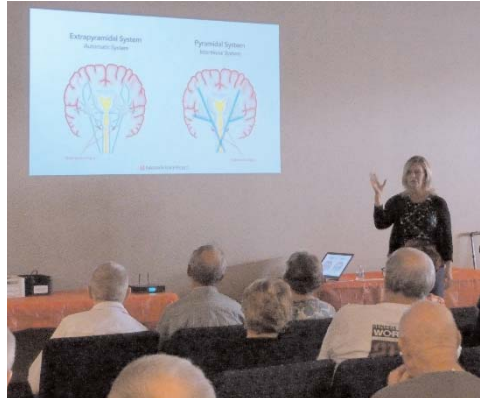




Summary of June Meeting

Another AWESOME meeting with 130 members in attendance to hear Kathryn Hayes, M.A., CCC-SLP, Texas State University Professor in the Department of Communication Disorders. She spoke on "Parkinson's Speech & Swallowing Issues" and gave tips to help anyone impacted by these issues! Kathryn explained the role of dopamine as a neurotransmitter and how its depletion causes the disruption of automatic movements in Parkinson's. Additionally, she taught that it is possible to recruit a different, more intact, motor pathway by using "intent," a concept that not only improves one's speech and communication, but can also help people with Parkinson's live stronger, happier lives. She shared about "Speak Out" and "LSVT-Loud." Both are great programs to exercise and strengthen the voice. When we move and speak with intent or deliberation, we are using a system in the brain that is less



dependent on dopamine. This is why people with Parkinson's can improve their speaking abilities. As patients go through these voice exercises, they not only learn to "speak with intent," but they also learn to "live with intent." The same intent applies to swallowing. Difficulty in eating and swallowing, a condition known medically as "dysphagia." With less dopamine, automatic movements are disrupted causing weakening of the muscles which can contribute to speech and swallowing difficulties. Weakening of the muscles in the face and jaw result in muscles that are not sufficiently strong to close the lips tightly enough making it difficult to swallow or to chew food sufficiently to swallow it... while in

others some portions of food might remain in the mouth. This food which is not swallowed may dribble down the throat and lead to choking.

Tips & Precautions include:

- ✓ Don't eat when fatigued
- ✓ Sit erect
- ✓ Eat moist foods
- ✓ Don't talk while eating
- ✓ Take smaller bites
- ✓ If you have difficulty with the swallowing ~ consider a softer diet and a thicker consistency (honey consistency). This will make it less likely that an individual will aspirate while they are eating and drinking.



Thickening material available at drugstores include Thick-it, NutriThick, ThickenUp
Thank you, Kathryn Hayes, you provided a great presentation!



June Refreshment Sponsor was Stacy Wilson with ACADIA Pharmaceuticals, with NUPLAZID <https://www.nuplazid.com/> that is FDA-approved to treat hallucinations and delusions associated with Parkinson's disease psychosis.

Thank you, Stacy ~ great cookies!



This is our youngest attendee for a GAPS meeting and Rylee is already a supporter to help her grandparents on their journey with Parkinson's ~ she brings them "JOY"!

Another resource from the Davis Phinney Foundation is this 23-minute video to share practical techniques for improving breathing and swallowing, vital functions that can be affected by Parkinson's disease. [Watch Our Video](#)

[Practical Tips for Speech & Swallowing](#)
Looking for more practical tips? Click on the above link and download the presentation slides from speech language pathologist, John Dean MA CCC-SLP.

Georgetown Area Parkinson's Support Group Meeting GAPS

July 25, 2019

(4th Thursday of the month!)

3pm to 5pm

(meeting begins promptly at 3 pm)

Place: First Baptist Church, 1333 W University Ave, Georgetown

Contact: Mary Jane Berry
dberry3@suddenlink.net 512-240-4167

Speaker: Dr. Michael Soileau
<https://www.txmds.net/>

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

Reminder: Wear your name tag to our Meetings and Classes...even if it is from another group! Thank you!

Refreshment Sponsor: July 25th Clint Graves with US World Meds, APOKYN an injection used (as needed) to treat the symptoms of off episodes associated with Parkinson's disease. APOKYN works by mimicking the activity of dopamine in the brain.



YOPD — Support Group Meeting

July 2, 2019 (meets on the last Saturday of the month!)

10 am

Go to website:

[Austin YOPD Meetup Group](#)

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

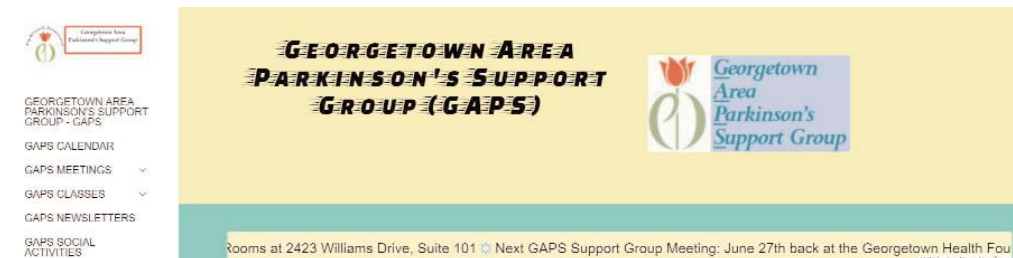
Purpose: open to everyone in the Central Texas area with an interest in Young Onset Parkinson's Disease, YOPD. The common theme is sharing and supporting each other, while enjoying good times together. We also have a running group!

