



# Georgetown Area Parkinson's Support Group

Issue 9

September 2016

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## Monthly Meeting Highlights

We had an excellent meeting with a large attendance (90+ members) to hear the presentation from Dr. Elizabeth Peckham. She gave a very clear, easy to understand discussion on Parkinson's disease with the possible causes or contributed factors, the signs/symptoms and how diagnosis is made. She went into detailed summary on how the medications work in the brain and all the different types of meds and how/why they are used! Very interesting! She also discussed DBS and when/why it is

### Next Meetings

**Georgetown Area Parkinson's  
Caregivers Support Group Meeting**  
**Thursday, September 8, 2016; 2-3 pm**  
*(Always on the 2nd Thursday of the month!)*

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

**Georgetown Area Parkinson's  
Support Group Meeting**  
**Thursday, September 22, 2016; 2 pm**  
*(Our meeting begins promptly at 2 pm)*  
*(Always on the 4th Thursday of the month!)*

No Speaker — Discussion Groups —  
This is your opportunity to interact and  
share experiences with each other.

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

**All are invited ~ patients,  
caregivers, care partners, family,  
friends, health care providers!**

determined to be an option for the patient! The use of supplements was discussed, however it was strongly identified the overwhelming benefits of exercise and socialization were very important and necessary! One thing very interesting and encouraging in this presentation was to learn about all the different medical trials that were going on for Parkinson's Disease and the fact that many of these trials are all over the world. There are several trials in the Texas area, however many in other parts of the world. It was evident that the Michael J Fox Foundation is very active in many of these trials and we were all encouraged to get involved ~ because we all want to find a cure or the best medication.

Click on this link to sign up  
<https://foxtrialfinder.michaeljfox.org/>

We also learned that people with Parkinson's have an increased risk of melanoma. Researchers don't yet know why people with Parkinson's disease develop melanoma more often than those without PD. However, because those with



to death of dopamine-producing cells while melanoma results from overgrowth of cells that make melanin (the pigment that colors skin, hair and eyes). With a closer look, though, this association may make more sense. The cells that make dopamine are high in melanin. That's why the brain region where they are located is called the substantia nigra or "black substance" — the cells are actually darker than surrounding areas. If you want more info on this subject, click here

<https://www.michaeljfox.org/foundation/news-detail.php?ask-the-md-parkinson-disease-and-melanoma>



melanoma are also at an increased risk for Parkinson's, researchers are looking for a common connection between the two conditions.

At the surface, these diseases may seem completely unrelated — Parkinson's is due

Bottom line here, see your dermatologist yearly! Dr Peckham was very responsive to the many questions and provided wonderful feedback. It was a very insightful meeting from an awesome physician.

**Thank you Dr Peckham!**

### Transportation To/From Meetings and Classes

I need someone to help us coordinate for transportation! If you would like to be that person ... please call Mary Jane at 512-240-4167! We do have volunteers to drive us!! So, let us know if you need transportation!

## 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](#)

## Our Next Support Group Meeting

Don't forget...

**DATE:** Thursday,  
September 22, 2016  
(on 4th Thursday of the month!)

**TIME:** Our meeting begins promptly at 2:00 pm

**NO SPEAKER:**  
Support Group Discussions —  
PD Men's; PD Women's;  
PD Care Partners  
Give your suggestions for  
2017 speakers!



## EXERCISE: Movin' to Wellness Classes & Power for Parkinson's Classes:

Check our calendar on our website: <http://georgetownxparkinson.weebly.com/calendar.html>

Check our calendar on Power for Parkinson's website: <http://www.powerforparkinsons.org/>

### Georgetown Area Parkinson's Support Group

#### Speaker List for 2016

Parkinson's Caregivers & Solo's Meetings	Parkinson's Support Group Meetings
September 8	September 22
October 13	October 27
November 10	November NO Meeting
December 8	December 8

Mark your calendars with these dates and share with family and friends to join you!

#### Speaker and Topic for Parkinson's Support Group Meetings

Support Group Discussions  
PD Men's; PD Women's; PD Care Partners  
Dr Michael Soileau ~  
*What's the Latest in PD!*  
NO Meeting ~  
Happy Thanksgiving!  
Christmas Social...  
Merry Christmas 2016

## Capital Area Parkinson's Society (CAPS):

[CAPS website](#)

The CAPS (Austin Support Group) Next Membership Meeting is Saturday, September 17, and will be their discussion group for members to share experiences with each other. Everyone is invited!

