

PARKINSON'S NEWS

September-October 2009

PARKINSON'S SUPPORT GROUP OF TARRANT COUNTY

Editor: Ann Milam



Word from the President

by Helen Robertson

Welcome back to another year of the Parkinson Support Group of Tarrant County. These are the new officers, board members and committee members for 2009-2010 who have generously donated their time to help this organization function. There are some committees that need assistants or programs that need occasional helpers or people to do jobs by phone/computer at home. Please call me at 817/282-6335, or the PSGTC [phone 817/275-1909. Remember, there is no paid staff and we only are able to accomplish our goals when all members participate.

Officers

Helen-President

Doug Day- Vice President

Ann Pace-Treasurer

Joy Leach-Secretary

New Board Members

Bruce Dougherty

Julia Hicks

K. T. Wolf

Meetings Scheduled

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

September 28, 2009

Our first meeting is September 28th at 11:30am and is a Salad and Dessert luncheon. Bring your favorite salad or dessert, drinks will be provided.

Our speaker will be **Madhavi Thomas, M.D., Medical Director of the Movement Disorder Center, Baylor-Dallas and Baylor-All Saints Hospital-Fort Worth**, Her topic will be "UPDATE ON TREATMENT OF PARKINSON'S DISEASE."

(Note: Board of Directors will meet prior to the luncheon at 10:am.)



October 26, 2009

The October meeting on October 26, 2009 will be at 1:30pm and our speaker will be a guest from Livens Law Firm who will present a program on Advance Directives and Wells Fargo will have a presentation on Reverse Mortgages.

Refreshments will be provided by Wells Fargo.



For Support Group information call our Help Line at (817) 275-1909

Equipment Available

Elsie Wilson has a 2001 Silver Chrysler Town & Country Ramp Van. Can be used with manual or electric wheel chair or scooter in driver's or passenger's side. Less than 38K, in good condition. You can call Elsie at (817) 275-1909 for more information.

Sick Members

The following members were reported sick this summer. Our prayers for each ones recovery.

Ruth Baker has been in the hospital.

John Robertson surgery July29

Joy Leach, our secretary, had two surgeries this summer and is recovering at home. She will have chemotherapy as soon as she is sufficiently recovered from surgery.

Announcement

We are currently collecting e-mail addresses from members for our directory. We hope to be able to put our newsletter "online" for those with internet capabilities, thus reducing the cost of printing and mailing newsletters. (We will still mail newsletters to those who prefer it that way.) **When you pay your 2009 dues please send the coupon on the back of this newsletter, with e-mail address filled out so we can record your e-mail address in our records.**

Annual Dues

The Dues structure was changed by a majority of vote at the March meeting. Dues are now as follows:

- A. Individual and Family (patient and partner) annual Dues.....\$20.00
- B. Professional Member annual Dues \$30.00
- C. Life Member one time Dues \$200.00

Your Dues Provide:

- Building usage-Annual donation to Broadway Baptist Church
- Parkinson Phone Help Line
- Equipment for Exercise Classes
- Hospitality - Refreshment Supplies and Caregivers Luncheon
- Newsletter printing and postage
- Publicity - Brochure Cost
- Sunshine Fund for Cards, plaques and postage
- Research-Annual donation to National Parkinson Alliance Research Fund
- Entertainment
- Development of Website

Your dues are due April each year, please pay them timely so we can do more.
Thanks to all who have already paid.

Welcome—New Members:

- James and Patricia Shelton
- Robert (Bob) Rogers and his wife Carol
- Gracia Childers, Professional member and Voice Therapist
- Jack and Paulette Arsenault

Q. If a dog loses his tail, where can he get a new one?

A. In a retail store!

.....

Dieting is wishful *shrinking!*



Exercise Class by Bob Belisle

We have continued to exercise during the summer months and have had pretty good attendance.

The exercise group meets Monday, Wednesday and Friday at 10:30am for an hour of good flex and strength training. It is so important for us folks with Parkinson's Disease to exercise to keep our joints flexible and our muscles strong. We meet on the 2nd floor of the Broadway Baptist Church. Please consider joining us for this time of fun and beneficial exercise.

No exercise on Monday, September 7 due to the Labor Day Holiday



Caregivers Corner

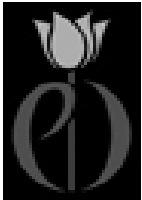
Loretta Belisle and Martha Jane Saxon.

A paperback book is out titled "Parkinson's Disease for Dummies" by Michael Tagliati. It can be purchase or ordered at any bookstore. The price is approximately \$20.00. This book is full of information from managing your medicine, exercising, meals, caregivers, truly an amazing book for all of us to have by our sides. Easy to understand and very helpful to the PWP as well as their caregivers.

The caregivers meet on the 2nd and 4th Friday of each month. We meet at 10:30, the same time as the Parkinsonians are exercising in the adjoining room. It is an excellent time to gather with other caregivers and share experiences and helpful tips. We welcome all caregivers to join us, whether your patient is able to exercise with the group or not. It is an informal meeting. Please join us.



