

PSGTC NEWSLETTER

November/December 2010

Ann Milam, Editor annmilam@sbcglobal.net

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2010 will soon be gone. Don't forget that December is the last month this year in which you can make a Tax Deductible donation to the Parkinson's Support Group of Tarrant County for income tax purposes.

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Take this Barcode with you when you visit a Kroger store in our area. Our group gets a percentage of your purchases from Kroger. Inform the cashier that you would like your Kroger card to include this donation Barcode.

PARKINSON SUPPORT GROUP OF TARRANT COUNTY



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For Support Group information call our Help Line at

(817) 275-1909

During bad weather, Exercise meetings and/or Caregivers meetings may be cancelled. Call the help line if you are in question about a particular day's meeting.

Be sure to visit our

Website at : www.psgtc.org

Message from the President

What a great turnout we had for our September welcome back luncheon! With Thanksgiving and Christmas upon us, we will be challenged to find time to keep up our physical and mental exercises, but I know we are up to it. Wishing everyone a blessed Thanksgiving and Merry Christmas.

Helen



November 15, 2010 Meeting

1:30 pm

Broadway Baptist Church
305 W Broadway, RM 302
Fort Worth, TX 76104

We will have a program on the changes that will be taking place the first of next year with Medicare. We will have Dom Fernandez speak on general Medicare updates and Carmen Irwin will cover the new DMEPOS Competitive Bidding program that will be affecting our members beginning January 1, 2011. Snacks will be provided by **Agape Home Care**.

December 13, 2010 Meeting

Luncheon at 11:30, please bring a covered dish to share. Our guest speaker will be columnist Dave Lieber, who writes a regular column for Fort Worth Star Telegram. I am sure every one will enjoy this extremely entertaining speaker.

Splish ~ Splash

Baylor All Saints Medical

Center, Fort Worth and the North Texas Chapter of the American Parkinson's Disease Foundation are proud to announce the Parkinson's Disease Water Exercise Class to be held each Tuesday from 2 to 2:45 pm at the Carter Rehabilitation and Fitness Center, located behind Baylor All Saints Hospital on 8th Avenue, Fort Worth. Call as soon as possible 817/922-2033 for information on registering for this great exercise class. It may take a little while to get your paperwork in and approved. Membership Applications and a Physician Clearance will be required. There will be no cost for the class.

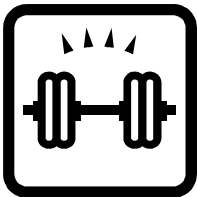
Exercising in the water is great because the water supports you and gives you resistance while you exercise those muscles.

EXERCISE FOR BETTER LIVING

Submitted by Ryan Barfoot



The exercise group meets every Monday, Wednesday and Friday in room 206 at Broadway Baptist Church. Come join the fun.



Go BIG or go home could be the idea behind a study released this year involving patients with Parkinson's disease who performed "Big" exaggerated-movement exercises and showed marked reductions in many symptoms, which suggests to researchers a degree of neuroprotection gained by these activities. Guess what? These activities and exercises are actually fun! And best yet, After 12 weeks, the 20 patients showed an average 58% reduction in Parkinson's related motor impairment, as scored on the Unified Parkinson's Disease Rating Scale (UPDRS), according to Maria Alvarez, MD, of Wilford Hall Medical Center at Lackland AFB in San Antonio. The exercises encourage those to take "great big" steps and swing their arms forcefully to help them counteract the gait patterns closely associated with Parkinson's. "These particular exercises were also chosen because they would be fun," Alvarez said. Compliance with exercise regimens is a well known problem in most settings, though surprisingly after 12 weeks of research, the dropout rate of the program was **zero** suggesting that the program was well received. Knowing that a Nintendo Wii was used as part of the program, it's easy to understand why the participants were so inclined to stick with it. The Wii, a videogame console which requires movements of the entire body to control players within its games, seem to hold their attention and encouraged them to move with vigor and intent.

