



Georgetown Area Parkinson's Support Group

Issue 9

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

September 2018

Mary Jane Berry

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Next Meetings

Care Partners

**Support Group Meeting:
Thursday, September 13, 2018;**

(Always on 2nd Thursday of the month!)

2-3 pm

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

FACILITATOR: Debra Thurber
dthurber@autumnleaves.com

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



**Georgetown Area
Parkinson's Support (GAPS)
Group Meeting:**

Thursday, September 27, 2018

(Always on 4th Thursday of the month!)

2-4 pm

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

SPEAKER: Dr. Elizabeth Peckham

TOPIC: "Parkinson's Discussion"

Refreshment Sponsor

We also had excellent refreshments at this meeting ~ Debra Thurber, Director of Sales and Marketing for Autumn Leaves at 3600 Williams Drive, Georgetown, TX 78628. Their exclusive focus is on providing the best, research-based assisted living memory care for people with Alzheimer's or another form of dementia.

Website: <http://autumnleaves.com/communities/georgetown/>

Thank you to Autumn Leaves and Debra!

Summary of Our August Meeting

We had an awesome meeting and many medication questions were asked and answered. Our presenter was Dr Christy Khory-Dennis and she talked about the Senior Medication Safety Program, funded by AAACAP and St. David's Foundation. This screening

helps adults 60 and older and elder caregivers reduce the risk of negative medication interactions, reactions and related problems. If you want to sign up for this FREE screening, you can schedule a screening today by calling 512-916-6062 or 512-916-6059. Or you can download the medication screening application and submit it by mail to the Area Agency on Aging of the Capital Area, 6800 Burleson Road, Building 310, Suite 165, Austin, TX 78744.

[Get the screening application in English.](#)

Dr Christy Khory-Dennis provided insight

Stretch

by Kristi Richards

Kristi led us all in stretching and every month is different set of exercising! This mid-meeting stretch is a regular 3-minute event just prior to the speaker and proves to be exhilarating and FUN... We were all laughing! It gets us motivated to hear a great presentation! Thank you, Kristi ~ you are AWESOME!



into Medication Management for Seniors. Here are some resources to learn more: [*Medication Use Safety Training for Seniors™*](#) (MUST for Seniors™) toolkit: easy-to-view and download educational materials and info sheets on avoiding medicine mishaps, managing side effects, and improving medicine use knowledge. This is a great link to learn more when juggling multiple meds: http://www.bemedwise.org/documents/must_juggling.pdf Thank you Dr. Christy Khory-Dennis for a great presentation!

Flu Shot Clinic

Liberty Pharmacy in Georgetown will be hosting a flu shot clinic at our GAPS meeting on October 25 at 1pm! Flu vaccinations are FREE with Medicare or most insurances. The NEW shingles shot (Shingrix) will also be available but the copay will depend on the prescription insurance. Shingrix is a newer shingles vaccine and is a 2-dose series with better protection from shingles compared to the older version (Zostavax). If you already received Zostavax, it is recommended to get Shingrix as long as 8 weeks has passed since receiving Zostavax.

Please sign up at the September meeting so that we can plan accordingly!



DBS — Georgetown Area Parkinson's DBS Support Group Meeting:

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

September 19, 2018
2p to 3p

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

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

Speaker: Dr. Michael Soileau

TEMPLE DBS Support Group

The Temple Area DBS Support (TADS) will start meeting every fourth Wednesday beginning September 26, 1–2 pm, at Baylor Scott & White Medical Center in Temple. Valet parking is available. Ask for the Jay Phillips Room (Room 135) on the main hallway. TADS support the full area of Bell, Coryell, and McLennan counties and beyond. All with a DBS Stimulator and those interested in learning from the medical team, those with stimulators and their supporters are encouraged to attend. Contact

Christina.Herff@BSWhealth.org or GayleInBelton@gmail.com or call Gayle at 254-718-4197.

YOPD — Young Onset Parkinson's Disease Meeting

YOPD Support Group meets regularly, on the last Saturday of each month, at 10 am. The common theme is sharing and supporting each other while enjoying good times together. Bob Sahm facilitates this group, which is open to everyone in the Central Texas area with an interest in Young Onset Parkinson's Disease. [Austin YOPD Meetup Group](#)

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

FREE T-Shirts made for us — GAPS!

Yes, our first “100” are FREE GAPS T-shirts with the quote “We Ain't Givin' Up Hope... Nope!” Hope you can join us at our September meeting to pick up a shirt before we run out ... after that there will be a small charge for the T-shirts!



The quote is from our own Robert Kamper's song that he wrote the music and lyrics too! It has been submitted for an international

Parkinson's Symposium!

Davis Phinney Foundation

is coming to Central Texas — April 13, 2019

The Davis Phinney Foundation will host “The Victory Summit®” right here in Austin! This is a FREE educational event with information and tools that people with Parkinson's can use to live well today. This Parkinson's Symposium will have excellent speakers on the latest research and updates for Parkinson's.