GAPS Website is Updated

We have a new webmaster; Deb Jones and she is doing a wonderful job on our website! Check it all out!

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

Look at our Running Banner for the latest updates! GREAT job, Deb!



GAPS Facebook is Updated Daily — Ask to Join



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 are all volunteers and have "NO" dues for more than 1000 email 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 our meetings and classes for set up/clean-up/greeting at the meetings and for administrative help, too! Plus, it is fun to give with your time.



Capital Area Parkinson's Society

CAPS meet on Saturday 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, July 20, — with a presentation by Subhashie Wijemanne, MD on the topic: "Ask the MD."

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!

Caregiver's Support Group Meeting (for caregiver's)

July 11, 2019

(2nd Thursday of the month!)

2pm to 3:30 pm

Place: Autumn Leaves Library, 3600 Williams Dr, Georgetown, (extra parking in back of building, ring buzzer at door).

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



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

Men Only Caregivers Support Group

When a **Date, Time** and **Place** is determined we will let you know.

Contact: Mary Jane Berry
dberry3@suddenlink.net
512-240-4167. Let's get this set up ... I do have several folks interested...email me to connect and I'll set-up!

Austin CurePSP Support Group

This group focuses on families and patients diagnosed with PSP, CBD or MSA.

Saturday, July 27, 2019

(4th Saturday of every month)

10 am to 12:30 pm

(10 am to 10:30 Coffee Social)

Place: Silverado Cedar Park Memory Care Community, 800 C-Bar Ranch Trail, Cedar Park, Tx 78613
<https://www.silverado.com/silverado-locations/texas/cedar-park/cedar-park/>

Contact: Contact Judi Nudelman at 512-301-2268

GAPS Movie Night



Let's go to the movies!
Every Tuesday at City Lights, all day/night you can watch a movie for

under \$6. Senior discounts! Look for the latest movies at City Lights theater
<https://georgetown.citylightstheatres.com/>

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

GAPS Singing with Parkinson's "Texas Tremble Tones"

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

Time: 2-3 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!

GAPS "Shake a Leg" Country & Western Dancing and Social

Date: Sunday's afternoon's

Time: 4 pm - 8 pm

Place: Granger Cotton Country Club
<https://www.grangercottoncountryclub.com/>

Music: "The Can't Hardly Playboyz" band.

Contact: Wayne Marr # 512-468-4550
maurice.marr@gmail.com

Sunday Socials: We listen to music! Dance, if you want too! Dinner, if you want too... <https://www.grangercottoncountryclub.com/menu> This is a FUN Sunday... contact Wayne for specific dates!

GAPS 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!

GAPS Chair Yoga for Parkinson's

"Movin to Wellness Chair Yoga"

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

Time: 10 am-11 am

Place: 6200 Williams Drive at Wellspring Church

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

Socials: We stretch — We socialize! Join us for lunch once a month! We encourage folks with Parkinson's and their caregivers to *join us for fun and fellowship!*

*Let's Exercise!
Just as important
as meds!*

Dance for PD®

Video's for dance and exercise!

<https://danceforparkinsons.org/>

DANCE *for* PD®

GADS (DBS) — Georgetown Area Parkinson's DBS Support Group Meeting

Georgetown Area DBS Support
July 17, 2019

(3rd Wednesday of the month!)

2–3:30 pm

(meeting begins promptly at 2 pm)

Place: “one-time only” move to Georgetown Health Foundation (GHF) Community Rooms, 2423 Williams Drive, Georgetown

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

Program: Open Discussion

Reminder: Friday, July 12 at 11:30am–1pm. Medtronic DBS Lunch and Learn. “DBS Information and Education.” Hampton Inn & Suites, 160 River Oaks Cove, Georgetown, TX 78626. Please RSVP to Damon Dennett
damondennett@medtronic.com
(702) 354-4100.

Free lunch will be provided.

Lewy Body Dementia Support Group

This group focuses on families and patients diagnosed with Lewy Body Dementia.

Monday, July 8, 2019 (2nd Monday of every month),

6 pm

Place: Sundara Memory Care, 1000 Rusk Road, Round Rock
<https://sundaraliving.com/>

Contact: Sarah Hyde-Williams, 512-593-7669 or email at Sarah@SLAAustin.com

FREE respite care provided: call Kelli Hudson at 512-431-0686.

Plummer Movement Disorder Foundation

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

- ✳ **Temple-Belton Support Group Meeting** 1st Monday of the month at 1p at the Foundation United Methodist Church, 10751 W. Adams Ave, Temple, TX
- ✳ **Parkinson's 101 classes and Research Opportunities!** Contact Christy Herff at 254-724-5309
Christina.Herff@BSWHealth.org

Boxing with Parkinson's



We believe all things are possible. <http://413.fitness/>

New Location for Georgetown classes —

3301 Shell Road, Suite 402, Georgetown!

413 Fitness for 55+ and People Living with Movement Disorders, including Parkinson's.



While exercise is important for everyone, exercise plays a crucial role in people with Parkinson's disease. Research has shown that exercise may relieve some of the motor

symptoms and non-motor symptoms of Parkinson's. Regular exercise is essential for people with PD to maintain balance and mobility, and it may help slow the progression of the disease.

