

*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

A 501(3)(C) Non-Profit

(512) 459-9876

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

### December, 2006

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#### December Meeting

The next meeting of CAPS will be held Saturday, December 16, 2006 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.

In contrast to last meeting's somewhat somber tone, this month's get-together will be a special treat: it's all about the Holidays!

We're especially excited about the first half hour. *Medallion Quartet*, a local barbershop group and "regular fixture at the Governor's Christmas parties for several years" will provide a musical jumpstart to the



festivities. Then, after a few obligatory announcements, the revelry will begin. Rumor has it there'll be much eating . . . and maybe even some spontaneous caroling. Come prepared to "let your hair down." ::rubs balding head:: Well, those of us with hair, anyway.

#### November Meeting Update

Our undying gratitude (yes, that was a *horrible* pun) goes out to Maxine Jenks, Austin attorney and 2007 CAPS Vice President, for her November meeting presentation on *The Ethics of Dying*. In under an hour, she introduced us to the process for assuring our wishes are carried out if we become incapacitated (Advance Care Planning) or when we die (Estate Planning), and did it thoughtfully and with grace. Her shared personal experience brought the subject to life and impressed on us the importance of being prepared. Many thanks, Maxine.



More from Maxine's Presentation

**Estate Planning:** The process of getting things in order to distribute possessions as desired.

**Wills:** Written instructions on how assets should be distributed.

**Living Trust:** an alternate method for distributing property after death

**Durable Power of Attorney:** a written document that empowers others to make personal and financial decisions on your behalf if you can't.

**Advance Care Planning:** a process for assuring your wishes are carried out if your medical condition keeps you from doing so. This includes an **Advance Medical Directive:**

- **Medical Power of Attorney** - used to designate a trusted person who can make medical decisions and communicate with doctors in your stead;
- **Directive to Physicians and Family or Surrogates** - a written statement concerning the kinds of medical treatments you wish to receive or decline as the end approaches.
- **Out-Of-Hospital Do-Not-Resuscitate (DNR)** - instructs health care professionals to forego resuscitation measures when you're not in the hospital.

For more information on these and other end-of-life issues, Ms. Jenks recommends you see your attorney.

2007 Meeting Schedule

How time flies: it's nearly 2007. For some of us, one of the first activities of the New Year is to set up its calendar. Being a caregiver and newly organized person myself (with all those doctor appointments, a calendar is *indispensable*), this seems like a good spot to help fill in some space on everyone's calendars. Though I don't yet have the list of topics, here are dates.

<p><b>CAPS Monthly Meetings</b> Seton Main Hospital, McFadden Auditorium, 2PM January 13<sup>th</sup> February 10<sup>th</sup> March 17<sup>th</sup> April 14<sup>th</sup> May 12<sup>th</sup> June 16<sup>th</sup> July 21<sup>st</sup> August 18<sup>th</sup> September 15<sup>th</sup> October 20<sup>th</sup> November 17<sup>th</sup> December 15<sup>th</sup></p>	<p><b>Caregivers Only</b> Riverbend Church, 2PM  January 27<sup>th</sup> April 28<sup>th</sup> July 28<sup>th</sup> October 27<sup>th</sup>  <b>Board Of Directors Meetings</b> Parsons House Chapel February 13<sup>th</sup> May 15<sup>th</sup> August 14<sup>th</sup> November 13<sup>th</sup></p>	<p><b>Early Onset Pd Group</b> 3<sup>RD</sup> Sunday Monthly - 3PM Red Lobster Restaurant 109 W. Anderson Ln. January 21<sup>st</sup> February 18<sup>th</sup> March 18<sup>th</sup> April 15<sup>th</sup> May 20<sup>th</sup> June 17<sup>th</sup> July 15<sup>th</sup> August 19<sup>th</sup> September 16<sup>th</sup> October 21<sup>st</sup> November 18<sup>th</sup> December 16<sup>th</sup></p>
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December Young Onset Group Meeting

The monthly Young Onset Group will be held Sunday, December 17, 2006 at 3:00 PM at the Red Lobster, 109 W. Anderson. For more information, contact James Shrader at 671-3067 or at [mr12stringjms@aol.com](mailto:mr12stringjms@aol.com).

Some Surprising Statistics About Caregivers

Did you know it's estimated that there are over 44 million people aged 18 and over that provide unpaid care to older people and adults with disabilities, and that the value of the service they provide is nearly *double* the costs of U.S. home health care and nursing home care *combined*? What you do is **important**, and not just to those lucky enough to receive your support. Think about that the next time you're feeling small. You're *not* alone, and you're *not* worthless. (For more information, visit [www.caregiver.org](http://www.caregiver.org))

