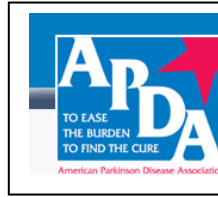


American Parkinson Disease Association, Inc
2929 Mossrock, Suite 200
San Antonio, TX 78230-5137



NON-PROFIT ORG
U.S. POSTAGE
P A I D
San Antonio, Texas
Permit No. 3999

RETURN SERVICE REQUESTED

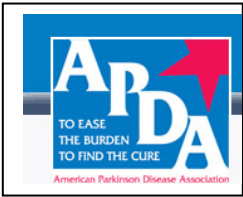
NOTE

NOTE

Our Web Site is located at www.aapsq.org
Hosted by PCA Web Design & Hosting in Plano, Texas, Toll Free: 888-229-4747,
E-mail: info@pcawebdesign.com.

PLEASE NOTIFY US OF ADDRESS/E-MAIL CHANGES. POC: Doak Walker 210-674-3013
shalom6@peoplepc.com 7650 Hwy 90W #40, SA, TX 78227-4059.
We can't get information to you if we don't know where you are living.

See last page for support group information



American Parkinson's Disease Association, Inc
 Alamo Area Parkinson Support Groups
 2929 Mossrock, Suite 200, San Antonio, Texas 78230-5137
 Phone 210-349-0096, www.aapsg.org
 APDA I & R Center Phone 210-567-6688

Quarterly Newsletter, January 2009

Editor: Dianne Johnson

Local News

Executive Board, 2009

President	Rob Rodriguez
Vice President	Vacant
Secretary	Vacant
Treasurer	Joan Duval

At-Large Members

Cliff Hall	Melinda Rodriguez
Brad Sledge	

You may leave a message for any AAPSG Officer or Board Member at 210-567-6688.

HAPPY NEW YEAR

Parkinson's Outreach Program (POP)

If you are unaware of what the POP center does for you the PD patient, take a moment to call them and let them explain all they offer you. They spend alot of time with PD patients and know how to help us with our specific problems. They provide a wide range of therapies and exercise programs, as well as things like driving evaluations to help you make informed decisions about yourself. Give them a call at 210-344-8828.

Guidance

I asked for health that I might do greater things;
 I was given infirmity that I might do better things.
 I asked God for strength that I might achieve;
 I was made weak that I might learn to obey.
 I asked for riches that I might be happy;
 I was given poverty that I might be wise.
 I asked for power and the praise of men;
 I was given weakness to sense my need of God.
 I asked for all things that I might enjoy life;
 I was given life that I might enjoy all things.

I got nothing I asked for but everything I hoped for;
 In spite of myself, my prayers were answered.
 I am among all men most richly blessed.

Unknown

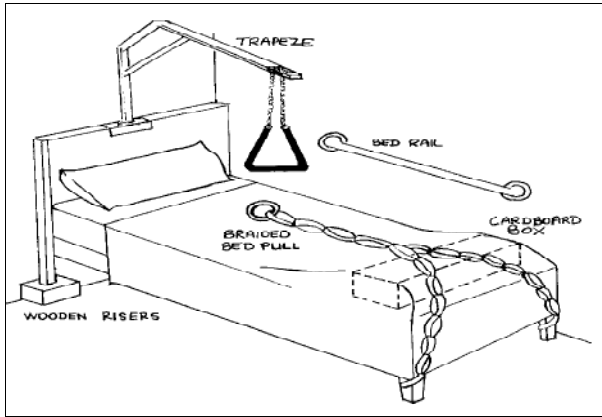
AAPSG Membership

Our thanks and appreciation goes out to all of you who support our efforts and desire to both assist you and provide funding for PD research. Membership in AAPSG is only \$2 a month, only \$24 a year for a family membership. We ask you, if you have never joined or have for some reason let your membership lapse, to please join us. Your membership date is after your name on the address label of this newsletter. If there is no date or it is not current we are not counting you as a current member. **We will continue sending you the newsletter and PD information even if you are not a current member, but we do need your help.** It also helps if those of you who have computers let us e-mail everything to you. You can join by completing the Family Membership Form on page 5 & 6 of this newsletter and mail it with a check made out to AAPSG, to Joan Duval 8507 Chesham San Antonio, TX 78245

PRAY FOR A CURE

This newsletter is provided for informational purposes only. The material should not be used for treatment purposes without discussing it with your Doctor. Products, businesses, services, or websites are not endorsed by APDA, or AAPSG.

