



Summary of July Meeting

We had an AWESOME meeting with 150 GAPS attendees to hear Dr. Michael Soileau <https://www.txmds.net/> at our July meeting! Dr. Soileau brought his wife and sons to our meeting too! The boys enjoyed our refreshments of Chick-fil-A nuggets!



Dr. Soileau shared three questions that he receives from patients frequently in his practice:

1. **Insurance** — involving Medigap coverage (usually has a higher monthly premium, but could result in lower out-of-pocket expenses) Medicare Advantage plans (generally cost less and cover more services) Medicare Advantage HMO plans and PPO plans are probably more alike than different. But there are a few “HMO vs. PPO”

contrasts: ... You don't have to choose a primary care provider with a Medicare PPO, but you do with an HMO. If you want to see a specialist, an HMO generally requires you to get a referral. Read more here: <https://www.consumerreports.org/cro/news/2014/10/medigap-vs-medicare-advantage-consumer-reports/index.htm> and [medicare-advantage-coverage/medicare-preferred-provider-organizations-ppos/comparison-ppos-hmos-and-original-medicare](https://www.consumerreports.org/cro/news/2014/10/medigap-vs-medicare-advantage-consumer-reports/index.htm)

2. Parkinson's Medications — Even though Parkinson's disease is a complicated

condition with no known cure, there is a silver lining: symptoms are highly treatable with the right medications. However, the disease affects everyone differently, and each person's response to therapy will vary, there is no hard-and-fast rule about when you should begin taking medication and what to take first. When your doctor writes a new prescription, or makes a change to an existing one, take the opportunity to ask for an explanation. Levodopa is considered as a potential first-line therapy in all age



groups, although caution should be exercised in younger patients. In most cases, the dosage will start low then increase slowly, often in combination with other medications, to adjust to a person's changing condition. When it comes to Parkinson's medications, timing is critical. That is why it is so important to take all prescription drugs exactly as directed. Levodopa-carbidopa, in particular, must be taken in precise, consistent dosages throughout the day in order to control symptoms. The goal is to maintain a steady

supply of the medicine in your bloodstream. When medication is not taken on time, “freezing” and other sudden and debilitating motor symptoms can occur. You will need to report back to your doctor about how your body is responding to the medication you are taking. A good way to do this is by keeping a drug diary. Diet and Parkinson's medications can impact each other. Levodopa medications, such as Sinemet,[®] carbidopa/levodopa extended-release capsules (Rytary[®]) or carbidopa/levodopa/entacapone (Stalevo[®]), work best on an empty stomach. However, some people experience nausea as a side effect of these medications, and taking them on an

empty stomach may not be their best option. For others, taking PD medications close to a protein-rich meal (like meat, fish, eggs, dairy products, nuts and beans), may interfere with the absorption of the drug in the blood, causing it

to work more slowly or less effectively. Talk to your doctor about the right option for you, such as taking the drug on an empty stomach or with a small snack, such as crackers or applesauce. Here is a list of medications and it is recommended for you to work with your physician to determine which medications are best for you, and know the risks and benefits of each. <https://www.apdaparkinson.org/what-is-parkinsons/treatment-medication/medication/>

(Continued on page 2)

Georgetown Area Parkinson's Support Group Meeting (GAPS)

for EVERYONE ~ patients, caregivers/care partners, family, friends, and health care!

Thursday, August 22, 2019

(4th Thursday of the month!)

3 to 5 pm

meeting begins promptly at 3pm

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

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

Speaker: Dr Robert Izor
<https://www.neurologysolutions.com/>

Topic: "Parkinson's Comprehensive Continuum of Care"

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

August 22 Refreshment

Sponsor: Damon Dennett and Donny Sevieri with Medtronic Deep Brain Stimulation (DBS) Therapy. DBS is a therapeutic option for patients with recent or longer-standing motor complications safely. DBS effectively manages tremor, rigidity, and bradykinesia/akinesia associated with Parkinson's disease.