So, come join us at the gym!

Tips for Parkinson's

These movement tips for people with Parkinson's help with movement difficulties are from a physiotherapist and they are excellent! This 6-minute video is worth your time to watch! I encourage you to watch it!

<https://www.youtube.com/watch?v=qo7kXKgo2AE&feature=youtu.be>

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



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!

GAPS 2019 Speaker and Meeting Schedule July to September

July 25	Dr. Michael Soileau , https://www.txmds.net/ “Let’s Talk Parkinson’s!” CONFIRMED	US World Meds, Apokyn Clint Graves 806.672.2033 CONFIRMED
August 22	Dr Robert Izor , https://www.neurologysolutions.com “Parkinson’s Comprehensive Continuum of Care” CONFIRMED Amy #512-977-7000 x109	Medtronic - DBS Damon & Donny 702 -354-4100 CONFIRMED
September 26	Dr Monica Madray, Dermatology https://www.usdermatologypartners.com/locations/texas/central-texas/georgetown/georgetown-downtown/ “Parkinson’s Impact on Your Skin” CONFIRMED with Dr Madray #512 -819-9910	Adamas Pharmaceuticals, Inc. Armando Sanchez 210.317.8874 CONFIRMED

Parkinson’s Articles and Updates

- ◆ **Veterans with Parkinson’s Disease** — Parkinson’s is one of 14 diseases presumed to be related to toxic defoliants such as the herbicide Agent Orange. If you served on a Blue Water Navy ship on the inland waterways of Vietnam between January 9, 1962, and May 7, 1975 — or you ever came ashore in Vietnam or in the specified areas of the Korean DMZ — you likely had contact with Agent Orange. The U.S. military used this toxic chemical to clear trees and plants during the war. Find out if you can get disability compensation or benefits for illnesses believed to be caused by contact with Agent Orange. You can now file a disability claim with the Department of Veterans to receive benefits, thanks to the Blue Water Navy Vietnam Veterans Act of 2019, H.R. 299, enacted June 25. See <https://www.va.gov/disability/eligibility/hazardous-materials-exposure/agent-orange/vietnam-waters/> for more info.
- ◆ **Elaine Strong Boxes to Fight Parkinson’s While Raising Her Grandchild** — In just over a year, two life-altering events sent shock waves through my routine! First, I was diagnosed with [Parkinson’s disease](#) in November 2015; then, in late 2016, my husband and I took custody of our granddaughter, Lucy, after recognizing that her parents were unable to care for her. Read more: [Profile](#)

- ◆ **Carbidopa/Levodopa: Answers to Frequently Asked Questions** – Loss of neurons in the brain that use dopamine to communicate is one of the hallmark features of Parkinson’s Disease (PD), causing slowness, stiffness, tremor and balance problems. Replacing the brain’s dopamine is therefore one of the key treatment strategies to help improve the motor symptoms of PD. Dopamine itself does not cross the blood-brain barrier and therefore can’t be used to treat PD. Instead levodopa, a precursor of dopamine, which does cross the blood-brain barrier is used. If levodopa is ingested by itself however, it breaks down in the bloodstream before it crosses into the brain, so levodopa is typically ingested with another medication that stops it from breaking down. In the US, the combination of carbidopa/levodopa is used. When levodopa is taken with carbidopa, much lower doses of levodopa can be consumed and side effects such as nausea are minimized. Carbidopa/levodopa is the mainstay of treatment for PD and is the most effective medication available for PD...our “Gold Standard” PD Medication! Read more here: <https://www.apdaparkinson.org/article/common-questions-about-carbidopa-levodopa/>
- ◆ **There are so many different versions of carbidopa/levodopa...what are the differences?** — There are indeed many formulations of carbidopa/levodopa available. This is very beneficial because it gives doctors many treatment options as they try to find the best formulation for each particular patient. Below are the brand names of the different carbidopa/levodopa options available:
 - ✓ Sinemet — the original formulation
 - ✓ Sinemet CR — a formulation designed to be controlled release (CR) and last longer than a dose of Sinemet
 - ✓ Stalevo — a combination medication of carbidopa/levodopa and entacapone, designed to last longer than carbidopa/levodopa alone
 - ✓ Ryтары — a formulation designed to be released more slowly from the stomach than regular Sinemet
 - ✓ Duopa — a gel that is continuously pumped into the small intestine during waking hours

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](#)

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- ✓ **Parcopa** — a formulation that dissolves in the mouth. Although it is absorbed in the gut, the fact that it does not have to be broken down in the stomach means that onset of action of the medication is somewhat quicker than regular Sinemet
- ✓ **Inbrija** — a newly-approved inhalation formulation (containing only levodopa) designed for quicker onset of action, to be used as a rescue dose if a scheduled dose is not effective enough

Read more here: <https://www.apdaparkinson.org/article/common-questions-about-carbidopa-levodopa/>

