



Georgetown Area Parkinson's Support Group

Issue 1

January 2016

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

Next Meetings

Georgetown Area Parkinson's Caregivers Support Group Meeting Thursday, January 14, 2016

(Always on the 2nd Thursday of the month!)
2-3 pm

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

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

NEW GROUP!

"Solo's" Support Group Meeting

If you are a "single" man or woman with Parkinson's and would like to connect with fellow singles please join us on Thursday, January 14th to organize your group! I have meeting dates and a place set up but as the group evolves ~ YOU can decide what works' best for this group.

Georgetown Area Parkinson's Solo's Support Group Meeting Thursday, January 14, 2016

(Always on the 2nd Thursday of the month!)
2-3 pm

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

Georgetown Area Parkinson's Support Group Meeting Thursday, January 28, 2016; 2 pm

(Our meeting begins promptly at 2 pm)
(Always on the 4th Thursday of the month!)

Topic: "Treatment Options for
Parkinson's"

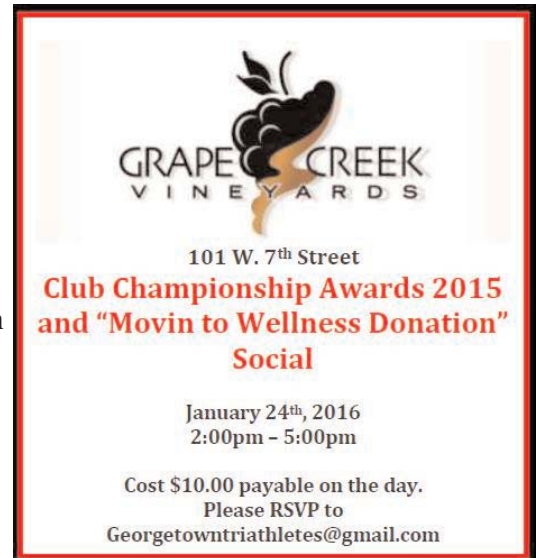
Speaker: Damon Dennett with
Medronic, speaking on DBS
Kimberly Rivera with Abbvie
Neuroscience, speaking on
Duopa

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

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

Donation from Georgetown Triathletes

We are blessed and honored to receive a financial donation from the Georgetown Triathletes again! This awesome group of athletes provided us with our very first donation that allowed us to develop the FREE exercise 'Movin to Wellness' classes! These are our chair yoga classes and the Dancing with Parkinson's classes! You are all invited to join us to receive this donation on Sunday, January 24 at Grapecreek Vineyards on the Georgetown Square, 101 W 7th Street. We will meet at 2-5 pm and please RSVP to georgetowntriathletes@gmail.com There is a cost of \$10 for refreshments.



Research Opportunity for You!

Melissa Ainslie will give information at the beginning of our monthly meeting January 28 about a new research study for Parkinson's patients! It's a 15-20 minute survey on future research topics for Parkinson's disease. You can do the study at the end of this meeting or you can set up a time with her and she can come back up to

Georgetown the first week of February. This will be the only time to do the study since Dr. Bengel will be using the data to apply for a NIH grant mid-February. Please contact Melissa at melissa.ainslie@bswhealth.org or her phone at 254-724-5679.



Foundations Updates

There are so many GREAT resources available to learn more about Parkinson's! You may say, I do not want to learn more, however the key to understanding a disease (or anything) is LEARNING MORE about the subject! You are encouraged to click on these links to subscribe for paper copy or email copies of their newsletters that you can receive by email or US mail!

Tremendous information available:

- **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](#)

For those who get a paper copy of this newsletter, if you contact me (Mary Jane) I will gladly give you the phone number and/or address to contact the above groups.

Great Webinar

Dyskinesia: What to do about moving too much?

Log on to your computer on January 21st at 11 am CST for a great webinar that will focus on dyskinesia, involuntary movements that arise with levodopa use as Parkinson's progresses. The panelists will discuss the current management of dyskinesia and new therapies in development. Always FREE!

