

Essential Tremor (ET) Support Group

Report on the 11/13/15 Meeting

Don Hultquist, Chair

The Annual Report to KORA Council was summarized.

The mission statement

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

The year's activities

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.

Plans for 2016

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) Committee.

A Decision to Become an Officially Recognized Group of KORA

Without descent, the Chair was instructed to forward to KORA Council a request for status of the Group as an official KORA Service Group or KORA Support Group that functions independently of, but in cooperation with, other KORA committees. The motivation for such action would be to gain greater visibility to those who would benefit from joining the group.

Insights and Comments from Those in Attendance

The September issue of *Tremor Talk* was reviewed. An article entitled "Living with Liquids" generated discussion. Among the useful suggestions for holding liquids with hands with a tremor:

- *Hold a glass near its top, or at least above its center of gravity
- *Don't hold a glass away from your body or above your shoulder
- *Given a choice, choose to drink from a tall container with straight sides
- *Lift a glass with your shoulder rather than with your elbow
- *Forget the saucer that may come with a cup
- *Rather than trying to hold a glass still, move it in a small circle

Tremor of the vocal cords was also discussed. Among tips that help to minimize vocal tremor (in some individuals) are relaxation and singing techniques and movement of the head while speaking.

The January Meeting of the ET Support Group

We will meet next in the Green Room at 4:00 pm on Friday, January 22.

Topics for the agenda are most welcome.