YOPD — Support Group Meeting

Saturday, August 31, 2019

(last Saturday of the month!)

10 am

Place: Go to Website:
[Austin YOPD Meetup Group](#)

Contact: Bob Sahn
rsahn99@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, Facebook and YouTube are Updated

We have an updated GAPS website!
<http://georgetownxparkinson.weebly.com/>
GAPS Facebook is UPDATED Daily!
New FACEBOOK PAGE COMING SOON!

GAPS Advisory Group

THANK YOU to our current volunteers and sponsors that help our GAPS Parkinson's Community. THANK YOU for your help at our meetings and classes ~ for set-up/clean-up/greeting at the meetings and for administrative help, too! Please plan to join us this month ...

it is FUN to help!
Please contact Patty Rooney-Lingo at
psrooney@aol.com
to volunteer!



July Meeting (Continued from page 1)

3. Team Treatment Approach —
Dr. Soileau stressed the importance of the interdisciplinary team intervention approach in the treatment of patients with PD. The team approach uses experts in PD from different health care professions, including a neurologist, a nurse, a speech/language/occupational therapist, a social worker, pharmacist, psychiatrist, a dietician and a support group(s)! The major aim of the team and of teamwork is to provide professional care in all motor and nonmotor aspects of PD throughout the course of the disease through **communication, communication, communication!**
Dr. Soileau did recommend the form that Judy Mayo modified, *Report to Physician: Next Visit*. Click here:
<http://georgetownxparkinson.weebly.com/tracking-your-parkinsons-symptoms.html>

Dr. Soileau took questions from the audience and there were a variety of questions. One question that had several follow up questions was about "depression"! It was discussed that the diagnosis of Parkinson's disease (PD), will cause someone to feel depressed or anxious. A normal reaction! But in reality, depression and anxiety are clinical symptoms of Parkinson's! Like all symptoms of PD, mood changes are differ-

ent for different people. Some people with depression feel sad and lose interest in things they used to enjoy, while others feel irritable and have difficulty sleeping. People with anxiety often feel overly worried or concerned, or say they are "on edge."

Check our videos on our GAPS YouTube!
<https://www.youtube.com/channel/UCZeMIVSEdxNzxqe43c8SQ1w>

Thank you and GREAT job to Deb Jones for all her work on these websites!

Foundations Updates

Learn about the latest updates by clicking on the links found on our website Parkinson's organizations and foundations page!

<http://georgetownxparkinson.weebly.com/parkinsons-organizations-and-foundations.html>

Click on this link for additional information on this subject of depression:
<https://www.michaeljfox.org/news/depression-anxiety>

Be sure to share with your doctor if you have any feelings of depression and "YES" get on medication!

This was an excellent meeting and THANK YOU to Dr. Soileau!!! GREAT job! And, thank you to everyone in our support group that helped us set-up and clean-up ... we could not do this without all the help and support that you give to us!

August Refreshment Sponsor

was great! We had Chick-fil-A nuggets, and fruit, lemonade! Thank you to Clint Graves with US World MEDS. Everyone enjoyed this!

APOKYN Be on. Live life.
apomorphine hydrochloride injection
apomorphine hydrochloride injection, is a prescription-only medication that is used as needed to treat the symptoms of off episodes associated with Parkinson's disease (PD).

APOKYN, also known as apomorphine

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

Thursday, August 8, 2019
(2nd Thursday of the month!)
2 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

We have a facilitator! We have several men interested...email me to connect and I'll set-up!

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

Austin CurePSP Support Group

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

Saturday, August 24, 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: Judi Nudelman at
512-301-2268

New Video — **Power for Parkinson's** has announced the released of a new exercise videos on our YouTube channel! Join instructor Polly Caprio for this short but fun exercise routine that is meant to challenge your brain and body!

[Watch Here](#)

GAPS Dancing For Parkinson's

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

Time: 1:30–2:30 pm

Place: for summer classes at First United Methodist Church, 410 E University Ave, Georgetown, TX 78626 otherwise, we meet at 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!

