
- Power for Parkinson's  
<http://www.powerforparkinsons.org/>

## UPDATE for Dancing with Parkinson's

As of June 6 for the **SUMMER ONLY** — Dancing with Parkinson's class will be moving to First United Methodist Church on 410 E. University Ave. in Georgetown (drive East on University and turn Right onto Ash St., then turn into the parking lot just behind the playground that is part of the church. We can park there. Enter the church through the door with the awning, then follow signs for class) We have to move for summer camps!

## TIPS for Parkinson's from the Meeting

<https://www.multivu.com/players/English/7961853-aarp-michael-j-fox/> for the full article!

### Michael J. Fox's 6 Rules for Surviving Adversity

**Exercise:** Especially if you have Parkinson's disease. "We've learned it will prolong your ability to operate positively in the world."

**Pacing:** "It helps me think – the physical motion creates intellectual motion."

**Acceptance:** "It isn't resignation, and it freed me to actively deal with and endeavor to change my situation. I like to say, 'My happiness goes in direct proportion to my acceptance, and in inverse proportion to my expectations.'"

*Laughter*  
always the best medicine

**Honesty:** Don't remain silent or ashamed about illness. Once Fox went public with his condition, he says, "it was empowering to have people understand what I was going through – I immediately felt better."

**Optimism:** "I hate when people say, 'You're giving them false hope.' To me, hope is informed optimism."

**Humor:** "I laugh at my involuntary movements and the scenes they create. There are times when I love these things."

## VIDEO from the Meeting

Let's LAUGH —

<https://www.youtube.com/watch?v=Xgm-iOW-uBY>

## Fighter of the Month



### Doris Mieriendorf — Georgetown

The May Fighter of the Month for Rock Steady Georgetown is Doris Mieriendorf, a native of Milwaukee, Wisconsin. She was diagnosed in 2013, and her doctor is Elizabeth Peckham.

Doris has many hobbies that she says she doesn't have time for anymore, like sewing, reading and home decorating. But she still finds time for music and attends many local concerts. Doris loved living in Parsippany, New Jersey, just 25 miles from Manhattan, where she enjoyed many operas and oratorio performances. In her professional life in Minneapolis she worked in marketing for BOC Edwards Company and dealt regularly with Asian customers.

Her least favorite thing in class is the heavy bag. Her favorite is "just being part of Kristi's enthusiasm for exercise."

## Capital Area Parkinson's Society (CAPS)

[CAPS website](#)

The CAPS (Austin Support Group) June meeting will be Saturday, June 17 at 2 pm.

<http://www.capitalareaparkinsons.org/> for meeting directions [click here](#). It is in the Fifth Floor Conference Room of the Medical Office Building at [St. David's Medical Center](#). The address is 3000 North IH-35, Austin, 78705.

## Reminders and Thoughts

- **WEBINAR** — Challenges and Treatment of Young-Onset Parkinson's Disease, Thursday, June 15 at 11 am CST. People diagnosed with Parkinson's disease before age 50 (young-onset PD) face unique challenges around work and family and may take different approaches to treatment. Our patient and clinician panelists will discuss the experience of and care for YOPD. [Register here](#)
- **PODCASTS** — A podcast is a digital audio file made available on the Internet for downloading to a computer or mobile device. You can always listen to Parkinson's Updates by selecting the episode you want on [parkinson.org/podcast](http://parkinson.org/podcast). These are 10 to 15 minutes long and very interesting on a variety of Parkinson's subjects!
- **Caregivers** — An article that recommends a few things you can do to prepare for and live your lives while taking on a caregiver role. [http://www.caregiver.com/articles/caregiver/lessen\\_the\\_squeeze2.htm](http://www.caregiver.com/articles/caregiver/lessen_the_squeeze2.htm)
- **American Stroke Month was in May** — When it comes to spotting stroke and getting help, the faster, the better. That's because prompt treatment may make the difference between life and death or the difference between a full recovery and long-term disability. If you already know how to spot a stroke F.A.S.T., American Stroke Month is your chance to teach others.

