



Georgetown Area Parkinson's Support Group

Issue 9

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

September 2017

Mary Jane Berry

dberry3@suddenlink.net

512-240-4167 (h)

512-658-3658 (c)

Next Meetings

**Caregivers/Care Partner
Support Group Meeting:
Thursday, September 14, 2017;
2-3 pm**

(Always on the 2nd Thursday of the month!)

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

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

**Parkinson's Support Group Meeting:
Thursday, September 28, 2017**

(Always on 4th Thursday of the month!)

2-4 pm

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

**Speaker: A panel discussion with
a pharmacist and
pharmaceutical reps!**

**Topic: "Parkinson's Medication
Forum"**

Last Month's Meeting Summary

We had a great meeting in August with 82 in attendance with 13 new folks; all to hear Dr. Jared Benge. Dr. Benge's presentation was about Parkinson's Research and with his humor, it was an excellent presentation. He was very reassuring that research is 'patient centered' with an 'all inclusive' format bringing the caregiver input equal to the patient input! Parkinson's disease impacts multiple facets of quality of life and his research focuses on the priority of the patient and the priority of the caregiver. However, in his most recent research he found differences in priority in the impact of Parkinson's Disease such as: the patient focus is on 'difficulty finding words,' while the caregiver's focus was the 'decrease in decision making by the patient.' Dr. Benge has worked with one of our own members

Dr. Sid Aaron on his latest Parkinson's research project that will soon be published. Dr. Benge has had multiple past research studies published and is welcome to share his findings with anyone who is interested. If you want more information, let Mary Jane Berry know and she can put you in contact with Dr. Benge. It was a very interesting presentation and a hearty THANK YOU to Dr. Benge for his time to share at our August meeting.



Refreshments Sponsor for the August Meeting

US WorldMeds | Clint Graves | Regional Account Manager
Austin, TX | m 828.672.2023
4441 Springdale Rd | Louisville, KY 40241 |

APOKYN Be on. Live life.
apomorphine hydrochloride injection

APOKYN
• is not morphine
• is not addictive

APOKYN works by mimicking the activity of dopamine in the brain. Dopamine is used to send signals throughout your brain that help fine-tune your movements. PD reduces dopamine levels, which is thought to cause many of the symptoms of the disease.



Tips for Parkinson's

FREE Medication Screening Program!



Christy Khoury-Dennis, Pharm.D.
Central Texas Rx Consultants
Round Rock, TX
817-800-6426

A grant was awarded to Health and Human Services Commission, St. David's Foundation and will be administered by The Area Agency on Aging of the Capital Area Council of Governments to provide FREE Medication Screening!

- Your medications will be reviewed by a licensed pharmacist to review doses, potential drug interactions, possible side effects, and provide individualized medication for prescription, over-the-counter and supplements.
- An individualized written report by a pharmacist which will be mailed to you and a follow up call. Yes, you can speak to the pharmacist on all your meds!
- Christy Khoury-Dennis will be at our September meeting!
- Medication screening packets. (or bring your meds at Sept meeting)
- This is a **GREAT, FREE** service! Encourage you to try it!

Video

Let's Dance — Jerry Lewis was an American actor, comedian, singer, producer, director, screenwriter, and humanitarian. No one ever mentions Jerry's talent as a dancer because most of his dance performances were goofy, but google a bit and you'll find comments from his contemporaries. As Fred Astaire would tell you, dancing is hard, but comedic dancing like this is brutal. Jerry was an incredible all-around performer. <https://www.youtube.com/watch?v=CowekQq6kY8>

Quote

It'll keep you alive for another 10 years if you get yourself a laugh once a day: either provoke it, or look around in the wildest laboratory in the world, the public.