We encourage all living with Parkinson's, and their caregivers, to dance and sing through life!

Please invite your friends and caregivers to join us to share the FUN!



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

Date: Sunday, August 25, 2019

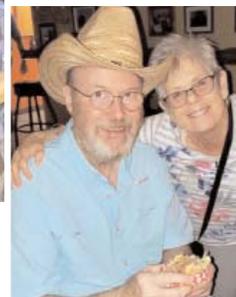
Time: 4–8 pm

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 time!



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!



Our GAPS member, Robert Kamper is also, a beloved friend and participant, Robert Kamper, talks about his experience with PFP and the benefit music and movement has brought to his life. He also shares his research focused on the impact music has on the brain. Click here to read this great article: [Read More](#).

GADS — Georgetown Area Parkinson's DBS Support Group Meeting

"NO" August meeting, however **we will meet** in September!

September 18, 2019

(3rd Wednesday of the month!)

2 to 3:30 pm

meetings begin promptly at 2pm

The Delaney at Georgetown Village

359 Village Commons Blvd.,
Georgetown,

Contact: Judy Mayo

judymayo@suddenlink.net

512-943-9084

Program: Dr Michael Soileau will discuss pros/cons of DBS!

Reminder: Friday, September 6, 2019 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

Lewy Body Dementia Support Group

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

Monday, August 12, 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.

Dance for PD®

Video's for dance and exercise!

<https://danceforparkinsons.org/>

DANCE *for* PD®

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!



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: We sing — 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, and family to join us for Texas Tremble Tones! Remember that Caregivers are welcome!



Speak, Think, and Live with Intent

Individuals with Parkinson's disease typically notice changes in their speech. Common changes in speech include speaking softly or in a monotone voice, hesitation before speaking, slurred speech, or speaking too fast. Our class, TTT provides voice exercises and singing FUN songs! This helps to strengthen the muscles used for speaking and swallowing and encouragement to speak with intent!

CAPS — Capital Area Parkinson's Society

CAPS meet on Saturday, August 17 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/>

Topic: What Can I Do to Stop the Pain in My Feet?

Speaker: Dr. Marty Meraviglia, RN, ACNS-BC, PhD

Boxing with Parkinson's



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

Georgetown classes — 3301 Shell Road, Suite 402, Georgetown! However, 413 has classes in Austin and soon Cedar Park! 413 Fitness is for 55+ and People Living with Movement Disorders, including Parkinson's. Exercise is important for everyone, exercise plays a crucial role in people with Parkinson's

STRONGER THAN PD

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!

Congratulations

Dr. Nagarsheth



Dr. Kunal Nagarsheth, PharmD, RPh, of Liberty Pharmacy is a strong supporter of GAPS, we all want to wish congratulations to Kunal and his wife for the newest member to his family, Ezra Nagarsheth!

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



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

Parkinson's Articles and Updates

◆ New Movement Disorder Neurologist in Central Texas — Welcome to Dr. Erik Krause!

We are most fortunate to have excellent "Movement Disorder Specialty Neurologists" in Central Texas. A 'movement disorder specialist' is a neurologist with additional training in Parkinson's disease and other movement disorders. This type of doctor typically has extensive knowledge of Parkinson's therapies and ongoing research. Here is the most current list for our Parkinson's community:

- ✓ Dr. Eric Krause — in Austin
<https://www.seton.net/brain-and-spine-care/>
- ✓ Dr. Michael Soileau — in Georgetown
<https://www.txmds.net/>
- ✓ Dr. Britt Stone — Baylor, Scott & White in Round Rock
<http://www.sw.org/Dr-Britt-Stone>
- ✓ Dr. Elizabeth Peckham — in Round Rock
<http://www.centraltexasneurology.com/elizabeth-l-peckham-do.html>
- ✓ Dr. Robert Izor — in North Austin
<http://www.neurologysolutions.com/who-we-are/dr-robert-izor/>
- ✓ Dr. Mariana Georgeta Varga — in South Austin
<http://movementdisorderclinic.com/>
http://movementdisorderclinic.com/?page_id=11

