



Georgetown Area Parkinson's Support Group

Issue 7

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

July 2018

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Next Meetings

Care Partner

Support Group Meeting: Thursday, July 12, 2018;

(Always on 2nd Thursday of the month!)

2-3 pm

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

FACILITATOR: Debra Thurber
dthurber@autumnleaves.com

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



Parkinson's Support Group Meeting:

Thursday, July 26, 2018

(Always on 4th Thursday of the month!)

2-4 pm

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

SPEAKER: Jennifer Perez, St. David's Hospital

TOPIC: Driving While Aging!

Accidents involving older drivers are related to the physical, visual and cognitive changes associated with aging.

Refreshment Sponsor

We also had excellent refreshments at this meeting ~ fruit and Chick-fil-A chicken nuggets were generosity supplied by Clint Graves with

US Worldmeds

APOKYN Be on.
apomorphine hydrochloride injection Live life.



**Yummy...
Thank You Clint!**

Summary of Our June Meeting



We had a great meeting on June 28 with our topic on "caregiving" presented by Annette Juba, Deputy Director for AGE of Central Texas. Annette is a committed care professional and a

leading expert on dementia and caregiving issues with over 20 years of experience working to support older adults and their families in Central Texas. She shared with us her tips on caregiving and being the best care partner, you can be! Caregiving is an art of balancing many "needs"! There are many stages in the "art" of caregiving and with both challenges and rewards. All caregivers need to acknowledge and accept that providing care to a loved one is overwhelming ~ emotionally, physically, and mentally! Positive outcomes for a caregiver are: support groups, exercise, respite, and yes... therapy for the caregiver! It is OK and highly recommended that caregivers ask for and get help when it is needed!

Build a caregiving coalition and remember this fact, that the best way a caregiver can care for a loved one is to "care for themselves"! Annette opened the presentation to questions which was very beneficial and she also shared some excellent resources:

- ❖ **AGE of Central Texas has FREE resources/training/symposiums:**
<https://ageofcentraltx.org/index.php/caregivers/caregiver-resources/>
- ❖ ***The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent*** by Barry Jacobs.
- ❖ **Being Mortal: Medicine and What Matters in the End** by Atul Gawande
And here is the video on his book:
<https://www.youtube.com/watch?v=mviU9OeufA0>
- ❖ **Website: Family Caregiver Alliance (FCA), National Center on Caregiving**
<https://www.caregiver.org/>

You are encouraged to review these resources! Thank you, Annette, great presentation and meeting!



Stretch by Kristi Richards

Kristi led us all in stretching including practicing some boxing punches! This mid-meeting stretch is a regular 2-3 minute event just prior to the speaker and proves to be exhilarating and FUN...gets us motivated to hear a great presentation! Thank you, Kristi!



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. Bob Sahm 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](#)

Contact: Bob Sahm
512-914-2132 or
rsahm99@gmail.com

DBS — Georgetown Area Parkinson's DBS Support Group Meeting

GADS, Georgetown Area DBS Support with the goal to share information regarding Deep Brain Stimulation (DBS) in a relaxed casual discussion format.

July 18, 2018
(3rd Wednesday of the month!)
2p to 3p

The Delaney at Georgetown Village, in The Residences section, 359 Village Commons Boulevard, Georgetown.

CONTACT: Judy Mayo
judymayo@suddenlink.net
512-943-9084

No Meeting in August!

Plummer Movement Disorder Foundation

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

PD 101 — A seminar on Parkinson's 101 for newly diagnosed Parkinson's patients and of course, for anyone who would like to attend. The FREE seminar will be held at Baylor, Scott & White in Temple, 5th floor – Neurology. RSVP to Samantha Beevers at 254-724-5679 or