- ◆ **Parkinson's News Today Daily Digest** — click on these links:
 - ✓ **Dietary Supplement Eases Parkinson's Symptoms**, N-acetylcysteine (NAC), a compound that is used by the body to produce an antioxidant called glutathione, may improve dopamine function and ease Parkinson's disease symptoms, researchers report. Their study, "N-Acetyl Cysteine Is Associated with Dopaminergic Improvement in Parkinson's Disease" was published in *Clinical Pharmacology & Therapeutics*. Click on this link: [Dietary Supplement Eases Parkinson's Symptoms, Improves Dopamine Function, Study Shows](#)
 - ✓ **9 Things You Should Not Have in Your House if You Have Parkinson's** — [9 Things You Should Not Have...](#)
 - ✓ **Lowering Iron Levels in Brain** — Binding to, or chelating, toxic levels of iron in the brain can slow the progression of a neurodegenerative disorder known as pantothenate kinase-associated neurodegeneration (PKAN), results from a Phase 3 trial show. These findings may be relevant for other neurodegenerative diseases, such as Parkinson's disease, Alzheimer's and multiple sclerosis, which are also associated with high levels of iron in the brain. [Lowering Iron Levels in Brain May Help Treat Parkinson's, Trial in People with PKAN Says](#)
 - ✓ **Wellness** — Wellness is the map of actions and thoughts that we use to guide us toward a higher quality of life — one with more well-being moments. Our wellness map is tailored to meet our individual needs and must be flexible and adaptable. I have Parkinson's, and I continually tweak the wellness map to the changing conditions of this progressive disease. The [CHRONDI Creed](#) contains the fundamental elements for building a Parkinson's wellness map, but it doesn't address the process of upgrading one's personal map in the face of new trauma. Read more here: [Wellness: Finding the Way to Well-being](#)
 - ✓ **Time to Rediscover Dance and Music with Parkinson's** — "The music and movement started; I was filled with great joy. I was able to take the whole class and walked out feeling accomplished, encouraged with that passion for dance rekindled. Seeing the class participants enjoy music and movement and benefit from it was so thrilling. Now, I am listening to a lot more music, conducting

imaginary orchestras, and dancing with abandon in my living room in an effort to ease my PD symptoms. Read more here: [Time to Rediscover Dance and Music](#)

- ◆ **Ask the Doctor** — apdaparkinson.org/ask-the-doc
 - ✓ **Q.** I am on carbidopa/levodopa 25/100. What do the numbers 25 and 100 mean?
Answer: The numbers correspond to the formulation of the medication. In this case, it means you are taking a combination pill of carbidopa 25 mg and levodopa 100 mg. Without the carbidopa, the levodopa would be broken down in the body before it got a chance to make it into the brain. The carbidopa acts to inhibit the enzyme that breaks down levodopa.
There are various carbidopa/levodopa formulations on the market that differ in the dosage amounts of the two medications (e.g. 10/100, 25/100, 25/250) as well as the physical properties of the pill that may make the dose onset quicker or last longer (e.g. Sinemet, Sinemet CR, Parcopa, Rytary). Your doctor will prescribe a formulation based on your medication requirements.
 - ✓ **Q.** I was advised to take my carbidopa/levodopa at least 30 minutes after a meal. However, this caused a lot of nausea and stomach upset for me, so I now take the medication with meals which I find to work much better for me. Is this OK to do?
Answer: There is no issue with taking levodopa with meals except for possibly reduced absorption — usually only in the presence of dietary protein and even this is only in a subset of patients. If you find that the medication works well for you when you take it with food, then you can continue doing what you are doing. It is always wise to talk to your doctor about any issues you're having with your medication and discuss any potential changes in the dosing or timing.
- ◆ **PD and Medication: What's New?** — It's an exciting time for Parkinson's disease (PD) drug advances. Learn about the [medications](#) that are new or soon appearing on the market and if they may be an option for you. Great article...
Read more here: <https://parkinson.org/blog/tips/pd-and-medication-whats-new>
- ◆ **Freezing** — "[Freezing](#)" is when an individual suddenly feels like they're glued to the ground. It can occur while the person is in motion or after they've been stationary and then attempt to move. Exercise and physical therapy can be game changers... read more:
[Strategies to Combat Freezing in Parkinson's Patients](#)
- ◆ **New PD Medication** — [The U.S. Food and Drug Administration](#) (FDA) has approved a generic equivalent to [Sinemet \(carbidopa/levodopa\)](#) for the treatment of [Parkinson's disease](#), according to a press release. The oral therapy, produced by India-based [Alembic Pharmaceuticals](#), will be available as extended-release tablets. [Sinemet](#), marketed by [Merck](#), was approved by the FDA in 2014 and is sold as controlled-release tablets. Read more: [FDA Approves Generic Version of Sinemet for Parkinson's Treatment, Company Says](#)