WHEN: Saturday, April 13, 2019 at
9:30 am–3:30 pm

WHERE: Hyatt Regency Austin,
208 Barton Springs Rd,
Austin, TX 78704

So, Save the Date!

Plummer Movement Disorder Foundation

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

Save the dates!

- PD 101, September 19 — A seminar on Parkinson's 101 for newly diagnosed Parkinson's patients and of course, for anyone who would like to attend on September 19 at 2–3 pm. The FREE seminar will be held at Baylor Scott & White in Temple, 5th floor — Neurology! RSVP to Samantha Beevers at 254-724-5679 or Samantha.beevers@bswhealth.org
- **Parkinson's Walk, October 13** — more info coming!
- **Parkinson's Symposium** — Saturday, March 30, 2019
- **Parkinson's Gala** — Saturday, April 6, 2019

➤ **Parkinson's Research right here in Georgetown!** — Dave and I have done this and highly encourage you to sign up... easy and insightful! Dr. Jared Bengé and Samantha Beevers are conducting Parkinson's research involving word finding and cognitive difficulties. They are recruiting non-demented, non-DBS, Parkinson's individuals as well as non-demented, non-Parkinson's individuals. For those that participate, there is a stipend available to compensate you for your time. If you would like to participate, please contact Samantha Beevers, Clinical Research and Parkinson's Outreach Coordinator at 254-724-5679 or Samantha.Beevers@BSWHealth.org

Dancing With Parkinson's

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

Research proves that dancing is great exercise and we have learned that music stimulates the brain! **Please** invite your friends and caregivers to join us to share the FUN! Contact: Nancy Bain
nancysternbain@gmail.com
512-940-0148

Dance for PD®

Video's for dance and exercise!

<https://danceforparkinsons.org/>

DANCE *for* PD®

Our 2018 Meeting and Speaker Schedule

Georgetown Area Parkinson's Support Group Meetings 2018

Parkinson's Caregivers Support Group Meeting	Parkinson's Support Group Meeting	SPEAKER And TOPIC for Parkinson's Support Group Meeting	Refreshments for Parkinson's Support Group Meeting
September 13	September 27	Dr. Elizabeth Peckham <i>Parkinson's Discussion</i>	Autumn Leaves Debra Thurber 512-688-0159
October 11	October 25	Mary & Mitch Koffend http://www.accountableaging.com/ <i>Healthcare Choices – insurance, care management</i>	AbbVie - Duopa Kimberly Rivera 512 -745-2063
November 8	November NO mtg.	“NO” Support Group Meeting	Happy Thanksgiving
December No mtg.	December 13	Christmas Social and LUNCH Merry Christmas 2018	Merry Christmas

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](#)

Chair Yoga for Parkinson's

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

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

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

Let's Exercise!
Just as Important as Meds!

Tai Chi for Neurological Diseases

The Georgetown Neuropathy Support Group has invited us



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

Painting with Parkinson's

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



less isolated and be able to fully express themselves! Click here to learn more: [Art Therapy.](#)

Come connect with the right side of your brain! **Contact** Kimberly Keller at (512) 635-7936 or email: paintwithme.kimberlykeller@gmail.com
Website: www.paintwithmekeller.com

Boxing with Parkinson's



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

More Than a Boxing Gym

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

[2522 Shell Rd, STE C, Georgetown, TX 78628.](#) (Inside Georgetown Brazilian Jui Jitsu) Contact Us to Try a Free Class — CONTACT Kristi at fightback@413.fitness 512-695-4649 Kristi is a certified Rock

Steady Boxing Coach and NASM certified personal trainer. Join us for classes every Monday, Wednesday and Friday's! Great exercise & FUN plus, social monthly!



Singing with Parkinson's

"Texas Tremble Tones"

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

[Here is what music does to your body](#)

