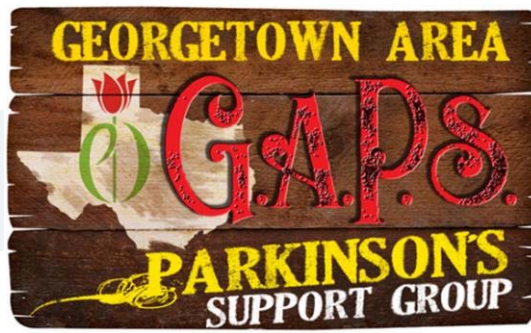


Mary Jane  
dberry3@suddenlink.net  
512-240-4167 (h)  
512-658-3658 (c)



Issue 7  
July 2020  
<https://georgetowntexasparkinsons.com/>

## GAPS Webinar June 25 Meeting Highlights

Thank you so much for joining us at our June 25 webinar meeting. Our speaker Dr. Britt Stone presented on "Let's Talk Parkinson's Sleep Disorders." It was a great presentation, Dr. Stone, provided excellent information on sleep and answered questions online! If you missed it, you can watch here:

<https://www.youtube.com/watch?v=86FqEdV5MMk&feature=youtu.be>

or you can go to our GAPS website:

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

## June 2020 GAPS Webinar Sponsor

Thank you to our sponsor for June 2020, Steven Darroh. Our webinar sponsor provides the funding for GAPS to bring you "online" meetings over the ZOOM platform and on Facebook Live Streaming with Boost advertisement!

Please contact Steven if you want more information on "Loud & Clear"  
[steven@loudandclear.io](mailto:steven@loudandclear.io)

Steven has offered a discount if you would like to sign-up for his online Parkinson's Voice Classes:

From Steven Darroh to All panelists and attendees: redeem coupon "123456" here for Loud and Clear app:  
[app.loudandclear.io/#/redeem](http://app.loudandclear.io/#/redeem)  
[steven@loudandclear.io](mailto:steven@loudandclear.io)

**THANK YOU**  
**GAPS - GAPS Webinar SPONSOR!**  
**Steven Darroh** [steven@loudandclear.io](mailto:steven@loudandclear.io)  
Speech Language Pathologist, MS CCC-SLP  
Founder of Loud and Clear

**A voice fitness app for people with Parkinson's to regain their voice and restore quality of life!**

<https://www.loudandclear.io/>

**LOUD-CLEAR** Parkinson's Voice Fitness | Beliefs | Features | Contact | News | FAQs  
**VOICE Fitness for Parkinson's Disease**

Click here to see a replay of the  
**June 25th GAPS General Meeting Webinar with Dr. Britt Stone**

Thank you to Steven Darroh with Loud & Clear  
<https://www.loudandclear.io> for funding the next GAPS Webinar on the ZOOM platform. This funding allows us to bring this webinar to our GAPS members and many in the Parkinson's community!  
**THANK YOU VERY MUCH!**

Kristi Richards with 413 Fitness <https://413.fitness/> shared excellent exercises that you could do in bed and related the exercise back to how they can help with sleep. If you have questions on exercise or would like to join 413, please contact Kristi at [fightback@413.fitness](mailto:fightback@413.fitness)



## Let's ZOOM — Our New Normal!

Online meetings are "our GAPS new normal"! Even when GAPS return to "in-person" meetings, GAPS will continue to have live broadcast as 'online meetings' via the ZOOM platform and Facebook live-stream. So, we are encouraging everyone to learn/join ZOOM and we promise it is easy and fun!

We have made it easy for you all instructions are here:

<https://www.georgetowntexasparkinsons.com/gaps-webinars.html>

**SLEEP FRAGMENTATION**

- Simply put, frequent awakenings
- Could be secondary to medication wearing off causing discomfort, tremor, difficulty moving in bed, needing to use the bathroom
- Could be from untreated sleep apnea, restless legs



## Can't find our GAPS Emails? Check Spam or Junk File!

If you find GAPS emails in you spam, junk, promotions, or socials folders mark the message as NOT spam/junk. This should put the message back into your inbox. If you find the message in another folder, move the message to your inbox which will "teach" your inbox how to handle our

messages. NOTE: if you manually mark any message from [georgetowntxparkinson@gmail.com](mailto:georgetowntxparkinson@gmail.com) as spam/junk, ALL subsequently received GAPS emails will go to spam/junk. So, be sure to add GAPS as "Safe Sender"!



