



Parkinson's Support Group of Tarrant County

Newsletter

January 2020 - February 2020

LETTER FROM THE PRESIDENT

Sandie Hampton, RN



As we enter a new decade my New Year's Wish is that this is truly the decade of the Brain, where we come up with cures and effective treatments for many of the challenging neurological conditions.

Parkinson's is being diagnosed at four times the rate it was diagnosed ten years ago. This announcement is a mixed statement. While on the one hand we are doing a better job of increasing awareness and recognizing symptoms earlier, on the other hand, progress towards a cure remains elusive. We can improve progress by working smart with what limited resources we have and joining forces both locally and nationally.

Fort Worth is now the 13th largest city in the United States with an estimated population of 895,000. Also named by AARP as one of the top five great places to live, this brings challenges to look at ways to serve the aging community better. According to 2017 CDC mortality statistics Texas also has the distinction of having 9.4% of the population affected by Parkinson's. The lowest ranking state was New York with 5.8%. This is well above the previously estimated 1.5-3% national average.

So how can we better serve the People With Parkinson's (PWP) in Tarrant County?

My wish is that in Tarrant County we unify our efforts with a designated site dedicated exclusively to meeting the physical, mental, emotional and social needs of those living with Parkinson's Disease.

Sincerely,
Sandie Hampton RN

"People always overestimate what they can do in one year and underestimate what they can do in 10"

~ Bill Gates ~

January Programs

Tuesday, January 14

Support Meeting Northeast

Sean Duncan with Boston Scientific will conduct a questions-and-answers session on Parkinson's Disease.

Monday, January 27

Support Meeting Fort Worth

Dr. Elise Hernandez of Vitality Family Chiropractic will speak on beneficial herbs and spices and brain fit.

February Programs

Tuesday, February 11

Support Meeting Northeast

Kris Klein Rabb with Senior Living Specialists, a local, personalized, compassionate service created to be an advocate for the family needing Independent Living, Assisted Living, Memory Care, Skilled Nursing.

Monday, February 24

Support Meeting Fort Worth

Kim Perrone, owner of Center for the Healing Arts will speak on holistic medicine. Ms. Perrone has worked almost 40 years in the medical field, first as a Pharmacist, and now an Acupuncturist and Chinese Herbalist.

THANK YOU TO OUR SPONSORS!



Parkinson's Support Group of Tarrant County

Officers

President - Sandie Hampton
Vice President - Debra Machos
Secretary - Barbara Lentz
Treasurer - Gary Miller

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Debbie Benner
Martha Brooks
Ozella Campbell
Mike Hairgrove
Tom Heid
Bob Leary
Kate Leary
James Lee
Thom Murrell
Kathy Smith

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Directory - Kate and Bob Leary
Hospitality - Barbara Batts
Librarian - Martha Brooks
Membership - Clara Lee, Kathy Smith, Beth Hawkinson
Newsletter - Debra Machos, Debbie Benner
Programs - Sandie Hampton
Publicity - Cathy Snow
Sunshine - Clara Lee
Webmaster - Paula Hill

Member to Member

Do you have mobility aids or other helpful equipment that you would like to know is going to good use? Are you in need of a mobility aid or other helpful equipment? Let us know and we will post it for you in our next newsletter!



Welcome New Members!

Doug Warner and Melissa Lum

Thank You!
FOR YOUR DONATION

Thank You to Steve and Pam Smith

Thank You to the Gutierrez Family for their donation in memory of Mr. Nghiem Tran. Thank you for your hard work in your group. God Bless you all!"

Thank You to Win and Sandy Heinrich for their donation in honor of Paul Nedde

Thank You to Dr. Daniel Novak for the Fidelity Charitable Donor-Advised FundSM grant made at the recommendation of the Novak Giving Fund

Thank You to those supporting PSGTC by shopping at Kroger for the donation from Kroger Customer Care Donation fund



Did you know you can support PSGTC just by shopping at Kroger?

It's easy when you enroll in Kroger Community Rewards®! To get started, sign up with your Plus Card and select **PSGTC (FK932)**.