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- ◆ **Parkinson's Progression is impacted by "social isolation"** — Dr. Sarah King, PT, DPT shares her top 3 takeaways from the World Parkinson Congress 2019 in Kyoto, Japan. Out of hundreds of speakers and workshops, these three strategies surfaced as the most impactful when it comes to **slowing the progression** of your Parkinson's symptoms and living well with the disease. They are #1 Socialization, #2 Exercise, #3 Treat Anxiety and Depression. This is a quick 10 minute video and I highly recommend viewing it: https://www.youtube.com/watch?v=EuBUbepC4_w&feature=youtu.be Also, here are resources mentioned:
 1. Download Sarah's free Parkinson's Plan of Attack Checklist: <https://www.InvigoratePT.com/checklist>
 2. Find a Cognitive Behavioral Therapist in your area: <http://www.psychologytoday.com>
 3. ParkinsonTV episode on Anxiety and Depression featuring Dr. Dobkin: <https://www.youtube.com/watch?v=Mtpzq...>
- ◆ **What is this "Smart 911" thing?** — Steve Fought, our Georgetown City Council District 4 Representative has provided an answer: "Smart 911" is a relatively new system which provides Emergency Responders a considerable amount of important information that can aid them in responding. 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. For instance, you can list specific medical conditions (e.g., Parkinson's, diabetes, etc.), provide garage door access codes for faster entry, list emergency phone numbers, or even give details about pets. Please [click here to link to a more complete description of the system as it exists in Georgetown](#). Or you can [click here to go-direct to the Smart-911 web site and sign up if you're ready](#). (NOTE: The Smart 911 system does not YET provide sufficiently accurate information to locate those who call in on their cell phones. That is coming, but according to my sources it depends on improvements in the "locate my phone" software.)
- ◆ **FREE PD Phone App, 'How are You Tracking'?** — Most of us can't remember what we ate for lunch yesterday, much less how our PD symptoms have been since our last doctor's visit. A brand-new mobile phone app from American Parkinson's Disease Association (APDA) is here to help. The APDA Symptom Tracker app guides you through a simple set of questions that has you rate how certain motor symptoms (such as tremor, rigidity, balance) and non-motor symptoms (fatigue, anxiety, depression, and others) are affecting you. It then creates a simple graph to indicate which symptoms are most impacting your quality of life. You can save this graph in the "My Library" section of the app, and also email to members of your health

care team. Over time, you can compare your results to see if certain symptoms are getting worse, and determine which symptoms need to be addressed more urgently than others. [click here for more information: APDA Phone App](#) Then, download from your App Store on your phone to install.

- ◆ **Can spinal cord stimulation help with Parkinson's symptoms?** — A group of researchers recently conducted a small study using the chronic back pain treatment to reduce Parkinson's disease (PD) related gait issues and freezing episodes. What does this study mean for you? Read more here: [Read More](#)
- ◆ **5 Common Warning Signs Pointing to Poorly Controlled PD** — Over the years, I have noticed as a physician and a patient that many of us don't pay close attention to what our bodies are telling us until it is blaring WARNING, WARNING, WARNING! Unfortunately, by the time it is so blatantly obvious that something is wrong, we have typically veered off the path for so long that it may take weeks if not months to recover and regain control. I have never met a more stoic group of people than those with Parkinson's disease; subsequently we as a group tend to push through physical pain, discomfort, malaise, and fatigue, not to mention the ever-present mental exhaustion. We tend to rationalize present... [Read More](#)
- ◆ **Parkinson's Foundation Library** — The Parkinson's Foundation has a free resource library with the latest Parkinson's Disease (PD) related information. Check out our latest fact sheets about Parkinson's and share them with your family and friends.
Click here: <https://www.parkinson.org/pd-library>
- ◆ **Discouraged?** — Sometimes we need to be encouraged in our journey with Parkinson's disease. We become weary and find ourselves at the edge of despair. We feel like we've nothing left to give and life is losing its luster. What better way to dispel the gloom than to read an inspiring book? With her dark sense of humor, Emma keeps things real, yet light, as she talks about her ups and downs in that first year, about sharing the news of her diagnosis with family and friends, and their reactions. She shares her struggles with acceptance, adjustments, and more. Emma was diagnosed in her late 20s, so this is a rare account of a young person with Parkinson's. All the more reason to read "Dropping the P Bomb" this summer. Read: [Two Summer Reading Recommendations to Encourage and Inspire](#)
- ◆ **Parkinson's Sidekicks** — Dr. Sarah King, PT, DPT, Founder of Invigorate PT & Wellness, talked with Kayla Ferguson from the Davis Phinney Foundation, who is the woman in charge of spreading the word about a new (FREE) program they're offering called Parkinson's Sidekicks. They discussed: What is the Parkinson's Sidekicks program? How is this program creating a sense of community and connection? If you want to learn more and see the interview, [You can click here to watch the replay on YouTube](#)

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Parkinson's Articles and Updates

(Continued from page 7)

◆ **Parkinson's Anxieties: Isolation & Misunderstanding** — In this series, we discuss causes of anxiety for those facing physical health conditions. Phrases in quotes are the words of our community members across various conditions on what it's like to deal with these anxieties. It's hard for people to understand what it's really like to live with symptoms or side effects of a health condition or illness. Physical symptoms are easier to understand than the emotional and mental ones. For example, comments of "you don't look sick," or "it's not that bad" are common...