# COVID-19 Is Still Here

- ◆ COVID-19 is still here, so please continue to take preventive precautions!



## Are people with Parkinson's more at risk of developing COVID-19?

Those living with Parkinson's disease are in a "high risk group," this includes PD at all ages. We are learning that COVID-19 tends to be more severe in the elderly and those with chronic diseases. Currently, there is no evidence that a PD diagnosis makes you more vulnerable to contracting illness. The best advice for those with PD is prevention!

<https://www.parkinson.org/blog/COVID-19-questions>

- ✓ Regular handwashing, social distancing, avoid crowds and stay 'sheltered in place' as reasonable.

Here is a current, very informative video from the Parkinson's Foundation on Parkinson's and COVID-19

<https://www.youtube.com/watch?v=8CRTeYwHvR4>

## Don't Cross-Contaminate Via Your Mask —

"Once you wear a mask once, it's contaminated by whatever. If you take the mask off and sit it on another surface, that surface is now contaminated," says Geoffrey Mount Varner, MD, MPH, FACEP, a Maryland-based emergency medicine physician.



The Rx: "It's best to use one-use masks and once they are taken off, dispose of them," says Mount Varner. "If you use a cloth or hand-made mask, it needs to be washed and sanitized between wears."

## More COVID-19 information as it relates to Parkinson's:

- ◆ Questions about Parkinson's and COVID-19 | APDA

<https://www.apdaparkinson.org/article/questions-about-pd-and-covid-19>

June 12, 2020 — Answering Your Questions about Parkinson's disease and Coronavirus Disease 2019 (COVID-19) — Updated With the continued spread of Coronavirus Disease 2019, also known as COVID-19, in the United States and throughout the world, Parkinson's disease (PD) patients have been reaching out and asking questions and we're here with the answers you need.

- ◆ COVID-19 in Parkinson's May Appear as Rapid Decline in...

<https://parkinsonsnewstoday.com/2020/05/26/covid...>

May 26, 2020 — Parkinson's patients are not more likely to be infected by COVID-19 than the general population, but their older age puts them at risk for more severe infections. Diagnosing COVID-19 in these patients, however, may be challenged by symptoms that are common to both illnesses, like fatigue, loss of sense of smell, hot flush, and muscle pain.

- ◆ Study: COVID-19 Exacerbates Some Parkinson's Disease Symptoms

<https://parkinsonsnewstoday.com/2020/06/02/covid...>

June 2, 2020 — COVID-19 infection appears to worsen some symptoms of Parkinson's disease, requiring adjustments to therapy, according to a recent case study. The study, "Effects of COVID-19 on Parkinson's disease clinical features: a community-based case-control study," was ...

- ◆ FAQs: Coronavirus (COVID-19) & Research Support...

<https://www.michaeljfox.org/faqs-coronavirus-covid-19-research-support>

If your institution is unable to complete and submit financial and research progress reports by their deadlines due to COVID-19-related issues, please fill out our online form and provide an estimated timeline for submission. MJFF will accept late reports but grant payments will be delayed until the reports are submitted and accepted.

- ◆ COVID-19 Limited Series: Finding Positivity with Parkinson's...

<https://www.michaeljfox.org/podcast/covid-19-limited-series-finding-positivity...>

In our third episode, we break down the importance of keeping a healthy mind and body after a Parkinson's diagnosis and especially during COVID-19. Michael J. Fox Foundation Patient Council member Larry Gifford leads a conversation with Rachel Dolhun, MD, a board-certified movement disorder specialist and Vice President of Medical Communications at MJFF, and, Bill Rasmussen, ESPN Founder and the Foundation...

- ◆ Looking Ahead: Parkinson's COVID-19 and the New Normal...

<https://www.youtube.com/watch?v=8CRTeYwHvR4>

June 10, 2020 — Okun shares tips about managing Parkinson's disease and the precautions you and your loved ones can take to stay healthy as the world begins to



# Exercise At Home

Check the GAPS Weekly Updates and our GAPS Websites for links to exercise at home.

