

**CAPITAL AREA PARKINSON'S SOCIETY**

**P.O. Box 27565**

**Austin, Texas 78755-2565**



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**(512) 459-9876**

**A 501(3)(C) Non-Profit**

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

**October, 2007**

**2007 CAPS Officers**

**President:**

Lois Rice

**Vice President:**

Maxine Jenks

**Secretary:**

Cathy Rivera

**Treasurer:**

Emile Mailloux

**Advisors**

Sam Anderson

Lorraine Chamamah

Kitty Hoskins

**2007 Members**

Jenny Banks (New)

Patricia Bordie

Deborah Bryson

Herman Caviel

Vilma Falck

Fran Gerling

Jack Gerling

Wynnette Harris

Genie Jackson Jones

Don Jones

Phyllis Jones

Susie Lightfoot Scherr

Betty Mailloux

Barbara Metzger

Claudette Porter

James Shrader

Yulah Sisler

**CAPS Webmaster:**

Mark Lamkin

**October Meeting**

The next meeting of CAPS will be held Saturday, October 20<sup>th</sup>, 2007 at 2:00 pm in the Mc Fadden Auditorium at [Seton Main Hospital](#)

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

This month we'll be drawing on the unique strengths of CAPS once more: the October meeting will be a Roundtable Session.

For those who've not yet attended a Roundtable, be prepared for a pleasant surprise. Seated casually around several tables, we all get to "let our hair down" a bit and discuss what we've learned - and what we need to learn - about living with Parkinson's. For those who've been around, it's a chance to share some of those hard learned lessons we could have used starting out . . . and maybe pick up something new while you're at it.

So y'all come! The more the merrier, and the more information for everyone. You'll be glad you did!

**September Meeting Update**

Thanks to Diane Galtens and Alex Lucas, a pharmacist and pharmacist candidate from [CVS Pharmacy](#), for taking the time and effort to present us with an in-depth look at the pharmaceutical side of Parkinson's.

Diane started with a concise definition of the disease, and then went on to explore the many chemical weapons in modern medicine's PD armory and how they work. There were a lot of familiar names presented, along with several not-so-familiar ones, including some of the earliest meds and some of the latest as well.

All in all, It was a good session. Thanks again, folks!



### Announcements

Mary Davidson continues to coordinate a volunteer system to secure rides for persons who wish to attend our Saturday meetings. The system works like this:

1. Persons who are willing to pick someone up in their general area of town and give them a ride call Mary at (512) 257-0529 or (512) 659-9478 and leave your names and phone numbers.
2. Persons who wish to have a ride to the meeting would call the same number(s) by the WEDNESDAY before the Saturday meeting, and Mary will match riders with rides.

As Lois suggested last time, you may want to attach this information to your CAPS Directory or tape to your refrigerator with your other important information.

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Did you know that by shopping at [Randall's](#), you can contribute to CAPS? By linking your *Remarkable Card* to the CAPS account number 11720, you'll be participating in Randall's [Good Neighbor Program](#), who will then donate 1% of your purchase price to CAPS. How easy is that? Tell your friends, family, everyone you know!

For more information, you can contact your local Randall's store, or stop by CAPS' [Web site](#).

### 2008 CAPS Board Nominees

Every year in the October Newsletter, we announce the nominations for the positions of the folks that will "run the show" for the Capital Area Parkinson's Society. This year is no exception. Drum roll, please.

<u>Officer Nominees</u>	<u>New Board Member Nominees</u>	<u>2008 Board Members</u>
<p><b><u>Co-Presidents:</u></b> Kitty Hoskins &amp; Susie Lightfoot Scherr</p> <p><b><u>Vice-President:</u></b> Jenny Bankston</p> <p><b><u>Secretary:</u></b> Cathy Rivera</p> <p><b><u>Treasurer:</u></b> Claudette Porter</p> <p><b><u>Advisors:</u></b> Maxine Jenks Lois Rice</p>	<p>Jaime Eyer Marianne Foley Maggie Glazener A.J. Hernandez Sheila Koehler Shirley Uzzell</p>	<p>Sam Anderson Patricia Bordie Deborah Bryson Herman Caviel Fran/Jack Gerling Wynnette Harris Betty/Emile Mailloux Barbara Metzger Yulah Sisler</p>

### Future Meetings

#### CAPS Monthly Sessions

Date	Session	Notes
November 17	Dr. David Morledge	Austin Neurological Clinic
December 15	Christmas Party	Seasonal meet-'n'-greet

#### Other Meetings

October 27	Caregivers only at Riverbend Church	Sharing problems and solutions
November 13, 2PM	Board of Directors at Parsons House	Charting CAPS' course for 2008

### Young Onset Group Meeting

The Young Onset Group meeting will be held Sunday, October 21<sup>st</sup>, 2007 at 3:00 PM at the Red Lobster, 109 W. Anderson. For more information, contact James Shrader at 671-3067 or at [mmr12stringjms@aol.com](mailto:mmr12stringjms@aol.com).

