



CAPITAL AREA PARKINSON'S SOCIETY

P.O. Box 27565
Austin, Texas 78755-2565
(512) 459-9876
A 501(3)(C) Non-Profit

www.capitalareaparkinsons.org

December 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

Wilma 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

December Calendar

The next meeting of CAPS will be held Saturday December 15th, 2007 at 2:00 pm in the Mc Fadden Auditorium at Seton Main Hospital. This will be a holiday social, entertainment & goodies.

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

News Update

Dr. Morledge from the Austin Neurological Clinic, was our speaker in November. He discussed new developments in the treatment of PD. There is continuing research with stem cells. Other topics covered were sleep behavior, constipation, and smell deficit to name just a few of the symptoms. It is important to know that PD effects your sense of smell, leading to weight loss. Research is also looking at the environment, pest control, rural living, well water and genetics.

One of newest treatments for PD is the patch (which is worn 24/7) which will deliver the dopamine on a continuous basis.

There is a new walker on the market called the **U STEP WALKER**, which locks when the brakes are released. This seems to be an expensive walker. But if it keeps you from falling, maybe the benefits outweigh the cost.

As always exercise is very, very important to PD folks, it helps with stiffness and brain stimulation. It **could** be paid for by your insurance, if your doctor writes a prescription. As always check with your insurance company for payment.

It is important for a family members without PD to have: medical power of attorney, last will and testament, and financial power of attorney.

Our visitors in November:
Rene Sutton, Mark Canfield, Mary Brown, and Gary & George Nugent.



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

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

CAPS Monthly Sessions

Date	Session	Notes
December 15	Christmas Party	Seasonal meet-'n'-greet
January 19, 2008	Dr. Thomas Hill	Austin Neurologist

Other Meetings

Young Onset Group Meeting

The Young Onset Group meeting will be held Sunday, 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

