Thank You Parkinson’s Disease: 10 Reasons to Be Grateful This Thanksgiving

Sharon Krischer (Twitchy Woman), November 26, 2015

From all-night gaming sessions, to laughing (and crying) at things that non-Parkies would never understand…there’s a lot to thank Parkinson’s for, says Parkinson’s blogger Sharon Krischer – AKA ‘Twitchy Woman’.

In honor of Thanksgiving, I want to share 10 things that I am thankful for while living with Parkinson’s disease.

10. Getting by on little sleep gives us much more time to spend playing games on our iPads in the middle of the night, while we are deluding ourselves into thinking that these games may actually help our brain cells regenerate.

9. We can blame our obsessive/compulsive behaviors (see #10) on our medications and the non-Parkies will believe us.

8. Waking up at 5:00am doesn’t seem so early anymore. But why am I always late to my 8:30am yoga class? (See #10. Still playing those stupid games on my iPad.)

7. I can do things with my left hand now that I wouldn’t have been able to do if that damn tremor in my right hand didn’t act up while trying to do something like eating, writing or brushing my hair.

6. Living with Parkinson’s has taught me to be more proactive about my health. I keep up with the latest research and always go to my doctor with a list of questions and concerns.

5. All of the new friends that I’ve made who also have Parkinson’s. We can laugh and cry together about things that non-Parkies would never understand.

4. Fortunately, I have a slowly progressing form of Parkinson’s, which is controlled by meds. Better living through Chemistry is my mantra.

3. Laughing with Parkinson’s—when all else fails, I can always blame stupid things I do on that @$#!% tremor!

2. Loving with Parkinson’s means cherishing the life my husband and I have together and making adjustments we need when that @$#!% tremor gets in the way again.

1. Living with Parkinson’s has enabled me to reach out to others like you, hopefully making all of our lives just a little bit better.

What will you be ‘thanking’ Parkinson’s disease for, this Thanksgiving?
November Membership Meeting

**Parkinson’s Roundtable Discussion**
*Presented by Dr. Elizabeth L. Peckham, DO, Central Texas Neurology Consultants  Hosted by Victor Becker*

Victor Becker, one of our very own PD board members is hosting a Freestyle Q&A this month with Dr. Elizabeth Peckham. Dr. Peckham specializes in the diagnosis and treatment of movement disorders such as Parkinson’s disease, Parkinsonism, Essential tremor, Myoclonus, Tourette’s syndrome/Tics, Ataxia, Dystonia, Restless Leg Syndrome (RLS), Huntington’s disease, Tardive Dyskinesia, and Psychogenic movement disorders. She also has extensive experience with the evaluation for and programming of deep brain stimulators and botulinum toxin injections. You are encouraged to submit your own questions to info@capitalareaparkinsons.org by November 15, however, questions can also be asked during the session.

**Virtual Meeting**
*Saturday  
November 20 - 2:00 p.m.*

**CAPS Support Groups (Virtual & in person)**
Contact the office for more information

Women Care Partner Group - Tuesdays, biweekly
People with Parkinson’s Group - 3rd Thursday each month, 3:00 pm
Women & Men’s Care Partner Group, 1st Wednesday each month, 11:00 am
ATX Young Onset PD, 2nd Saturday each month, 10:00 am
(Visit Meetup.com to join the group and see what’s happening)