<https://www.georgetowntexasparkinsons.com/other-exercise-options.html>



◆ **GAPS Chair Yoga Class with Ki**— every Wednesday at 10 am ~ please check the Monday GAPS email for the link to join us!



◆ **GAPS Singers “Texas Tremble Tones”** — every Wednesday at 1p Join Maggie Moore, Parkinson's Voice Instructor. CLICK: [www.youtube.com/powerforparkinsons](http://www.youtube.com/powerforparkinsons) or the many other classes listed in your Monday GAPS email.

◆ **GAPS Dancing with Parkinson's by Nancy** — every Tuesday at 1:30 pm Register: contact Nancy Bain for link [nancysternbain@gmail.com](mailto:nancysternbain@gmail.com)



◆ **Sun City Parkinson's Exercise** — <https://vimeo.com/425641231> and <https://vimeo.com/417756251>

## AGE of Central Texas

AGE of Central Texas has always been a strong supporter to GAPS. THANK YOU!

AGE offers one-on-one information and referral, as well as educational events. AGE shares with us, FREE evidence-based courses through the collaborative program [CaregiverU](http://CaregiverU). AGE will be hosting a new virtual fundraising event to celebrate the 2020 AGE Award recipients.

<https://ageofcentraltx.org/index.php/events/age-awards/>

This virtual fundraiser will include a digital silent auction and raffle to raise funds to support AGE's COVID-19 related virtual and basic needs services. GAPS members are invited to join us as we celebrate our generous supporters and all of the work that has been done to support older adults and family caregivers during this difficult time! Please click here to RSVP!

*Spirit of AGE*

*A virtual celebration of community and aging in Central Texas*

Thursday, July 16 | 6:00-7:30 pm

A fundraiser honoring the 26th annual AGE Awards recipients, AGE Legacy Fund Members, and commencement of the AGE Guardian Fund

## CTAP — Central Texas Advocates for Parkinson's



<https://ctaptexas.org/>

CTAP Parkinsons Gala is **CANCELLED** for 2020, however 'save the date' for April 3, 2021

**Gala.** GAPS would like to **Thank** CTAP for all the support they give to us! Contact: Ashley 254-338-2413 or Sarah 254-715-9987.

Thank you for your support to GAPS and the Central Texas Parkinson's Community!

## With Gratitude

GAPS is very appreciative and publicly acknowledges financial support given to GAPS through a grant funded by the Parkinson's Foundation awarded to CTAP, Central Texas Advocates for Parkinson's. On behalf of all participants of GAPS and the Parkinson's/Movement Disorders community, we want to thank



both the Parkinson's Foundation and CTAP for their support and funding!

**GAPS MANTRA!!!**

*Educate, Educate, Educate!*

*Exercise, Exercise, Exercise!*

*Socialize, Socialize, Socialize!*



## Parkinson's Webinars ~ FREE, Just Register

- ◆ Review the weekly GAPS emails and the GAPS Website — for the upcoming webinars. The webinars are **Free**; however, you will need to register! For Archived webinars, click here



- ✓ GAPS Webinar Meetings *archived* and upcoming

<https://www.georgetowntexasparkinsons.com/gaps-webinars.html>

- ✓ Davis Phinney Foundation *archived* webinars —

<https://www.davisphinneyfoundation.org/resources/webinars>

- ✓ Michael J Fox Foundation *archived* webinars —

<https://www.michaeljfox.org/webinars>

- ✓ LSVT Webinars for both LSVT LOUD and LSVT BIG *archived* webinars —

<https://blog.lsvtglobal.com/public-webinars/>



## GAPS Caregivers Support Group

- ◆ **Notice:** GAPS Caregivers Support Group “in-person” meetings **are suspended** during COVID-19 however we are “ZOOMing” using the ZOOM platform to meet monthly at our usual time!



