

PARKINSON'S NEWS

March-April 2009

PARKINSON'S SUPPORT GROUP OF TARRANT COUNTY

Editor: Ann Milam

Word from the President

by Helen Robertson



Spring is coming and the end of Winter is near. It is a time of growth, renewal, and new life. So get out, take a walk and shake off those winter blahs, and explore the outside activities your community has to offer. It's also an ideal time for change and setting new priorities, perhaps reassessing your exercise routine or just taking time to unwind both mentally and physically.

Our January meeting was changed to a Parky and Caregivers meeting. Thanks to Elsie Wilson and Marlene Bass for facilitating each group to talk about experiences and how to support each other. New members especially appreciate these meetings and all the helpful information.

February meeting-Bob Belisle talked on the benefits of exercise and Jack King gave valuable information about various Parkinson's organizations and what they do, as well as websites that are resources for helping any of us understand this disease. Thanks also to Mary Jo Pleva, a Geriatric Care Manager, who spoke to us on how a professional geriatric care manager can assist families caring for older relatives.

A special thanks to Ann Milam for getting our new membership books assembled and printed. They will be issued upon payment of dues. **Your 2009 dues are due APRIL 1.** Please complete the renewal form on the back of the newsletter and either mail it in or turn in to Merry Ann Bench with your dues at the meeting.

Special thanks to six Bell Helicopter employees who were co-workers with Jim Garrison. These generous souls donated \$694.67 to our Support Group. Thanks to all who have given memorials to our Support group in honor of our deceased members or other who passed away with Parkinson's. These memorial gifts enable PSG to keep a balanced budget.

March 23, 2009 Meeting 11:30pm

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

This will be our annual Caregivers Luncheon.

Please come celebrate at a luncheon held in your honor. Our annual luncheon is a small but heartfelt way to thank you for all you do. We will have a Hawaiian style lunch this year, and the menu sounds really good. The cost for this catered meal is \$8.50 per person. (Caregivers are free)

For reservations call Ann Pace at 817/292-1644 by March 16th.



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

Proposed By-Law Changes

The Board of Directors met February 23, 2009 and recommended the following amendment to the By-Laws. This proposed amendment will be voted on at the March 23, 2009 meeting, and will be effective March 31, 2009

PROPOSED CHANGES TO THE PARKINSON SUPPORT GROUP OF TARRANT COUNTY BY-LAWS

Article 4. Section 2: NEW: Membership shall be classified as follows:

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

Member News



Charles Johnson has been in the hospital several months. We want to remember him and his wife, Dora, in our prayers.

John Robertson is recovering from a stroke and is now able to attend our meetings and exercise group.

Announcement

During the year of 2009, we will be 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.**



April 27, 2009 Meeting 1:30am

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

Our speaker, Jane Oderburg, will present a program on Community Resources

I am sure there is much in the community that would be of help to us. Bring your questions and we will learn what is available for us in our community.

Tulip Pin



You may have seen members wearing a special "Tulip Pin" at a recent meeting; These pins are a symbol for all people with Parkinson's Disease, and are worn to promote awareness of this disease. It is a red Tulip and the green leaves are shaped into a "PD" to represent Parkinson's Disease. A limited number were purchased for \$3.00 a piece and immediately sold. So in order to obtain more at least 25 need to be ordered. There is a sheet at the sign-in table and if you are interested, please add your name to the list. No payment is due until the pins are received.

Question of the Month:

We have all heard that we should not flush away our old prescription medications, because of the effect such disposal can have on our water system. We don't want to fill our land fill with medications that can leach into the environment either, so, what to do with old prescription medications.

Q. Do pharmacies have a drug disposal program, i.e., can they take our old prescriptions and properly dispose of them?

A. Yes, but not all participate. Walgreens is one who will take your prescription and send it back to the original manufacturer for disposal. CVS does not have such a program. Check with your local pharmacy to see if they participate.