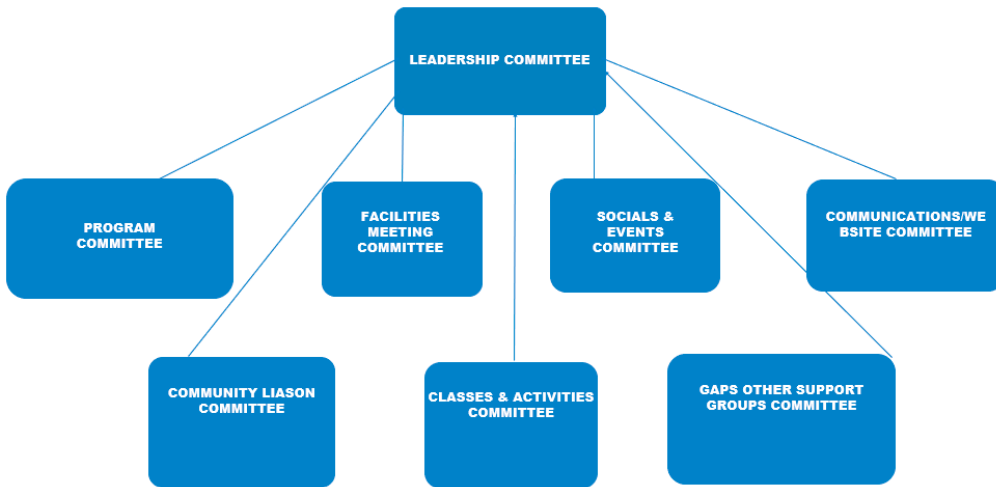
Meet every Monday at 11 am to 12 noon in Room E2.103, First Baptist Church, 1333 W University Ave, Georgetown. **Please invite your friends to join us for Texas Tremble Tones!** Remember that Caregivers are welcome too! In addition to singing — we socialize! Join us after Choir for lunch once a month!

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



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

GAPS ADVISORY GROUP JULY 24, 2018



GAPS Advisory Group

We will not be called a board but we will have an Advisory Group. We need your comments and willingness to help us. We are growing as a support group and we want to offer many different opportunities to members to live a quality life with Parkinson's. If you have ideas or comments, please contact Patty Rooney-Lingo at psrooney@aol.com Please join us!

Power for Parkinson's

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

Fitness for Parkinson's in Round Rock



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!

Inspirational Video

In 2017, Dr. Rick Rigsby delivered one of the most passionate speeches ever heard. More than 130 MILLION PEOPLE worldwide viewed the speech in a video that went viral in just a matter of days. When audiences hear Rick Rigsby . . . they are never the same! Dr. Rick Rigsby is President and CEO of Rick Rigsby Communications. The former award-winning journalist followed a television career with graduate school-and two decades as a college professor . . . most of those years at Texas A&M University, where he also served as character coach and chaplain for the Aggies football team.

<https://www.youtube.com/watch?v=UGyKmiySTv8>

Capital Area Parkinson's Society

CAPS meet on the 3rd Saturday of each month from 2 – 4 pm, in the 5th Floor Conference Room of the Medical Office Building at St. David's Medical Center. The address is 3000 North IH-35, Austin, 78705. Next meeting will be: Saturday, September 15 and the topic will be

[Good Dental Hygiene:](#)

Presented by Texas Mobile Dentists

Also, on October 26 there will be the CAPS Fall Gala and Fundraiser! An evening of great music, food, fun — and 100% of the proceeds go to CAPS! Silent and live auctions, live music and a formal sit-down dinner. On Friday, October 26, 2018 at 6:30–10:00 pm at DoubleTree Hotel — by Hilton Austin, 6505 N. Interstate 35.

Tickets: \$75 per person. Call 512-371-3373 for more details or tickets.

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

Georgetown Triathletes — Ironman, October 28, 2018:

Let's Support the Georgetown Triathletes because... "they support us"! Georgetown Area Parkinson's Support Group members and anyone touched by Parkinson's ... FAMILY & FRIENDS — WE NEED YOU for the Waco 70.3 Ironman Race! We need Volunteers for this Charity Fundraiser! OK... you do not need to run/bike/swim but...let's HELP those that do!

Volunteering at Waco Ironman 70.3 is our largest Fundraiser for Georgetown Triathletes and we are the primary charity - Georgetown "Movin To Wellness" Program (Supporting people living with Parkinson's <https://www.georgetowntriathletes.com/movin-to-wellness>). Last year they raised \$1,500 from GTT Volunteers supporting Austin 70.3 and hopefully we can get similar results this year!

We need approximately 15-20 volunteers to help in the Transition Area on Race Day Sunday, October 28. They are looking for mostly adults or kids over the age of 14 for what they are considering a CRITICAL

and high-stress area of the race. They are giving us this area due to our group understanding Race-Day needs.

There are soooo many reasons you should volunteer —

- Raising money for an amazing charity group by donating your time!
- You can support Family/Friends in real-time by being 'in' the actual race!
- Getting to watch and support teammates in high-adrenaline area!
- Experience the sport from a different angle!
- Post-Race party with GTT Teammates!

Please go to the below link and use password: Transition1. When you scroll down, you will see two sections highlighted in yellow (Transition Area & Transition Area T2). There is an early morning shift and two later shifts. I believe T1 and T2 are in the same zone, so probably just slightly different duties. We encourage you to sign up for any one of these three spots. Donation Funds will be dictated by the

number of people and total hours served (for instance if someone works a double shift they we get two credits).

Click Here:

http://ironman.volunteerlocal.com/volunteer/?start_over&id=26800

or call Christine Knight at 512-966-1474 for more information.