Exercise Classes

Check these calendars for GREAT and FREE exercise classes:

- Georgetown Area Parkinson's Movin' to Wellness: <http://georgetowntxparkinson.weebly.com/calendar.html>
- Power for Parkinson's <http://www.powerforparkinsons.org/>

Foundations Updates

- **Michael J Fox Foundation**
[Michael J Fox Website](#)
- **Parkinson's Disease Foundation**
[Parkinson's Disease Foundation Website](#)
- **National Parkinson's Foundation**
[National Parkinson's Foundation Website](#)
- **Parkinson's Research Foundation**
[Parkinson's Research Website](#)
- **Davis Phinney Foundation**
[Davis Phinney Website](#)
- **St. Louis American Parkinson's Disease Foundation**
[American PD Foundation](#)
- **WOW! — a list of "world-wide" Parkinson's Support Groups!**
[World Wide Groups](#)

Parkinson's Symposium

Plummer Movement Disorder Foundation and Central Texas Advocacy for Parkinson's (CTAP) will host a Parkinson's Symposium for 2017! These symposiums are great and so much information! **SAVE the DATE, November 4...** More INFO coming! Parkinson's Patient Symposium on Saturday, November 4 at Baylor McLane Stadium, Waco RSVP: Christy Herff, LCSW 254-724-5309 or email to Christina.herff@bswhealth.org.

Rock Steady Boxing and Fighter of the Month

Boxing class is not only boxing but also a lot of exercise and stretches! Remember they are always looking for volunteers to help our fighters, join us by calling Kristi at 512-695-4649. The August newsletter can be read here:

[Boxing Newsletter August 2017](#)

Meeting on Monday, Wednesday, Friday!
3&4 level classes will start at 9:30 AM
1&2 level classes will start at 11:30 AM
If you have any questions, please contact Kristi at 512-695-4649.

Boxing with Parkinson's Socials

Contact: Kristi 512-695-4649

August 29 — Georgetown Night Out - Catfish Parlor Restaurant! We had a great time with 24 boxing champs celebrating the one year anniversary of Boxing with Parkinson's in Georgetown, Texas! We also celebrated Kristi's birthday!



Kristi and Ben Richards - Happy Birthday and THANK YOU to you both!

Next Nite Out September 14 at 6pm, Georgetown Dinner — Hat Creek Burgers 201 San Gabriel Village Blvd.



Charlie Belson — Georgetown

Charlie Belson's commitment to Rock Steady Boxing had him driving all the way from Belton to Austin for class. When the Georgetown gym opened he cut his commute to 30 miles, still a test of dedication.

You might say his distinction as the August Rock Steady Fighter of the Month for Georgetown was earned by always going the extra mile. A retired chemical engineer with a degree from the University of Texas, Charlie worked for Wilsonart and Bestrite manufacturing in Temple until January, 2013. He grew up in Rosebud, where legend has it there's a rose bush in every yard. Charlie was diagnosed in March, 2013. His doctor is Michael Soileau. He has a staff of corner persons, primarily his wife Helen, and sister Tricia, with support from another sister, Pam, and sister-in-law, Lorraine. Charlie's hobbies include the grandkids, travel, and an occasional game of golf. His favorite Rock Steady activity is focus mitts, and least favorite "by far" is the jump rope.



Dancing with Parkinson's

Let's Dance... this is fun and FREE! For questions, call Nancy at 512-940-0148. *Also, looking for volunteers to help our dancers!* Dancing classes have moved back to the Georgetown Palace Theatre Education Building as of August 22... please join us every Tuesday at 1:30 pm for FUN and 'Movin' FELLOWSHIP!

Power for Parkinson's Fitness for Parkinson's in Round Rock:

THURSDAYS — "Power for Parkinson's Fitness for PD" meets every Thursday at 1pm in Round Rock at 2111 Sam Bass Road in the N'Caliente Fitness and Zumba Studio!

Reminders and Thoughts

- **Let's Go Cruising!** — Parkinson's Research Foundation will sponsor a cruise on February 4 to 11, 2018 departure from Ft. Lauderdale, Florida with six ports of call. All-inclusive and price range from \$1,080 to \$1,258. Very reasonable! There will be educational conferences while cruising at sea but even more, it is FUN! Check it out at: [Cruise 2018](#).



