

# PSGTC Newsletter

November ~ December 2011

Ann Milam, Editor

## What To Do With Unused Meds

Expired drugs are dangerous to leave sitting around but shouldn't be thrown in the trash or flushed down the toilet, either, because they can contaminate landfills and groundwater. Now you can dispose of them properly through the Safe Medication Disposal Program. Simply get a specially designed envelope at pharmacies, such as Walgreen, Kroger, etc and mail your drugs in. Since its launch last fall, the program has collected more than 61 tons of medication.

During bad weather, Exercise or other meetings may be cancelled. Call the help line (817/275-1909) if you are in question about a particular day's meeting. Be sure to check our Website at: [www.psgtc.org](http://www.psgtc.org).

**Our Meetings are held at:**  
**Broadway Baptist Church**  
**305 W. Broadway, RM 302**  
**Fort Worth, Texas 76104**

**November 28, 2011 at 1:30pm** Our member and Physical Therapist Cindy Nolan will present a program on balance and preventing falls. Cindy is an excellent therapist and has worked faithfully with the Parkinson community. She is certified in the LSVT-BIG method which deals with specific needs of Parkinson patients. We are very fortunate that she can make the time to come and talk with us and help us live a better, safer life. Cindy works at All Saints Baylor in their Movement Disorder Therapy Dept.

**December 19, 2011 11:30am** Will be our annual Christmas Luncheon. Meats will be provided by our Support Group. Please bring a covered dish to share with the group. This is always a great way to get the Holiday off to a good start.

## *Exercise*

*The exercise group meets at 10:30am every Monday, Wednesday and Friday in room 206 at Broadway Baptist Church. Remember the single most important thing you can do for your Parkinson's Disease, is to **exercise**. It is so true that if you don't use it, you will lose it.*

*The group is led by Bob Belisle or Vicky Stringer who do a really good job of helping you stretch and strengthen those muscles that try to stop working when you have Parkinson's Disease. Come join in on the fun in the exercise groups.*

**Exercise class will NOT be held Nov. 25, the day after Thanksgiving. Also, class will not be held the week between Christmas and New Year. They will start back on January 2, 2012.**

A couple of gentlemen from NW Tarrant County Ballet visited during the September meeting and announced that they are traveling to New York to train with a very well known dancer there to teach Dance for Parkinson's. Rhythmic movement is excellent for Parkinsonism and we are hoping to see some good developments for our group. The Dallas Area Parkinson support group already has a dance program and it has been received and attended well.

**The contents or opinions expressed in this Newsletter are those of individual writers and do not constitute an endorsement or approval by Parkinson's Support Group of Tarrant County.**

## One Giant Step for Our Support Group, One Small Step for Each Member

**Don't ask what the group can do for you,  
unless you are willing to see what you can  
do for your group**

We truly have a great group of members in our Parkinson's Support Group of Tarrant County. We have grown over the years and have evolved into an active group of people who help each other and learn from each other all the time.

Our elected officers take care of the general business of our group. We have several committees who donate their time and talents to see that we can continue to grow and learn about this demon we all fight everyday, Parkinson's Disease. We need more participation from ALL who are able to donate a small amount of time and/or energy. Everyone is a volunteer and no one person can do it alone. We need YOUR help.

There are currently a couple of positions opening up, and I know one would fit you like a glove. Come-on everyone. PARTICIPATE for the good of all. When more members take part, it is less burden on the few who already do their part, and sometimes more than their part.

We need immediate help from the members for our Hospitality Committee. It is a very simple job. You would be responsible for bringing the box of paper plates and table ware to the meetings, and once a year, you arrange for a catered meal for the Caregivers. We need a whole committee. About 3-4 people who would be willing to share this simple responsibility.



*Daylight Savings Time Ends*

Remember to turn your clocks BACK November 6

### Caregivers

Meetings are held next to the exercise room on the 2nd and 4th Friday of the month. At 10:30am. You will get great Caregiver support at these meetings which are very informal and we discuss a plethora of subjects. From medications to medical aids, to anything that will assist us in caring for our PWP. We welcome your participation in this group.

### Caringbridge.org

Bruce Dougherty, has brought a web site to our attention. This is a FREE site which can be used to keep ones friends and relatives updated on the current condition of a loved one. He shared that he first became familiar with the site when he received a message telling that a friends granddaughter had fallen on her head from a 3rd floor balcony onto concrete. Bruce would log onto the web site ([www.CaringBridge.org](http://www.CaringBridge.org)) and read the frequent updates concerning her condition. Doug Day says that it is used a lot by people at the hospital to keep friends and family aware of a sick members condition. The family doesn't have to spend time returning or receiving phone calls from concerned friends. What a help this tool can be to us as we care for our loved ones.

Keep this website saved on your favorites!

### Hospitalized Members

We have had several members dealing with illness other than Parkinson's Disease .

Ann and Bob Pace are at Sunrise Assisted Living, 6151 Bryant-Irvin Road, Room 208, Fort Worth 76132. They can be reached by phone at the number listed in our current directory

Bob Belisle is at Texas Rehab Hospital, 425 Alabama Ave., Room 116, in Fort Worth, very near Harris Hospital downtown. He has a phone in his room - it is 817-820-3400.

We wish all our members who have been ill, a smooth and speedy recovery.

### Memorial

A Memorial for the parents of Mark Collier has been received from Michael Hairgrove. As many of you know, Both of Mark's parents passed away this past summer. I think it was within 10 days of each other. Our thoughts and prayers for Mark and Cathy as they make this adjustment in their lives.

# NOVEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## November

### Schedule of Events

- Monday, Wednesday and Friday Exercise at 10:30, Room 206 of Broadway Baptist Church. (*Friday after Thanksgiving there will be no Exercise class held*)
- Second and Forth Friday– Caregivers Meeting at 10:30 in the room adjoining Room 206 .
- NOV, 28, PSGTC Meeting at 1:30 pm in the Third Floor Meeting Room



# DECEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## December

### Schedule of Events

- Every Monday, Wednesday and Friday Exercise at 10:30, Room 206 of Broadway Baptist Church
- ♦ Second and Forth Friday– Caregivers Meeting at 10:30 in the room adjoining Room 206 .
- Monday, December 19, Parkinson's Support Group Christmas Luncheon in the 3rd floor meeting room
- *No Exercise or Caregivers meetings the week between Christmas and New Years.*