◆ **Balanced Diet to Maintain Optimal Health in Parkinson's Patients: A Nutritionist's View** — Parkinson's disease has typically been classified as a neurodegenerative disease with much of treatment focused on managing symptoms. However, recent connections between the brain and gut microbiome as it is influenced by nutrition, oxidative stress, and the environment has been gaining interest. Click on link:

[Balanced Diet to Maintain Optimal Health in Parkinson's Patients: A Nutritionist's View](#)

- ◆ **Parkinson's Foundation Launches First-of-its-Kind Genetic Study** — Launched a new trailblazing genetics study, called PD GENERation: Mapping the Future of Parkinson's Disease. This first-of-its kind national initiative offers FREE genetic testing for common Parkinson's disease (PD) related genes and genetic counseling. Learn more: <http://georgetowntxparkinson.weebly.com/parkinsons-research-and-clinical-trials.html>
- ◆ **Parkinson's Lecture Series** — Parkinson's 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>

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Parkinson's Articles and Updates

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- ◆ **Seelos Therapeutics Acquires Rights for Parkinson's Gene Therapy Program** — Seelos Therapeutics has acquired the rights for a gene therapy program targeting the regulation of the SNCA gene, which provides instructions to make alpha-synuclein, a key player in the development of Parkinson's disease. The accumulation of abnormal (misfolded) alpha-synuclein protein can result in toxic aggregates that lead to the death of dopaminergic neurons. Click on link:
[Seelos Therapeutics Acquires Rights for Parkinson's Gene Therapy Program](#)
- ◆ **Key Protein in Parkinson's — Alpha-synuclein — Travels from Gut to Clump in Brain, Study Reports** — Altered forms of the alpha-synuclein protein travel along the vagus nerve from the gut to the brain where they accumulate, according to a study in mice. It also suggests that blocking this transport could prevent the progression of Parkinson's disease. The work lends support to theories that Parkinson's begins in the gastrointestinal tract! Click on link:
[Key Protein in Parkinson's — Alpha-synuclein — Travels from Gut to Clump in Brain, Study Reports](#)
- ◆ **Frequently Asked Parkinson's Disease Questions** — From diagnosis and symptoms to medications and treatment options, this educational book is a compilation of the most frequently asked questions our Helpline receives. Download this .pdf resource: [Frequently asked PD Questions](#)
- ◆ **Lewy Bodies Are Made of Much More than Alpha-Synuclein, Study Finds** — Insoluble alpha-synuclein protein has long been thought to be the main component of Parkinson's hallmark Lewy bodies, but researchers have now reported these abnormal aggregates are also made of cell membrane fragments, fat-like substances, and other cellular components. This finding was reported in a study, "Lewy pathology in Parkinson's disease consists of crowded organelles and lipid membranes," that was published in the journal Nature Neuroscience.
[Lewy Bodies Are Made of Much More than Alpha-Synuclein, Study Finds](#)
- ◆ **Parkinson's Foundation Resources** —
 - ✓ [Contact our Toll-free Helpline](#): Call 1-800-4PD-INFO (473-4636) or email Help-line@Parkinson.org and get your PD questions answered in English and Spanish. We're open weekdays from 9 a.m. to 8 p.m.
 - ✓ [Order free resources](#): From our Aware in Care hospital kit to our publications on many important topics, we have all the information you need to live well with Parkinson's disease.
 - ✓ [Read the latest Parkinson's news](#): Learn about the latest breakthroughs for care and a cure and gets tips for daily living in our award-winning Parkinson's Today blog.
- ◆ **Parkinson's and the Gut — What do we know? What can we do?** — There has been a lot of talk in the last few years about the brain-gut connection, and how Parkinson's Disease may start in the gut. Read more here:
<https://www.invigoratept.com/blog/parkinsons-gut-health-microbiome-what-do-we-know>