Please Join Us!
PRF EDUCATIONAL CRUISE 2018
7 NIGHT EASTERN CARIBBEAN
FEBRUARY 4 - 11, 2018

Royal Caribbean's "ALLURE of the Seas"

Sailing Sunday, February 4, 2018 from Ft. Lauderdale, Florida
with exciting Ports of Call in Nassau, Bahamas; Charlotte Amalie, St. Thomas
and Philipsburg, St. Maarten



- **Parkinson's Lunch Group** — is a GO! Please join us... call Nancy for details at 512-940-0148. Socialization is just as important as exercise, please join us!
- **Anxiety** — primarily involves unrelenting worry! [MEDITATION](#) You don't need a lot of time to meditate-initially, try to carve out a few minutes each day. You can gradually increase that time as you learn how to relax and what it feels like to be calm. Below are easy steps to follow to get started today:
 - ◆ Sit upright in chair and place your feet flat on the floor.
 - ◆ Begin paying attention to your breath. Don't try to change how you are breathing; simply observe your body as you inhale and exhale.



Chair Yoga

Let's Stretch and Meditate, it is FREE!

This is a FUN and great way to start the day! Join us every Wednesday at 9 am.

Capital Area Parkinson's Society (CAPS)

[CAPS website](#)

The CAPS (Austin Support Group) Meeting will be August 19, 2017 at 2 pm. Their speaker will be Hope Young, MT-BC, Center for Music Therapy [click here for meeting directions](#) 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.

- ◆ Relax your shoulders, then, slowly exhale through your nose and gently pull in your lower belly as if you're now squeezing out the air. Inhalation should be roughly 3 seconds, the pause 3 seconds, and the longer exhalation about 4 seconds.
- ◆ You might feel compelled to shift your focus elsewhere. Resist this urge and continue to focus on your breathing.
- ◆ Anxious thoughts may pass through your mind. Acknowledge them, but then bring yourself back to a awareness of your breathing.
- ◆ Continue this quiet, nonjudgmental observation for about 10 minutes.
- ◆ Open your eyes and notice how you feel. Don't evaluate, just observe.
- **WEBINAR on Nutrition and Parkinson's Disease** — Understand how dietary choices can affect symptom control in Parkinson's. Also, learn how the gut microbiome may be involved in PD, and explore the possibility that sound nutritional choices may provide disease-modifying effects in PD. You can watch this FREE on your computer Tuesday, September 12, 2017 at noon — Register Here: <http://event.net-briefings.com/event/pdeb/Live/nutrition2/register.html>
- **More Webinars?** — The Parkinson's Disease Foundation library has recordings of 50 plus online seminars that you can watch any time of day on many different subjects regarding Parkinson's. Click here [Parkinson's Library](#)

(Continued on Page 4)

Reminders and Thoughts

- **Let's Exercise at Home!** — For a great challenge for both your brain and body, please make sure to click on the link below to our newest home video installment from Mary Holder's Thursday Fitness with Parkinson's class filmed in Round Rock: "Parkinson's Home Exercise Class, Brain Teasers and More!"

[Round Rock class](#)

- **Yoga** — Yoga for Every Body: Research now documents that yoga can ease pain and improve mobility for people with neurologic conditions. And, we offer FREE yoga classes! Read more here:

http://journals.lww.com/neurologynow/Fulltext/2016/12020/Yoga_for_Every_Body_Experts_say_yoga_can_ease.26.aspx

- **Financial Power of Attorney: Who Needs One?** — In layman's terms, a power of attorney is a legal document that allows someone (an individual or an entity) to conduct business on your behalf. There is more than one type of power of attorney. These include both financial and medical. Read here for more info: [Power of Attorney Info](#)

- **Do you live in/near Cedar Park?** FREE exercise class

Join us for Parkin-cise!