Bedroom Equipment



1. Bed pulls can be attached to the frame at the end of the bed. They are useful in assisting you in rising to a seated position or turning in bed, and can be either purchased or made at home. To make: Braid three pieces of tightly woven fabric, such as sheeting, together in a length that reaches from the base of the bed to your hand when you are lying down. Sew a large wooden curtain ring to the end to serve as a grasp. Then sew a small binder clip near the ring so that the bed pull can be clamped to the bedding and remain within your reach. Bed pulls can also be attached to the sides of the bed to assist you when turning.

2. A trapeze installed over the head of the bed can help you to change your position. It may be purchased at a surgical supply store and can be mounted to most standard beds.

3. A sturdy cardboard box can be placed under the covers at the foot of the bed. This 'bed cradle' keeps your feet and lower legs free of the sheets while turning.

4. A urinal may be kept within reach on a bed table, or a commode may be placed at the bedside for nighttime use. The urinal or commode helps reduce walks to the bathroom.

5. Disposable incontinence garments are designed to address the problem of accidental urination and may be especially helpful at night.

6. A chair with arm rests and a firm seat should be part of the bedroom furniture. Dressing can be accomplished while sitting in the chair, thus eliminating the risk of falling. Try to avoid sitting in a low chair. A firm pillow, secured to the chair, makes it easier to rise from a low surface.

7. The bed should be no lower than knee height for ease in getting in and out. If your bed is too high, a carpenter can cut two or three inches off the legs. If your bed is too low, use a thicker mattress or mattress padding.

8. A railing can be installed on a bedroom wall ten inches higher than the level of the bed, and the bed placed against the wall under the railing. The railing becomes an assist for rising from and turning in bed. Commercially made bed rails are available and can be mounted on most beds. Satin sheets are smooth and can also facilitate turning.

9. If you have difficulty sitting up in bed, place a foam wedge cushion under the mattress at the head of the bed, or place wooden risers under the legs at the head of the bed.

10. Night-lights should be installed in a wall socket near the bedroom door, in the hallway leading to the bathroom, and in the bathroom. They are indispensable in helping you avoid accidents.

11. A communication device such as a bell or intercom system may be needed to ensure safety at night, especially if you have decreased voice volume.

Dental Tips

- Discuss your PD with your dentist and his/her staff.
- Discuss projected future procedures to avoid extensive procedures after your PD advances. Make sure the office is wheelchair accessible.
- Brush your teeth at least twice a day with the last brushing being after your last meal or snack in the evening.
- Purchase a rechargeable electric/battery toothbrush, or a disposable battery toothbrush.
- If you use a manual toothbrush, make sure the bristles are soft and build up the handle with aluminum foil or a rubber bicycle handle.
- Floss daily. Experiment with the numerous auxiliary-flossing aids.
- Rinse your mouth for 30 seconds after each brushing with either Listerine or a generic brand that has the same ingredients. **DO NOT RINSE IF YOU SUFFER WITH DRY MOUTH.**
- If you suffer with Dry Mouth, use artificial saliva which can be bought over the counter to relieve

the soft tissues of the mouth as well as help with decay control.

- Use a water-irrigating device, such as a WaterPik, to flush out debris and plaque from between teeth.
- Like natural teeth, dentures must be brushed daily with a soft bristle toothbrush to remove food deposits and plaque. Rinse the dentures with water or Listerine after brushing.
- Do not let dentures dry out, because they will lose their shape. They should be taken out at night and placed in a cleaning solution or water.
- Bacteria are still present in the mouth even if you are tube fed, so your teeth must still be brushed and cared for.
- Have your teeth cleaned at least twice a year, and consider three or four after talking to your dentist.

