

2015 Annual Report of KORA Committees and Subcommittees, Service, Special Interest and Support Groups

Name of Group: Essential Tremor Support Group

2015 Chair: Don Hultquist (since 2014)

2016 Chair: Don Hultquist

1. Current mission statement:

To generate an essential tremor (ET) support group for residents who wish to talk together, obtain information, share techniques of coping, and plan educational activities.

2. Changes to mission statement? This is the group's first report to KORA Council.

3. Summary of activities and accomplishments:

The group met six times during the year; attendance grew to its present number of 21.

Much information was exchanged concerning symptoms, treatments, and ways to cope.

K@O therapists presented a talk/demonstration on various therapies.

The Director of Movement Disorders at Case Medical Center was invited to speak on ET.

Tremor Talk, the publication of the International ET Foundation, circulates to members.

Correspondence was initiated with a researcher heading up a promising clinical trial.

4. Problems? Needs? No

5. Plans for 2016 and future: The group will continue to support and educate one another.

Modest expenses for educational materials and for copying costs will continue to be provided by KORA's Resident Medical Resource (RMR) Service Committee.

6. Committee members: List with special assignment as needed

Don Hultquist- Chair and Facilitator of Meetings

Nancy Hultquist provides organizational support for the Group