[Watch this 2 min video](#)

- **Way to Go Nancy Wiedeman** — A member of our support group has a great article in the Baylor Scott & White Magazine about managing her Parkinson's! A wonderful read... click on this link:



[http://news.bswhealth.com/media\\_storage/BL051717\\_Austin\\_bookLR.pdf](http://news.bswhealth.com/media_storage/BL051717_Austin_bookLR.pdf)

- **Kristi's Rock Steady Boxing** — Our Sun City Fighters were recently featured in the Sun Rays magazine. You can read [the full article online](#). Thank you to Barbara Pal for sharing our story with their writers; it was a privilege to work with Edna and her photographer. A big congrats to Georgetown fighter, Linda Kovacs on being named the *Sun City Athlete of the Month*. What a huge honor! Kristi said she needs someone to take on the important role of your social coordinator. You report directly to Kristi and Ben with ideas for the monthly (or bimonthly) socials. It can be at a restaurant, a fighters' home, movies, or game night; possibilities are endless. We just need someone to facilitate and be a liaison for the Georgetown fighters. Also, looking for volunteers to help our fighters, join us by calling Kristi at 512-695-464.



- **Nancy's Dancing with Parkinson's** — Let's Dance... this is fun and FREE! For questions, call Nancy at 512-940-0148. Also, looking for volunteers to help our dancers!
- **Ki's Chair Yoga for Parkinson's** — Let's Stretch & Meditate and it is FREE! For questions, call Ki at 512-876-0071
- **Sarah from Invigorate PT and Wellness** — Your brain needs brain-boosting foods on a regular basis, not just occasionally. Brain-Boosting Foods Guideline:
  - 1. Eat 6-9 cups of vegetables per day.**  
3 cups each of leafy greens, colorful veggies and berries, and cruciferous veggies. These are incredibly detoxifying foods that repair and rebuild your brain cells.
  - 2. Eat lots of healthy fats.**  
Including: EVOO, coconut oil, grass-fed butter or ghee, grass-fed tallow, almond milk, avocados, olives, nuts, nut butters, seeds (flax, pumpkin, chia, sesame, sunflower).

### 3. Choose organic proteins, vegetables, fruits, and nuts.

Pesticides are toxins. Your body stores toxins in fat. Your brain is 60% fat which means it's incredibly susceptible to storing toxins which can lead to cognitive decline. Choose foods that are organic, grass-fed (meats), pasture-raised (pork, eggs) or wild-caught seafood, and low in extra additives. If you can't pronounce it you don't want it in your food or your brain!

### 4. Stick to non-gluten grains and lentils.

Good choices: amaranth, buckwheat, millet, quinoa, wild rice, beans, lentils, peas. Soak them overnight before cooking (this includes nuts). Eat small amounts no more than a couple times weekly.

### 5. Eat fermented foods.

These help balance your gut bacteria which research is showing has a strong correlation to the development of Parkinson's Disease. Includes: sauerkraut, kimchee, kefir, kombucha.

### 6. Spice it up.

Use (organic) herbs and spices to boost the flavor (and nutritional profile) of your foods.

- **Julie's Water Balance Classes** — Aquatics is a great way to have fun and move and I advocate for the joy water can bring to all! The Chasco YMCA in Round Rock has a warm water pool, so does Reavis Rehab in Round Rock. For those willing to endure cooler temps of water, during hot summers—Williamson County provides great facilities for public use. If you are interested in water balance classes, contact Julie O'Connor, B.S., AEA, Adapted Aquatic Specialist at 512-630-6203
- **Do you like to read?** — We have a wonderful Georgetown Library and did you know that you can have books delivered to your home via the WOWmobile! Yes, call for more information 512-930-3551 and check out the website <https://library.georgetown.org/> this is a great resource, check it out!
- **Coloring books?** — Yes, "adult" coloring books are everywhere and research now shows there are tremendous benefits: it improves fine motor dexterity (your handwriting), it is relaxing & de-stresses, stimulates creativity, improves the ability to focus and is FUN!!!