**Date:** Second Thursday of the month (except in December, no meeting)

**Time:** 2 pm to 3:30 pm

**Place:** “ZOOM online meetings” in the comfort of your home. To learn more about ZOOM and instructions on how to join, click here:

<https://www.georgetowntexasparkinsons.com/gaps-webinars.html>

“In-person” meetings are held at 3600 Williams Dr., Georgetown, The Reserve at Georgetown (formerly Autumn Leaves) facility in the library. (**again, currently suspended**)

**ZOOM Registration:**

- ✓ Registration link will be in the Monday GAPS email that goes out on the second Monday of the month. Also, you may receive an email from Jeanette earlier that will also have the link to register.
- ✓ All attendees **will have to register** for the GAPS Caregiver’s Support Group meeting and will be sent a confirmation email with the link and the passcode. (**NEW security!**)
- ✓ This is a meeting...not a webinar!
- ✓ This meeting **will not** be recorded and it **will not** be LIVE Facebook stream.
- ✓ All registered attendees will be in meeting room until we let them in.
- ✓ All registered attendees will be muted until we (host and co-host) ask them to unmute.

## Parkinson's 'Online' Support Groups

- ◆ July 9 at 2 pm; GAPS Caregivers “online” meeting —  
**Registration:** in the weekly Monday GAPS email.  
**Contact:** Jeanette tazcaly@yahoo.com  
**Website:** <https://www.georgetowntexasparkinsons.com/gaps-caregiver-support-meetings.html>
- ◆ July 13 at 2 pm; Georgetown “Lewy Body/Parkinson’s Dementia” group — **Contact:** Sarah at [sarah@slaustin.com](mailto:sarah@slaustin.com) or 512-593-7669 to receive the link for an online meeting.
- ◆ July 15 at 2 pm; GAPS-GADS (GAPS DBS Support Group) “online” meeting —  
**Registration:** in the weekly Monday GAPS email.  
**Contact:** Judy Mayo, Facilitator. [judymayo@suddenlink.net](mailto:judymayo@suddenlink.net)  
**Website:** <https://www.georgetowntexasparkinsons.com/gads-dbs-meetings.html>
- ◆ July 18 at 2 pm; CAPS, Capital Area Parkinson’s Support Group — <http://www.capitalareaparkinsons.org/>
- ◆ July 23 at 3 pm; GAPS, Georgetown Area Parkinson’s Support Group “online” meeting —  
**Registration:** on the weekly Monday GAPS email.  
**Contact:** Mary Jane Berry, Facilitator [georgetowntxparkinson@gmail.com](mailto:georgetowntxparkinson@gmail.com)  
Our GAPS July 23 speaker will be Ginny Erboe, Hospice RN presenting on “PD Advanced Care Planning”  
<https://www.georgetowntexasparkinsons.com/gaps-meetings.html>
- ◆ July 25 at 10 am; Austin CurePSP Support Group (PSP, CBD or MSA) **Contact:** Judi Nudelman at 512-301-2268

## GAPS “Singles with Parkinson’s” Support Group

New GAPS “Singles with Parkinson’s” support group, please reach out to David Thomas at 903-286-2810 [dmt.parky@gmail.com](mailto:dmt.parky@gmail.com).



*Please reach out...do not be alone!*

**Does your family or friends want our GAPS newsletter? They can subscribe here.**

<https://www.georgetowntexasparkinsons.com/newsletter-signup.html>

**GAPS Caregiver Facilitator:** Kimberly McQuaid,  
[Marketing@reserveatgeorgetown.com](mailto:Marketing@reserveatgeorgetown.com)

(512) 688-0159

**GAPS Caregiver Admin:** Jeanette Larson tazcaly@yahoo.com

## Caregiver Resources

- ◆ **AGE of Central Texas** — at-home activities and caregiver resources <http://www.TinyURL.com/AGE-at-home-activities>
- ◆ **Caregiver's Helpline** — PD specialists answer all Parkinson's and caregiver questions, provide emotional support and refer health care professionals. Call 1-800-4PD-INFO (473-4636) or email [Helpline@parkinson.org](mailto:Helpline@parkinson.org)
- ◆ **Parkinson's Caregiver's Guidebook** — This comprehensive guidebook is for caregivers at every stage of PD. It contains tips and tools to make the caregiving journey as productive as possible. [Read or Order](#) and be sure to check this out also: Check out [Our Top 10 Essential Caregiver Resources](#)
- ◆ **Dementia Support Groups** — A Gift of Time is collaborating with the Alzheimer's Association Capital of Texas in offering weekly supports groups at 10–11 am and one dementia education session a month:
  - ✓ **1st Tuesday** of the month is an all-female support group
  - ✓ **2nd Tuesday** of the month is an all-male support group
  - ✓ **3rd Tuesday** of the month is an adult with a parent living with memory loss
  - ✓ Plus, the **last Tuesday** of the month is a dementia education program.Go to [www.agiftoftimegeorgetown.org](http://www.agiftoftimegeorgetown.org) and click on the link to join the virtual gathering. If you need help or questions, contact [josie@agiftoftimegeorgetown.org](mailto:josie@agiftoftimegeorgetown.org).