Samantha.beevers@bswhealth.org

GAPS Board

We now have over 700 members on our email distribution! We are growing and we want to be sure that we continue to meet the needs of our membership. With that, we have established a board for our support group and we are looking for 'enthusiasts' to help us enrich and provide more opportunities for all Georgetown Area Parkinson's Support Group members! I am so appreciative of the leadership of Patty Rooney Lingo to help launch Georgetown Area Parkinson's Support Group (GAPS) Board. Our goal is to be "successful and FUN" as we meet the needs of our members now and in the future! We will stay focused on the needs of our support group and most important on the needs of the person with Parkinson's/Atypical Parkinson's and/or Movement Disorder Disease! We will center our attention on the strengths of others in our membership, in the community and even, in our health care supporters to meet these needs! Our goals are to empower and cross-train 'GAPS enthusiasts' so that, anyone can come in and align with our mission, our passion and synchronize with each other to make this a strong support group in order to grow and meet the needs of our current and future members. We are looking for GAPS enthusiasts... "YOU," are people who are enthusiastic to support our members! We need

help! Please contact Patty or Mary Jane and let us know what you would like to do!

We are looking for folks to help organize groups, such as ~ golf group, book group, movie group, biking group, hiking group, lunching group... what are "YOU" interested in? Let's work together to bring this to fruition!

Our GAPS Mission is:

- ❖ to provide opportunities to discuss shared experiences and feelings
- ❖ to share information beneficial to all members and caregivers/care partners
- ❖ to learn more about Parkinson's or atypical Parkinson's or any movement disorder with the goal to influence and live a positive, quality life with Movement Disorder Diseases
- ❖ to offer options for exercise/dancing/singing/boxing/social activities
- ❖ to keep patient #1 in our mission as a support group
- ❖ to have financial support only through donations and/or fundraisers — NO dues!
- ❖ and to welcome, inspire, support...and have FUN!

Living with Parkinson's disease (PD) is challenging...and there is HOPE!

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](#)

Our 2018 Meeting and Speaker Schedule

Georgetown Area Parkinson's Support Group Meetings 2018

Parkinson's Caregivers Support Group Meeting	Parkinson's Support Group Meeting	SPEAKER And TOPIC for Parkinson's Support Group Meeting	Refreshments for Parkinson's Support Group Meeting
July 12	July 26	<i>Jennifer Perez</i> <i>Driving while Aging</i>	4:13 Fitness Kristi Richards 512 -695-4649
August 9	August 23	<i>Dr. Christy Khoury-Dennis, Pharmacist</i> <i>Medication Management</i>	Boston Scientific Corp – DBS Erin Doherty 512 -484-6727
September 13	September 27	<i>Dr. Elizabeth Peckham</i> <i>Parkinson's Discussion</i>	Autumn Leaves Debra Thurber 512-688-0159
October 11	October 25	<i>Mary & Mitch Koffend</i> http://www.accountableaging.com/ <i>Healthcare Choices – insurance, care management</i>	AbbVie - Duopa Kimberly Rivera 512 -745-2063
November 8	November NO mtg.	“NO” Support Group Meeting	Happy Thanksgiving
December No mtg.	December 13	<i>Christmas Social and LUNCH</i> <i>Merry Christmas 2018</i>	Merry Christmas

Dancing With Parkinson's

“Dancing with Parkinson's” every Tuesday at 1:30 pm at Georgetown Palace Theater — Education and Performance Center [216 W 8th Street](#)

UPDATE: June to August, the dancers will be meeting at First United Methodist Church, 410 University Ave., Georgetown, for the summer. This is for the summer only!

Contact: Nancy Bain nancysternbain@gmail.com 512-940-0148

Chair Yoga with Parkinson's

“Movin to Wellness Chair Yoga” — meets every Wednesday at 9 am in Georgetown at our usual monthly support group meeting location, 2423 Williams Drive.

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

*NOTE: KI also teaches for Sun City Fitness however the chair yoga classes that she teaches for us and will continue to teach are FREE!!! Thank you Ki!



Let's Exercise!
Just as Important
as Meds!



Tai Chi for Neurological Diseases

The Georgetown Neuropathy Support Group has invited us



to join them for their Tai Chi classes. The class is on Thursday mornings 9 am – 10:30 am at our same meeting location, 2423 Williams Dr., Suite 101. The cost is \$8 for walk-ins; \$50 for 12 weeks (recommended). To learn more and register, please visit <https://neuropathyaliancetxt.org/register-tai-chi/>

Dance for PD®

Video's for dance and exercise!