[Read more](#)

◆ **Staying Positive with Parkinson's** — In a People magazine interview, Michael J. Fox discussed his experience with Parkinson's disease (PD). He said it made him stronger, wiser, and more compassionate. When I was diagnosed, I was anything but optimistic but rather scared as hell. As hard as I tried, I couldn't see anything positive about having PD. Instead, I foresaw a future where I would be waging battle against an unbeatable foe, which is hardly the future I had envisioned prior to my diagnosis... [Read More](#)

◆ **The Power of Perseverance for Living with Parkinson's** — Join online or in person for a Parkinson's lecture on Saturday, July 13 at 10:30 am it will be streamed live on our [website](#) and [Facebook](#) page, and a recording will be posted online by July 19 presented by Tim Hague, Sr. Tim Hague is a retired nurse of 20+ years who now devotes his time to professional speaking and writing. After having been diagnosed with Young Onset Parkinson's Disease at the age of 46, Tim and his son went on to win the first season of the reality television series, *The Amazing Race Canada*. He is the founder of the wellness centre, [U-Turn Parkinson's](#), and he educates and advocates on behalf of people living with Parkinson's around the world. **Register:** <http://www.parkinsonvoiceproject.org/ShowContent.aspx?i=2244>

◆ **Chronic Pain: An Invisible Symptom of PD** — When thinking about PD, some of the symptoms that come to mind the quickest are visible issues, like tremor, shuffling gait, speech difficulties, or rigidity. However, pain is another common symptom that is often forgotten about or underestimated because it's not obviously seen. Pain is an invisible symptom, meaning that those around an individual in pain may not be able to notice their discomfort at first glance... **Read More:** [Chronic Pain: An Invisible Symptom of PD](#)

◆ **Webinar, "Getting Motivated to Move with Parkinson's"** — This FREE webinar will be Wednesday, July 10, 2019 at Noon Please join us for expert perspectives to help you better understand the benefits of exercise and movement for people with Parkinson's Disease (PD). This program is designed to help people with PD, family members, and care partners. Please share this invitation with anyone in your support network whom you feel will benefit from this information.

Register: <http://www.aoic.net/APDAJuly10>

Or, by phone: (800) 223-2732

◆ **Webinar, "How Genetic Discoveries Lead to Parkinson's Therapies"** — This FREE webinar will be Thursday, July 18, 2019, 11 am. This webinar will discuss ongoing trials targeting genetic links to Parkinson's (alpha-synuclein, GBA and LRRK2), our panelists will share how we go from discovering genes to creating precision therapies.

Register: <https://www.michaeljfox.org/webinar/upcoming-how-genetic-discoveries-lead-parkinsons-therapies>

◆ **Webinar, "Helplessness and Hope in Parkinson's"** — This FREE webinar will be Wednesday, July 10 at 1 pm. Many people with Parkinson's and their care partners feel helpless. Helpless when it comes to controlling their health, getting the care they need from the right people and navigating a complicated disease process. It's important that we learn how to relieve it. To register for this free webinar, [click here](#).

◆ **Michael J Fox Foundation has a NEW website** — In Case You Missed It: MJFF Launches Redesigned website: <https://www.michaeljfox.org/> Discover Parkinson's 360, a guide for those navigating Parkinson's disease.

◆ **TIPS for Parkinson's on Movement** — This 6-minute video has great information for basic, everyday movements, such as getting in and out of bed or walking around in a curve, may pose a challenge for patients diagnosed with Parkinson's Disease. The tips to cope with movement difficulties are from a physiotherapist. Very good!

<https://www.youtube.com/watch?v=qo7kXXgo2AE&feature=youtu.be>

◆ **Seven Tenets for Life with Parkinson's by Michael J Fox** —

1. **There is no "one-size-fits-all" description of Parkinson's disease.** Your symptoms and progression are not like anyone else's. Monitor your own Parkinson's, educate yourself on the disease and become the top expert on you.
2. **Isolation can worsen symptoms.** You don't have to manage this disease on your own. A team-based approach (including a movement disorder specialist and allied health care professionals) can help you stay physically and emotionally strong. Keep the lines of communication open with loved ones, and consider joining a support group.
3. **Don't settle.** Parkinson's disease varies, as do treatment options. Designing a regimen that feels comfortable and effective for you will take time and, likely, more than one try. Keep working with your doctor and care team until you get there. Make changes to address progression as needed!
4. **Hone your news instinct.** The latest research is the latest hope, but in our 24/7 media environment, there's a learning curve to interpreting science news. Find experts you trust, seek out credible updates and commentary, and let go of the rest. Being news-savvy can help you maintain peace of mind.
5. **Parkinson's is a non-linear disease.** You can have good days, weeks and months, even during trying times. Exercising, eating well and staying involved with your social circle, community and activities you enjoy can have a major influence on your Parkinson's path.

(Continued on page 9)

Parkinson's Articles and Updates

(Continued from page 8)

6. **Get engaged.** There are as many ways to contribute to better outcomes for yourself and others as there are people with Parkinson's. Participating in research studies or advocacy, raising funds, starting a blog or support group — however you choose to get involved — can give you a sense of control and help bring us all closer to a world without Parkinson's.
7. **Be prepared.** Parkinson's diagnosis or not, we all face certain issues in our later years. Make sure your family understands your wishes for end-of-life care, and put your will and estate in order. Having challenging conversations at the beginning of your journey with Parkinson's can help lighten the burden as the disease advances.