- ◆ **Avoid Caregiver Burnout - Compassion Fatigue** - "I'm at my breaking point... what do I do?" is a common question from AFA Helpline callers right now. Excellent video from AFA social worker, Kara Rogers, LMSW, shares tips and guidance on how to spot the warning signs of caregiver burnout and what to do if you're noticing them. Great 5 minute video: [Watch Video Here](#) Alzheimer's Help-Line 866-232-8484
- ◆ **Caregiver Conversations Video** — This 12-minute video has Celebrity Caregiver Clips and Tips from Clay Walker, Della Reese, Joan Lunden and Henry Winkler, also, the video includes Dealing with our Loved Ones UTI Challenges and important advice for Family Caregivers during Covid-19 [caregiver.com/articles/celebrity-interviews/caregiving-conversations](http://caregiver.com/articles/celebrity-interviews/caregiving-conversations)

## Did You Know?

- ◆ Dr Soileau has moved to a new office! New Georgetown, TX location is: 204 South I-35, Suite 103, Georgetown, TX 78628. The Waco location is unchanged.

The Georgetown office is located adjacent to what-a-burger near the corner of Williams Drive and I-35. We are located on the first floor with reserved parking in front. All contact information stays the same.



## GADS — Georgetown Area DBS Support Group

- ◆ **July 15 at 2 pm; GADS meetings** as on-line ZOOM meetings. Registration is in the GAPS Monday email. Our GADS Speaker will be Damon Dennett and Donny Sevieri, Medtronic DBS Therapies presenting on "A New Generation of DBS Therapy"

- ◆ **New DBS Website "My DBS Support"** — [medtronic.com/my-dbs-support](http://medtronic.com/my-dbs-support)

Medtronic realizes that life is different right now for people with Parkinson's, which is why we

developed Getting Back to You, a new on-demand web series about living well with Parkinson's. In addition to DBS topics, we will also be highlighting other topics like exercise, communicating with your care team, mental health, and more, to provide people with useful resources and allow us to stay relevant in the current digital and social conversation. Viewers can opt-in to the web series and receive communications from us, and will be notified when new episodes are added, which will be approximately every 2 weeks. Questions: Call Damon at 702-354-4100, [Damon.dennett@medtronic.com](mailto:Damon.dennett@medtronic.com)



## GAPS "Texas Tremble Tones" ~ Let's Sing!

Our GAPS member, Gary Dinsmore sings "Gary's Song" with the lyrics displayed at the bottom of the screen. Gary adapted the words to the melody of "Seven Spanish Angels."



Great song that you

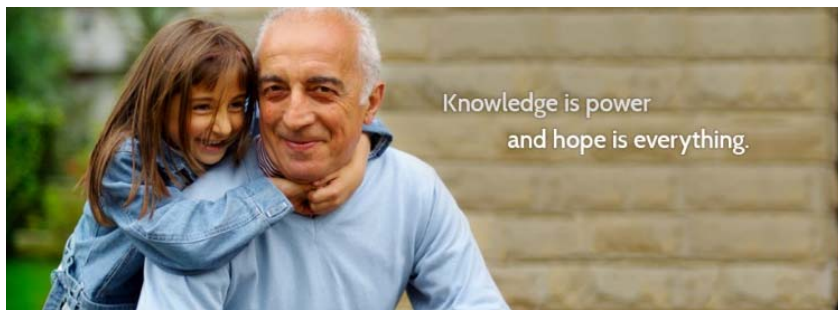
can relate to: <https://www.youtube.com/watch?v=dK9IArLY3DU>

And, reminder: keep doing your vocal exercises and sing, sing, sing!