Register here: [Dyskinesia](#)

Georgetown Area Parkinson's Support Group

Speaker List for 2016

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

Parkinson's Caregivers & Solo's Meetings	Parkinson's Support Group Meetings
January 14	January 28
February 11	February 25
March 10	March 24
April 14	April 28
May 12	May 26
June 9	June 23
July 14	July 28
August 11	August 25
September 8	September 22
October 13	October 27
November 10	NO Meeting
December 8	December 8

Speaker and Topic for Parkinson's Support Group Meetings

Damon Dennett, Medtronic ~ Kimberly Rivera, Abbvie
<i>Treatment Options for Parkinson's</i>
Dr Britt Stone ~ <i>Let's Talk Parkinson's!</i>
Quention Shaver ~ <i>LSVT – BIG in your home!</i>
Support Group Discussions PD Men's; PD Women's; PD Care Partners
Steve Chodorow ~ <i>Assistive Devices for YOU!</i>
Summer Social Ice Cream and Cookies ~ YEAH!
Exercise Presenters on: self-defense, boxing, swimming, tai chi, yoga, acupuncture.
Dr Peckham <i>Let's Talk Parkinson's!</i>
Support Group Discussions PD Men's; PD Women's; PD Care Partners
Dr Michael Soileau ~ <i>What's the latest in PD!</i>
NO Meeting ~ Happy Thanksgiving!
Christmas Social... Merry Christmas 2016

Georgetown Parkinson's Movin' to Wellness Classes

- ❖ TUESDAYS — **Dancing with Parkinson's** meets every Tuesday at 1:30 pm in Georgetown at Georgetown Palace Theatre, Education Building, look for the signs!
- ❖ WEDNESDAYS — **Movin to Wellness Chair Yoga** meets every Wednesday at 9 am in Georgetown at our usual monthly support group meeting

location, 2423 Williams Drive, Georgetown, Lone Star Circle of Care Building, Georgetown Health Foundation meeting room.

- ❖ FRIDAYS — **Movin to Wellness Tai Chi for Parkinson's** meets every Friday at 10 am in Belton at Belton First Baptist Church, 506 N. Main St., Belton, TX 76513.

Write it on your heart that every day is the best day in the year.

Ralph Waldo Emerson

Transportation To/From Meetings and Classes

TRANSPORTATION? Please call Carolyn Aldridge at 571-213-4733. We have volunteers to help us! So, let us know if you need transportation!

Tips For Parkinson's Patients

Parkinson's Medication and Food Interactions

The medication levodopa generally works best when taken on an empty stomach, about ½ hour before meals or at least one hour after meals. It should be taken with 4–5 oz. of water. This allows the drug to be absorbed in the body more quickly. For some patients, levodopa may cause nausea when taken on an empty stomach.

There are several ways to control or relieve nausea, including:

- ◆ Drink clear or ice-cold drinks. Drinks

containing sugar may calm the stomach better than other liquids.

- ◆ Avoid orange and grapefruit juices because these are too acidic and may worsen nausea.
- ◆ Drink beverages slowly.
- ◆ Drink liquids between meals instead of during them.
- ◆ Eat light, bland foods (such as saltine crackers or plain bread)

Capital Area Parkinson's Society (CAPS)

[CAPS website](#)

- ◆ APS (Austin Support Group) Next Membership Meeting - Saturday, January 16th at 2 pm. Their speaker will be Dr. Iris Wingrove and she will be speaking on "What a Pain! Parkinson's and Concurrent Pain Syndromes". You are invited to join them on January 16th from 2:00 - 4:00 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.

Plummer Movement Disorder

Foundation Update

- ◆ **Save the Dates — Plummer Movement Disorders Center** — Gala will be on Saturday, April 9, 2016!
- ◆ **New Research Opportunity** — learn more at our meeting on January 28

Power For Parkinson's (PPF) Update

They offer FREE classes all over Austin and Round Rock ~ be sure to check out their website!

<http://www.powerforparkinsons.org>



January 2016						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 10a Tai Chi, in Belton	2
3	4	5 1:30p Dancing with Parkinson's	6 9a PD chair yoga	7	8 10a Tai Chi, in Belton	9
10	11 1p Belton PD Support Group mtg.	12 1:30p Dancing with Parkinson's	13 9a PD chair yoga	14 2p Caregiver's meeting 2p "Solo's" meeting	15 10a Tai Chi, in Belton	16 2p CAPS (Austin PD Group)
17	18 M L King Day	19 1:30p Dancing with Parkinson's	20 9a PD chair yoga	21	22 10a Tai Chi, in Belton	23
24	25	26 1:30p Dancing with Parkinson's	27 9a PD chair yoga	28 2p PD Support Group mtg.	29 10a Tai Chi, in Belton	30
31						

For Our Caregivers/CarePartners

Caregivers — Here are eight important questions for caregiver/carepartner's to ask the doctor. Ask the doctor!