The exercise sessions were 45 minutes long, three days a week, just like the classes our group holds at Broadway Baptist Church in Fort Worth. At the Parkinson's Support Group of Tarrant County, it has been our goal to provide an exercise program designed to encourage, enlighten, and invigorate. Research like this, furthers our practice of exercise in the "Think Big" way. For more information on the exercise program visit our group's website, www.psgtc.org, or call Ryan Barfoot at 817 266-6265.

Recent weeks have produced new faces in our exercise groups. Thank you for giving us a try and we hope you found the visit helpful and fun and will return to be a regular at these meetings. We all need to keep moving for better health.

Choosing the Right Doctor

Reprinted from the PDF News & Review, Fall 2006 © 2006 Parkinson's Disease Foundation

If you have or believe you have Parkinson's disease, then promptly consult a physician and follow your physician's advice. This publication is not a substitute for a physician's diagnosis of Parkinson's disease or for a physician's prescription of drugs, treatment or operations for Parkinson's disease.

I was 44 years old when I first noticed a slight tremor in my left pinky. My internist attributed it to my being "a middle-aged woman about to become an empty nester." Why then, I wondered, in the immortal words of Jerry Lee Lewis, didn't I see "a whole lot more shakin' goin' on" among my friends? A few months later, with my tremor worsening, I went to a general neurologist for a second opinion. His diagnosis – based on my age – was essential tremor. He obviously had not read his office copy of *People* magazine featuring Michael J. Fox's "coming out" story on the cover (cont pg 3)

Caregivers Corner

Bill of Rights for the PD care partner

As the care partner for someone with PD, you perform an incredibly valuable and loving service. Anyone willing to put his life on hold in order to make the life of another better deserves the respect and appreciation of everyone involved. Just in case you have days when you feel as if that respect is not forthcoming (and you will have such days), make a copy of the following Bill of Rights for care partners, carry it with you, and take it out now and then to read through.

I have the right

- To take proper care of myself because doing so will make me a better care partner for the PWP
- To seek the help and support of others and to have the PWP accept that such support is necessary
- To maintain certain facets of my life beyond the PWP, just as I would have if that person didn't have PD
- To occasionally (and humanely) express anger, sadness, and other difficult feelings
- To reject any attempt by others (including the PWP) to manipulate me (either consciously or unconsciously) through guilt
- To receive respect, appreciation, and acceptance for the support and care I provide, knowing that I am giving it my best possible effort.
- To take pride in my efforts and to recognize the courage and sacrifice required to provide that support and care
- To protect my individuality and my right to make a life for myself beyond the support and care the PWP needs.
- To expect and demand that, even as new strides are made toward the treatment and cure of PD, similar strides be made toward aiding and caring for those of us who partner in care.



Caregiver 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. The meetings 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.

Choosing the Right Doctor (cont from page 3)

(after all, Michael was only 30 when he was diagnosed!).

My extensive online research had already convinced me I had Parkinson's, and I set out to find the right doctor to guide me on what I knew would be a long, difficult journey. I needed someone with a good bedside manner who was on top of the latest research and treatment strategies. Not knowing where else to turn, I called PDF for a referral. What I got was "a match made in heaven."

Research says that the better the relationships patients have with their doctors, the more likely they are to follow their treatment plans and improve their health and/or quality of life. In this column, I address several ways to find the right doctor for you.

MDS or general neurologist?

While there is yet no cure for Parkinson's, there is a growing line-up of medications that provide significant, long-term symptomatic relief. The challenge for doctors and patients is to decide together when to introduce which PD medications and, as the disease progresses, how to adjust the combination and doses of treatments to optimally control PD symptoms and to minimize side effects.

(cont. pg 4)

Choosing the Right Doctor

(cont from page 3)

This is where movement disorder specialists (MDS) – neurologists who have additional training in this subspecialty, which includes Parkinson’s – have an advantage over general neurologists.