◆ **Research: The Michael J. Fox Foundation, Fox Insight** — is an online clinical study built to learn more about life with Parkinson's directly from people living with PD. Now, this information — all fully de-identified to protect privacy — is accessible to qualified researchers through the Fox Insight Data Exploration Network (Fox DEN), allowing the patient experience to accelerate Parkinson's research. Researchers can use the data contributed by Fox Insight volunteers to prioritize treatments for unmet needs. When you join Fox Insight, you may also be eligible to receive access to the 23andMe Health + Ancestry Service at no cost, and add your genetic data to the study. Join us now to help advance [Parkinson's breakthroughs](#).



◆ **Texas State "Yoga" Research Opportunity** — Students in the Doctor of Physical Therapy program at Texas State University in Round Rock would like to invite you to participate in a research study. Their goal is to study the effects that yoga may have on people diagnosed with Parkinson's disease. Yoga is a gentle form of exercise that involves putting your body into a position and holding that position for a short amount of time. The study will require participants in the intervention group to attend 2 testing sessions, a yoga class, and participate in a home yoga program 2 times per week for 8 weeks. Participants in the control group will attend 2 testing sessions and will be given the yoga program after the study is over. There is screening criteria to participate, please contact Catherine Madsen 512-638-2843 or cam281@txtstate.edu

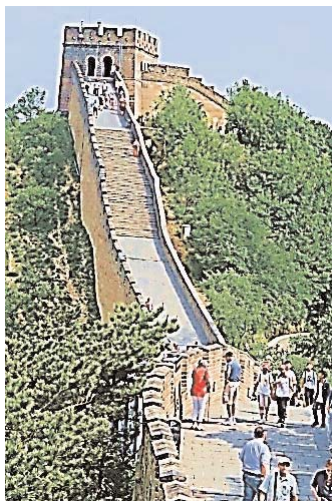
◆ **Causes & Treatments of Bowel Issues with Parkinson's Disease** — They say the gut is the second brain in our bodies because of all the complex neuronal connections it possesses. Furthermore, the latest theory is that PD may have its origins in the [gut](#) and then migrates into the brain. Whether the dysfunction in PD began first in the brain or in the gut, one thing is for sure when the gut is unhappy not only is the person suffering GI symptoms miserable but consequently everyone around tends to be unhappy due to the [mood](#) altering behavior having a sick gut places on an individual. ...[Read More](#)

◆ **Tuesdays and Thursdays at 1–2 pm for Sun City Residents** — Texas Drive Fitness Center, NEW CLASS: Parkinson's FIT. Classes are planned to help improve mobility, stability, strength, endurance, cognition, and flexibility. A combination of seated and standing stretching and strengthening exercises using weights, balance pads, resistance bands, etc. are incorporated. Team and individual exercises and activities are adjusted to each individual's level of fitness and ability. This is a regular ticket class, which can be purchased at any of the fitness centers.

◆ **How to Design Your Life with Parkinson's** — If you're like many of the people in our community, your road to diagnosis wasn't easy. It was a time of uncertainty, of going from doctor to doctor and of fear about what was to come. Now that it's real, how do you move forward? Read more here: [How to Design Your Life with Parkinson's](#)

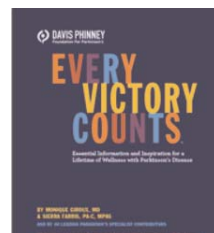
◆ **10 Reasons Music Is Good for the Brain** — Turns out Mom and Dad were right: those piano lessons and the endless hours in school band practice were good for you! From making you smarter, to diminishing the effects of brain aging, to improving emotional stability, it seems that playing an instrument has a hand in reconfiguring your brain and enhancing it — permanently. And to be clear: Just listening to music doesn't cut it. It's the active work of bringing sounds to life that delivers

the biggest benefit. Researchers are still discovering all the ways that making music enriches your brain, but the impact is undeniable. Read more here: [10 reasons making music is good for your brain](#)




◆ **Exploring China with Parkinson's** — Michele and Roy Peck, GAPS members explored China and even hiked the great Wall of China! Michele said Parkinson's may slow her but NOT stop her from living life to the fullest! (that is Michele in red blouse!)

◆ **Davis Phinney Foundation "Every Victory Counts Manual"** — Free for you! Davis Phinney Foundation announced that the latest printed version of the [Every Victory Counts](#) manual (click on this link) is in-stock and available to ship to your home.



