

We had a great meeting last night with nearly forty people attending to hear Evelyn speak and then share a meal together. Glenn was away this week, so Trent did a top job of filling in and leading for the night.

Evelyn did a wonderful question and answer time with some helpful discussion following. Many good points were made, but here was some highlights for me;

- Write down or even video responses to medication so you can discuss with your doctor
- Understand the lingo! In particular, the difference between tremor and dyskinesia. If you were not there last night and are unsure, discuss with your Neurologist on your next visit so they can get your medication correct!
- Stay well hydrated and always take your tablets with water/liquid
- If you are struggling to swallow your tablets, there is a product called GLOUP which can help. Here is the website <https://gloup.com.au/>
- Soda water seems to help speed up effectiveness of medication for some people
- Magnesium helps some with sleep, cramps and bowel movements
- Melatonin is helpful for some people, assisting them to sleep. Liquid form, prescribed by the doctor is best
- One of the wives has noticed that higher doses of Madopar in the evening has led to her husband acting out dreams during the night. Evelyn said that acting out dreams is a PD thing, but definitely discuss with your doctor as maybe changing night time dose could make a difference.

We also discussed Dancing for Parkinsons classes as follows:

Warner's Bay Theatre Tuesdays 11am -12pm + morn tea \$15

Online Monday Make a Move 3.30pm - 4pm \$12

<https://www.danceforparkinsonsaustralia.org/>

<http://dance4wellbeing.com.au/>

I have attached the brochures and have been told by Jess that you just need to show up!

Our next meeting is the 4th of September, hope to see you there!!

Kind Regards

Janelle Partington

LAKE MACQUARIE

Moving Well

TUESDAY MOBILITY CLASSES

Moving Well Mobility

Warner's Bay Theatre

9.30 am – 10.30 am

Dance 4 Parkinson's Class

Warner's Bay Theatre

11 am – 12 pm

ALL CLASSES RUN ONLY ON TUESDAYS DURING SCHOOL TERMS

COST: \$15 Casual Class/Dance Card discount available.

BOOK: At venue or Online @ dance4wellbeing.com.au

FOR FURTHER INFO, CALL: 0419 449 578

WEB: dance4wellbeing.com.au

 @dance4wellbeing

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2021 ARTS LEADER

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Dance4Wellbeing
Happy Feet Online
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Create NSW Arts



MULTI AWARD WINNER. ARTS LEADER. EXCELLENCE IN DIVERSITY & INCLUSION.

MAKE A MOVE

ONLINE PROGRAM

FOR HEALTH & WELLBEING

A unique uplifting session for seniors, people living with PD, Stroke & needing to maintain mobility into later life.

All levels of mobility welcomed

No dance experience required.



Seated Dance4wellbeing community sessions via Zoom
for home, care, or health settings.

When: Mondays

Time: 3.30pm - 4.30pm

\$12 per person

Alternative session times available (by arrangement).



Book online to join the movement
dance4wellbeing.com.au/online
MORE INFO: 0419449578