

Providing Education and Support for those with Parkinson's Disease, their families and friends, caregivers and healthcare providers in the greater Austin Community.



CAPITAL AREA PARKINSON'S SOCIETY

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July, 2006 Newsletter

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July Meeting

The next meeting of CAPS will be Saturday July 15th 2006 at 2:00 pm in the McFadden Auditorium at Seton Main Hospital.

Parking is available in the garage at the south entrance. Free parking vouchers are available at the meeting.

Note: As of this writing, the topic of this meeting is in question, as our scheduled speaker, Melanie Ann Fagen of Real Life Nutrition has left for New York due to a family emergency. Our hopes and prayers go with her.

Currently under consideration for this meeting are the always-popular Roundtable Discussions, an opportunity to share questions and experiences about living with Parkinson's. Moving the August Ice Cream Social up a month is also a possibility. Be sure to attend this session; it'll be a win-win situation either way.

June Meeting Update

Our sincere thanks go out to Dr. Ronald Devere, Medical Director of *Austin's Taste and Smell Disorder Clinic* for his excellent presentation. Dr. Devere's interest in the subject began when he realized he had lost his own sense of smell.

His talk covered a broad range of topics, including the anatomy of smell and taste, problems encountered in "normal" aging and Parkinson's Disease's impact on these important quality of life senses. He explained that 90% of people with Parkinson's have some degree of smell disorder, which often occurs early in the disease.

He presented strategies for treating smell and taste problems, such as paying attention not only to the flavor of the foods we prepare, but to their 'spiciness,' texture, temperature and visual presentation as well.

Some Points from Dr. Devere's Presentation

- We have many taste receptors for five flavors (sweet, sour, bitter, salty and savory) but only one small smell receptor.
- There is a standardized test for smell reception in worldwide use.
- Persons with Parkinson's should eat snacks whenever they want them
- Parkinson's may impair the physical act of sniffing, which degrades the sense of smell.
- Foodstuffs in the refrigerator and the rest of the house should be labeled with name and date to protect those whose sense of smell has diminished.

More information on taste and smell disorders is available on the Internet at <http://www.blkbox.com/~rdevere/tsdc/>.

The Taste & Smell Disorders Clinic of Austin is located at 317 Ranch Road 620 South #200. You can contact their office at (512) 261-7909.

Online Newsletters Now Available

Issues of the monthly CAPS newsletter have been added to our Web site. Simply go to www.capitalareaparkinsons.org and click the Newsletters button. We'll try to have the latest issue available at least a week before the next meeting; if you haven't seen the current "snail mail" (postal) copy by then, stop by and stay informed.

Nominating Committee Members Needed

Volunteers are needed to form a Nominating Committee to prepare a slate of candidates for our 2007 officers and Board of Directors. The committee will kick off after the August 15th Board of Directors meeting, and will have the slate ready to publish in the October newsletter so we may vote at the November meeting. For details, see or call Lois Rice at 288-4087.

Caregivers Meeting

A meeting for Caregivers only will be held Saturday, July 22nd at 2:00 PM in Quad 3B at Riverbend Church, 4214 North Capital of Texas Highway (Loop 360). Here's a chance to spend some time learning from other caregivers, and sharing with others in turn.

Young Onset Group

The Young Onset Group meets Sunday, July 16th, 2006 at Red Lobster, located at 109 W Anderson at 3:00 PM. For more information, contact James Schrader at 228-1426. Everyone is invited to attend any meeting.