PLEASE LET US KNOW ONCE YOU SIGN UP IN THE COMMENTS BELOW AND BY CLICKING "GOING" SO THAT WE CAN COUNT YOU. It is vital that we have a headcount so that we can report names back to the Volunteer Coordinator for our charity funds.

Thank you for your support to both GTT and the Movin To Wellness program. This is the first year for Waco 70.3 and it will certainly be a race people will be talking about for years to come! Here is info on the race: <http://www.ironman.com/triathlon/events/americas/ironman-70.3/waco/course.aspx#axzz5Q9lNF4fQ>

Reminders and Thoughts

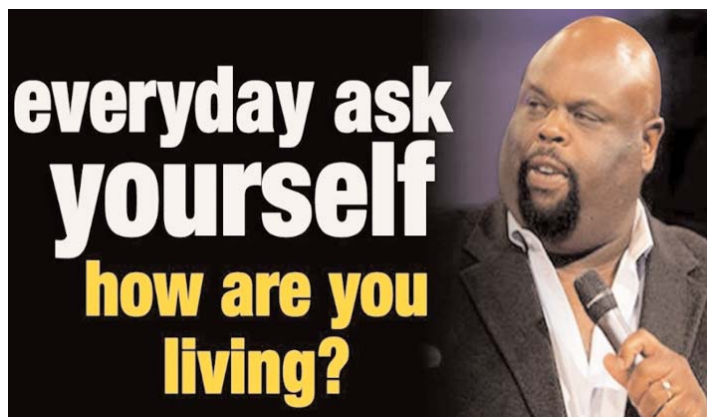
- **Exercise is Medicine for the Brain** — Davis Phinney Foundation has published an article in which we compared the effects of eight weeks of voluntary exercise to eight weeks of forced-exercise on Parkinson's motor function, and most recently a review on aerobic exercise and Parkinson's. Our results indicated that patients in the forced group exhibited substantial improvements in their overall motor functioning compared to the patients in the voluntary group, and the effects of the improvements lasted even after exercise was completed. This data, along with data from the animal studies, suggests that exercise rate or effort may be an important variable in improving motor function in people with Parkinson's disease. [exercise-is-medicine-for-the-brain](http://www.phinneyfoundation.com/exercise-is-medicine-for-the-brain)

- **5th Annual Williamson County Caregiver Conference** — at Wingate by Wyndham Round Rock Hotel & Conference Center (1209 N Interstate 35 Frontage Rd, Round Rock, TX 78664) on Saturday, September 22, from 8:30 a.m. to 2:00 p.m. Keynote Speaker: Dr. Liam Fry, MD the Chief of the Division of Geriatrics and Palliative

Care at the University of Texas Dell Medical School, and she is the current chairman of the Geriatric Committee of the Travis County Medical Society. Registration will open on August 6th — check back for more information and updates on this FREE caregiver event. [Caregiver Conference](http://www.williamsoncountytx.gov/caregiver-conference)

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Inspirational Video



Live every day to the fullest!