PSP Advocate

JOY

"Joy comes from inside - being connected to what matters most in your life. Joy is more than a sense of exuberance - it's more just being comfortable and content in the moment. It's finding happiness or contentment in each day. Joy is possible even during hard times. Life is learning to deal with what we're given and find our inner peace and happiness from that." says Salle Redfield in her book Creating a Life of Joy. Joy doesn't exist out in the world somewhere; we find it inside. Take time to appreciate what you have. If something keeps you from participating in a favorite activity, remember joy is a state of mind. Close your eyes and concentrate on your many blessings.

Melanie Levs, *Arthritis Today*

Handwriting a Problem?

You can get pens and pencils at any office supply that are thicker and spongy making them easier to grasp. Use a smooth flowing or felt-tip pen. Try writing with the hand you don't normally use. Use finger paint, magic markers or chalk to practice writing bigger. Use a clipboard to keep the paper steady when you write. Use a stick-on label or a rubber stamp when you have to fill out forms with your name and address. Try printing backwards and upside down. If you are writing a P and are used to starting from top to bottom, try to create the letter from the bottom

to the top, and the loop backwards from the middle of the straight stick to the top of it.

Important To Know

PD slows gastric mobility. Swallowing is prolonged, stomach emptying is delayed, and food traverses through the intestines more slowly than in someone who does not have PD. For this reason, nutrients are better absorbed when small amounts are eaten frequently rather than three large meals a day.

Most patients get more benefit from levodopa when taken on an empty stomach. A tablet, taken prior to eating (even 15 minutes is beneficial) with 4-5 oz non-dairy fluid, is "washed" from the stomach into the small intestine where absorption begins. Think of it as allowing levodopa a "head-start" on absorption vs. the food about to be eaten.

If levodopa causes nausea a small cracker or bite of fruit can be taken with any doses required between meals. Pretzels are excellent because they require no refrigeration. Crystallized ginger can also be nibbled to off set nausea

NPF, AsktheDr

APDA E-NEWSLETTER

APDA will launch a free monthly e-newsletter in January as part of its goal to provide timely news about the progress in the search for a cure. It will include updates on research and therapies. To subscribe send your e-mail address to enews@apdaparkinson.org You can cancel your newsletter at any time by clicking the "unsubscribe" button in every issue.

Natural Laxative Recipes:

POWER PUDDING

1/2 cup prune juice
1/2 cup applesauce
1/2 cup wheat bran flakes
1/2 cup whipped topping
1/2 cup prunes (canned, stewed) (Diabetics may use "no added sugar" applesauce and light whipped" topping.) Blend ingredients, cover, and refrigerate. Will keep as long as 1 week. Take 1/4 cup portions of recipe with breakfast. Regulate doses as needed.

FRUIT SPREAD

2 lbs raisins
2 lbs currants
2 lbs prunes
2 lbs figs
2 lbs dates

Grind fruit. Mix with 2 -28 oz containers undiluted prune concentrate in large mixer (mixture will be very thick). Put in large-mouth plastic container. Refrigerate.

STANDARD RECIPE

1 cup bran
1 cup applesauce
1 cup prune juice. Mix and store in refrigerator. Take 1 oz per day. Increase or decrease doses as needed.

Recipes are from *Geriatric Nursing and Healthy Aging*, by Ebersol/Hess.

OTHER FOODS HIGH IN FIBER:

Prunes, rhubarb, apples, oranges, bananas, carrots, cabbage, greens, potatoes with the skin, oatmeal, whole grain cereals and seeds (sunflower and sesame) can be chopped, not pureed.

Persons with swallowing problems should have foods mashed, not pureed, with additional liquids added. Dried beans, such as pinto, split peas, red beans can be served in soups and casseroles and dips.

One teaspoon daily of unsweetened bran on cereal and other foods can be of help. Watch for cramping or bloating. Start slowly with bran sprinkled on food.

Bowel Care

Establish a daily routine - establish bowel elimination at the same time each day if possible. If necessary, insert glycerin suppository into rectum 30 minutes before scheduled bowel movement - after eating a meal, preferably after breakfast.

Eat regular scheduled meals.

Drink 4oz of prune juice at bedtime (same time each night).

Attempt to have bowel movement.

Bear down and contract abdominal muscles if possible. Do not strain excessively. You may apply pressure to abdomen with hands.

Urinary Incontinence

Establish scheduled toileting, every 2 hours if possible.