<https://danceforparkinsons.org/>

DANCE *for* PD®

Boxing with Parkinson's

We believe all things are possible. www.413.Fitness



More Than a Boxing Gym

4:13 FITNESS has been a pioneer in the Austin/ Round Rock/ Georgetown fitness industry by starting the first non-contact boxing and fitness program built only for seniors and people with Parkinson's! Georgetown class address is 2522 Shell Road, Georgetown. Come join us! 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.



Fighter of the Month



Ted Bronleewe is 413 FITNESS Georgetown's "June" Fighter of the Month, and has been with the program from the early days on the suggestion of fellow-fighter, Pat Dollar. Ted

was diagnosed 6 years ago. His doctor is Elizabeth Peckham. Born in Hutchinson, Kansas, he earned the bachelor of science degree from Pittsburg State University in Pittsburg, Kansas. He then attended the Dallas Theological Seminary. Ted was a minister, farmer and a Met Life claims adjuster. He enjoys biking and playing tennis. His favorite part of class is stretching. Least favorite is answering the "get to know you" questions.

Gary Butcher is the Georgetown "July" Fighter of the Month for July. Gary and his wife, Colleen, lived most of their lives in Lincoln, Nebraska, where they first met as high school students at the



local Dairy Queen. The couple married in 1963. They moved to Georgetown in 2003. A favorite family activity was traveling with their four children in their camper. Gary is the Quiet Man of 413 Fitness, but he goes along with the "Get to know you" segment of class just the same, always contributing an interesting bit of personal information. Gary says he especially likes the coaches, who are always very patient with him and take time to show him the correct way to do the exercises. Gary and Colleen have two sons, two daughters and eleven grandchildren.



How to tell when it's time to quit driving!

Don't Forget: Our Next Support Group Meeting

Thursday, July 26, 2018

Our meeting begins promptly at 2 pm

SPEAKER: Jennifer Perez, St. David's Hospital

TOPIC: Driving While Aging!

Accidents involving older drivers are related to the physical, visual and cognitive changes associated with aging.

Painting with Parkinson's

Do you like to paint, to draw...we know that engaging in art-related activities has been shown to help people with PD feel less



isolated and be able to fully express themselves! Come connect with the right side of your brain!

Contact Kimberly Keller at (512) 635-7936 or email:

paintwithme.kimberlykeller@gmail.com

Website: www.paintwithmekeller.com

Power for Parkinson's

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

Fitness for Parkinson's in Round Rock



POWER for PARKINSON'S®
Fitness for mind & body

Thursdays — "Power for Parkinson's Fitness for PD" — meets every Thursday at 1pm 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!

Capital Area Parkinson's Society

CAPS meets 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. Next meeting will be Saturday, July 21.

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

Singing with Parkinson's

"Texas Tremble Tones"

Join us for your health and for FUN to make 'joyful sounds'! This is a great 4 minute video on all the positive benefits of singing and music for the body!

[Music For Your Body](#)

Meet every Monday at 11:00 am to 12 noon in Room E2.103, First Baptist Church, 1333 W University Ave, Georgetown. **Please invite your friends to join us for Texas Tremble Tones! Remember that Caregivers are welcome too! In addition to singing we socialize! Join us July 16 after Choir for lunch!

CONTACT: Ron Franklin #210-392-0098 or ronlindafranklin@gmail.com

Pama Fontenot #512-963-7133 or singin-2-high@suddenlink.net



Tips for Parkinson's

One of our members, Robert Kamper has shared two online groups for Parkinson's education and support. I have checked out these websites and I have also joined the groups... excellent resources:

❖ Patients Like Me —

<https://www.patientslikeme.com/>

This website has over 600,000 members that allow you to track more than 2,800 conditions. Click on Parkinson's "PD" under Neurological & Brain and there is a wealth of information! After you join, FREE, and identify your disease, this will give you access to tools, information and connections, to people like you, to find a clearer path forward to your own future health.

❖ My Parkinson Team —

<https://www.myparkinsonsteam.com/>

This is a social network for those living with Parkinson's. Another great resource, check it out!

Inspirational Video

I was 27 years old when I was diagnosed with young-onset Parkinson's Disease (PD). Initially, I was in complete denial. But I couldn't ignore it any longer after my strength and balance declined, preventing me from being my best at the job I love most: Dad.

My family motivated me to regain control of my life.