Jack King provided the following list of organizations to access information regarding Parkinson's Disease:

- American Parkinson Disease Association apdaparkinson.org 1-800-223-2732
- Michael J. Fox Foundation for Parkinson's Research michaeljfox.org 1-800-708-7644
- National Parkinson Foundation parkinson.org 1-800-327-4545
- Parkinson's Disease Foundation pdf.org 1-800-457-6676

Exercise Class by Bob Belisle

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 Friday, April 10 and Monday April 13, 2009 due to the Easter Holidays



"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish"
—John Quincy Adams



Caregivers Corner

Loretta Belisle and Martha Jane Saxon

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.

10 Warning Signs of Caregiver Stress

1. **Denial**-about the disease and its effects on the person who's been diagnosed. "I know Mom's going to get better."
2. **Anger**- at the person with Parkinson's Disease or others: that no effective treatments or cures currently exist and that people don't understand what's going on. "If he doesn't speak up, I'll scream"
3. **Social Withdrawal**- from friends and activities that once brought pleasure. "I don't care about getting together with the neighbors anymore."
4. **Anxiety**-about facing another day and what the future holds. "What happens when he needs more care than I can provide?"
5. **Depression**- Begins to affect the ability to cope. "I don't care anymore"
6. **Exhaustion**- makes it nearly impossible to complete necessary daily tasks. "I'm too tired for this"
7. **Sleeplessness**- caused by a never-ending list of concern. "What if she falls and hurts herself?"
8. **Irritability**- leads to moodiness and triggers negative responses and reactions. "Leave me alone"
9. **Lack of Concentration**- makes it difficult to perform familiar tasks. "I was so busy, I forgot we had an appointment."
10. **Health Problems**- begin to take their toll, both mentally and physically. "I can't remember the last time I felt good"



A little boy opened the big family bible. He was fascinated as he fingered through the old pages.

Suddenly, an old leaf that had been pressed in between the pages fell out of it.

"Mama, look what I found", the boy called out.

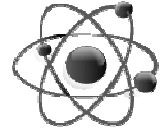
"What have you got there, dear?"

With astonishment in the young boy's voice, he answered. "I think it's Adam's underwear."

Library News

By Elsie Wilson

MICHAEL J. FOX FOUNDATION offers Virtual Research Roundtables just by logging on. Log on to hear world class research staff and scientific advisors on the latest news, advances and breakthroughs in Parkinson's Disease research. Watch live or after the fact. One has already taken place: February 9th from Atlanta and can still be viewed. The next is Tuesday, June 9* from Boston, Then on Saturday November 21* from New York City.



*Dates to be confirmed. Log on to www.michaeljfox.org for updates, or call 1-800-708-7644.

TENNIS AND GOLF TOURNAMENT-Monday, April 27, 2009, at Brookhaven Country Club in Dallas. Sponsored by Parkinson's Benefactors who fund ground-breaking research of Parkinson's Disease and other movement disorders. For more information call 214-303-1354 or log on at info@parkinsonsbeneFACTORS.org

IS GETTING OUT OF BED NOT JUST HARD, BUT ALMOST IMPOSSIBLE? A fellow from Lubbock, with the help of some engineer friends, has come up with an interesting solution- A standup bed. It stands up to a 65 degree angle so the patient can then transfer to a walker, wheelchair, lift chair or scooter. If you are interested in more information, call 877-852-8648

PD AND SKIN CANCER- According to one study, people with Parkinson's Disease may be 2 to 10 times more likely to develop malignant melanoma (a very serious, sometimes deadly, form of skin cancer) than the general population.

Symptoms of melanoma include a change in size, shape, color, or feel (texture) of an existing mole. Melanoma may also appear as a new mole. It may be black, blue-black, abnormal or "ugly looking" Melanoma is 100% curable with early diagnosis and prompt proper treatment. Please check with your doctor if you have a suspicious mole or concern about a skin lesion.

Adopted from Spring 2008

APDA Neenah, WI

I & R Center Newsletter

Equipment Available

- Elsie Wilson has a 2001 Silver Chrysler Town and 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.
- She also has a Bruno electric wheel chair lift for back of van. Model #VSL-670. Cost \$2500 new.
- Will take \$800. If you are interested in either of these items, please contact Elsie Wilson at (817) 275-1909
- Elsie has a bedside commode and a clamp-on rail for the bathtub for free. Give her a call if you need any of these items.