



Georgetown Area Parkinson's Support Group

Issue 6

June 2016

Mary Jane Berry dberry3@suddenlink.net 512-240-4167 (h) 512-658-3658 (c)

Next Meetings

Georgetown Area Parkinson's Caregivers Support Group Meeting Thursday, June 9, 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, June 23, 2016; 2 pm

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

Topic: Our ice cream and cookie social
plus health fair and door prizes!

**This is always a FUN time, please bring
your family and friends and even more
important, bring your favorite cookies
to share! We will supply the ice cream!**

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 had a great meeting in May and our speaker, Steve Chodorow with Assistive Devices, Inc. Steve became a caregiver for his elderly parents, his first-hand experience helped him understand the challenges that families encounter on a daily basis. Steve knows that getting the right product can greatly improve the quality of life for loved ones and for caregivers. At our meeting, he shared with us many wonderful assistive devices to make life easier with activities of daily living! The Activities of Daily Living (or ADLs) are the things we do every day: getting out of bed, going to the bathroom, taking a shower, brushing our teeth, dressing, eating, interacting with others, talking on the phone, getting in and out of a chair, taking medication, driving, and the list goes on. Steve's company offers a wide variety of products so that best meet a customer's needs. With so many assistive devices available for you to choose from, it can be difficult to find the right one for your own unique needs... you can contact Steve and his team for the best product to serve you.

You can check out his website and/or request a catalog of devices. CONTACT: <http://www.assistivedevicesinc.com/> or Steve Chodorow at 512-346-0889 or 1-800-856-0889

At our May meeting, we remembered "Memorial Day" and we honored our veterans and remembered those who gave their life for our freedom! "All gave some, some gave all!" I know you would like to see this: [Our Freedom Medley!](#)



Transportation To/From Meetings and Classes

I need someone to help us coordinate for transportation! If you would like to be that person ... please call Mary Jane at 512-240-4167! We do have volunteers to drive us!! So, let us know if you need transportation!

Plummer Movement Disorder Foundation

By Melissa Ainslie

Save the Dates ~ more info coming!

- Caregiver's Symposium —
Saturday, July 23, 2016
- Parkinson's Symposium —
Saturday, October 8, 2016

Our Next Support Group Meeting

**Don't forget our next month's meeting and
bring your favorite cookies!**

Thursday, June 23, 2016; Meeting begins promptly at 2 pm

(On the 4th Thursday of the month!)

Ice Cream & Cookie Social

**with a
Health Fair and
Door Prizes!**



Capital Area Parkinson's Society (CAPS)

[CAPS website](#)

The CAPS (Austin Support Group) Next Membership Meeting is Saturday, June 18 — Jo Bidwell, M.Ed. ~ Nutrition and Parkinson's disease — What You Need to Know! *You are what you eat*, or so they say. But how are nutrition and Parkinson's linked? More importantly, how can nutrition impact Parkinson's in a positive way? Learn the answers to these questions and much more at our June membership meeting, where we will be joined by Ms. Jo Bidwell. Our featured presenter, Ms. Bidwell is uniquely qualified to discuss this topic. She brings an in-depth background in health and nutrition, and has had extensive involvement with Parkinson's and the PD community.

[Click here for meeting directions](#)

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](#)

Tips For PD Patients

I receive questions on Parkinson's medications, so I created a page on our website. Please check our website for links to places to learn more about your meds.

<http://georgetownxparkinson.weebly.com/parkinsons-medications.html>

however... **PLEASE consult with your physician for all medications questions!**

Our Website GAPS

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://georgetownxparkinson.weebly.com/>

If you are typing it in your web browser it is georgetownxparkinson.weebly.com



Bridging Our GAPS

Georgetown Area Parkinson's Support Group

Speaker List for 2016

Parkinson's Caregivers & Solo's Meetings	Parkinson's Support Group Meetings
June 9	June 23
July 14	July 28
August 11	August 25
September 8	September 22
October 13	October 27
November 10	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

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

EXERCISE: Movin' to Wellness Classes & Power for Parkinson's Classes

Check our calendar on our website: <http://georgetownxparkinson.weebly.com/calendar.html>

UPDATE: The Dancing with Parkinson's classes will move for the summer to the Tin Barn building of the Palace Theater as of **Tuesday June 14**. The Tin Barn is located on the corner of E. 9th St. and the alley, across from the bank parking lot. Entrance to our space is in the alley! Please look for the signs!

- 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, Tin Barn 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

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/>

2016 Parkinson's Disease Caregiver Symposium

SATURDAY, JULY 23, 2016 — 9 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

Reminders and Thoughts

- **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 ... Yes, you can make them both! The meetings will be on 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 northwest corner of Mopac & Braker Lane behind the Hampton Inn and Sam's Boat
- **REMINDER:** If you borrowed any books, please return them so that others can borrow them too! However, if you have a pamphlet or booklets, PLEASE keep it!
- **Webinar** — Michael J Fox presents ‘Partners in Parkinson's Online Event’ — Depression and Anxiety in Parkinson's disease Webinar on Thursday, June 16 at 11 am CST. Register at this link: [Depression and Anxiety in Parkinson's](#)
- **Parkinson's Singing Group** - this Power for Parkinson's class guides through vocal exercises and then leads the group in fun easy to follow songs. Not only will this weekly class help with your vocal power, but the exercises and lyrics are catchy and will stick with you during the week helping you to practice. Like our fitness and dance classes, we promise this class will feel equally uplifting! For those of you considering attending a Power for Parkinson's class for the first time, join us any time! You can always access our full calendar on our website and even download it to your smart phone. NO experience is necessary!
- **Exercise, Exercise, Exercise or Move, Move, Move! - Don't forget!**
- **RIP Muhammad Ali** — an American professional boxer, generally considered among the greatest heavyweights in the history of the sport. The Chair of the Parkinson's Disease Foundation said, “He lived every day as if it were the last in his 30-years with the disease, exemplifying his own admonition to **‘make the days count.’** The Parkinson's community mourns the passing of a man who had ‘handcuffed lightning and thrown thunder in jail’ and who left us with this legacy — **to live well and make each day count, while we search for the cure.**”

