

WHO makes donation to Parkinson's group

serve those with Parkinson's disease, and their caregivers. Living with Parkinson's can be challenging, there are things those with the disease can do to maintain their quality of life and live well. GAPS members are connected to Parkinson's disease in different ways; as patients, family members, caregivers and talented individuals from within business, medical and civic communities. They are all care partners. Some people may have difficulty coping with Parkinson's disease and are looking for support from others who understand. The cause of Parkinson's is still unknown. However, many researchers believe it might be caused by a combination of genetic and environmental factors such as exposure to certain toxins.

GAPS offers many services at no cost to those affected by Parkinson's disease living in the Georgetown area. The support groups and the exercise classes will provide educational tips on how to live your best life with Parkinson's or another movement disorder disease. There are many exercise opportunities, some at no charge and others with fees. Exercise has been shown to slow the progression of Parkinson's. Support group meetings and exercise classes will provide the socialization to develop friendships and camaraderie to help live life to the fullest. You are not alone.

The GAPS website, georgetowntextasparkinsons.com, provides more detailed information on their available programs.

WHO made a \$500 donation to GAPS, in furtherance of its mission to educate, support and

of GAPS. Scarborough, vice chairwoman of GAPS. The co-speaker was Stacy

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give up," which has become her chanting, "Never, ever, ever, ever

She could often be heard nine days in the searing Sicilian

advocates, covering 130 miles in Alzheimer's and Parkinson's

grillage hike with a group of 11. In 2019 Julie completed a pilgrimage with Parkinson's since 2013.

Member who has been living Julie Fitzgerald, a GAPS Board the recent WHO meeting was One of the guest speakers for son's for more than 20 years, who has been living with Parkinson's for her husband. She is also the caregiver for her husband, for 12 years. The group has more than 1,200 members. She is also has been the GAPS facilitator for 12 years. The group has more than 1,200 members. She is also

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number of years ago I had the pleasure of meeting Mary Jane Berry, who is executive director of the Georgetown Area Parkinson's Support Group. She invited me to photograph one of the exercise programs for a Parkinson's group and said I could leave whenever I wanted.

Upon my arrival, I was amazed at how many people with Parkinson's disease were in the group. Each person had a spouse helping with the exercises. They were amazing and were doing exercises that I could not do. Everyone was having so much fun. Smiles were everywhere. I stayed until the end.

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Marie Tolleson (right), vice president for Women Helping Others, presents a \$500 check to Stacy Scarborough, vice chairwoman for the Georgetown Area Parkinson's Support Group and GAPS board member Julie Fitzgerald.

PHOTO BY ANNE MARSHALL