- **A Resource Guide of 18 Complementary Therapies for People with Parkinson's** — Conventional medicine has come a long way when it comes to helping people with Parkinson's live well. However, the options to help people with Parkinson's live well doesn't stop there. There are a variety of complementary therapies that many people with Parkinson's experiment with, under the care of their medical team, in an attempt to reduce symptoms even more. Complementary therapies are those that are used alongside traditional medical treatment. This is different than alternative therapies, which are used in place of traditional medical treatment.
Read more here: [A Resource Guide of 18 Complementary Therapies for People with Parkinson's](#)
 - **Palliative Care vs. End-of Life/Hospice Care: What's the Difference?** — People often confound **palliative care with hospice care** and associate it with end-of-life treatment. The difference is Palliative care is intended to be given at the same time as or as a complement to treatments meant to cure or treat disease. It helps patients from the moment an illness is diagnosed, through treatment, and even toward the end of life. Talk to your physician or healthcare provider about the possibility of getting palliative care alongside your regular treatments. Health insurance, including **Medicare and Medicaid** almost always covers these services.
Learn more here: [palliative-care-vs-end-life-care](#)
 - **Webinar, Parkinson's Mental Health** — Parkinson's disease (PD) is complicated by a number of psychiatric symptoms that often overlap with the motor and other physical aspects of PD or may be caused by PD medications used to treat motor symptoms (e.g., impulse control disorders and dopamine agonists). In this webinar, Dr. Marsh will focus on the overlap of motor, cognitive, and psychiatric aspects of PD. Learn more about depression, anxiety and psychosis symptoms along with general approaches to treatment by registering for our free Expert Briefing webinar taking place on Tuesday, September 18, 2018 from 1–2 p.m. ET. Who: Laura Marsh, MD, Professor of Psychiatry and Neurology, Baylor College of Medicine and Director, Mental Health Care Line at the Michael E. DeBakey VA Medical Center. How to Watch: [Register here](#) to watch online or listen by phone.
 - **Let's Watch Movies!** — The Parkinson's News Today shared an article on Parkinson's Disease Movies to Encourage, Inspire, and Entertain. I have seen some and yes, the ones I saw were great and now, I want to watch them all on this list. Check this out: [parkinsons-disease-movies-encourage-inspire-entertain-list/](#)
 - **Webinar, Cramping More than Your Style: Dystonia Causes and Care** — Michael J Fox Foundation will have panelists to discuss dystonia: a movement disorder on its own and a Parkinson's symptom that causes painful muscle cramping. Join in to hear about the latest treatments and research to better understand this condition. When: Thursday, September 20, 2018 at 11 am. REGISTER: [painful muscle cramping](#)
 - **Michael J Fox received honors!** — Fox, is honored by Variety as philanthropist of the year for his work on Parkinson's disease research and continues to be deeply optimistic at 57. Read the article here: [overcoming-fear-and-race-for-cure](#)
 - **Acting Out Dreams and Parkinson's Disease** — Sleep problems are common in people who've been diagnosed with Parkinson's. But studies suggest that REM sleep behavior disorder also can be one of the first symptoms of PD, occurring years before motor symptoms.
Read more: [acting-out-dreams-and-parkinson-disease](#)
 - **Are There Specific Exercises for PD Motor Symptoms?** Certain exercises may be helpful for specific motor symptoms of Parkinson's:
 - ✓ For balance, consider tai chi and yoga.
 - ✓ To improve coordination and agility, look into dancing or boxing.
 - ✓ For significant balance problems or limited mobility, seated aerobic exercises can give a challenging workout that raise the heart rate.
 - ✓ To target freezing of gait (sudden, temporary inability to move) or falls, find a Parkinson's-specific physical therapy program that emphasizes bigger movements with walking and activities and can help with fall prevention strategies. Talk to your neurologist about finding a therapist who specializes in Parkinson's.
 - ✓ For dystonia — muscle cramping that often affects the calves, feet or toes — try lower impact exercises (water aerobics or walking, for example) that don't bring on symptoms. Stretching overactive muscles and strengthening the opposing muscles also may help. (A physical therapist can show you proper exercises.)
- Do Certain Exercises Target PD Non-motor Symptoms?**
- ✓ You can tailor most exercises to work on memory and thinking. For example, while exercising, you can do math problems or name as many items as you can think of in a category (such as animals or automobiles) in one minute. Your physical therapist can provide other suggestions. Read the whole article here: [exercise-and-parkinson](#)

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- **Exercise, not working?** — Have you been faithfully working out, but frustrated because of lackluster results? Dr. Sarah King, PT, DPT talks about why your Parkinson's exercise program may not be working (along with some easy fixes you can implement to get back on track)
https://www.youtube.com/watch?v=ON_WXiQmmRc&feature=youtu.be



- **Advice for the Working Person with Parkinson's** — Can I keep working? The short answer is, absolutely! Although PD is a chronic, progressive neurological illness that can be difficult, with some accommodations and changes, you can continue to work. Michael J Church was diagnosed with Parkinson's at the age of 32. He, along with his wife of 10 years who also has PD. Read his advice:
<https://parkinsonsdisease.net/living/continue-working/>
- **What do you wish everyone living with Parkinson's knew about living well?** — This is a very inspiring article by Jan Grimes's — I wish every person with this condition knew the value of a good attitude and supportive friends. We all suffer from a down day occasionally, but we have the opportunity every minute of the day to start again. We can pull ourselves out of a down day by getting active in something we love, calling a willing listener or engaging in a spiritual activity like prayer or meditation. Once you can, with regularity, live in the present moment and find the silver lining of your diagnosis, living well becomes much easier. And the struggles of Parkinson's will be possible to work through because you'll have hope and belief that you're never alone! Click here to read more:
<the-silver-lining-in-her-parkinsons-diagnosis/>
- **Seniors Living Smarter Seminars** — How to Explore Senior Living Options will be presented Date: Thursday, September 20 Time: 10–11:30 am

Location: First Presbyterian Church, 703 S Church St, Georgetown (use the 7th Street entrance) During this 90-minute panel presentation you will learn useful information about downsizing from some of the most knowledgeable and experienced professionals in the senior service industry. Call Virginia Lazenby at 512-862-7339 for more information.
SPACE IS LIMITED. RESERVE YOUR SEAT TODAY!

- **Noticing the Signs of Parkinson's Disease in a Loved One** — The problem is that it can be hard to notice the signs if you are the one with Parkinson's disease. You may have grown so used to the symptoms that you no longer take them as something serious.