[click here for meeting directions](#)

CAPS Fall Bash will be on Thursday, October 27, 2016 at 6–10 pm at

DoubleTree Hotel–Aboretum,  
8901 Business Park Drive, Austin, TX 78759

For more info, click on: <http://www.capitalareaparkinsons.org/fallbash/>

Tickets: \$75 per person — *All proceeds go directly to Capital Area Parkinson's Society and will help fund the education, outreach and support efforts on behalf of all those touched by Parkinson's Disease in the Greater Austin area.*

## Reminders and Thoughts

- REMINDER: Plummer Movements Disorders Center Parkinson's Symposium —

**Saturday,  
October 8, 2016**  
10a.m. – 4p.m.

Lunch will be provided.  
Vegetarian option available upon request at RSVP.

McLane Stadium Ballroom  
1001 S.M.L.K. Jr Boulevard  
Waco, TX  
Parking Lot A–Main Entrance

You are invited to attend this FREE event and hear about updates on the treatment for Parkinson's Disease as well as much more.

RSVP by September 18th to  
Melissa Ainslie, PMDC Outreach  
Coordinator at 254-724-5679 or  
[melissa.ainslie@bswhealth.org](mailto:melissa.ainslie@bswhealth.org)

*Seating is limited to 250 guests.*



SCOTT & WHITE  
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Disorders Center

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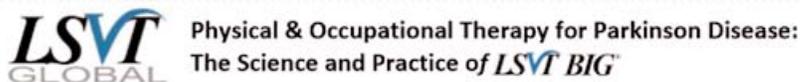


If you want to go to the symposium and need or would like to ride on a bus... please contact Mary Jane at 512-240-4167 or [dberry3@suddenlink.net](mailto:dberry3@suddenlink.net)

*Let's ride together ~ more FUN!*

## Reminders and Thoughts (continued)

- LSVT Symposium -



I attended the LSVT presentation to the public during their symposium for a certification class for LSVT providers. We now have 100 new certified LSVT providers in our area. The presentation was excellent. The LSVT mantra is to: “THINK LOUD and THINK BIG” and LSVT will teach you how! The next thing I learned is “do not wait . . . take LSVT classes as soon as possible after diagnosis!” The improvement and continued improvement is documented and clearly seen. VIEW these two “before and after” videos yourself ~ you decide!

LSVT-LOUD: <https://www.youtube.com/watch?v=gNIdxYjGVV8> (3 minute video)

LSVT-BIG: <https://www.youtube.com/watch?v=wElz9jNrqn5> (2 minute video)

I did identify that our own dance and exercise classes incorporates many of the same therapy moves and proves how fortunate we are to have GREAT instructors in Ki Browning and Nancy Bain! Also, the LSVT program is covered by Medicare! And, just a reminder our classes are FREE!

- **Atypical Parkinsonism** — Conditions in which an individual experiences some of the signs and symptoms of Parkinson’s disease (PD) but does not have PD. These include corticobasal degeneration (CBD), Lewy body dementia (LBD), multiple system atrophy (MSA) and progressive supranuclear palsy (PSP). For more information, click here:

<https://www.michaeljfox.org/foundation/news-detail.php?common-questions-from-our-webinar-on-the-other-parkinsonisms>

- **Tips for Parkinson’s** — There is alot of information available — I really like and recommend these FACT SHEETS by the Parkinson’s Disease Foundation. Click on this link and scroll through their online catalog. You can call them and they will send the fact sheets to you, FREE!  
<https://support.pdf.org/sslpage.aspx?pid=272>
- **Do you have Neuropathy too?** — The most common symptoms include numbness, tingling, and pricking sensations, sensitivity to touch or

muscle weakness. Other people have more extreme symptoms—burning pain (especially at night). We have an active Georgetown Neuropathy Support Group. They meet at our same location, in Georgetown at Lake Aire Shopping Center, Community Room A, 2423 Williams Dr., Suite 101, Georgetown, TX 78628 — on 2nd Monday of the month at 1 pm. This month their speaker is Dr. Carsrud with People’s Pharmacy in Austin and is Board Certified in Family Practice, Management of Internal Disorders and Clinical Nutrition. The topic will be Vitamins and Supplements with Neuropathy Medications