Establish good fluid intake, with 8-10 glasses of fluid a day.

Drink 4 ozs of cranberry juice daily. If juice isn't tolerated, take cranberry capsules per directions on bottle.

Crystal Light (plain or sugar free) or similar drinks are a good source of liquid if you do not like plain water.

Silbey Mui, MD. ©Peninsula Park Support Group

When Caregivers Need Help

Caregivers face higher risks of depression, fatigue and physical illness. Be alert for signs that indicate you may need help. These include:

- Easily losing patience or getting angry with the person you're caring for
- Finding no joy in any aspect of life
- Finding it difficult to sleep
- Caring for your loved one 24 hours a day, seven days a week
- Feelings of despair, anguish, depression or having thoughts of suicide
- Experiencing appetite changes and reduced energy levels
- Drinking alcohol or using drugs
- Crying frequently

If you experience any of the above, seek help from your doctor.

Music

Music has been described as the universal language and is full of power to help you express your feelings and emotions. You may ask, how does music do this? Music is able to bring forward emotions and memories — the good and the bad of the past and the present. Music should eventually lead to relaxation and the enjoyment of being alive. Music also has the power to release "endorphins," or a natural high from chemicals produced in the body. The release of endorphins leads to feeling good, happy and peaceful, thus reducing stress and leading to relaxation. For PD patients music also has the potential of helping our walking ability; and with the addition of breathing skills, relaxation techniques, visualization or time management it may further reduce or control stress. So, put on some great music, learn some relaxation techniques and enjoy!

FAMILY MEMBERSHIP APPLICATION FORM

Date _____

I would like to become a member of The Alamo Area Parkinson's Support Group of the American Parkinson Disease Association. _____ 1 Year \$24; _____ 2 Year \$48

If you are a current member there will be a date after your name on the mailing label of this newsletter. That is the expiration date of your membership. If there is no date we are not carrying you as an active member.

We do / do not authorize publication of my address/phone/email address in the membership list (Signature) _____

PLEASE PRINT

PLEASE PRINT

PLEASE PRINT

Name _____ Spouse _____

Mailing Address _____ APT _____

City _____ State _____

Zip Code+4 ____ - ____ Telephone (____) ____ - ____

E-mail Address _____

E-mail the Newsletter and other information: YES NO

**Make Checks payable to AAPSG and mail to Joan Duval, Treasurer
AAPSG, 8507 Chesham, San Antonio, TX 78254**

The following (Continue on reverse) should be carried as part of my Family Membership (Please include full names, address, phone number and e-mail address of family members not living with you if you want information provided directly to them.).

PLEASE PRINT

PLEASE PRINT

PLEASE PRINT

Name _____ Spouse _____

Mailing Address _____ APT _____

City _____ State _____

Zip Code+4 ____ - ____ Telephone (____) ____ - ____

E-mail Address _____

PLEASE PRINT

PLEASE PRINT

PLEASE PRINT

Name _____ Spouse _____

Mailing Address _____ APT _____

City _____ State _____

Zip Code+4 ____ - ____ Telephone (____) ____ - ____

E-mail Address _____

Water

Just like the other sensory processes, the natural sense of thirst diminishes with age. Anti-PD drugs also dry out the body. It is important to drink water by the clock, not unlike one would schedule crucial medications. This enhances the absorption of both nutrients and medication, and reduces the risk of dehydration. NPF, AsktheDr

Fall-Prevention Strategies

What You Can Do For Yourself:

- Exercise
- Maintain healthy diet: calcium with vitamin D to strengthen bones
- Get enough rest
- Go to bathroom before it becomes urgent
- Use walker if suggested
- Wear rubber-soled shoes with no laces
- Break tasks down into simple steps.

What You Can Do At the Doctor's Office:

- Report any fall that takes place
- Bring in all medications, prescribed or over the counter for review at every visit
- Ask about gait assessment and training
- Have an eye exam each year
- Address any foot problems

What You Can Do For Your Home:

- Good lighting, switches on both ends of hallway
- Grab bars along bed and bathroom walls
- Firm chairs with armrests
- Firm beds, with satin or high thread-count sheets
- Raise toilet seats
- Cabinet items stored within reach
- Remove loose cords/objects from the floor
- Carpeting, firmly secured, no rugs!