Tulip Pin



The Board of Directors (BOD) voted at their June meeting to give a Tulip Pin to all new Parkinsonians member that join after the June 2009 meeting; all other members can purchase the pin for \$3.00 each. The Tulip Pin is a symbol for all people with Parkinson's Disease. The Red Tulip, with its leaves spelling "PD" is a unifying symbol for PD awareness in the U. S. If you would like one, Please see BOD member Jack King.

Summer Vacations

John and Helen Robertson went to Lake Palestine, Texas where they spent a week with family in a very nice condo.

Elsie Wilson took "my dream cruise" to Alaska. Elsie, I have got to hear all about it.

Loretta and Bob BeLisle went to Palo Duro Canyon, Texas and the surrounding areas.

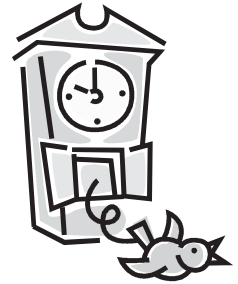
Paul and Mary Neede went to Indiana to pick their daughter up at college, and after a summer with her at their home they took her back. What a nice trip that was with that sweet daughter.

Doug and Sally Day took a tour through New Mexico, and

Shirley Hollars spent six weeks in COOL Colorado! Aren't we jealous they missed our hot weather!!

Do You have a hobby?

Some of our members have very interesting hobbies...ranging from cutting crosses from wood or making jewelry from beautiful wood pieces to painting, or like our member Jerry Hicks who collects particular items.



Jerry's hobby is collecting clocks. He started collecting clocks shortly before he retired. You just can't imagine the beautiful collection he showed me in his photo albums. Notice I said ALBUMS. He has about 850 clocks. From modern times back to the early 1800's. Small and large. He works on the clocks, and collects them from just about everywhere. He has clocks from all over the world. He loves to talk about his collection, and can tell you some history of most of his pieces, so ask him sometime. He is particularly interested in finding clocks that have wooden workings in them, but said that they are hard to find. You name it, he probably has at least one in his collection.

SHOP KROGER TO HELP PSGTC

Take the barcode below with you to Kroger and have the cashier scan it before your Kroger Plus Card is scanned. Whenever you shop Kroger, a percentage of what you pay will go to Parkinson's Support Group of Tarrant County.

PARKINSON SUPPORT GROUP OF TARRANT COUNTY



WEB SITE

As stated in this newsletter, we are collecting email addresses from our members who like to communicate in that manner. A huge extension of this is that we are working with a Web Designer to develop our own Web Site. It is almost ready to publish and we hope all of you will enjoy using our web site to follow developments in research of Parkinson's Disease, as well as the happenings of our own Parkinson's Support Group of Tarrant County. If you would like to visit the site (even though it is not finished) you may do so by going to www.psgtc.org. So, bookmark that site so you can visit it often and check on our progress. This is an extremely exciting development in our group for all of you who have access to the internet.

Obituary

Our sympathy to the families of Charles Johnson and Granville Hott.

Charles Johnson passed away April 28 and Otis Granville Hott on August 4, 2009.

Charles Johnson is the husband of Dora, and Otis Granville Hott is the husband of Joy and brother of Elsie Wilson.

SEPTEMBER 2009

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			

Schedule of Events

Monday, Wednesday and Friday —

Exercise class at 10:30am –
Second Floor of Broadway Baptist
Church.

Monday, 9/7/09 is Labor Day—

Exercise class will **NOT** be held.

Sept. 11 and 25– Caregivers Meeting
at 10:30am. Second Floor of Broadway
Baptist Church.

Sept. 28 at 1:30, room 305 of Broad-
way Baptist Church. Salad and Des-
sert Luncheon. Speaker– Dr. Madhavi
Thomas, MD

Some Parkinson Terms

Bradykinesia: Word meaning slowness of movement (derived from the Greek *brady*, meaning slow, and *kinesia*, meaning movement) a cardinal sign of Parkinson's disease.

Dopamine: Substance derived from DOPA in certain nerve cells. Dopamine functions in the nervous system as a chemical messenger transmitting impulses from one nerve cell to the next. It is deficient in Parkinson's disease.

Dyskinesia: A general term meaning an abnormal involuntary movement.

Dystonia: A type of involuntary movement, which is slow, twisting, and associated with forceful muscle contractions and spasms. The painful end-of-dose foot cramp is a common example.

Festination: Walking in rapid, short, shuffling steps (from Latin *festinare*, to hasten).

Lateropulsion: An involuntary stepping or staggering to one side; it occurs as a symptom of inflammation of the inner ear and also of Parkinson's disease.

Levodopa: The international generic name for the medicinal formulation of L-DOPA (L being short for *laevo*, Latin prefix meaning left). The full chemical name is L-3,4-dihydroxyphenylalanine.

On-Off effect: Descriptive term used to refer to sudden changes in the clinical state of Parkinson patients on Levodopa therapy.

Micrographia: The small handwriting characteristic of many Parkinson patients.

Parkinson's disease: That form of parkinsonism originally described by James Parkinson: a chronic, slowly progressive disease of the nervous system characterized clinically by the combination of tremor, rigidity, bradykinesia, and stopped posture, and pathologically by loss of the pigmented nerve cells of the substantia nigra and the presence of Lewy Bodies within the effected nerve cells.