

Parkinson's Support Group Annual Report

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How many Crosslands residents benefit from this committee's activities? How often?

- About 15 directly, indirectly the whole community because we provide education and reduce negative stereotyping of the disease and residents affected by it.

Accomplishments:

- We have monthly meetings, except for November and August. Five have an educational focus, five a supportive. The educational meetings included speakers – Karen Valle, on Speech and Swallowing Problems, Jenny Campbell, her personal experience with deep brain stimulation, a neurological procedure for intractable movement disorders like tremors and dyskinesias. Three had webinars from the Parkinson and Michael K Fox foundations on recent advances in medications, the benefits of exercise, and depression.
- In the support sessions, each participant shared recent problems like fatigue and dizziness.