Peninsula Park Support Group

How to Remember

Here is an easy way to remember the meaning of these two words:

Dyskinesiasthink of a discus thrower [dysk/disc] and his rapid movement

Dystonias ... think of a stone [diSTONia] which does not have much movement

Ron in the High Desert

The best and most beautiful things in the world must be felt with the heart

Helen Keller

Microwave Warning

A 26-year old man decided to have a cup of coffee. He took a cup of water and put it in the microwave to heat it up as he had done numerous times before. When the timer shut the oven off, he removed the cup. As he looked into the cup, he noted that the water was not boiling, but suddenly the water in the cup "blew up". The cup remained intact until he threw it out of his hand, but all the water had flown out onto his face due to the build up of energy. His whole face was blistered and he had 1st and 2nd degree burns which may leave scarring.

While at the hospital, his doctor stated that this is a fairly common occurrence and water (alone) should never be heated in a microwave oven. According to General Electric microwaved liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all. What happens is that the water heats faster than the vapor bubbles can form. If the cup is very new then it is unlikely to have small surface scratches inside it that provide a place for the bubbles to form. As the bubbles cannot form and release some of the heat that has built up, the liquid does not boil, and the liquid continues to heat up well past its boiling point. The super-heated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it. The liquid is bumped or jarred, just enough to cause the bubbles to rapidly form and expel the hot liquid. The rapid formation of bubbles is also seen when carbonated beverages spew when opened after having been shaken."

To prevent this from happening and causing injury, do not heat any liquid for more than two minutes per cup. After heating, let the cup stand in the microwave for thirty seconds before moving it or adding anything into it. Or something should be placed in the cup prior to heating to diffuse the energy, such as a wooden stir stick, tea bag, etc., (nothing metal). It is however a much safer choice to boil the water in a kettle.

Skin Cancer & PD

Symptoms of malignant melanoma include a change in the size, shape, color, or feel of an existing mole. Most melanomas have a black or blue-black area. Melanoma also may appear as a new mole. It may be black, abnormal, or "ugly looking."

According to one study people with PD may be 2 to 10 times more likely to develop malignant melanoma skin cancer than the general population. While the reason for this is still not clear, it is important to know what you can do to decrease your risk of developing skin cancer. Here are a few recommendations:

1. Begin by being aware of the moles and freckles on your skin and note any change in color or size and report it to your doctor.
2. Have your skin examined by a doctor regularly.
3. No TANNING.
4. Wear sunscreen of SPF 15 or greater.
5. Wear a hat with a wide brim.

Malignant melanoma is 100% curable with early diagnosis and prompt treatment. If you have a suspicious mole or concerns about a lesion on your skin please talk to your healthcare provider.

Adapted from the Spring 2008 APDA Neenah, WI I&R Center Newsletter, by Kristine Twomey, RN, BSN

Sundowning

Sundowning is a term that refers to the confusion and/or disorientation that some older people with or without PD experience in the evening when the sun goes down. Whether it is actually related to the sun going down or to a change in the body's internal rhythms is unclear.

PD Progression

All of us would like to know how fast our disease will progress. The easy answer is that there is no answer, because everyone is different, but there are a few observations that can be made.

- How old you were when you developed PD. The older you were initially, the more rapidly the disease can progress.
- The duration of the disease. The longer you have PD the more likely it will begin to progress more rapidly.
- Whether you have tremor or non-tremor preponderant PD. The tremor preponderant usually progress more slowly. It is not known

why.

- The presence of non dopamine symptoms. (Symptoms which do not respond to dopamine) such as balance and mental changes make the disease worse.
- Do you exercise and eat properly? Lack of exercise and bad diet will lower quality of life.