An exercise class specifically developed for those with Parkinson's Disease.

Every last Wednesday of the month, 2:00-3:00 pm

Treasure of The Hills
408 Ridgewood Drive, Cedar Park, TX 78613

RSVP
512.258.5157

- **Adamas Announces FDA Approval of GOCOVRI™ for the Treatment of Dyskinesia in Parkinson's Disease Patients** — GOCOVRI is a high-dose 274 mg amantadine taken once-daily at bedtime, which delivers consistently high levels of amantadine in the morning and throughout the day when dyskinesia is most prevalent. GOCOVRI is the first and only medicine approved by the FDA for the treatment of dyskinesia in patients with Parkinson's disease receiving levodopa-based therapy, with or without concomitant dopaminergic medications.

<http://ir.adamaspharma.com/releasedetail.cfm?releaseid=1038209>

and [Medscape Update](#)

and michaeljfox.org/foundation/news

- **Davis Phinney Foundation Newsletter** — this newsletter has a lot of information in it. Check it out: [Great newsletter](#)

- **Resources to Help Your Caregiving Journey** — This is a great resource for you to find the solutions you need quickly and easily. [Caregiver Resources](#) <https://caregiver.com/articles>

- **NEW resource for PD videos** — Video's on Parkinson's for just about any subject! It is from **PARKINSON PLACE** is a first of its kind as a Multidisciplinary Care Center in Sarasota, Florida dedicated exclusively to the physical, mental, emotional and social needs of those living with Parkinson's disease. Check out this link and scroll down to see all the video's

http://parkinsonplace.org/videos/parkinson-power/?utm_source=P+POWER+7-20-17&utm_campaign=Parkinson+Greeting&utm_medium=email

- **Essential Tremor or Parkinson's Tremor** — Learn more here:

DBS Therapy

Join Medtronic and Dr. Michael Soileau and Dr. Dhruve Jeevan for a free seminar focusing on a therapy for the movement symptoms of essential tremor.

Saturday, September 16, 2017

Program: 11 a.m.

Georgetown Parks and Recreation Community Center

1003 N Austin Ave., Georgetown, TX 78626

This seminar will help you understand:

- If Medtronic DBS Therapy may be right for you
- The movement symptoms DBS Therapy may help to control
- Risks and benefits of Medtronic DBS Therapy

For more information, call [505-270-4470](tel:505-270-4470) or don.sevieri@medtronic.com.

This therapy is not for everyone. Please consult your physician. Only your doctor can determine if DBS therapy is right for you. A prescription is required. For more information on DBS therapy, visit medtronicdbs.com/ef.

- **Austin Young Onset Parkinson's Disease (YOPD)** — is open for us too! Yes, anyone receiving this newsletter is welcome to join up with YOPD. They have guest speakers and other times, we just sit around the table and ask each other questions about various symptoms and how we have dealt with them. They meet for meals too! There may also be an opportunities to set up extracurricular activities if some of the folks want to go hiking, running, biking, etc. Also a good place to get recommendations for doctors and therapists too.

CONTACT: [Bob Shamrsahm99@gmail.com](mailto:BobShamrsahm99@gmail.com)

- **The 4th Annual Williamson County Caregiver Conference** will be held on Saturday, September 23, 2017, at the Wingate by Wyndham Round Rock Hotel & Conference Center (1209 Interstate 35 Frontage Road, Round Rock, TX 78664). AGE of Central Texas is excited to again offer this free day of learning, support, and fellowship for family caregivers in the Round Rock, Pflugerville, Cedar Park, Leander, Hutto, Lockhart, and Georgetown areas. Mark Carlson, MD, will be the keynote speaker, discussing "Getting the Most Out of Your Communication with Your Doctor." Dr Carlson is a fellowship-trained, board-certified geriatrician, internist, and oncologist with 25 years of healthcare experience.