- ◆ **10 Strategies to Boost Your Cognitive Health and Fight Brain Aging** — this is a very good succinct article for brain health. Click here: [fight-brain-aging](#)
- ◆ **Parkinson's News Daily** — This website has many different articles with tremendous information for you! Please click on the link to learn more! <https://parkinsonsnewstoday.com/>
- ◆ **Resiliency as a Tool for Living Well with Parkinson's** — Susan Imke, FNP, GNP-C is an expert in coaching families affected by Parkinson's disease to adapt in times of stress, loss or trauma. In this Davis Phinney Foundation Living Well Challenge™ webisode, Susan discusses a range of healthy approaches for leveraging one's signature strengths to develop the resiliency needed to ride the waves of life and the changes that inevitably are part of living with Parkinson's. Watch: davisphinneyfoundation.org/video/resiliency-as-a-tool-for-living-well-with-parkinsons
- ◆ **Tai Chi has positive impact on Parkinson's** — we access for FREE Tai Chi classes in Georgetown! The results of several clinical studies suggest that regular participation in Tai Chi can help with balance, circulation, muscle strength, stress release and general well-being. Classes are open to all levels of Tai Chi experience. Beginners and first-timers are welcome! Contact: [Mary Jane dberry3@suddenlink.net](mailto:MaryJaneDberry3@suddenlink.net) to get connected!
- ◆ **Webinar, "Update on Stem Cell Therapies for Parkinson's"** — Michael J Fox Foundation Webinar on Thursday, August 15, 2019 at 11 am. Panelists will discuss the types of stem cells, the status of stem cell-derived therapies for Parkinson's, and how scientists use stem cells as research tools. Q&A with participants will follow the discussion. Register: michaeljfox.org/webinar/upcoming-update-stem-cell-therapies-parkinsons
- ◆ **Panic Attacks Can Go Hand-in-Hand with Parkinson's Disease** — Symptoms of a panic attack can be trouble sleeping, heart palpitations, hyperventilating, uncontrollable worry, chest pain, dizziness, tunnel vision, and hot or cold flashes. Read more: parkinsonsnewstoday.com/panic-attacks-anxiety
- ◆ **Ask the MD: How a Pharmacist Can Help Manage Parkinson's** — Michael J Fox Foundation has a great article on this topic. Click here to read more: [how-pharmacist-can-help-manage-parkinsons](#)
- ◆ **New Study: Yoga Lessens Parkinson's Anxiety and Depression** — Mindfulness yoga, yoga with meditation and controlled breathing, eases anxiety and depression in people with Parkinson's, according to a recent study in JAMA Neurology. Read more here: [/new-study-yoga-lessens-parkinsons](#)



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Parkinson's Articles and Updates

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- ◆ **Spotlight on Parkinson's Disease: Getting Motivated to Move!** — This webcast provides expert perspectives to help you better understand the importance of movement for PD, it is designed to help all people impacted by PD. This webcast is an archive of the live web education program that was held on July 10, 2019. Click on this link: <https://s3.amazonaws.com/canceredcdn/APDA19147.mp4>
- ◆ **Diet for Brain Health!** — Dr. Sarah King with Invigorate Physical Therapy and Wellness interviews Casey Farlow MPH, RDN to talk about how she coaches her neurological clients to optimize their brain health through basic dietary changes. They talked for over an hour but the best nuggets are below: She talks about [how diet affects the brain here](#) (7-minute clip) and answers the question "[What is the best diet for Parkinson's?](#)" (6-minute clip).
- ◆ **Young Onset Parkinson's Disease (YOPD)** — The average age of diagnosis for Parkinson's is late 50s or early 60s. But some people are diagnosed at age 50 or even younger. Doctors call it his young- or earlier-onset Parkinson's disease (PD). No matter when PD is diagnosed, the symptoms and treatments are the

Caregiving/Care Partner Support

- ◆ **How to Think Like an Optimist and Stay Positive** — Can you learn how to think positive? Yes! Research suggests that positive thinkers have better stress coping skills, stronger immunity, and a lower risk of cardiovascular disease. Such as: Avoid Negative Self-Talk; Try Humor; Cultivate Optimism; Keep Practicing Read More: [think-positive!](#)
- ◆ **"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. [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. On 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

Striking a
BALANCE
18th Annual Caregiver Conference

same. But younger people often have different considerations as they may be building careers, starting families and looking ahead to more years with Parkinson's.

