



# Georgetown Area Parkinson's Support Group

Issue 3

March 2016

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## Next Meetings

**Georgetown Area Parkinson's Caregivers Support Group Meeting**  
**Thursday, Thursday, March 10, 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!**

### "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, March 10 to organize your group! This is not a "dating group" but intended to be an opportunity to share and socialize! 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, March 10, 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, March 24, 2016; 2 pm**

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

Topic: "LSVT-BIG in your home"

Speaker: Question Shaver

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

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

## Monthly Meeting Highlights

We had an excellent turn out of members (85 attendees) to hear Dr. Britt Stone! She gave an overview of Parkinson's disease and a detailed discussion on the medications used for Parkinson's. There was a good exchange of questions and answers with Here are the medications to avoid in Parkinson's:

### Antipsychotic medications

- haloperidol (haldol)
- risperidone (risperdal)
- aripiprazole (abilify)

### Anti-nausea medications

- compazine (prochlorperazine)
- reglan (metoclopramide)



If on selegiline or rasagiline (azilect): **avoid** pseudoephedrine/phenylephrine (decongestant), dextromethorphan (cough suppressant), Demerol (pain medicine), ciprofloxacin (antibiotic)

She recommended what we have been hearing about for

years ~ exercise, exercise, exercise! It helps the body and the spirit!

*Thank you Dr. Stone for an excellent presentation!*



## Plummer Movement Disorder



### Foundation Update

Yes, our Gala this year will be the *Roaring Twenties* theme and will include casino, raffle, silent and live auction, photo booth, entertainment and BBQ buffet. All this for \$40 per person! Join us — it is so much FUN! All money raised goes directly to our exercise and dance classes!

- DATE:** Saturday, April 9, 2016
- TIME:** 6 to 10 pm
- PLACE:** Hilton Garden Inn  
1749 Scott Blvd. , Temple  
254-773-0200
- TICKETS:** \$40 per person, contact Ashley at 254-338-2413

## 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](#)

## Power For Parkinson's (PFP) Update

[Power for Parkinson's Website](#)

They offer FREE classes all over Austin and Round Rock ~ and YES, you can attend whatever is convenient for you! Be sure to check out their website!

<http://www.powerforparkinsons.org>

## Capital Area Parkinson's Society (CAPS)

[CAPS website](#)

The CAPS (Austin Support Group) Next Membership Meeting is Saturday, March 19, 2016 at 2 pm. The March meeting will feature a panel discussion on several key issues for those living with Parkinson's. The panelists include [Dr. Britt Stone](#), a movement disorder neurologist with [Baylor Scott & White](#); Sarah King, DPT, owner of [Invigorate Physical Therapy & Wellness](#) in Austin; and Elise Siprelle, Speech Therapist with [Central Texas Rehabilitation Hospital](#), and certified in the LSVT / Loud therapy for Parkinson's. This is information of interest to everyone connected to Parkinson's. [Click here for meeting directions.](#)

## Georgetown Area Parkinson's Support Group

### Speaker List for 2016

Parkinson's Caregivers & Solo's Meetings	Parkinson's Support Group Meetings
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	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

Question Shaver ~  
*LSVT – BIG in your home!*

Support Group Discussions  
PD Men's; PD Women's; PD Care Partners

Steve Chodorow ~  
*Assistive Devices for YOU!*

Summer Social  
Ice Cream and Cookies ~ YEAH!

Exercise Presenters on: self-defense, boxing, swimming, tai chi, yoga, acupuncture.

Dr Peckham  
*Let's Talk Parkinson's!*

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

## Parkinson's Research

*This is a great opportunity to do Parkinson's research with the latest technology.*

The Kanega watch is a self-contained watch that will help you with Medication Reminders, Voice Activated Directions, Fall Detection, Emergency Assistance, and Guide Me Home Assistance! Check out these videos:

<https://youtu.be/0QoGpo0LMtk> medication reminders, short form with voice-over on why we have medication instructions.

<https://youtu.be/gxpX03ofieY> medication reminders, the full scenario including verification of compliance.

<https://youtu.be/TIZmrAWcIQ> showing the predictive AI offering directions home when the wearer might be wandering.

Yes, really! And it is a simple, stylish watch! If you would like to test this watch, you can for FREE and you do not have to go anywhere ~ just wear the watch and when the researchers call you ~ tell them how it worked for you! If you are interested, contact Jean Anne Booth, CEO, UnaliWear [JeanAnne.Booth@UnaliWear.com](mailto:JeanAnne.Booth@UnaliWear.com) or 512-917-3088. You can learn more about this at the website [www.UnaliWear.com](http://www.UnaliWear.com)

### Don't Forget Georgetown Area Parkinson's Support Group Meeting

Thursday, March 24, 2016 at 2 pm  
(On the 4th Thursday of the month.)

Question Shaver discussing *LSVT — BIG in your Home*



## Video for the Month

Staying with our theme of longevity, here is some advice from a 99 year old!

<https://www.youtube.com/watch?v=iRP9ZEZ6lIE>...she says she has to push herself!

**PUSH YOURSELF  
— because —  
NO ONE ELSE IS  
GOING TO DO  
IT FOR YOU**

# Tips For Parkinson's Patients

## 5 Tips to Live Longer!

**Tip #1** — Eat “green” every day. Add two large handfuls of spinach into your protein shake (you won't taste it, I promise!).

**Tip #2** — Lower your stress level! Exercise is a great stress reducer as well as taking a hot bath, meditation or prayer and having at least one good friend you can “vent” to!