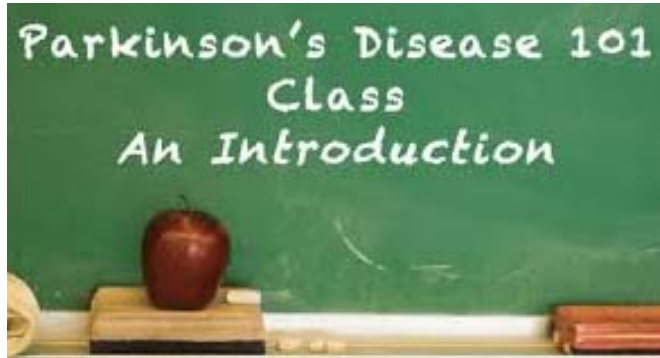
- ◆ **Wednesdays at 1 pm — Power for Parkinson's Voice Class** [www.youtube.com/powerforparkinsons](http://www.youtube.com/powerforparkinsons)
- ◆ **Voice Fitness** — <https://www.loudandclear.io/>
- ◆ **Vocal Exercises** — <https://www.apdaparkinson.org/community/st-louis/resources-support-stl/voice-singing/>
- ◆ **Speak Out! Home Practice Videos** — <https://www.parkinsonvoiceproject.org/ShowContent.aspx?i=2447>
- ◆ **Sing Loud for PD — register for the program is:** <https://us02web.zoom.us/meeting/register/tZ0lfuyrqDIHdS4ALLU2d1hu9RbnJuUznXX>

# GAPS Parkinson's 101

<https://www.georgetowntexasparkinsons.com/gaps-newly-diagnosed-meetings.html>



Knowledge is power  
and hope is everything.



## Online Workshops — Free

Area Agency on Aging of the Capital Area is offering these three online workshops —

Jessica Martone, Health, Prevention and Wellness Program Coordinator  
512-916-6180

[jmartone@capcog.org](mailto:jmartone@capcog.org) SIGN UP NOW!!!

- ◆ Chronic Pain Self-Management Program
- ◆ Living a Healthy Life with Chronic Conditions
- ◆ Driving Safety for Older Adults

### TAKE CONTROL of YOUR Pain!

#### CHRONIC PAIN SELF-MANAGEMENT PROGRAM

This program emphasizes the skills needed in day-to-day pain management to maintain or increase activity and live a healthy life

**WHO COULD BENEFIT?**  
*Anyone 60 years or older who:*

- is living with a chronic pain
- is interested in symptom and medication management
- wants to learn proper exercise and nutrition
- wants to know what questions to ask

**YOU WILL LEARN:**

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Moving easy exercise and nutrition for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Pacing activity and rest
- Communicating effectively with family, friends and health professionals

**SIX WEEK ONLINE WORKSHOP**

Attend using computer, laptop or smartphone

**REGISTRATION IS REQUIRED**  
Class size is limited  
**No Cost**

**TO REGISTER**  
for this six-week workshop contact:  
Jessica Martone  
512-916-6180  
[jmartone@capcog.org](mailto:jmartone@capcog.org)  
Call for upcoming dates and times

**Area Agency on Aging**  
of the Capital Area

Funded in part by Health and Human Services Commission

### Living a Healthy Life with Chronic Conditions

Become your own best advocate to understand your condition and the treatments that work best for you. Learn to make lifestyle changes to improve your quality of life.

**SMRC**  
Self-Management Resource Center

**\*UPCOMING ONLINE 6 WEEK WORKSHOP\***

**ONLINE – join with computer, tablet, or smart phone**

**REGISTRATION IS REQUIRED**  
There is NO COST to participate  
Class size is limited

**To REGISTER:**  
Jessica Martone  
512-916-6180  
[jmartone@capcog.org](mailto:jmartone@capcog.org)  
**CALL FOR UPCOMING DATES AND TIMES**

**Area Agency on Aging**  
of the Capital Area

Funded in part by Health and Human Services

**WHO COULD BENEFIT?**  
*Anyone 60 years or older who:*

- is living with a chronic condition
- is interested in symptom and medication management
- wants to learn proper exercise and nutrition
- wants to know what questions to ask

**YOU WILL LEARN TO:**

- Manage Symptoms
- Incorporate Exercise
- Monitor Nutrition
- Talk with Your Doctor
- Make Informed Treatment Decisions
- Deal with Emotions
- Control Stress



## Driving Safety for Older Adults and Their Caregivers

Regional experts will discuss proven techniques to determine an older adult's fitness to drive, how to have the difficult conversations about driving, and how to help older adults maintain their independence.