In Memorium

James Leroy Bleeker (Benbrook, Texas) passed away at the age of 90 on November 29, 2019

Gary Wayne Washburn (Fort Worth, Texas) passed away at the age of 78 on Tuesday, Dec. 17, 2019

Parkinson's Disease Resources

Lewy Body Dementia Association

www.lbda.org
LBD Caregiver Link: 844.311.0587
National Office (Atlanta, GA): 404.975.2322

The Michael J. Fox Foundation

for Parkinson's Research
www.parkinson.org
1-800-4PD-INFO (473-4636)

Parkinson's Foundation

www.parkinson.org
1-800-4PD-INFO (473-4636)
or helpline@parkinson.org



Loss of Motivation and 'The 8 Disciplines of a Parkinson's Patient'

By Stephen Bergenholtz

<https://www.michaeljfox.org/news/loss-motivation-and-8-disciplines-parkinsons-patient>



Stephen Bergenholtz of West Seattle, Washington is committed to living well with Parkinson's. Here, he shares how he made adjustments in his lifestyle and mindset to overcome the loss of motivation associated with his Parkinson's.

Parkinson's disease (PD) made me lazy, I told myself as I wallowed in lassitude for years after my diagnosis. The loss of dopamine-producing cells in those with PD affects not only one's physical ability to move, but the motivation to move as well. How do you climb out of this pit, when you don't feel like doing anything at all?

One strategy I used was to change my perspective. Instead of forcing myself to enjoy activities I should do, I searched for things that I enjoyed doing in the first place and let the appeal of the activity substitute for loss of motivation. To my surprise, I discovered new activities that I love, like playing pool, photographing landscapes, tossing a softball with a friend, or throwing stones at scrap of wood floating in a lake. Learning to do new things can be fun, if there is an early reward in the form of a new skill. Before long, engaging in these enjoyable activities had a spillover effect, motivating me to do "un-fun" activities, such as exercising, on a regular basis.

For me, another substitute for loss of motivation is simply discipline. The word "discipline" may have negative connotations, but all it means is regular repetition of an activity until eventually it becomes comfortable, even pleasant. It's like learning to drive a manual transmission car.

Next, I thought about the practices and activities which helped me the most in dealing with Parkinson's. I shared this list with my friends who have Parkinson's and circulated it among support groups in our area. I refer to this list as "The 8 Disciplines of a Parkinson's Patient":

1. I will meet regularly with my doctor, follow his or her advice and find a new doctor if he or she becomes unavailable.
2. I will take my prescribed medications, track my medication supplies and discuss any side effects with my doctor.
3. I will follow a personalized exercise program in consultation with medical and fitness professionals.
4. I will make good sleep habits a priority and reduce factors which inhibit me from getting a good night's rest.
5. I will foster an attitude of optimism and well-being and strive to alleviate stress through fun and healthy activities.
6. I will remain engaged with my family, friends, caregivers and others, resisting the tendency to withdraw socially.
7. I will read about maintaining a positive outlook grounded in my faith beliefs or my spiritual development.
8. I will contribute to the Parkinson's community by giving my time, talents, money, or by participating in medical trials.

As every person with Parkinson's is different, every person's journey with the disease is different. What motivates you? What are your personal "disciplines"?



Theracycle 200, specifically designed to help people with movement disorders like Parkinson's disease. <https://www.theracycle.com/forced-exercise-bikes-for-pd/theracycle-200/>

Purchased new December 2018. Only used a few times, it is like new. Asking \$1500.

Located in northeast Fort Worth/Keller area. Needs to be picked up, will require a pickup truck.
Contact Travis at 214-435-2258 or trav1944@yahoo.com



Hardwired for Humor

<https://nwpf.org/stay-informed/blog/hardwired-for-humor/>

Having Parkinson's is not fun. I know this because I remember quite clearly being told I had Parkinson's, and I didn't so much as crack a smile. In an appropriately subdued tone of voice, my neurologist explained that I had a "classic case of Parkinson's". This news did not elicit a chuckle or other acknowledgment of amusement. It's just not funny.

So here's the thing. Parkinson's isn't fun, but you can still have fun if you have Parkinson's. In fact, I think it is important that people with Parkinson's keep an eye out for things that make them smile. The internet is chock full of information about research, medications, symptoms, treatment, etc. All excellent, informative, necessary information. But not fun. Or funny. All work and no play make Jack (or Jill) a dull boy (or girl, etc).

There is a place - a significant place - for humor in the world of those with Parkinson's. For me, it's right on par with movement and meds. It's something I can enjoy solo, or with others. Sometimes it's free, sometimes it's not. But it establishes common ground at a time when it's easy to feel isolated and alone. It makes me feel like a "normal" person.