I turned to exercise as a way to help my symptoms but my children's faith inspired me to do more — including compete on "American Ninja Warrior."

Jimmy's video: [americanninjawarriornation.jimmy-choi-full-run](https://www.youtube.com/watch?v=xgRDYzoUnac)

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

then, watch this video on how he did as a Ninja Warrior this year,

<https://www.youtube.com/watch?v=CHVIpG7AoJ0>



Quick Summary For Meetings and Classes

Monday – "Sing with Parkinson's" every Monday at 11 am

Location: 1st Baptist Church,
[1333 W University Ave, Georgetown](#)

Tuesday – "Dancing with Parkinson's" every Tuesday at 1:30 pm at Georgetown's Palace Theater Education and Performance Center [216 W. 8th Street](#).

Wednesday – "Chair Yoga with Parkinson's" every Wednesday at 9am

Location: [2423 Williams Drive, Georgetown](#)

Wednesday – DBS Support Group Meeting on 3rd Wednesday at 2pm

Location: The Delaney at Georgetown Village, in The Residences section
(<https://thedelaneyseniorliving.com>),
359 Village Commons Boulevard, Georgetown

Thursday – Caregiver's on 2nd Thursday at 2 pm

Location: [2423 Williams Drive, Georgetown](#)

Thursday – Parkinson's Support Group Meeting on 4th Thursday at 2 pm **Location:** [2423 Williams Drive, Georgetown](#)

Thursday – "Power for Parkinson's Round Rock Fitness" every Thursday at 1:30 pm at 2111 Sam Bass Road, Round Rock

