



# PSGTC NEWSLETTER

January / February 2011

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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



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](http://www.psgtc.org)



## Message from the President



Happy New Year and wishing everyone better health and happiness in this new year. Valentine's Day is also coming up and we don't have to wait until a special day to tell other we love and appreciate them, - do it all year round. A special thank you to those who dedicate their time to help the PSGTC operate; from the officers, board members and those who are responsible for phone calls, library, sunshine, exercise, speakers, publicity, newsletter, etc. And we thank our speakers and entertainers who come to the group and meetings and contribute their presence and share information with our families and guests.

Helen Robertson

Meetings are held at:

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

**January 24th, 2011 1:30 pm** - This will be the meeting everyone really enjoys and learns from. We will divide into 2 groups. One for the Parkinson patient, and the other for the Caregiver. We share whatever we have found to be helpful in dealing with Parkinson's Disease. Be sure to come and bring a note pad, there will be hints you never thought of, and you will want to remember them for future use.

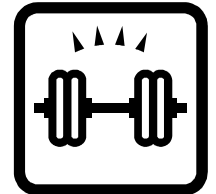
***(There will be a BOD meeting at 12:30 prior to the regular meeting.)***

**February 28th, 2011 1:30 pm** - We will have a representative from the North Texas Chapter of the American Parkinson's Disease Association who will talk about some of the programs in which other areas are involved and they may propose programs for our group to consider..

**Refreshments will be served at both meetings.**

### *Exercise*

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



*Come join the fun.*

## **Splish~ Splash**

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. **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.



We mourn the loss of members: Doctor Gustauf Braun, Claris Warner and Charles Childs . Mr. Childs was cremated and there will be a memorial service January 14th. We extend our condolences to their families.

Parkinson patients may notice a change in food preferences. If you desire more sweets, the following is a humorous "diet" you may enjoy.

#### ***WHY CHOCOLATE CAN BE A PART OF YOUR DIET***

A box of chocolates can provide your total dietary calories. Remember a balanced diet is important, so eat equal amounts of white and dark chocolate.

Chocolate is derived from the cacao bean. Beans are vegetables.

Chocolate candy contains milk, which is dairy.

Chocolate covered raisins, cherries, orange slices, & strawberries count as fruits, so you can eat as many as you want! Fruit is good for you.

If you are concerned that all this might affect your weight, here is a diet tip: eat a chocolate bar before each meal to cut your appetite and you'll eat less!

If you're concerned about the way you look, don't worry because chocolate has preservatives, and preservatives make you look younger!

Adapted from a HAPS (Houston Area Parkinson Society) printing.

## Caregivers Corner

### Advice from Other Caregivers

Article by Zanda Hilger, AAA in the Mature Texas Magazine.

Often the most important ideas for dealing with the challenges of care giving come from other caregivers. Here is a list of the top 20 ideas from family and professional caregivers, educators, and support group facilitators from their own experiences and that of others with whom they work.

1. Involve the care receiver in decisions unless that person is incapable of doing so. No one likes to be told what to do even if your intentions are to be helpful.
2. Recognize that their independence is probably being diminished and they are experiencing a sense of loss of independence and identity.
3. Think of how you would feel if the roles were reversed.
4. Patience, patience, patience....
5. Be prepared. Keep documentation up to date: doctor's names and medications, medical/legal directives, lists of financial records/accounts.
6. Communicate with friends, family and others and ask for help to help meet care receiver needs and what you need.
7. Take care of yourself! It is difficult to help someone else if your health (mental and physical) is suffering.
8. Take care of your self~ that means proper diet, exercise, rest and diversion.
9. If you don't take care of yourself, you can't begin to take care of someone else.
10. Educate yourself. Find your resources and use them: 2-1-1, contact Area Agency on Aging or Meals on Wheels, go online to websites such as [www.familycaregiversonline.net](http://www.familycaregiversonline.net)
11. Don't try to do it all~ enlist whatever help you can.
12. Obtain help from someone: family, friend, church or synagogue, to give you relief for at least several hours during the week, OR if you can afford it, hire someone to come in. Ask about the Respite at the local Area Agency of Aging.
13. Make some ME time.
14. Make a life for yourself~ either continue working full or part time or have regular volunteer and community activities.
15. Maintain or improve spiritual practices and physical health.
16. Take time for fun, friendships and learning every day.
17. Maintain a list of things for which you can be thankful
18. Build the relationships. Communicating openly between family members ~ caregivers, elders, siblings, as much and as well as possible, will make everything else easier.
19. Share. Share your feelings, your experiences and ideas, resources you've discovered.
20. Know that you are not alone.



**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.**



## Freezing in Parkinson's Disease

About one third of people with Parkinson's disease experience freezing episodes. *Freezing* episodes are sudden, short, transient blocks of movement that occur primarily with initiating walking, turning, navigating through narrow spaces or approaching obstacles. Freezing can last just a few seconds or up to several minutes. Freezing can limit household and community mobility, increase risk of falling and contributes to reduced socialization and quality of life.

### Ten Tips to put the Freeze on Freezing!

1. Try another movement – raise an arm, touch your head, point to the ceiling; then re-start
2. Change direction: if you can't move forward, try stepping sideways and then go forward
3. Carry a laser pointer in your pocket; when you freeze – shine the laser in front of your foot and step on the light – this cue can help you re-start.
4. Visualize an object on the ground in front of you and try to step over it.
5. Wear a metronome on your belt or carry a small one in your pocket – turn it on and the external beat can help you re-start.
6. Try humming a song and time your re-start with the beat of the music
7. Count “1-2-3-go” and then step forward
8. Weight shift side to side to help initiate taking a step
9. March in place a few times and then step forward
10. Don't fight the freeze by trying harder to step forward – shift your attention from moving the legs to moving the arms – then resume walking forward.



# JANUARY 2011

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## January

### Schedule of Events

- Monday, Wednesday and Friday Exercise at 10:30, Room 206 of Broadway Baptist Church
- Second and Fourth Friday ~ Caregivers Meeting at 10:30 in room adjoined by Room 206
- January 25~Membership Meeting at 1:30 in the 3rd Floor Meeting Room

# FEBRUARY 2011



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## February

### Schedule of Events

- Monday, Wednesday and Friday Exercise at 1030, Room 206 of Broadway Baptist Church
- Second and Fourth Friday ~ Caregivers Meeting at 10:30 in room adjoined by Room 206
- February 28 ~ Membership Meeting at 1:30 in the 3rd Floor Meeting Room



