



CAPITAL AREA PARKINSON'S SOCIETY

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A 501(3)(C) Non-Profit

www.capitalareaparkinsons.org

August 2008

CAPS MONTHLY MEETING

On August 16, CAPS will hold its traditional Roundtable discussion. We invite you to bring your questions and any information you would like to share with our Parkinson's members and their care partners. When the Roundtable is over, we will have refreshments and more visiting. If you would like, you can bring snacks to share with the group.

The Roundtable will be held from 2p.m. to 4p.m. at the Seton Medical Center on 1202 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. Parking in the garage is free.

We would like to extend our thanks to co-presidents Kitty and Susie and to anyone who had a part in making our ice cream social so special. Thanks also go out to our Goodtime Strummers, Helen Carroll and Bonnie Murphy, who led the sing-along.

WELCOME NEW MEMBERS!

Please welcome the following new members to the CAPS organization:

Carol and Bob Bersan
Bill Hudspeth
Jon and Judith Kalb
Wayne and Darlene Reitmeyer
Carol Ann Saxton
Kathy and Dennis Underwood
Marcario and Elvia Zapata

2008 CAPS Officers

Presidents:

Kitty Hoskins & Susie Lightfoot
Scherr

Vice President:

Jenny Bankston

Secretary:

Cathy 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

DONATE TO CAPS THROUGH RANDALL'S

Did everyone remember to sign up for the Randall's Remarkable Card? Please continue to 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.

Just as a reminder, our CAPS account number is **11720**. For more information, contact Jenny Bankston or any board member.

SOLO PARKINSONIANS

The Solo Parkinsonians (Parkinsonians who live alone) will meet again on Thursday, August 21, from 3 to 5 p.m. at the First Unitarian-Universalist Church of Austin, Room 15. All Parkinsonians are invited for snacks, conversation, and maybe music!

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.

QUARTERLY BOARD MEETING

CAPS will be holding its quarterly board meeting Tuesday, August, 12 from 2 to 4 p.m. at the Parson's House, Room 320. The Parson's House is located at 1130 Camino La Costa, Austin, TX 78752. All members are welcome to attend.

CHAIR YOGA FOR CAPS MEMBERS

Discover a way to calm, refresh, and energize yourself through gentle chair yoga! Cathy Rivera, Registered Yoga Teacher, will be holding two chair yoga classes for CAPS members. The south Austin class will be held Tuesday mornings from 10 to 11 at the South Austin Senior Activity Center located at 3911 Manchaca Rd., Austin, TX 78704. The north Austin class will be held Tuesday afternoons from 1:30 to 2:30 at Loyalty of Austin, which is located at 5310 Duval Rd., Austin, TX 78727. Both classes start August 26 and will last between six and eight weeks. These classes are also appropriate for individuals with other movement disorders or limitations. For more information, contact Cathy Rivera at (512)289-7260.

PDF PARKINSON'S WEBCAST

The Parkinson's Disease Foundation is currently hosting a webcast focusing on "Mind, Mood, and Body: Understanding Non-motor Symptoms and PD." The program will span five hours with breaks and will include Q&A periods where online viewers will be able to submit questions directly to the speakers and/or panelists. All webcasts can be viewed at www.pdf.org/webcast.

