



# CAPITAL AREA PARKINSON'S SOCIETY

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(512) 459-9876  
A 501(3)(C) Non-Profit

[www.capitalareaparkinsons.org](http://www.capitalareaparkinsons.org)

## July 2008

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### CAPS MONTHLY MEETING

CAPS will be holding its Annual Ice Cream Social Saturday, July 19, from 2 p.m. to 4 p.m. We invite you to come chat, listen to music, and eat your favorite flavor of Blue Bell ice cream. The "Good Time Strummers" will be singing and playing the ukuleles. Helen Carroll and Bonnie Murphy are delightful women from Jenny and Izell's Pflugerville Seniors. They enjoy entertaining and are always a big hit! Be sure to meet and greet them.

The social will be held at the Seton Medical Center on 1202 West 38<sup>th</sup> 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. Parking in the garage is free.

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### DONATE TO CAPS THROUGH RANDALL'S

Don't forget about the opportunity to raise money for CAPS through Randall's. Please ask your sons, daughters, their families, friends, neighbors, and fellow church members to add CAPS on their Randall's card. When they shop at Randall's with their Remarkable Card, Randall's will donate 1% of all their purchases to CAPS.

Forms for the Randall's Remarkable Card will be available at the next meeting. They will be located on the red cloth by the door. Just as a reminder, our CAPS account number is **11720**. For more information, contact Jenny Bankston or any board member.

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### 2008 CAPS Officers

*Co-Presidents:*

Kitty Hoskins  
Susie Lightfoot Scherr

*Vice President:*

Jenny Bankston

*Secretary:*

Kathy Rivera

*Treasurer:*

Claudette Porter

### 2008 Board Members:

A.J. Hernandez  
Barbara Metzger  
Deborah Bryson  
Emile & Betty Mailloux  
Herman Caviel  
Jack & Fran Gerling  
Jaime Eyer  
Lois Rice  
Lorraine Chammah  
Maggie Glazener  
Marianne Foley  
Mark Lamkin  
Maxine Jenks  
Patricia Bordie  
Sam Anderson  
Sheila Koehler  
Shirley Uzzell  
Wynnette Harris  
Yulah Sisler

## **PARKINSONIANS WHO LIVE ALONE**

Parkinsonians who live alone will meet again on Thursday, July 24th, from 11:30 a.m. to 1:00 p.m. for lunch and conversation at the First Unitarian Church of Austin, Room 15. All Parkinsonians are invited. The church is located at 4700 Grover Avenue in back of the Community Gardens and can be accessed on 49th Street at either Burnet or Lamar. For more information, call Marianne Foley at 323-6241 or Lydia Blanchard at 445-2478.

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## **REFERRED CAREGIVERS LIST**

The CAPS Co-Presidents will be keeping a list of referred caregivers for folks to call. These caregivers are well informed about Parkinson's disease and are loved by the families they care for. If you would like to recommend a great caregiver, send the caregiver's name and information to Susie via email at [lightfoot\\_78759@yahoo.com](mailto:lightfoot_78759@yahoo.com).

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## **CAPS VIDEO**

Elephant Productions' summer interns are working with CAPS to complete a video by the fall. This video will be available to all members for functions, educational events, doctors, churches, etc. The goal of the video is to pro-actively bring about awareness and distribute information to communities and individuals with PD outreach groups in Central Texas.

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## **A NOTE FROM KITTY & SUSIE**

CAPS Co-Presidents, Kitty & Susie, would like to ask for your help in getting the word out that we are an educational group with many available resources.

While the word "support" is the most prevalent, we do focus on education and on bringing the latest available PD information and resources to the attention of our members.

The first six months of 2008 CAPS has had an array of people with a wealth of Parkinson's experience and knowledge. The next six months will be as rewarding for all. We invite you to mark the 3rd Saturday of each month as your CAPS event.

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## **VOLUNTEER & SERVICE LEARNING CENTER**

CAPS is now registered with the Volunteer & Service Learning Center, which is run by the University of Texas. The center will match up volunteers with CAPS.