- **WEBINAR** — *Transportation and Travel with PD*

Tuesday, September 13, at 12 noon. What are the challenges of getting around town with Parkinson’s? How can people navigate those challenges? Learn tips and tricks managing travel and transportation with PD by joining a one-hour PDF online seminar

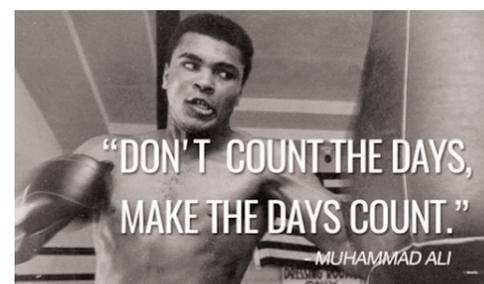
[Learn More & Register](#)

- **Another WEBINAR** — Michael J Fox Foundation presents, “How Doctors Choose Parkinson’s Medications!” In

this webinar, our panelists will discuss how doctors and patients work together to choose what medications to start, adjust or discontinue. We’ll also answer common medication questions, including “When should one start levodopa?” and “What does prescribing off label mean?” Date: Thursday, September 15, 2016 Time: 11 am CST [Register here](#)

- **A Matter of Balance Class** — Classes forming now at Seton Williamson Medical Center, 201 Seton Parkway, Round Rock, TX. Start of Class: September 19, 2016. Each Monday thru November 7 at 2:00 p.m. until 4:00 p.m. Each session (8 sessions total) is 1½ to 2 hours in length Contact : Michelle Skelton, Phone: 512.324.4000 x20825. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.
- **Video of the Month** — Actor Michael J. Fox speaks out on the late champ’s biggest fight outside the ring: his three-decade battle against Parkinson’s disease. “Before I was diagnosed with Parkinson’s, I admired him,” Fox says. He also recalls a phone call in which Ali told him: “I’m glad you’re in this fight with me . . . it was a formative moment in my life.”  
<https://www.youtube.com/watch?v=wVD0dtOwop4>

- **Quote of the Month** - “Don’t count the days, make the days count!”



## Reminders and Thoughts (continued)

- **Dementia & Alzheimer's Support Group** — Open to anyone who has a loved one with dementia or Alzheimers, this is a support group for mutual encouragement and support. They meet at Autumn Leaves at Georgetown, 3600 Williams Drive. Meeting Thursday, September 8th at 6:30 pm Contact: Debra Thurber at 512-688-5113
- **Don't Forget** — The 3rd Annual Williamson County Caregiver Conference will be held on Saturday, September 17 at 9:30 am–2 pm. They will meet at the Williamson Conference Center at the Wingate by Wyndham Hotel (1209 Interstate 35 Frontage Road, Round Rock, TX 78664). For more info click here: <http://www.ageofcentraltx.org/wccc.php>

- **Let's BOX!** — Boxing starts this month in Georgetown. For more info, contact Kristi at <http://rocksteadyatx.com/contact/>



**FIGHTING BACK AGAINST PARKINSON'S**

- **Walking Meditation** — Meditation is one of the great stress management techniques because it carries many varied benefits. However, more than a few people have found it to be challenging at first. Walking meditation provides the benefits of meditation combined with the benefits of exercise, and has the bonus benefit of being easy to learn, thereby making walking meditation a great technique for those new to meditation. Here's how walking meditation works: Difficulty: Easy Time Required: 10–30 Minutes Here's How:

1. Get into comfortable clothing and shoes, and set aside some uninterrupted free time.
2. Begin walking at a comfortable pace. Really focus on the sensations that you feel in your body as you walk. Feel the weight of your body on the bottom of your feet.

Feel your arms swinging with each stride. If you find thoughts coming into your mind, gently let them go and redirect your focus to the sensations you're feeling as you walk. Stay focused on now.

3. Also, focus on your breathing as you walk. Try to breathe in for two steps, and out for two or three, for example. Focus on keeping your breathing and your steps coordinated. Or use a mantra\* repeating it in your head as you walk, in time with your steps! You are doing "Walking Meditation!"

\*(A mantra is a word or phrase that you repeat to yourself. It can be a non-sensical sound like 'Om,' or it can be a word or phrase like, 'Calm' or 'I'm at peace or LOVE.' The words or sounds you choose aren't important as long as they are simple and comfortable for you to repeat)