Monday/Wednesday/

Friday – Boxing classes start at 9:30 am

Location: [2534 Shell Rd, Georgetown](#), 512-695-4649

Reminders and Thoughts

- **Parkinson's Research — Join Fox Insight!** The future of Parkinson's research is in powerful hands. Your hands! Fox Insight is an online clinical study where people with Parkinson's disease and their loved ones share information that could transform the search for better treatments. Are You in? [Fox Insight](#)
- **Davis Phinney Victory Manual** — Powerful new edition of Davis Phinney Foundation's FREE — **Every Victory Counts® manual**. It's jam-packed with up-to-date information about everything Parkinson's, plus an expanded worksheets and resources section to help you put what you've learned into action. Color coding and engaging graphics help guide you through the written material and point you to complementary videos, podcasts and other materials on the "Every Victory Counts" companion website. And, it is still FREE of charge thanks to the generosity of our sponsors. Order yours now, FREE and an Excellent Resource: [Manual](#)
- **Parkinson's Home Safety Checklist** — Davis Phinney Foundation has asked people with Parkinson's, occupational therapists (OTs), physical therapists (PTs) and care partners some of the most instrumental changes people with Parkinson's can make to ensure their home is as safe and as comfortable as possible. Get your FREE copy here: [Parkinsons-Home-Safety-Checklist](#)
- **Striking A Balance Caregiver Conference** — Saturday, August 25, 2018, at the Doubletree by Hilton Hotel Austin (6505 N Interstate Hwy 35, Austin, TX 78752), from 8:30 a.m. to 2:00 p.m. AGE of Central Texas and the Area Agency on Aging of the Capital Area come together every year to co-host the largest, longest-run free caregiver conference in Central Texas. During this FREE annual conference, family caregivers discover local resources, learn new skills to meet the needs of their caregiving situation, and connect with other caregivers and local experts on aging. The day also includes a keynote talk by a nationally-renowned expert in aging and caregiver concerns, workshops on topics related to caregiving with experts available for questions, along with a complimentary lunch and opportunities to visit with leading senior services non-profit organizations and companies. Keynote Speaker: Dr. Barry J. Jacobs, Psy.D., a clinical psychologist and family therapist, is one of the country's leading thinkers, writers, and educators on family caregiving. For his first book, *The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent*. **REGISTER:** <https://www.capcog.org/training/class/view/striking-a-balance>
- **Fifth Annual Williamson County Caregiver Conference** — Saturday, September 22 at Wingate by Wyndham Round Rock Hotel & Conference Center (1209 N Interstate 35 Frontage Rd., Round Rock, TX 78664) on Saturday, September 22 from 8:30 a.m. to 2:00 p.m. Keynote Speaker: Dr. Liam Fry, MD the Chief of the Division of Geriatrics and Palliative Care at the University of Texas Dell Medical School, and she is the current chairman of the Geriatric Committee of the Travis County Medical Society. Registration will open on August 6 — check back for more information and updates on this FREE caregiver event. [Caregiver Conference](#)
- **July — When is it Time for Assisted Living?** One of the hardest things a caregiver will ever have to do is to know when its time for your loved one to move to a long-term care facility. Often, caregivers will wait far too long before seeking appropriate options for their loved one. Identifying some of the following may help make the decision process a little easier and define certain things a little more clearly for you. A long-term care facility may be needed if:
 - ✓ Your relative's condition keeps getting worse and is becoming too much for you to handle on your own.
 - ✓ No matter how hard you try to give care to your loved one, it's just not enough.
 - ✓ You feel as if you are the only one around who is having to care for someone who is ill or elderly.
 - ✓ You're not receiving any type of respite, and it doesn't look like anything can be arranged for you to get much-needed time away or rest.
 - ✓ Relationships with other family members are breaking down because of the time you must dedicate to caring for one person.
 - ✓ Your caregiving responsibilities are beginning to greatly interfere with your work and personal life.
 - ✓ You have feelings of guilt when it comes to taking care of yourself.
 - ✓ Your coping skills are beginning to include self-destructive behavior, such as eating too much or too little, increased drug use or alcohol use, or losing emotional control too often.
 - ✓ You rarely experience any moments of happiness, but have too many real moments of exhaustion, anger, and resentment.
 - ✓ You hold your feelings in, never allowing them to be shared with a friend or with a professional.You may very well have experienced many, if not all of these things from time-to-time, or by now they may have become your constant companion. If so they are signs that you need to find help as soon as possible and that moving your loved one into a long-term care facility might be the best option. Remember that long-term care placement is not the end of your responsibilities as your loved one's caregiver, it is just a change in your job description.
- **GoGeo, Georgetown's Bus System** — Do you need ride? GoGeo transit is serving Georgetown with four fixed routes and paratransit service. All Georgetown residents are encouraged to take advantage of this service. Paratransit service is also available to qualified people with disabilities. Learn more here: [GoGeo](#) Contact: (512) 478-7433 Email: gogeo@ridecarts.com
- **Apple Watch Can Now Detect Parkinson's Disease Symptoms** — This new Movement Disorder API will allow the Apple Watch or iPhone to continuously monitor common symptoms like tremors, which causes shaking and twitching, and dyskinesia, an abnormality that causes involuntary movement. The recorded data would then be collected and presented in a chart that would allow physicians to check the rate and severity of the patient's symptoms. The app helps researchers better understand Parkinson's disease by using the gyroscope and

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other iPhone features to measure dexterity, balance, gait, and memory. Researchers have gained greater insight into the factors that make symptoms better or worse, such as sleep, exercise, and mood. Read more: [Apple Watch & Parkinson's](#)

