



The VOICE

A Newsletter for the
Residents of Teravista

Volume 7, Issue 7

July 2017

Power For Parkinson's Hosts Free Weekly Classes To Delay Disease Progression

For longtime Austinites, Nina Mosier and Susan Stahl, a double (and sometimes triple) dose of daily exercise has become the norm. To keep their bodies in shape, Nina runs and Susan exercises at Orange Theory. Once their daily workout is complete, they head to group classes for their nonprofit, Power For Parkinson's. Participants – with and without their caregivers -- arrive in time to find a seat. Everyone chats before the instructor starts the music. Nina and Susan check people in, participate during class, and work with their volunteers to ensure the process goes smoothly.

The importance of physical activity for Parkinson's patients cannot be underestimated. For those who suffer from Parkinson's, a degenerative disease that currently has no cure, daily movement is the key to slowing down the disease's progression.

Mosier, a Medical Doctor by profession, and Stahl, a Child and Family Psychotherapist by profession, co-founded this nonprofit in 2013 as a labor of love. Mosier's father is currently living with Parkinson's. Stahl lost her father to Parkinson's and works to honor his memory.

The Round Rock "Fitness for Parkinson's" class meets every Thursday at N'Caliente Fitness & Dance Studio in Round Rock, Texas. It's a fun class that aims to improve participant's strength, balance, endurance, vocal projection and sense of well-being. The class is taught by group fitness instructor Mary Holder, who has been teaching fitness for over 25 years and has extensive knowledge of Parkinson's specific exercises. Participants enjoy very challenging mind games, doing strength exercises and using balls, bands and weights.

The classes have become more than just a workout for participants. They are a source of community for friends who feel like family and love to see each other. Each class offers physical and mental hope for patients, relief for caregivers, and a focus for the day in the form of a social outing.

Power For Parkinson's received international attention last fall

at the World Parkinson's Congress, bringing attention to all the good they're doing in Austin. They were also awarded The Rose Professional Spirit Award from AGE of Central Texas, recognizing their impact on the lives older adults. "We knew we had started a unique program," say Stahl and Mosier. "The accolades validated the impact the program has had on the community."

There is always room for new participants at weekly Power For Parkinson's class at the N'Caliente Fitness & Dance Studio. For class specifics, please visit www.powerforparkinsons.org/class-schedule. NO reservation is necessary and classes are always free. Just be prepared to have a good time and feel better.



Round Rock "Fitness for Parkinson's"

When: Every Thursday, 1:30-2:30

Where: N'Caliente Fitness & Dance Studio.
2111 Sam Bass Road, Round Rock, TX, United States

Description: A fun class to improve strength, balance, endurance, vocal projection and sense of well-being.

All levels welcome. Instructor: Mary Holder

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EMERGENCY NUMBERS

EMERGENCY	911
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Ambulance.....	911
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.....Select option 1 twice to get directly to dispatch	
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Georgetown Animal Control.....	512-930-3592

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Stony Point High School.....	512-428-7000
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OTHER NUMBERS

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Round Rock Parks and Recreation	512-218-5540
City of Georgetown.....	512-930-3652
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Teravista Golf and Ranch House	512-651-9850
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(Continued from Cover)



(Continued on Page 3)

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Round Rock New Neighbors

Round Rock New Neighbors is a non-profit social club for women with over 180 members from Round Rock and surrounding communities. Since 1978, RRNN has been active in providing women the opportunities to come together and meet new friends and neighbors. The name may fool you, but you do not have to be new to the area to join the fun. We have new members who have lived in Round Rock for many years. All women are welcome!

Our general meetings are held on the second Wednesdays of each month September through May. We meet at the Williamson Conference Center located behind the Wingate Hotel on the frontage road of I-35, north of Hwy 79, starting at 10:30. Come join us for a great catered lunch and program. Reservations must be made by the Friday before the meeting. Cost is \$17.00 payable at the door for first time visitors.

For more information, please call Jan Percy 512-810-3214

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THE VOICE

Introducing “Get To Know Your Neighbors”

We are all very fortunate to call Teravista home. But, Teravista is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, “Get to Know Your Neighbors” which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Teravista a better place to live, please let us know. We would like to introduce them to your neighbors.

ATTENTION PARENTS OF GRADUATING SENIORS!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to articles@peelinc.com (include the newsletter you would like to recognize them in, photo, name, etc).

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Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to toteravista@peelinc.com. Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at www.PEELinc.com.

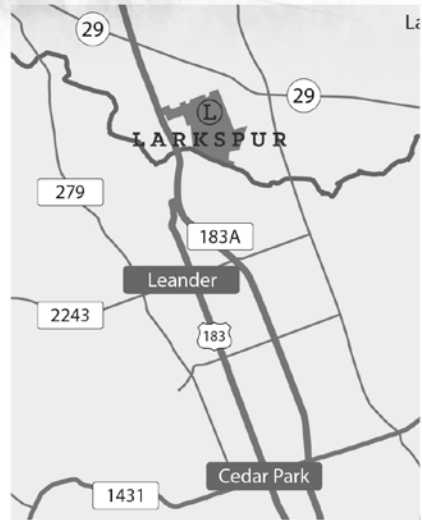


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View answers online at www.peelinc.com

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of July!**

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