Video: [young-onset-parkinsons-disease-](#)

- ◆ **When Parkinson's Is Ruining the Romance?** — As many as 68% of men and 88% of women with Parkinson's disease (PD) experience decreased libido, problems with sexual functioning and a sense of decreased intimacy with their partner. Due to the stigma that comes with sex, there is a lack of research and attention given to the topic of intimacy. Read More: [parkinsonsdisease.net/living/ruining-the-romance](#)
- ◆ **5 Travel Tips When You're on the Go with PD** — Summer is upon us which means traveling with family for many of us. It also is a time to get away from the heat and head to cooler climates. You may feel like traveling is a hassle because of packing alone — God knows I dread packing these days! It takes me longer to sort out my medications than my wardrobe. Although it takes much more planning than it once did, I still look forward to traveling even with Parkinson's. Here a few tricks I have found which make traveling a bit easier. Read more: [parkinsonsdisease.net/living/travel-tips-with-pd](#)

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>

- ◆ **The Toilet Tweak That Can Keep an Older Adult Clean** — Bidet attachments can be installed on existing toilets without the need for extensive bathroom remodeling. These affordable devices help seniors maintain their personal hygiene, modesty and independence. Bidet Attachments: [The Toilet Tweak That Can Keep an Older Adult Clean](#)
- ◆ **Free Senior Care Guides** — Whether you are new to caregiving or providing continuing care, explore Aging Care's library of free senior care guides for practical tips, expert advice and access to resources to help you and your aging loved one. Click Here: https://www.agingcare.com/FREE_Senior_Care_Guides
- ◆ **Ideas for Senior Assistive Devices** — Great ideas of products that may be helpful for you or a loved one in Aging Care's Senior Product Guide. Many of these can be obtained at Medical Supply Stores or even, Amazon! Click Here: [Senior Product Guide](#)
- ◆ **How to Make Tough Care Decisions** — Caregivers often face challenging decisions regarding their loved ones' care. Here are some strategies for maintaining your sanity, even when making the most difficult choices. Click Here: [Life As a Caregiver: How to Make Tough Care Decisions](#)

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Caregiving/Care Partner Support

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- ◆ **Don't Lose Sleep as a Parkinson's Caregiver** — this article will focus on the realities of caregiver burnout, with sleep-related tips for its prevention, and take a look at mindfulness. Click Here: [sleep-caregiver-burnout-](#)
- ◆ **How to Encourage People with Parkinson's to Exercise** — One of the most common questions we receive from friends and care partners of people with Parkinson's is this: "My person with Parkinson's won't do anything. I can't get them to exercise, and I don't know what to do." Here is a great resource from Davis Phinney Foundation: [How to Encourage People with Parkinson's to Exercise](#)



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](#)

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](#)

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](#)

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](#)

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

Thursday — "Parkinson's Support Group" on 4th Thursday at 2 pm
Location: First Baptist Church [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](#)

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

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

Quick Summary for GAPS Meetings

<http://georgetowntxparkinson.weebly.com/gaps-meetings.html>

Quick Summary for GAPS Classes

<http://georgetowntxparkinson.weebly.com/gaps-classes.html>

Our Next Support Group Meeting,

Don't Forget:

Speaker: Dr Robert Izor

<https://www.neurologysolutions.com>

Topic: "Parkinson's Comprehensive Continuum of Care"

Date: Thursday, August 22

Time: 3 pm to 5 pm

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



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