- **Massage for Parkinson's — Yes!** Massage therapy has been proven to improve a patient's day-to-day activities, sleeping habits, walking, stress, and more. Rigidity, stiffness, fatigue, and other symptoms have also been proven to get relief from this treatment. If these symptoms aren't addressed, depression, poor self-esteem, and isolation can set in or get worse. One study showed that massage helped boost self-confidence, well-being, walking abilities, and performance of daily living activities in a group of seven patients suffering from Parkinson's disease. And, it is great for 'caregivers' too! Read more here: [Massage Therapy](#)
- **Avoiding Mistakes when Buying a Power Lift Chair Recliner** — There are so many options, both in stores and online, when it comes to buying mobility equipment that it can become overwhelming. Here are five points to consider when selecting your lift chair. [Lift Chair](#)
- **Ten Hidden Thoughts that Parkinson's Folks Share** — This is a really good short article on Parkinson's Disease.net website. You can sign up to get FREE updates too. I was not able to copy/paste the article . . . so, click here to read it: <https://parkinsonsdisease.net/living/hidden-thoughts/>
- **Lonely?** — Research has suggested that, "The single biggest predictor of rate of Parkinson's progression is if you answer true to 'are you lonely?'" The Word of God tells us, "It is not good for the man to be alone. I will make a helper suitable for him" (Genesis 2:18). Along comes Eve, and the rest is history. But the point is really important — *none of us are created to be alone*. Right now, maybe you're at a point where you're feeling pretty alone. I want you to think about this for a moment — extended loneliness is often (not always) but often a choice you make. All too often, we're lonely because we make choices that are cutting us off from people. Like withdrawing because you're wounded, going into self-pity mode, insisting that it can only be a certain person or persons who you will allow to answer your loneliness. It's got to be exactly what you want. It's not good for you to be alone. So instead of waiting for something or someone magical to come in and end your loneliness, would you be willing to take some action to break out of Lonely Island? God will give you the strength, but you have to take the step. Learn more here: [Health Unlocked](#) and [Davis Phinney Foundation](#)
- **Finding Inspiration to Get Through the Hard Days** — Inspiration comes in many shapes and sizes. While some of you rely on spirituality or faith, others rely on music, mindfulness, or family. Learn more here: [Inspiration & Hard Days](#)
- **Parkinson's and Lewy Body Disease: What is the difference?** — another insightful article from [Parkinson's Disease](#).
- **LSVT BIG Free Webinar** — Learn about characteristics of atypical and advanced Parkinsonian disorders and how LSVT BIG can help improve movement, mobility and function for these individuals. This FREE webinar will be on Wednesday, July 18, 2018 1:00 pm – 2:00 pm CDT. Register here: [Go To Webinar](#).

- **What is the best kind of exercise for Parkinson's?** There are several types of exercise that are important for people with Parkinson's disease. Aerobic exercise, strengthening, balance and stretching exercises are all recommended. Aerobic exercise is important for fitness and may reduce PD symptoms. Strengthening exercises are important to improve muscle function and to reduce PD symptoms related to slowness or bradykinesia. Balance exercises are important to reduce fall risk and stretching exercises may reduce stiffness and improve mobility. Read more here: [Exercise](#)
- **Parkinson's TV, Season 2** — On July 4 you can watch the first episode of Season 2. Here is the trailer: [Season 2](#)
- **Webinar, "Immune System's Role in Parkinson's"** — Michael J Fox Foundation's July Webinar will be expert panelists discussing the relation of the immune system to Parkinson's disease and current research on this topic. FREE on Thursday, July 19 at 11 am [Register here](#)

Staying fully active—physically, mentally and socially—is important to living a healthy and fulfilling life. You might remember Newton's First Law of Motion: A body in motion stays in motion.



- **Talking to Children and Teens about Parkinson's** — Download this FREE guide from the Michael J Fox Foundation. Developed by a movement disorder specialist, career and professional development consultant, and behavioral health professionals, this resource holds practical tips and information to help you plan for and hold discussions with children of all ages. [Talking To Kids](#).
- **Summer time travel** — Let's travel, don't let Parkinson's slow you down! Check out these resources to help with travel planning and enjoying your trip! :
 - ✓ [Tips on Travel](#)
 - ✓ [Pre Planning](#)
 - ✓ [How-to-travel-with-greater-ease-with-parkinsons](#)
- **Devotional** — *Seven times a day I praise you.* Psalm 119:164 One day when missionary physician, Dr. Harold Adolph was walking through his house, he saw a verse on the wall of his daughter's room. It was Proverbs 17:22: *A cheerful heart is good medicine.* Adolph thought, *If only I could harness the secret of that cheerfulness and share it with my patients, a great deal of physical and spiritual suffering could be avoided.* Another verse came to mind—Psalm 119:164: *Seven times a day I praise You.* That verse, he thought, was like a prescription off a medicine bottle. Most patients resist taking a medicine seven times a day, which is why pharmaceutical companies develop pills to be taken only once or twice daily. But Dr. Adolph suggests we try the remedy exactly as God prescribed it. You might set your phone alarm to remind yourself to praise God seven times throughout this day. The goal isn't legalism, but to learn to praise God continuously and to keep our hearts cheerful all-day long. Life is a good gift from God and we must treasure it. If we are praising Him continuously we'll discover just how difficult it is to keep on complaining. **Harold Adolph**