**Saturday, July 18th**  
**10:00 a.m. to 11:30 a.m.**

AGE of Central Texas will host the free virtual caregiver support seminar exploring "Driving Safety for Older Adults and Their Caregivers" on Saturday, July 18, 2020. Part of the on-going workshop series to help family members effectively care for an older adult, the free seminar will be held from 10–11:30 am online. Registration for the conference is free, but space is limited. Register online at <http://www.TinyURL.com/AGEjuly2020>, or by calling (512) 600-9275

## Research Opportunities for "You" — Join Us!



- ◆ Parkinson's Research and Clinical Trials — <https://www.georgetowntexasparkinsons.com/parkinsons-research-and-clinical-trials.html>

Let's stay connected through technology... follow us on GAPS Facebook and visit our GAPS Website for updates and join us on our webinars and online classes!



Staying Connected through T

# Interesting PD Articles That You Can Relate To

- ◆ **Seniors Living Smarter Virtual Webinar** — The webinar will be Thursday, July 16 at 10–11:30 am **Topic:** “Flipping the Money Switch — When Is It Time to Use Your Money for You?” Register online at [www.SeniorsLivingSmarter.com/seminar](http://www.SeniorsLivingSmarter.com/seminar) or call 512-862-7339 and leave a message.



## Seniors Living Smarter Services

- ◆ **Does Parkinson's Disease Cause Back Pain?** — Pain is commonly reported by those living with Parkinson's disease (PD). It is thought that up to 3 out of 4 people with PD have some kind of discomfort or pain. This pain may be due to the disease itself or may be due to the motor symptoms of PD. [Read More](#)
- ◆ **What a Pain! Understanding and Treating Pain in Parkinson's Disease** — Learn more about the different types of pain in this [blog post](#) by Dr. Gilbert, and take a look at a [great presentation](#) about understanding and treating pain in PD.
- ◆ **Dealing with the REM Sleep Behavior Disorder Sandman** — “How did you sleep last night?” is another common question people are asked. With Parkinson's, the answer is generally pretty standard for me and many other Parkies: I slept lousy as I wrestled through the night... again. [Read More](#)
- ◆ **Tele-medicine** — Many of your physicians are offering “tele-medicine” visits using your phone, computer ... **Healthcare At Home.** There is also a Visiting Physicians Association (VPA) that provides physician services for the elderly and other adults with complex health issues who have difficulty getting out to the doctor's office. We offer many in-home services including primary care, short-term episodic care, lab, mobile x-ray and ultrasound. While we are the largest house call practice in the country, our care is local. Our care teams are based in the heart of the communities that we serve. We are dedicated to providing patients with high quality, personalized and confidential medical care in their home.

### Don't Forget:

## Our Next GAPS Webinar Meeting

**Thursday, July 23**

Watch for our emails for updates and registrations!

**Time:** 3–5 pm — “Online Webinar” meeting begins promptly at 3 pm CST. Watch for an email with the ZOOM online registration!

**Place:** Watch on your computer/phone/tablet

**Speaker:** Ginny Erboe, Hospice RN  
“PD Advanced Care Planning”



### Home-Based Primary Care Services

#### Now Offering Telehealth Visits

- Over 25 years of expertise in housecall medicine
- Locally-based care teams
- Primary care provider (pcp) accompanied by a medical assistant
- Medically trained staff available by phone 24 hours a day, 7 days a week
- Laboratory testing, x-ray & ultrasound services
- Treatment of minor to complex medical needs
- Post hospital follow-up visits
- We accept Medicare and other insurances

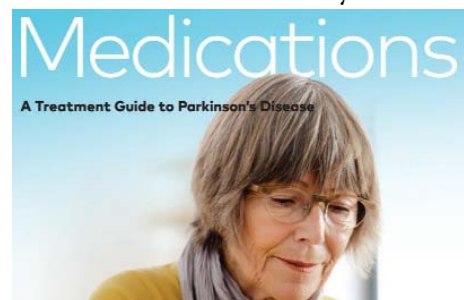


We provide services in the following states:  
Arizona, Florida, Illinois, Indiana, Kansas, Michigan, Missouri, Ohio,  
Texas, Virginia, Washington and Wisconsin

