

STUDY SCREENING

Do you... Yes
No

...sound... Yes
No

...family say... Yes
...softly? No

... Yes
No

... Yes
No

...when... Yes
...? No

... Yes
No

... "yes" to...
... questions,

... a voice...
... evaluation with

... Project for...
... disease

**TEXAS VOICE PROJECT LAUNCHES
CAREGIVER FORUM
JANUARY 14TH**

As the Texas Voice Project continues its mission to improve the speech and swallowing skills of the Dallas Parkinson Community, we recognize that the caregivers of our patients are in need of support and encouragement as well. According to the National Family Caregivers Association, virtually one half of the U.S. population has a chronic health condition. It is estimated that one in four American households includes an adult providing care for someone over 50 years of age. Only 20% of Americans who require long-term care receive it in institutions; the rest are taken care of in the home.

For this reason, the Texas Voice Project for Parkinson Disease is proud to announce the launching of a special CAREGIVER FORUM to begin Monday, January 14, 2008. We would like to say THANKS LOUD to the Horace C. Caba Foundation for awarding the Texas Voice Project a two-year grant to support this program. The CAREGIVER FORUM will be facilitated by Susan Imke, an advanced nurse practitioner holding dual certification by the American Nurses Association in family healthcare and gerontology. The topic for the January 14th meeting will be "Ten Commandments for Family Caregivers." All spouses and adult children of The LOUD Crowd™ are invited to attend at no cost. The forum will meet the second Monday of each month from 10am-12pm at Café Amore Italian Restaurant (located behind the Texas Voice Project). The program will include a 45-minute lecture by Susan Imke, followed by a 30-minute question and answer session. Members will also enjoy an Italian meal at this family-owned restaurant. Reservations must be made each month by calling 214 862-0101 or by e-mailing the Texas Voice Project at contact@texasvoiceproject.org. Non-LOUD Crowd members may attend for \$25 per session.

**THE TEXAS VOICE PROJECT
FOR PARKINSON DISEASE**
A NONPROFIT ORGANIZATION

2035 Promenade Center
Richardson, Texas 75080
Fax 972 480-8514

214-862-0101

contact@texasvoiceproject.org

CONTRIBUTE TO THE TEXAS VOICE PROJECT

The Texas Voice Project for Parkinson Disease is a Dallas-based 501 (C)(3) non-profit organization whose mission is to help people with Parkinson disease maintain the ability to communicate.

If you would like to donate to improve the quality of life for people with Parkinson disease, please call 214-862-0101 or email contact@texasvoiceproject.org

A SAD VOICE? MAYBE NOT.

This poem was inspired by the children Joe Hickman sees playing across the street from his house.

I don't really have anything to say,
and that's bad.

But no one can hear me anyway,
and that's sad.

Parkinson's took my voice, you see,
Without giving any choice to me.

So I suppose it's best
I have nothing to say—
my mouth and my mind can rest anyway.

But wait!

Suppose some day,
I have something important to say?
Suppose I need to yell
to warn a child
about a car racing her way?
Suppose I can't make her hear?
Suddenly, I tremble with fear.

Lindsay, my therapist says "Think LOUD."

Like I'm in a crowd.

I can do that! I can.

I've got to make a plan.

I will exercise my voice day after day.

The "ahhhs" I'll open up wide and say

Louder and louder every...single...day.

And when comes the day I have something
important to say,

I'll scream so loud I'll be apologizing.

Meantime, folks, I'm not yelling,

I'M EXERCISING!

JOE HICKMAN

LSVT Graduate, Class of 2007

Texas Voice Project



CAREGIVER AWARD

DAVID BARTHOLOMEW

This month the Texas Voice Project would like to recognize David Bartholomew. David is the loving husband and caregiver of one of our LSVT graduates, Joan Bartholomew, who was diagnosed with Progressive Supra-nuclear Palsy (PSP) 5 years ago. His patience, love, and consistent care for his wife is evident to all who know him. In 2003, David was diagnosed with Parkinson disease and he is now undergoing the LSVT himself. Keep up the good work David! You are an inspiration for us all.

“QUOTE” OF THE MONTH

Take advantage of every opportunity to practice your communication skills so that when important occasions arise, you will have the gift, the style, the sharpness, the clarity, and the emotions to affect other people.



JIM ROHN

LOUD CROWD- North Dallas Physical Therapy
2035 Promenade Center, Richardson, Texas 75080

Singing Group - All Saints Catholic Church
5231 Meadowcreek Drive, Dallas, Texas 75248

For Parkinson Plus and Young Onset Support Group times, call 214-862-0101

DECEMBER 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
No Singing Group in December						
2	3 Holiday Brunch 12:00-1:30 pm All Saints NO LOUD CROWD	4 12 Angry Men 1:00 pm (at clinic)	5  Hanukah Power Hour 11:00 am (at clinic)	6 DBS LOUD Crowd 11:00 am (at clinic)	7	8
9 Loud Crowd 10:00 am & 11:00 am (at clinic)	10	11 12 Angry Men 1:00 pm (at clinic)	12 Power Hour 11:00 am (at clinic)	13 DBS LOUD Crowd 11:00 am (at clinic)	14	15
16 Loud Crowd 10:00 am & 11:00 am (at clinic)	17	18 12 Angry Men 1:00 pm (at clinic)	19 Power Hour 11:00 am (at clinic)	20 DBS LOUD Crowd 11:00 am (at clinic)	21	22
23 NO LOUD CROWD	24	25  Christmas (Clinic closed)	26 NO POWER HOUR	27 NO DBS LOUD CROWD	28	29
30 NO LOUD CROWD	31 Happy New Year (Clinic closed)	1	2 Power Hour 11:00 am (at clinic)	3 DBS LOUD Crowd 11:00 am (at clinic)	4	5



SUSAN C. IMKE, CRNP

The Texas Voice Project is pleased to introduce Susan C. Imke as the facilitator of our new CAREGIVER FORUM.

Susan Imke earned a Master of Science Degree in Community Health Education from the University of North Texas and maintains a geriatric consulting practice in Fort Worth, Texas. She is Chairperson for the Novartis Pharmaceuticals Advisory Board for Mid-level Practitioners and serves on the National Parkinson Foundation Center of Excellence Review

Panel and the Board of Directors of the Parkinson Alliance in Princeton, NJ. Susan has been a front-line family caregiver for more than a decade and has authored numerous publications for families living with Parkinson disease. She is an acclaimed speaker to audiences of health care professionals and family caregivers on topics related to neurology of aging and living with chronic illness.