

Roseville Parkinson's Support Group

August 2014

Our guest speaker was Tara McConnell who is a board certified music therapist. She is the Clinical Director of Crescendo, a weekly Music Therapy group designed for those with Neurological Impairment (i.e. Parkinson's Disease, stroke, traumatic brain injury) and their families. It is an opportunity to connect with others and engage in Neurologic Music Therapy (NMT) research-based strategies. These proven strategies contribute to improving and/or sustaining motor function, communication and cognition. Led by Board Certified Music Therapists with advanced training in Neurologic Therapy the group provides opportunities to participate in therapeutic techniques that activate brain functions. Drumming, playing instruments, group songwriting and singing are fun ways for vocal and communication support through breathing, posture and vocal exercises. There is increased physical functioning through use of rhythm and movement to music. The cost is \$149.00 for the 12 week term but some scholarships may be available.

Several members joined in a discussion on driving and PD. It is a subject that causes a great deal of stress and anxiety. Can you continue to drive even with a PD diagnosis? Where is DMV in all of this? We have a retired employee from DMV coming in October to speak on that very subject.

A member asked if we knew about ARTZ. I heard wonderful things about the group and here is some information from their website www.artistsforalzheimers.org ARTZ Sacramento is an organization that links artists and cultural institutions to people living with dementia and their care partners. Influenced by science and sociology, ARTZ uses artistic experiences as keys to unlock creativity, create new memories, strengthen and develop relationships and enrich lives in fundamental ways. ARTZ recognizes the wholeness that is inherent in each person, regardless of a diagnosis. We celebrate each person's capacity to participate in the journey of life. We believe that access to creative expression is essential to our human experience.

Visit our website at rosevillepsg.weebly

Shelly Butler

Secretary RPSG