Here is a list of early signs that may be noticed before someone is diagnosed:

<parkinsons-disease-noticing-signs-symptoms-loved-one/>

- **Music Therapy** — great video
<https://mail.google.com/mail/u/0/#inbox/165151022ff4ac44?projector=1>
- **Parkinson's Symposium**



Presents
**The TENTH
ANNUAL PARKINSON DISEASE SYMPOSIUM**

SATURDAY OCTOBER 6, 2018

9:00 to 2:30 (Doors Open at 8:30am)

McKenna Event Center

801 W, San Antonio St

New Braunfels, Texas

Dr Michael Soileau(MDS)

Parkinson Disease Where are We

JO BIDWELL Southwest Parkinson Society

Caregiving

Hope Young

Moving with Music

YVONNE M LOZANO, PhD

Caregiving 101 During Working Lunch

Molly Cotter Community Moderator

Patients Like Me Changing Health Care Today One Patient at a time

Dr. Arnold Vardiman(NeuroSurgeon)

DBS Surgery What is it and What it isn't

Lunch will be Provided

Please RSVP by October 2, 2018

tommydubuque@yahoo.com (830) 302-7265 (512)757-1761

Gretchen...gammygold@att.net

AS ALWAYS THERE IS NO CHARGE FOR ATTENDING

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- **What Is It Like to Live with Parkinson's Disease?** This is a great article to share with family and friends! Because Parkinson's is so unpredictable, it is often hard to make definite plans, and you sometimes have to cancel at the last minute. People don't realize how extreme the pain that comes with this disease can be, and how it can affect your day. You may look good, but you may feel entirely different from the way you look. Pain has a way of wearing you out and sometimes bringing you down. It can lead to depression, and if you have Parkinson's disease, you are already more susceptible to depression. It is important to surround yourself with others who are fighting the same fight. Parkinson's is more than just a movement disorder, and the non-motor symptoms can often be more debilitating than the tremors or dyskinesia. Stress increases the symptoms of Parkinson's disease. However, symptoms come and go at varying intensities, so what may be causing you to have a bad day today may disappear tomorrow. Don't give up!
- At times, not giving up is easier said than done, especially when you feel alone and abandoned. You may feel your friends and family have abandoned you, but it's often more a case of them not understanding your new journey. It's probably best to give those people in your life a free forgiveness pass and move on as you make new friends in the PD community who truly understand what living with PD is like. Parkinson's disease causes grief, but we can choose to live joyfully and intentionally in spite of what we feel has been taken from us. It is not a death sentence, and we must learn to readjust to our "new" life. And a new life brings new opportunities. As one person said, never lose hope and keep the faith because God is doing miracles every day and you may be the one He is working through to accomplish just that.
- [parkinsons-disease-patients-share-what-it-is-like-living/](#)
- **Parkinson's Foundation Newsletter** — The latest Parkinson's Foundation newsletter, Parkinson Report, focuses on our recent research investments and answers your questions about clinical trials and treatment options. This is great and you can sign up to receive it also or view it here: [Parkinson Report](#)
- **Brain & Life Magazine** — you can read this magazine online, here: https://www.brainandlife.org/?utm_source=Informz or subscribe here to get a paper copy: <https://www.b2bmediaportal.com/dynamicregister/register.aspx?fid=NOWF&KEY=BLWEB>
This is an excellent resource!
- **Parkinson's and Intimacy: Opposites Don't Attract** — With Parkinson's, our intimacy changes come in the form of a pill or pills, which can have negative effects on libido / finishing. Of course, taking any pill is a value choice. We opt in on the side effects with the benefits we gain when we take our meds. That doesn't make it easy to accept all consequences, but it allows the med to say, "As long as I'm here, so are my friends." This is a very interesting article on Parkinson's and Intimacy ...click here to read more: [relationships-intimacy](#)
- **Long-Distance Caregiving: Tips for Success** — Experienced caregivers recommend that you learn as much as you can about your family member or friend's illness, medicines, and resources that might be available. Information can help you understand what is going on, anticipate the course of an illness, prevent crises, and assist in healthcare management. It can also make talking with the doctor easier. Make sure at least one family member has written permission to receive medical and financial information. To the extent possible, one family member should handle conversations with all healthcare providers. Try putting all the vital information in one place—perhaps in a notebook or in a shared, secure online document. This includes all the important information about medical care, social services, contact numbers, financial issues, and so on. Make copies for other caregivers, and keep the information up to date. Read more here: [long-distance-caregiving-tips](#)
- **Apokyn Dinner & Learn** — We had a great dinner at LaPlaya Mexican Restaurant on Thursday, August 30. Dr. Katie Hendley gave an overview of Parkinson's disease and discussed what are off episodes and what causes them. She also shared about Apokyn and the treatment of off episodes. Excellent presentation! If you want more information on Apokyn as a supplement to your Parkinson's treatment, contact Clint Graves, cgraves@usworldmeds.com or 806-672-2033.
- **The Right Medication On Time Every Time** — One frequently asked question is about managing medication to maximize its efficacy and it goes like this: "Why doesn't my medication seem to work?" True to its form, Parkinson's disease (PD) is no stranger to medication mistakes than other illnesses but I'll keep my comments mainly within the context of PD. Parkinson's disease is a complex disease that has been referred to before as having multiple symptoms that may seem unrelated but can be tied to PD. These can include respiratory, cardiac, and digestive problems, in addition to related conditions of the nervous system. All requiring different medications to treat them. Sometimes patients are taking a cocktail of multiple medications, in many instances prescribed by a variety of doctors. **Common medication mistakes:**
- ✓ Questions — You should have a real dialogue with your doctor about what you are taking, what you are taking it for and how it interacts with other medications you are taking.
 - ✓ Problems — There should be clear instructions on what to do if a prescribed medication isn't working or adverse effects occur.
 - ✓ Assumptions — Don't assume that all your doctors know everything about PD. They may specialize in say pulmonology but have only a basic understanding of PD.