**Tip #3** — Clean out your pantry and refrigerator — get rid of fat and sugar foods!

**Tip #4** — Sleep! When you sleep your body does all it's repair and maintenance.

**Tip #5** — Move your body EVERY DAY! This doesn't have to be formal “exercise” at the gym but walk whenever you have a chance. Walk the dog, walk after dinner, walk up the stairs instead of elevator, whenever you have a chance move!

## 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!

# Reminders and Thoughts

- **Aquatic Exercise** — You are invited to attend a presentation from our own Julie O'Connor. She will be presenting to the Neurology Support Group and would love for you to join her!
- **Managing A Chronic Illness** — You are invited to attend and hear Kris Hooks from Houston, a Licensed Professional Counselor and a Certified Health and Wellness Coach with over 30 years' experience in behavioral health. **TOPIC:** “Managing A Chronic Illness: Things Your Doctor May Not Be Talking About.” **DATE:** Thursday, March 24. **PLACE:** Scott White Clinic, Sun City. **TIME:** at 10 am. **RSVP:** Nancy, 512-943-0920.
- **Excellent FREE Resource** — the Neurology Now magazine is FREE and you can get it online or mailed to you. This is wonderful information and I encourage you to sign up! Subscribe at <http://journals.lww.com/neurologynow/Pages/subscription-services.aspx>
- **Powering Forward** — After a 12-year career with the NBA, Brian Grant was

diagnosed with Parkinson's disease at 36 years old. Today, he's a leading proponent of exercise for people with his condition. Click on this link:

[Brian Grant](#)

- **Caregivers** — We will have a symposium for caregiver's on Saturday, July 23, 2016. More information will be available in up-coming issues!
- **Stress Relief for Tired People** — Many people would like the benefit of a good workout, but find themselves too tired and unmotivated for exercise when they need it the most! Here are a couple suggestions: 1) Listening to energetic music — it can relax and energize you! 2) Watch re-runs — Watching re-runs of your favorite shows can bring stress relief benefits, especially if they are comedy re-runs! 3) **Journaling** — The act of journaling is a highly effective stress relief activity that takes less energy than exercise, but also carries cumulative benefits and engages your attention. For the full article, click [Stress Relief](#)
- **Webinar** — An Inside View: The Future of Neuroimaging in Parkinson's on March 29, 2016 at 12 pm. Click here to register: [NeuroImaging for Parkinson's](#)
- **More Info on DBS** — The surgical therapy is now also indicated for those who have had Parkinson's disease (PD) for at least four years and have recently developed motor complications “off” times when medication doesn't work well to control symptoms and/or dyskinesia (uncontrolled, involuntary movements). Previously, DBS was offered to people who had Parkinson's for at least five years, so this therapy now will be available at an earlier point in the disease. Click here for more DBS
- **Legal Issues** — Legal Issues: Planning Ahead When You are Living with Parkinson's. Click on this link [Legal Issues](#)

## March 2016 - “FREE” classes for YOU!

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 11a Seton Chair Yoga 1:30p Dancing with Parkinson's	<b>2</b> 9a PD chair yoga	<b>3</b> 9:30a Tai Chi 1:30p Round Rock Fitness with PD	<b>4</b> 10a Tai Chi for PD	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> 11a Seton Chair Yoga 1:30p Dancing with Parkinson's	<b>9</b> 9a PD chair yoga	<b>10</b> 9:30a Tai Chi 1:30p Round Rock 2p Caregiver's meeting & 2p “Solo's” meeting	<b>11</b> 10a Tai Chi for PD	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> 11a Seton Chair Yoga 1:30p Dancing with Parkinson's	<b>16</b> 9a PD chair yoga	<b>17</b> 9:30a Tai Chi 1:30p Round Rock Fitness with PD	<b>18</b> 10a Tai Chi for PD	<b>19</b> 2p CAPS (Austin PD Group)
<b>20</b>	<b>21</b>	<b>22</b> 11a Seton Chair Yoga 1:30p Dancing with Parkinson's	<b>23</b> 9a PD chair yoga	<b>24</b> 9:30a Tai Chi 1:30p Round Rock Fitness with PD <b>2p Georgetown PD Support mtg.</b>	<b>25</b> 10a Tai Chi for PD  Good Friday	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> 11a Seton Chair Yoga 1:30p Dancing with Parkinson's	<b>30</b> 9a PD chair yoga	<b>31</b> 9:30a Tai Chi 1:30p Round Rock Fitness with PD 130p Round Rock Fitness with PD		

Tuesdays - 11a Cardiac Chair Yoga at Seton Williamson County Hospital, Learning Center - call Dawn at 512-619-8280  
 Tuesdays - 1:30p Dancing with Parkinson's at Georgetown Palace Theatre, Education Building - call Nancy at 512-940-0148  
 Wednesdays - 9a PD Chair Yoga at 2423 Williams Dr, Georgetown - call Ki 512-876-0071  
 Thursdays - 9:30a Tai Chi at 2423 Williams Dr. Georgetown - call Diane Ricklefsen at 512-863-9293 - cost \$5 per class!  
 Thursdays - 1:30p Round Rock Fitness with PD at 2111 Sam Bass Road, Round Rock - call Power for Parkinson's 512-750-8091  
 Fridays - 10a Tai Chi for PD at Belton First Baptist Church, 506 N. Main Street, Belton, TX - call Melissa 254-724-5679