It's easy to focus on the non-funny aspects of what I call "my condition". Depression. Been there. Insomnia. Done that. Leg cramps. Falls. Hangnails. Check, check and check.

Humor can appear in many forms. So here's a little Parkinson's humor for you. The symptoms of Parkinson's are vast and varied. The insider joke is that in reviewing your laundry list of Parkinson's symptoms, you start to wonder whether they are a result of having Parkinson's or whether they can be attributed to some other malady. Itchy scalp? Parkinson's. Varicose veins? Parkinson's. Acne? Parkinson's!

Pretty soon you just assume all of it is Parkinson's related. Listening to a couple of people with Parkinson's talk about whether their athlete's foot is related to Parkinson's is always worth a chuckle.

Laughing can be transformative. Your body relaxes. That stiffness in your walk slides away. The skin around your eyes gets crinkly. Maybe just for a few minutes, the ache goes away. And sometimes, if you really get to laughing hard, you blow a little bubble out your nose. Or start wheezing, like that cartoon dog Muttley. That kind of laugh is the best one of all, because the laugh itself is so funny that you can't stop laughing.

Remind me to tell you the story about Connie Lewis' laugh...

- Terry Harrigan, Laughter is the Best Medicine Practitioner -





Parkinson's Support Group of Tarrant County

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>New Year's Day</i>	2	3 10:30 Exercise (FW)	4
5	6 10:30 Exercise (FW)	7	8 10:30 Exercise (FW)	9	10 10:30 Exercise (FW) 10:30 Caregiver Support (FW)	11
12	13 10:30 Exercise (FW)	14 12:30 Exercise (NE) 1:30 Support Meeting <i>Northeast</i>	15 10:30 Exercise (FW)	16	17 10:30 Exercise (FW)	18
19	20 10:30 Exercise (FW) <i>Martin Luther</i> <i>King Jr. Day</i>	21	22 10:30 Exercise (FW)	23	24 10:30 Exercise (FW) 10:30 Caregiver Support (FW)	25
26	27 10:30 Exercise (FW) 11:30 Support Meeting <i>Fort Worth</i>	28	29 10:30 Exercise (FW)	30	31 10:30 Exercise (FW)	

*"January, the first month of the year, a perfect time to start all over again, changing energies and deserting old moods,
new beginnings, new attitudes"*
~ Charmaine J Forde ~

Support Meeting, Exercise Class and Caregiver Support, *Fort Worth (FW)*

Broadway Baptist Church
305 W. Broadway Avenue
Fort Worth, TX 76104

Support Meeting and Exercise Class *Northeast (NE)*

Bedford Public Library
2424 Forest Ridge Drive
Bedford, TX 76021



**Parkinson's Support Group
of Tarrant County**

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 10:30 Exercise (FW)	4	5 10:30 Exercise (FW)	6	7 10:30 Exercise (FW)	8
9	10 10:30 Exercise (FW)	11 12:30 Exercise (NE) 1:30 Support Meeting <i>Northeast</i>	12 10:30 Exercise (FW)	13	14 10:30 Exercise (FW) 10:30 Caregiver Support (FW) <i>Valentine's Day</i>	15
16	17 10:30 Exercise (FW) <i>Presidents' Day</i>	18	19 10:30 Exercise (FW)	20	21 10:30 Exercise (FW)	22
23	24 10:30 Exercise (FW) 11:30 Support Meeting <i>Fort Worth</i>	25	26 10:30 Exercise (FW)	27	28 10:30 Exercise (FW) 10:30 Caregiver Support (FW)	

*"The best thing to hold onto in life is each other."
~ Audrey Hepburn ~*

**Support Meeting, Exercise Class and
Caregiver Support, Fort Worth (FW)**

Broadway Baptist Church
305 W. Broadway Avenue
Fort Worth, TX 76104

**Support Meeting and Exercise Class
Northeast (NE)**

Bedford Public Library
2424 Forest Ridge Drive
Bedford, TX 76021

OPPORTUNITIES

Weekly Fort Worth Dance for PD® classes are held every Thursday from 1:30 to 2:45. Classes are free, sponsored by Texas Health Fort Worth and held at the Texas Health Harris Klabzuba Tower, classroom K. The address is 3000 W. Terrell Ave. Fort Worth, 76104. Register by calling or emailing Dorothy Conway at 817-250-2445 or DorothyConway@texashealth.org. Free valet parking is available.



