



CAPITAL AREA PARKINSON'S SOCIETY

P.O. Box 27565
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(512) 459-9876
A 501(3)(C) Non-Profit

www.capitalareaparkinsons.org

November 2008

CAPS MONTHLY MEETING

Great news! There is one more chance to participate in an interesting and enlightening Round Table Discussion this year. Maxine Jenks has her own "stimulus package" with suggestions for a stimulating discussion at each table. The CAPS film will also be shown during the meeting. Bring your family and friends to our November meeting on Saturday, November 15th from 2p.m. to 4p.m. at Seton Hospital, McFadden Auditorium.

Also at the November meeting, the CAPS General Assembly will vote on officers and board members to serve in 2009. The following people are nominated:

President: Shirley Uzzell
Vice President: Jamie Eyer
Secretary: Cathy Rivera
Treasurer: Claudette Porter

The following are nominated as 2009 board members: Lydia Blanchard, Colleen Boytim, Dawn Lakamsani, JoAnn Holliday, and Paula Barr.

Seton Hospital is located at 1202 West 38th Street. 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.

CAPS ADVISORS

Kitty Hoskins
Lois Rice
Maxine Jenks
Sam Anderson

2008 OFFICERS

Co-Presidents
Kitty Hoskins &
Susie Lightfoot Scherr
Vice President
Jenny Bankston
Secretary
Cathy Rivera
Treasurer
Claudette Porter

BOARD MEMBERS

A.J. Hernandez
Barbara Metzger
Betty Mailloux
Deborah Bryson
Emile Mailloux
Fran Gerling
Herman Caviel
Jack Gerling
Jaime Eyer
Maggie Glazener
Mark Lamkin
Patricia Bordie
Sheila Koehler
Shirley Uzzell
Wynnette Harris
Yulah Sisler

A NOTE FROM KITTY & SUSIE

We hereby deem the month of November to be "Gratitude Month." Be sure to thank all of our Care Partners and volunteers who make CAPS such a great organization!

SOLO WITH PARKINSON'S

Do you have Parkinson's and live alone? If so, join us for lunch and conversation on Thursday, November 13th from 12:30 to 2p.m. We will be meeting at the home of Lydia Blanchard, which is located at 506 Lockhart Drive in Travis Heights, just off South Congress. Call Lydia at 512-445-2478 if you need a ride or directions. You can also e-mail Lydia at lblanchard@txstate.edu.

NEW BURNET MEETING

The Burnet PD Outreach will be holding its meetings at a new location: Seton Highland Lakes Hospital, located at 3009 Industrial Blvd., Burnet, TX 78611. The group will be meeting monthly from 2p.m. to 3p.m. on every second Wednesday of the month. The Community Outreach Liaison, Lynn Wisdom, is pleased to facilitate with us. For more information, you can reach Lynn at lwisdom@seton.org or at 512-345-1380.

PD EDUCATIONAL OUTREACH

The PD Educational Outreach Meeting at the Parsons house will now meet at 6p.m. every third Tuesday of the month. Box dinners will be provided at the next meeting. Jaime Eyer will facilitate the meeting which is scheduled to feature a guest speaker.

A.G.E. NEEDS DONATIONS

A.G.E. needs items to be used as prizes for people who go to adult daycare. We will have a basket for you to leave games, toiletries, surprises, etc. at the upcoming meetings. Anything you can donate is excellent!

THE PERSONAL SIDE OF PARKINSON'S DISEASE

The CAPS website now features a LINK to "The Personal Side of Parkinson's Disease." We are pleased to share reflections on PD from individuals who use contemplation, positive thinking and strong sense of humor to help them cope with their situations. To find how to share your story, visit www.capitalareaparkinsons.org.

HOLIDAY SHOPPING

CAPS has several items for sale that will make great holiday and hostess gifts. The items include PD bracelets for \$1, PD car magnets for \$3, and PD red tulip pins and calendars for \$5. All proceeds benefit the Capital Area Parkinson's Society. Look for the red tablecloth at our November 15th meeting or call Lydia Blanchard at 512-445-2478 to pick up your items at the CAPS office.