1. *What are the symptoms of this diagnosis?*

New caregivers are often afraid to show their vulnerability in not knowing the specifics of a diagnosis. You would be shocked to hear the number of caregivers who leave an appointment and are frustrated at not finding out basic information about the patient. Finding out what to see or expect from the course of a diagnosis can help inform your doctor of the progression or regression of the illness at the next visit. Additionally, this information alleviates some anxiety and stress of new caregivers through the initial phases of treatment.

2. *What is this person able to do and not able to do?*

Many first time caregivers are unsure how to handle the daily living activities and tasks of patients. Doctors usually have experience in knowing what patients can handle during the early stages of a diagnosis. Find out what the illness can limit the person from doing. Can they still resume driving? Can they maintain physical exercise routines? What foods are still acceptable to eat?

3. *What are the most helpful things I can do as a caregiver?*

Once you leave a doctor's office, many of the daily responsibilities for a patient fall in

the caregiver's hands. Asking this question not only informs caregivers about their role in this new adjustment, but builds rapport between doctors and caregivers. Physicians or specialists can offer caregivers some boundaries around what can help or hurt an individual's functioning and coping around an illness.

4. *How can I get more information on the medications they're taking?*

With more medications hitting the market, it's increasingly difficult for family members and caregivers to track the side effects, dosing and administration of a specific prescription. Monitoring medications for patients is one of the most important tasks for primary caregivers to assume. Knowing the medication schedule can help caregivers and patients negotiate a schedule for taking the medication and working around other daily living tasks.

5. *What is the plan of treatment going forward?*

I'm always surprised when this topic is not discussed in further detail at an initial appointment. You shouldn't have to leave an office with an ambiguous outlook of what the illness will hold. Having a tentative idea of future medical appointments, procedures, surgeries or examinations will help caregivers schedule their time better and be more informed of the treatment options of the patient.

6. *What options are available if the diagnosis gets worse?*

at 419-467-5414 NOTE: several of our members have attended this class and have found it to be very good!

◆ **Aqua for Balance?** — Yes, swim classes for Parkinson's! These are offered in Sun City or in your own pool. In group or individual personal aquatic training. Call Julie O'Connor, BS, AEA, Aquatic Specialist at 512-630-6203 Initial consultation is Free.

◆ **Tai Chi Classes?** — We are invited to join the Neuropathy Support Group for

We all want to see the optimistic side of an illness and find ways that the patient can recover effectively. This question is usually not on the mindset of new caregivers, partially because it's a daunting thought to consider. Caregivers have to be prepared if symptoms or the course of an illness start to deteriorate. Your doctor will appreciate your forward thinking and considering all possible options down the road.

7. *Can I have a copy of the records?*

The medical information of a patient is not limited to professionals. With a release of information and signed authorization, caregivers and other members in the patient's treatment can receive a copy of medical records. These copies can help you track the progress of a patient between appointments. Additionally, you can always bring these documents to appointments and ask further questions.

8. *How can I reach you if I have any further questions?*

Communication should not be limited to just appointments. This question can show your doctor that you have motivation to be involved in the patient's treatment plan. Yes, doctors are incredibly busy and have limited windows of time for phone and email communication. But it's important to have some assurance that your doctor will be a supportive resource through this challenging time.

Great Opportunities for You!

- ◆ **Boxing Anyone?** — Boxing classes for Parkinson's are here -. For more information, contact Kristi Richards at 512-695-4649 or <http://www.rock-steadyaustin.com/>
- ◆ **Wondering about Self Defense?** — There is an opportunity for Sun City residents to attend self-defense training! Classes are taught in Sun City. For more information, please contact: Fred Warman at 512-869-6969 or Jackie Minze at 512-240-5382 or Ed Donnelly

their Tai Chi classes. Each class will include: warm up stretching, energy work, meditation, Tai Chi walk, will use the Tai Chi short form Yang style with eight transitions. Thursdays 10:30–12 pm at Georgetown Health Foundation Community Room A, 2423 Williams Drive Georgetown TX 78628. Cost: \$5 per class. For more information contact Nancy Herlin, 512-784-2627

- ◆ Don't forget our classes and Power for Parkinson's classes ~ they are FREE!