Free 12-week class that focuses on cycling, stretching, yoga and balance!

The goal of the class is to have participants work up to 40 minutes on a bike with a cadence of 90mph. We start each day with yoga/stretching, a warm up on land and on the bike, then work our way up in minutes and intensity ending each day with stretching balance work as we cool down. While on the bikes we work on balance, core and posture. We don't always stay on the bike. Some days we designate as pure yoga (chair or easy) or water class to break things up.

Program Requirements: Must be diagnosed with Parkinson's Disease and have a healthcare provider referral and agree to pre and post evaluations.

Location: Amon G. Carter, Jr. Downtown YMCA
Date & Times: Tuesday and Thursday from 10-11am



Pedaling For Parkinsons

Parking: One lot directly across the street with 65 spaces for YMCA participants only. Another lot directly behind the building with 12 spaces that are mostly handicapped. There is also a drop-off place that has a ramp.

For more information, contact Mary Russell at 817-332-3281 Ext 2039

Next session begins January 7, 2020!



Rock Steady Boxing Southlake

Tuesday and Thursday from 10:15am - 11:30am

Location: Tap Out Fitness 2717 E. Southlake Blvd Ste 180 Southlake, TX 76092

Contact: Mallory and Austen Spoons 830-596-3440 or southlake@rsbaffiliate.com

Rock Steady Boxing Keller

Wednesday at 2 p.m. and Friday at 1:30 p.m.

Location: ground 900 South Main St. Keller, TX Bear Creek Plaza Suite 340

Contact: James Riddle 817-929-8913 or james.riddle@9ground.com

Pedaling for Parkinson's

Airport Area YMCA
3524 Central Drive
Bedford, TX 76021

Tue./Thu. at 11:30am
**Next session begins
January 7, 2020!**

Contact Jessica Bruda
817-571-3371 or
JBruda@ymcafw.org

Northpark YMCA
9100 N. Beach Street
Fort Worth, TX 76244

Mon./Wed. at 10:00am

Contact Jenafer Langston
817-993-1333 or
JLangston@ymcafw.org

North YMCA
1005 Skyline Drive
Arlington, TX 76011

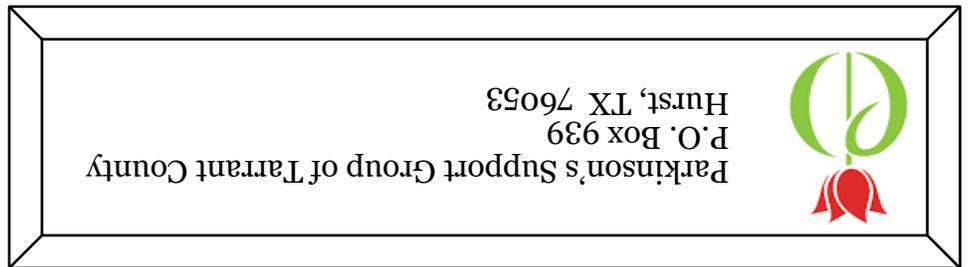
Mon./Wed./Fri. at 10:30 am

Contact Cory or Melissa at (817) 548-9622
Cory Brazeal (CoryB@amaymca.org)
Melissa Gross (MelissaG@amaymca.org)



Parkinson's Revolution is an indoor cycling event that combines passion, determination and community to generate awareness and help advance research toward a cure. We welcome riders of all abilities to be inspired and to inspire others! Join us on **February 8th** at The Ride House in Dallas! The Movement Begins With You. Learn more and register today: www.parkinsonsrevolution.org





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

Date _____ New Member Renewing Member

Name of Person with Parkinson's _____

Name of Spouse/Family Member/Other _____

Address _____

Home Phone _____ Cell Phone _____

Email _____

Preferred Type of Membership	<input type="checkbox"/> Family (patient and partner) \$20/year	Meeting location preference	<input type="checkbox"/> Fort Worth - Broadway Baptist
	<input type="checkbox"/> Professional \$30/year		<input type="checkbox"/> Northeast - Bedford Library
	<input type="checkbox"/> Lifetime \$200		

Make check payable to Parkinson's Support Group of Tarrant County (or PSGTC)
 Mail to: P.O. Box 939, Hurst, TX 76053