All of the above are observations they are NOT immutable laws of nature. AskTheDr, NPF

MEMORIALS

In Honor of Anita & Larry Lefkavitz

Mini & Morty Greenberg

In Memory of Sarah Jane Chapman

Mr & Mrs Ernest Hatchell

In Memory of Jane Hocker Daly

Gayle C Hoyt, Ann & Carl Klemme,
Virginia Tracy

In Memory of Fred Dyas

Lloyd Rowlands and family;
George & Kay Stenzel; Karen Bessette;
Dick & Judy Hoopman; Joan Duval;
Thornton Elementary School Custodial Staff
Joel & Tevia Friedman, Andrew Kline

In Memory of Helena Harrison

Barbara & Ricks Wilson

In Memory of Jesse Hinojosa

Manuel & Norma Rios, Joseph & Rose
Cervantes, Ed & Sharon Koehler, Tony & Mary
Lou Ibarra, Steven & Julie
Sanchez, Olga Godine, Sandra Luna, Gilbert
Rodriguez, Robert & Alice

Camacho & Jackie, Debbie Acuna, Dora
Rodriguez, Nick & Beverly Pantuso

In Memory of Carol Kaplow

Barbara & Ricks Wilson

In Memory of Robert J. Kavanagh

Ellie & Jack Whitehead; Priscilla Saunders,
The Paul Nevitt Family

In Memory of George Klein

Clifford & Bette Jo Haun, E Niemeier

In Memory of Louis W Kozlovsky

Edmund Kozlovsky

In Memory of Jane Maclin

Barbara & Ricks Wilson

In Memory of Richard F. Pena

Bob L'Hommedieu

AAPSG SUPPORT GROUPS

All Support Group Meetings are for PD Patients, their Caregivers, Family and Supportive Friends.

Alamo Area PD Support Group San Antonio

Second Monday every month except Oct, 1 PM. Sunset Ridge Church of Christ, 95 Brees Blvd.

Young-Onset PD Support Group San Antonio

Second Saturday every month, 10 AM. Newforest Estates, a Senior Lifestyle Community, Auditorium, 5034 New Forest Dr.

DBS Support Group "Live Wires"

Fourth Saturday every month, 10 AM. Location varies; call Sandra Farris, 830-257-3811 sandraf@windstream.net or Judy Hoopman 830-997-7705 ralanh@beecreek.net for current location

Caregivers Only Support Group, San Antonio

Second Tuesday every month, 10 AM. Bob Ross Senior Ctr, 2219 Babcock Rd. POC: Dianne Johnson, 210-567-6688, 651-9835, diannejohnsonrn@aol.com .

Austin Young Onset Parkinson's Support Group

AJ Hernandez/ Facilitator 512-671-0605, ajhernandez@alumni.utexas.net

Austin (Parsons House) PD Support Group

Third Friday every month, 10 AM. 1130 Camino La Costa, Austin, POC: Deborah Bryson or Jaime Eyer 512-454-0524/ 512-238-6000. Accolade Home Care

Bastrop Argent Court Assisted Living Support Group

Fourth Thursday every month, 2 PM. 508 Old Austin Hwy, Bastrop. POC: Shasta Martini 512-321-9500 #252, Jenny Bankston 512-252-1512

Burnet PD Support Group

Second Wednesday every month, 2 PM. 309 Industrial Blvd = St/ Bldg Behind Hospital Business Offices/Rehab = Enter: Patient /Finance. POC: Lynn Wisdom 512-715-3363 or Susie 512-345-1380

Cedar Park (Ranch Retirement Living) PD Educational Support

First Friday every month, 1 PM. 1301 Whitestone Blvd, Call 996-0700 for info, POC: Ms Deborah Bryson, 864-4075

Comal County Support Group

Fourth Saturday every month, 10 AM. 801 W San Antonio St, New Braunfels (McKenna Event Ctr Children's Museum). POC: Tommy Dubuque tommydubuque@yahoo.com or call 830-227-5303

Fredericksburg PD Support Group

First Monday every month, 10 AM. Fredericksburg United Methodist Church in a room off the Fellowship Hall, 1800 North Llano Hwy. Coffee, juice and snacks are served. POC Judy Hoopman 830-997-7705 or ralanh@beecreek.net

Georgetown PD Support Group

Last Thursday every month, 2PM. Scott & White Meeting Rm, 4945 Williams Dr, Georgetown, POC: Beverly Edwards 512-863-8443 edwards107@verizon.net

Lower Rio Grande Valley PD Support Group

Call for information on meetings. POC: Cheri Horkmann, phone 956-554-6028