Because they treat a greater number of patients with Parkinson’s, MDS tend to be more experienced in diagnosis and treatment than do most general neurologists or internists. Often connected to major medical institutions, they also may be involved in research and/or teaching, which keeps them up to date with clinical trial opportunities for which their patients may be eligible.

Although you may have to travel farther to find a MDS, most people with Parkinson’s say it is worth it – especially because you usually need to make the trip only two or three times a year. Your general neurologist can continue to take care of your overall healthcare needs, and consult by phone, fax or mail with your MDS as necessary.

Finding your doctor

I have found through experience that there are several ways to find a doctor with a good reputation to treat your Parkinson’s. First, ask friends, family and co-workers for referrals. Second, attend educational sessions and support groups for people with Parkinson’s and their families, and ask for recommendations.

Another approach is to go to the experts, by telephone or online. Several of the national Parkinson’s organizations maintain lists of specialists. Start by calling PDF (800) 457-6676; the American Parkinson Disease Association (800) 223-2732; or the National Parkinson Foundation (800) 327-4545.

Be sure to check which physicians are in your health insurance network and whether they accept Medicare.

And, lastly, contact your state department of insurance to see if the doctors whom you are considering have any complaints filed against them.

The Initial meeting

Review the referrals that you have obtained and the information you have collected about each doctor. Schedule an exam with your top choice and prepare written questions to bring to your appointment.

Whatever may be the diagnosis of the first doctor, you may want to seek a second opinion. A good doctor will never be offended by this, and may even provide you with a referral. And if you like this first doctor, you can return to him or her to continue treatment after obtaining a second opinion. (Confirm that the second-opinion visit is covered by your insurance.)

On BrainTalk, an online support group for people with Parkinson’s, a man named Todd made an astute observation: “You either have a good relationship with your doctor or you don’t. You have to trust your physician and feel like they respect you as a person and a patient.”

Sheryl Jedlinski is a self-employed writer and desktop publisher. She is the Communication Coordinator for the Parkinson Pipeline Project. Sheryl is married, has two adult sons and lives in Palatine, IL.

NOVEMBER 2010

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				

No exercise or caregiver meeting the week of November 22 through 26 due to Thanksgiving.



DECEMBER 2010

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	

There will be no exercise or caregivers meetings from Dec 19 until Jan 3, 2011

November

Schedule of Events

- Monday, Wednesday and Friday Exercise at 1030, Room 206 of Broadway Baptist Church
- Second and Forth Friday— Caregivers Meeting at 10:30 in room adjoined by Room 206
- Nov. 15, at 1:30—Meeting 3rd Floor Meeting Room

December

Schedule of Events

- Monday, Wednesday and Friday Exercise at 1030, Room 206 of Broadway Baptist Church
- Second and Forth Friday— Caregivers Meeting at 10:30 in room adjoined by Room 206
- December 13 ~ Christmas Luncheon Please bring a covered dish to share.

MERRY CHRISTMAS

Meetings are held at:
Broadway Baptist Church
305 W. Broadway, Room 302
Fort. Worth, TX 76104
For info about our group call:
Help Line (817) 275-1909
Website: www.psgtc.org

PARKINSON'S SUPPORT GROUP
OF TARRANT COUNTY
P. O. Box 939
HURST, TX 76053

Web Address: www.psgtc.org

**PARKINSON'S SUPPORT GROUP OF TARRANT COUNTY
MEMBERSHIP APPLICATION AND RENEWAL FORM**

Date _____
Name of Parkinson Patient _____
Name of Spouse/Family Member/Other _____
Address _____

Home Phone _____ Cell Phone _____
e-mail _____
Preferred Type of Membership: _____ Family (patient and partner (\$20.00 per year)
_____ Professional (\$30.00 per year)
_____ Lifetime(\$200.00)

Make check payable to PARKINSON'S SUPPORT GROUP OF TARRANT COUNTY (or PSGTC)

Mail to: Merry Ann Bench, P. O. Box 939, Hurst, TX 76053