(Continued on page 9)

- ✓ Nutrition — What you eat and when you eat may affect just how effective your medication will be. For example, too much protein can minimize the absorption of carbidopa/levodopa.
- ✓ Timing — Remembering to take your medications on time, every time! This will help manage your on time and off time.

Essentially, your doctor is tasked with the burden on how to maximize your medication with the least amount of side effects and zero contraindications and communicating that to you. This makes communication with your doctor extremely important. I would be remiss if I did not mention that exercise is a good form of medicine. In my opinion, a structured exercise program may actually stave off the need for prescription medication. Here's the takeaway: Proper medication management is being honest with your doctor and communicating problems or changes, good and bad about what you are taking and following the recommended dosage as well as educating yourself on alternative therapies available to you. Remember to take your medications on a schedule (on time, every time). Set an alarm if necessary!

Read the full article here: [right-medication-time/](#)

- **Free “Understanding Medicare” Caregiver Seminar on October 10** — AGE of Central Texas will host the free caregiver support seminar “Understanding Medicare” on Wednesday, October 10. Part of the on-going workshop series to help family members effectively care for an older loved one, the free seminar will be held from 6–7:30 p.m. at The AGE Building, located at 3710 Cedar Street in Austin.
REGISTER: www.TinyURL.com/AGEOctober2018 or call AGE of Central Texas at (512) 600-9275
- **Robert Kamper made the paper!** [The Sun August 15](#)

- **Check Out Our New “Aging Answers” Podcasts from AGE** — Watch the whole video series of podcasts created just for caregivers and their families! Click Here for the Whole Video Series [Podcasts from AGE on YouTube](#)
- **Marijuana Questions?** Read these articles from Davis Phinney Foundation:
 - ✓ Can Marijuana Reduce Insomnia for People Living with Parkinson's?
 - ✓ My First Trip to the Marijuana Dispensary as a Person with Parkinson's
 - ✓ Senior Citizens, Marijuana and Parkinson's: What I've Learned
- **Do you like horses? Equine Gestalt Coaching Method® (EGCM) and how people with Parkinson's can benefit from it!** — When it comes to Parkinson's, horses provide what many have called a “magic” ability to make people with Parkinson's feel stronger, more in control and more empowered to explore and overcome the challenge that a diagnosis like this can present. The Georgetown ROCK <https://rockride.org/> is an accredited equine-assisted activities and therapies center. Programs include hippotherapy, therapeutic riding, ROCK On Veterans, and equine facilitated learning programs that is for participants range from 2–91 years old! These folks see improvement in most aspects of their life; from muscle tone, strength, flexibility, and balance to cognitive, behavioral and emotional improvements. If you are interested to use this as a therapy ~ let me know... let's set up a new group! Or, you may contact ROCK to check it out: call 512-930-7625 to schedule a tour to see ‘Healing Thru Horses’ in person.

Parkinson's song of support wins international recognition

By ELLEN GREENEY

Parkinson's disease is an incurable, progressive, degenerative neurological disease that mainly strikes middle-aged people, adding about 50,000 new cases each year. For unknown reasons, the disease seems to affect men about twice as often as women.

Since there is no known cause or cure, the million people diagnosed with Parkinson's disease struggle to stay encouraged and engaged.

Not so for Robert Kamper. He was diagnosed in late 2011 and began his research into the disease, possible treatments and ways to be involved locally.

He regularly attends the



ROBERT KAMPER

monthly Georgetown Area Parkinson's Support Group facilitated by Mary Jane Berry and Patty Rooney Lingo. Mr. Kamper participates in a variety of the group's activities including exercise with the support group's Dance Troupe

led by Nancy Bain and singing with the Texas Tremble Tones led by Pama Fontenot and Ron Franklin.