**Questions:** contact David Belt  
512-569-8440  
[dbelt@visiting-physicians.com](mailto:dbelt@visiting-physicians.com)

**Website:** <http://www.visitingphysicians.com/>

- ◆ **Parkinson's and Weight Loss** — While weight loss is a non-specific symptom and could be a sign of other medical problems, it's possible that it could be tied to your PD. Learn more about the possible connection and causes of weight loss and tips for how to deal with this symptom. <https://www.apdaparkinson.org/article/weight-loss-parkinsons-disease/?eType=EmailBlastContent&eId=2a21173c-7fbd-4acf-97ea-b9c57234947d>
- ◆ **Parkinson's Medications Guide** — In the same way Parkinson's disease (PD) is unique from person to person, so is the combination of medications and dosages used to treat motor and non-motor symptoms. Learn all about the different types of PD medications and what's in development in our new book. <https://www.parkinson.org/sites/default/files/attachments/Medications-Treatment-Guide-to-Parkinsons-Disease.pdf>



## GAPS

### “Inspirational Thought” to Share



Have you missed your hugs from GAPS... well, watch this?

<https://www.youtube.com/watch?v=VpbbHF-pNSI>

Take care and ... “stay healthy and safe!”  
I am sending a virtual hug because I really, really miss hugging everyone!

**THIS VIRTUAL**



**HUG IS 4 YOU**



GAPS conducted a survey last month through our Monday GAPS Update to help us improve on our support group and our GAPS communication. It was an easy link with several questions and opportunity for comments. We received very positive comments and thank you very much! We are working to implement changes based upon those comments. Thank you so much for participating and if you have additional comments or suggestions, you can always send them to our GAPS email:

[georgetowntxparkinson@gmail.com](mailto:georgetowntxparkinson@gmail.com)

### Here are the survey results:

**Question 1:** What items would you like to see in your GAPS emails?

- ◆ Webinar Info — 27.6%
- ◆ Exercise Info — 24.6%
- ◆ Other support group/classes — 22.4%
- ◆ Research opportunities — 18.7%
- ◆ Other — 6.7% (this included suggestions of keeping it to highlights of new stuff only and keep everything else on website, newsletter can feel like overload as it has tons of info, a few wanting a small women's group, learning about new therapies/drugs for PD, Information about presentations that are being done by neurologists, etc in the area.

**Question 2:** What frequency would you prefer to receive GAPS emails?

- ◆ Weekly — 50.9%
- ◆ Bi-weekly — 21.8%
- ◆ Monthly — 23.6%



## GAPS Website, Facebook and YouTube

- ✓ GAPS Meetings: <https://www.georgetowntexasparkinsons.com/gaps-meetings.html>
- ✓ GAPS "May 28, 2020" Webinar Meeting: <https://www.youtube.com/watch?v=Xlev4Dablcc&feature=youtu.be/>
- ✓ GAPS Newsletters: <https://www.georgetowntexasparkinsons.com/gaps-newsletters.html>
- ✓ GAPS Website: <http://georgetowntexasparkinsons.com/>
- ✓ GAPS Classes: <https://www.georgetowntexasparkinsons.com/gaps-classes.html>
- ✓ GAPS Calendar: <https://www.georgetowntexasparkinsons.com/gaps-calendar.html>

**Want to stay in touch? Click below to follow via social media or email.**

- ✓ GAPS Email: [georgetowntxparkinson@gmail.com](mailto:georgetowntxparkinson@gmail.com)
- ✓ GAPS Facebook page and be sure to "Like" us at: <https://www.facebook.com/GeorgetownAreaParkinsonsSupportGroup>
- ✓ GAPS YouTube exercise, speakers, and resources: <https://www.youtube.com/channel/UCZeMIVSEdxNzxqe43c8SQ1w>
- ✓ GAPS YouTube Channel [Be sure to subscribe to us!](#)



## Parkinson's Foundations

