



*You Are Not Alone*

## Next Meeting

**Thursday  
January 28, 2011  
1:30 p.m.:**

**Place: Eau Gallie Public Library  
Community Room  
1521 Pineapple Avenue  
Melbourne FL.**

**Program:  
Metro Crime Prevention of Florida  
“Avoiding Becoming a Victim”**

### 2011 Program

- Feb. - No meeting. Moved to Mar. 3<sup>rd</sup>  
 Mar. 3 - Seanna Bruno, Topic: Michael J. Fox Foundation.  
 Mar. 24 - TBD  
 Apr. 28 - Lara Layne, Speech Therapist Health First. Topic: Speech Therapy and Choking.

### Helpful Tip for the Parkinson's Patient:

From Parkinson's Disease, 300 Tips for Making Life Easier  
by Shelley Peterman Schwarz

“Look for ways to reduce your stress level and put yourself first. This is not selfish or self-centered; you must take care of yourself first! You are the authority regarding your own body. Rest when you're tired. Be protective about how you spend your time and energy; Parkinson's disease uses a great deal of one's energy. Coping and adapting takes a great deal of emotional and mental energy. Do those things that are important to you and your family. Give yourself permission to say “No,” and not feel guilty. When you are feeling better, you can say “Yes.”

Issue 1 for January 2011.

To contribute contact Deb Ridel  
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For an e-mail copy, contact Don Wilkof  
(don991@cfl.rr.com).

For the latest news visit us on the web at:  
[www.brevardparkinsonsg.org](http://www.brevardparkinsonsg.org)

Brevard Parkinson's Support Group

## December Meeting Highlights

The annual Christmas lunch was held December 9 with about 35 members in attendance. Our thanks once again to Jean Dietz, who provided the sandwiches in memory of her husband. The bakery was provided by Wanda Hizer who assisted with serving.

Paula Wittekind gave a presentation on “Social Networking and Advocacy” and shared a video from the World Parkinson's Congress in Glasgow Scotland.

Deb Ridel gave a talk titled “Five Things to Do to Live With Parkinson's Disease. “

1. Build an abundance of Exercise into your day,
2. Build a support team beyond doctors
3. Find something that you love doing.
4. Find someone (not your relative or caregiver) to talk to.
5. Share what you know

The membership approved the slate of candidates to serve as the Parkinson Support group of Brevard Executive committee for 2011 -2012. Their terms begin January 1, 2011. The officers and committee Chairs are:

Ken Kirk	President
Jeff Magin	VP/Program Coordinator
Don Wilcof	Treasurer/Membership
Wendy Wilcof	Hospitality
Chuck Delmater	Advocacy
Deb and Ron Ridel	Communications

At the final meeting of the old board the following decisions were taken:

Accrue an amount to cover pending ACMS bill.  
Defer contributions to foundations pending further review.

## Parkinson's Disease Foundation Broadcasts Online Expert Briefings & Seminars by Ken Kirk

Some very worthwhile PD information is now available on the Internet in the form of audio or video presentations. These briefings and seminars are given by experts in their fields and are a rich source of information to help you understand or manage your PD. **They are highly recommended.** The length of each is posted before you enter so that you can match when to watch to your available time. Expert Briefings usually last an hour. Seminars may last longer than an hour. They are audio broadcasts accompanied by slides that would be seen in streaming video.

Here's how to access them:

Go online to [www.pdf.org](http://www.pdf.org), Click on "Watch Past Online Events Now" in the right hand column of the home page. In the main center column of the new page that appears is a listing of past events under the heading "Watch Past Seminars". Scroll down until you come to a seminar or Expert Briefing that interests you and click on "Watch This Expert Briefing" or "Watch This Seminar". You will be asked to Register by entering your name and address, your e-mail address, and answering two questions about your status and where you heard about the event. (The information you enter will not be shared) When you have completed this information, click on the button at the bottom of the form and you will be taken to the title page of the selected Briefing or Seminar. Follow instructions on the page to click on the web broadcast player (Windows Media Player or the like). Sit back and enjoy the seminar.

A partial list of the briefings and seminars that are available is:

What's in the Parkinson's Pipeline?  
Fatigue, Sleep Disorders and PD

## Broadcasts (continued)

Nutrition and PD  
Legal Issues: Planning Ahead When You Are Living with PD  
How to Take Care of the Caregiver  
PD and its Treatment: Secrets, Myths and Misconceptions  
The Other Side of PD  
Taking Charge of Your Parkinson's  
New Prospects for Slowing the Progression of PD  
Surgical Advances in PD  
What's New in Parkinson's Research: A Closer Look at Genetics and PD  
Mind, Mood and Body: Understanding Non-motor Symptoms of PD

There are somewhat similar online briefings and seminars available at other PD sites such as the National Parkinson's Foundation

### 8th Annual Caregiving for Seniors Conference

Hilton Rialto, Melbourne

Saturday, January 22, 2011

8:30 am - 3:30 pm

**Keynote Speaker: Teena Cahill, Psy.D.,  
Nationally acclaimed Speaker,  
Humorist, Author and TV and Radio  
Show Host will present "Nurturing the  
Nurturers."**

**Registration and Luncheon is Free.**

**Register Here: [http://eldercare.health-first.org/dynaform\\_conference.aspx?li=5EEA908B-5E3D-4162-9074-58632E89BBF6&vw=EEC20B6A-7958-402B-949C-16FBD25B234F](http://eldercare.health-first.org/dynaform_conference.aspx?li=5EEA908B-5E3D-4162-9074-58632E89BBF6&vw=EEC20B6A-7958-402B-949C-16FBD25B234F)**

**For more information Call 868-5815  
Extension 1**

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