



CAPITAL AREA PARKINSON'S SOCIETY

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A 501(3)(C) Non-Profit

www.capitalareaparkinsons.org

MARCH, 2008

CAPS MONTHLY MEETING

The next monthly meeting of the Capital Area Parkinson's Society (CAPS) will feature Bonny Gardner, Ph.D., a private counselor, speaking on depression and other mental health issues. The meeting will be on Saturday, March 15, 2008, at 2:00 p.m. at the Seton Medical Center on West 38th Street, in the McFadden Auditorium. Access to the auditorium, which is located on the ground floor, is most convenient from the south side of the hospital.

NEW BOARD MEMBER

At last month's meeting, CAPS members elected Mark Lamkin to the Board. His efforts already bring us the CAPS website. Welcome to the Board, Mark.

2008 DUES

Time to pay your dues for 2008. Dues are only \$15.00 per household. Pay your dues to our Treasurer, Claudette Porter, at the next meeting or mail your dues to the above address. A donation above the \$15.00 would be appreciated.

NEW DIRECTORY

A new membership directory is available to members of CAPS. Please take one copy per household.

RIDES

Mary Davidson coordinates a volunteer ride system for people who need transportation to our Saturday meetings. If you are willing to pick up someone who needs a ride in your area and provide transportation to the meeting and back, call Mary

Davidson at (512) 257-0529 or (512) 659-9478 and leave your name, phone number and area of Austin you live in. If you need a ride to a meeting, call Mary Davidson at the same numbers by the WEDNESDAY before the Saturday meeting. Mary Davidson will match riders with rides.

VOLUNTEERS NEEDED

CAPS always needs volunteers. If you would like to help, contact Kitty Hoskins or Susie Lightfoot Scherr.

A volunteer to write the newsletter is needed **now**. Any typos in this one are thanks to Maxine's cat.

YOUNG ONSET PARKINSONIANS

A.J. Hernandez facilitated the first 2008 Young Onset PD Group meeting on February 17. With over fifteen Parkinsonians and caregivers in attendance, the meeting at The Tavern in Central Austin was most successful. Education and "fun" will be the focus for this group as they continue to meet monthly and engage in other activities geared to the young Parkinsonian. The next meeting will be Saturday, March 22, 2008. Details will be available on the CAPS website or by e-mail if you attended the

February get-together. You may also contact Alexander J. Hernandez at austinaj@grandecom.net for more information.

CAPS OFFICE TO CHANGE ROOMS

The CAPS office in Parsons House will be moving to a larger space within the same building next month. The new room will be large enough for us to hold our board meetings there. Thanks to Parsons House for this increase in office space.

APRIL IS PARKINSON'S AWARENESS MONTH

Next month is Parkinson's Awareness month. We will be having some special events to commemorate the month. Our April meeting will be take place at the regular date and time, but there will be some special happenings. Dr. Malcolm Stewart, a noted neurologist, will be our speaker.

FEBRUARY PROGRAM

We had a great program on improving mobility and meeting other challenges for Parkinsonians by Donna Neitzel and Shirley Uzzell.