- **Financial and Estate Planning for the Parkinson's Community** — This is a practical consumer level webinar co-hosted with the Michael J. Fox Foundation for Parkinson's Research that will explain basic financial and estate planning steps for those living with Parkinson's disease (PD), or with a loved one living with PD. What steps should you take to make your future more secure? What legal documents should you have in place to protect you? The webinar is Tuesday, September 19, 2017 at 11 am Register: [Financial and Estate Planning](#)

(Continued on Page 5)

Reminders and Thoughts

- **What Is Parkinson's Disease?** — Everyone with Parkinson's Disease (PD) embarks on a unique journey. This can be challenging for patients, families and researchers, but we have many reasons to be optimistic. We're closer than ever to new and better therapies, including treatments to potentially slow or stop disease progression. The Michael J. Fox Foundation is dedicated to accelerating research advancements and to ensuring that people living with PD today optimize their care. Watch the video and then learn more about navigating PD. Click here: [Parkinson's Disease](#)
- **Parkinson's Fatigue, 5 Areas to Investigate to Beat Exhaustion** — This is from Sarah King, PT, DPT and founder of Invigorate Physical Therapy & Wellness in Austin. She is a tremendous resource and check out her latest video: [Stop Parkinson's Fatigue](#) You can always reach Sarah at 512-361-1213
- **Important for Help and those Living Alone** — We recently had a member of our group suffer a stroke and lay for two days, conscious in her home before help came! Please note these following resources in Georgetown:
 - ◆ **Need HELP to lift someone who has fallen, non-emergency** — FREE service to help lift someone call Georgetown Fire Fighters at 512-930-3510 ask for operator!
 - ◆ **Falls and possible injury** — call 911
 - ◆ **Care Calling and Visits** — Many folks do not have family in the area and some are new the Georgetown; that's why Faith in Action offer care calling and visits. Regular phone calls can be made to clients requesting a call or visit to check on them or just to chat. This service also helps seniors combat loneliness. Call 512-868-8544 or email Scheduling@FaithInActionGT.org
 - ◆ **Silver Shields Services** — The Georgetown Police Department and its Citizen Police volunteers offer specialized referral services. A Senior Services Card offer home safety checks and helps ensure homebound and/or special needs seniors have access to other agencies, organizations, and businesses that offer transportation, medical equipment, food, and repair services. For more information call a Silver Shields Citizen Police Representative at 512-930-2747 or email Linda.Lipscomb@georgetown.org
 - ◆ **Life Alert** — "Help I fallen and I cannot get up!" — call 1-800-931-0554 for more information on wearing an alarm.
- **Financial Help for your Parkinson's Medications** — One of our members shared that the Foundation that has been providing me with assistance with Rytary copays for the past couple of years is currently out of funds (www.panapply.org) for Parkinson's patients. However, I was referred to The Assistance Foundation (www.tafcares.org) and was able to complete an application online and get approved in minutes. Their Parkinson's Disease fund currently does have funds and is accepting new applications.
- **Sandwich Generation** — These are caregivers who find themselves squeezed in between caring for younger loved ones such as children, and their elder parents or other elder family members. Click here for more information: [Sandwich Generation](#)
- **WEBINAR, Keeping Step with Parkinson's: Balance, Posture and Gait** — On Thursday, September 21, 2017 there will be a great webinar. For those asking, what is a webinar — it is a presentation that you register for and you can watch it on your computer. It is FREE. Click here to register: [Balance, Posture, Gait](#)
- **Faith in Action Fundraiser** — This community group helps many of our members in transportation 'Drive a Senior' program and several other resources! Now is time to help them with a fundraiser. If you have the time, this is a FUN event!



Don't forget...

NEXT MONTH'S MEETING!

Date: Thursday, September 28, 2017

Time: Our meeting begins promptly at 2 pm

Speaker: A panel discussion with a pharmacist and pharmaceutical representatives!

Topic: "Parkinson's Medication Forum"

This will be a great presentation, if you have questions on Parkinson's meds PLEASE join us for this meeting!