(Continued on page 4)

## Georgetown Area Parkinson's Support Group

### Speaker List for 2016

Parkinson's Caregivers & Solo's Meetings	Parkinson's Support Group Meetings
June 8	June 22
July 13	July 27
August 10	August 24
September 14	September 28
October 12	October 26
November 9	NO Meeting
December 14	December 14

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

#### Speaker and Topic for Parkinson's Support Group Meetings

Dr. Michael Soileau  
**"Let's Talk Parkinson's!"**  
 Dr. Kevin Rix  
**"Injury Prevention/Medication Safety"**  
 Dr. Jared Bengel  
**"Update on Parkinson's Research"**  
 Pharmaceutical Representatives  
**"Parkinson's Meds & DBS Forum"**  
 Dr. Valarie Rundle-Gonzales  
**"Latest Update on Parkinson's"**  
 NO Meeting  
**Christmas Social and Lunch!**  
**Merry Christmas 2017**

#### Refreshments for Parkinson's Support Group Meeting

Christine Reed / 972-896-0548  
**Lundbeck-Northera**  
 Kimberly Rivera / 512-745-2063  
**AbbVie – Duopa**  
 Clint Graves / 806-672-2033  
**Apokyn**  
 Kristi Richards / 512-695-4649  
**Rock Steady Boxing Austin**  
 Damon Dennett / 702-354-4100  
**Medtronic – DBS**

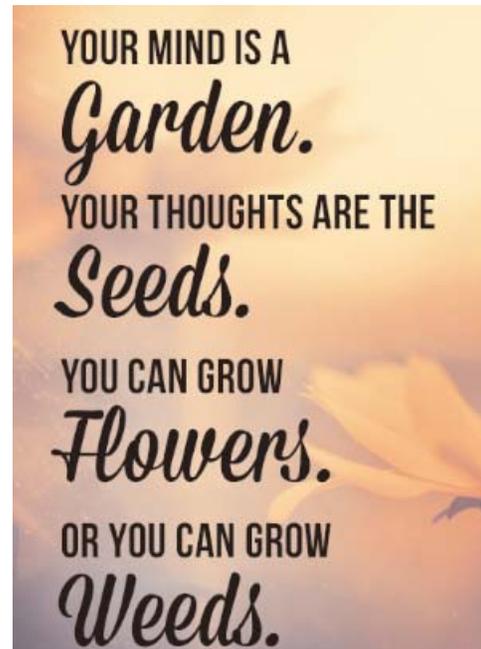
**Happy Thanksgiving!**

**Merry Christmas!**

(Continued from page 3)

- **Faith in Action** — Another great resource in Georgetown! They provide FREE transportation, errands, handy-man services, area calling and home visits, medical equipment closet, information/referrals, and provide educational classes. Yes, these are FREE! This is a wonderful resource that is for seniors! Call them for information and to sign up for services 512-868-9544.
- **Osteoporosis with Parkinson's** — Research has showed that both osteoporosis and osteopenia were common in the patients with Parkinson's disease also in an aged population. Additionally, patients with Parkinson's disease had lower vitamin D levels. Can exercise help strengthen your bones? The good news is "Yes!" The best exercise for your bones is the weight-bearing kind, which forces you to work against gravity. Some examples of weight-bearing exercises include weight training, walking, hiking, climbing stairs, and dancing. However, exercise is only one part of an osteoporosis prevention or treatment program. A diet rich in calcium and vitamin D, exercise helps strengthen bones at any age.  
[https://www.niams.nih.gov/health\\_info/one/Bone\\_Health/Exercise/default.asp](https://www.niams.nih.gov/health_info/one/Bone_Health/Exercise/default.asp)

- **Melissa Ainslie** — We want to *Thank* Melissa for all the help and support you have given to our Georgetown Area Parkinson's Support Group for the last 5 ½ years! We could not be the support group we are today without your support and support from the Plummer Movement Disorders Foundation. We are happy for your new position and career opportunity, but please know that you will be missed in Georgetown! However, I know we are in good hands with Christy Herff...welcome and thank you Christy!



## Our Next Support Group Meeting

Don't forget...

**NEXT MONTH'S MEETING!**

DATE: Thursday, June 22, 2017

TIME: our meeting begins promptly at 2:00 pm

SPEAKER: Dr. Michael Soileau

TOPIC: "Let's Talk Parkinson's"



**Michael Soileau, MD**  
 Neurology Georgetown, TX  
 Movement Disorder  
 Movement Disorder Specialist/Owner