He used his musical background writing and playing saxophone, guitar and keyboard to create both the lyrics and score for “We Ain't Givin' Up Hope, Nope.” It was originally based on a traditional calypso melody. Time passed, the lyrics changed, verses were added and viola, it was performed for the first time in 2016 at the Power for Parkinson's annual birthday celebration in Austin.

Since that time, Ms. Bain added choreography and the Georgetown Texas Tremble Tones performed it with the Georgetown Dance Troupe at

the 10th Annual Central Texas Advocates for Parkinson's white-glove fundraising gala in April 2018.

Icing on the cake came when Ms. Berry encouraged Mr. Kamper to submit the song to the 2018 World Parkinson Congress Song Competition. The winning entries will be performed at the annual congress in 2019 in Kyoto, Japan.

Recently, Kathleen Jordan, digital and outreach manager with World Parkinson Coalition, asked Mr. Kamper for permission to share his song on the World Parkinson Congress' social media accounts during the judging process. He said yes and now the song is literally on the world stage.

Mr. Kamper's Parkinson's

anthem has three verses and a catchy chorus. The verses revolve around three prominent figures affected by Parkinson's disease: Michael J. Fox, Muhammad Ali and Linda Ronstadt.

Catchy Chorus

“Par-kin-son's, Par-kin-son's
There ain't no cure for the
Parkinson's,
But we're not giving up hope.
Nope!

We ain't givin' up hope.”
Check out the “We Ain't Givin' Up Hope, Nope” video on YouTube.

Ms. Berry said T-shirts emblazoned with his motto are available through the Parkinson's Support Group.

When not writing songs, Mr.

Kamper is involved with the Native Plant Society of Texas and serves as the state webmaster. He served as the local webmaster in the past. He currently is finishing a two-year term as the programs lead with the Williamson County chapter.

His photographs of plants are included on both the chapter and state website and he is involved with the Field Trip Committee. This committee has refreshed interpretive plant signs at Berry Springs Park and Preserve and will be placing signage along the Brushy Creek Regional Trail, Champion Park and other Williamson County parks. Mr. Kamper earned his doctorate at the University of Florida.

Quick Summary For Meetings and Classes

Monday – “Sing with Parkinson’s” every Monday at 11 am

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

Tuesday – “Dancing with Parkinson’s” every Tuesday at 1:30 pm at Georgetown’s Palace Theater Education and

Performance Center [216 W. 8th Street](#). *NOTE: as of June 5th, dancers will be meeting at First United Methodist Church, 410

University Ave., Georgetown, for the summer. This is for the summer only!

Wednesday – “Chair Yoga with Parkinson’s” every Wednesday at 9 am

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

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

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

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

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

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

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

Monday/Wednesday/

Friday – Boxing classes start at 9:30 am

Location: [2522 Shell Rd](#), Suite C, Georgetown, TX 78628 (Inside Georgetown Brazilian Jui Jitsu)



Fighter of the Month

September Fighter of the Month for 413

Fitness Georgetown is

Randy Clark. Randy is a central Texas native; he was born in Temple, went to high school at Killeen High and graduated from the University of Mary Hardin Baylor with a

degree in business. Randy opened Harker Heights Lumber and Supply 42 years ago and still manages it today.

His cornerman in class is one of his loyal employees, Guy Hilliard who drives and participates in class with him each day.

His doctor is Michael Souileau. Randy enjoys collecting western and Native American artifacts and traveling. His favorite part of class is his enthusiastic instructors and fellow fighters who inspire him. His least favorite part is that he isn’t able to do each of the exercises, yet.

Randy’s cornerman in life is his wife, Martha. He is the father of three children and Grandpa to two.



Don't Forget: Our Next Support Group Meeting

Thursday, September 27, 2018

Our meeting begins promptly at 2 pm

SPEAKER: Dr. Elizabeth Peckham

TOPIC: Parkinson’s Discussion

Dr. Peckham specializes in the diagnosis and treatment of movement disorders such as Parkinson’s disease, Parkinsonism,

Essential tremor, Myoclonus, Tourette’s syndrome/Tics, Ataxia, Dystonia, Restless Legs Syndrome (RLS), Huntington’s disease, Tardive Dyskinesia, and Psychogenic movement disorders.

Dr. Peckham also has extensive experience with the evaluation for and programming of deep brain stimulators and botulinum toxin injections



TIPS for Parkinson’s

Texas Drivers with Disabilities — FREE Parking

Drivers with disabilities and disabled veterans can request handicap Texas license plates, and any person with a qualifying disability can apply for a parking placard from the Texas Department of Motor Vehicles (DMV). Complete the Form VTR-214 (rev. 05/14) Online Form at www.TxDMV.gov and your doctor must sign it! Now the good part, in Austin, Texas — if you have a disabled hang tag or license plate, you don’t have to pay the parking meters, and there is no time limit on the time zones for City maintained parking. Private parking lots and garages may have different rules and regulations.