◆ **Parkinson's Lecture Series** — Parkinson Voice Project hosts free lectures presented by Parkinson's experts in its *Clark and Brigid Lund Parkinson's Education Center*. Lectures are streamed live on the organization's [website](#) and [Facebook](#) page, and then a recording of each presentation is posted online. Click on a topic below to make a reservation for an upcoming lecture or to view recordings of past presentations. <https://www.parkinsonvoiceproject.org/Lectures>

Caregiving/Care Partner Support

- ◆ **Ten Commandments for Caregiving** — Taking care of two elderly parents with different needs was not an easy task. For me it was on the job training I wrote a book about my personal caregiving story and came to some conclusions about the process. The result is Mimi's Ten Caregiving Commandments. [Read More](#)
- ◆ **When Depressed Husbands Refuse to Get Help** — As depression enveloped him, Phil; "...had no energy, no appetite, no drive... and this was in sharp contrast to how he usually was. He was depriving himself of everything, and when you don't nourish yourself physically, intellectually, or emotionally your body tends to shut down." In their book written in both their voices, *Morning Has Broken, A Couple's Journey Through Depression*, Emme says, "No one knew what it was like, to be caught up in it like we were... it's a lonely thing to be married to a man in the depths of depression!" [Read More](#)
- ◆ **The 18th Annual Striking A Balance Caregiver Conference** — Registration is now open for Saturday, August 24 at 8:30 am to 2 pm at the Doubletree by Hilton Hotel Austin, 6505 N Interstate Hwy 35, Austin, TX 78752. 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. Register: [Click Here to Register](#) for FREE!


This conference will cover: Bridging the Family Communication Gap; Handling Grief; Combating Frauds and Scams; Home Health and Medication Safety; Advanced Care Planning; Viewing Care Through the Eyes of the Care Receiver.
- ◆ **"2019 HHS Quality in Long-Term Care Conference,"** formerly called the Geriatric Symposium — will be held on Monday and Tuesday, August 12–13, 2019 in Georgetown at Sheraton Georgetown Hotel & Conference Center. Day 1 of the conference will be specifically for LVNs and RNs, while Day 2 is open to all attendees. The 2019 HHS Quality in Long-Term Care Conference includes nationally and internationally-recognized speakers presenting on current health care trends and evidence-based best practices related to long-term care, aging and disabilities. For more information about the conference, visit the QMP website. For questions about registration or if you need any special assistance or accommodation for the conference, please contact Laura Arce at laura.arce@hhsc.state.tx.us or 512-438-3230. Register and create a user account for the HHS Learning Portal when prompted: <https://learningportal.dfps.state.tx.us/course/index.php?categoryid=23>

- ◆ **Are Seniors with Dementia Capable of Manipulation?** — A senior who is afraid, confused, frustrated and/or unable to communicate effectively can be easily agitated. They may rely on confabulation or "lies" to fill the gaps in their memory, and they may demonstrate childlike behaviors such as emotional outbursts and downright noncompliance with instructions and requests. To caregivers, this behavior may come across as intentionally manipulative, but this is rarely the case. "Dementia patients lose cognitive skills like logic, reasoning, problem-solving and decision-making," explains Poiley. "So, beyond the very beginning stages, a patient really couldn't be truly manipulative." Click here: [Dementia Behavior Can Seem Like Manipulation](#)
- ◆ **Compassionate Support** — There are lots of ways to block yourself from connecting to the compassion others offer. Sometimes, it seems easier to give than to receive. This month, I didn't want to go to the local Parkinson's support group. I felt like a failure, to everyone else and to myself. The pain and suffering I was going through created a wall between me and the rest of the world. My partner of almost 50 years convinced me to go. Allowing myself to be vulnerable, to let down those walls and enjoy the support group, also allowed me to feel this potential for the betterment of mankind. I connected to that for my personal well-being. Moaning about how terrible I feel doesn't get me anywhere. I am trying to focus on the here and now, to keep a positive attitude about tomorrow. Read More: [The Link Between Compassionate Support and Wellness](#)
- ◆ **Developing an Organized Medication System at Home** — Caregivers can be overwhelmed with the number of medications that their loved ones need to take on a daily basis. Medication errors are too common, with administration of drugs accounting for 38 percent of errors. There are many options on the market for an organization system. Deciding which one is right for your family needs to be the driving force behind the system that you ultimately choose. [Read More](#)

“What oxygen
is to the Lungs;
such is Hope to the
Meaning of life.”

Emil Brunner

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](http://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](http://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: 6200 Williams Drive at Wellspring Church

Contact: Ki Browning 512-876-0071 ki@yogaki.com

Wednesday — "DBS Support Group" on 3rd Wednesday at 2 pm

Location: The Delaney at Georgetown Village, in The Residences section, [359 Village Commons Blvd, Georgetown](http://359.Village.Commons.Bldv.Georgetown)

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

Thursday — "Caregiver's Support Group" on 2nd Thursday at 2 pm

Location: Autumn Leaves [3600 Williams Drive, Georgetown](http://3600.Williams.Drive.Georgetown)

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

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

Location: First Baptist Church [1333 W. University Ave, Georgetown](http://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](http://2111.Sam.Bass.Road.Round.Rock)

Contact: 512-464-1277 <http://www.powerforparkinsons.org/>

Monday/Wednesday/Friday — "Boxing Classes" start at 9:30 am

Location: [2522 Shell Rd, STE C, Georgetown, TX 78628](http://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/>

Our Next Support Group Meeting,

Don't Forget:

Date: Thursday, July 25

Time: 3 pm, meeting begins promptly at 3 pm

Place: First Babtist Church, Georgetown

Speaker: Dr. Michael Soileau

Topic: "Let's Talk Parkinson's"

