



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

## December 2008

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### CAPS MONTHLY MEETING

Remember the fun, festive program we had at the last December (2007) holiday meeting? A large group from the Conservatory (senior living) came to entertain us and they are back again this year with 25 entertainers. Bring your family and friends to our December holiday social on ***Saturday, December 20<sup>th</sup> from 2p.m. to 4p.m. in the McFadden Auditorium of Seton Hospital.***

If you are planning on bringing refreshments, please bring a few extra cookies for our visitors and plan to stay and enjoy refreshments and fellowship with us. What a good way to close out 2008!

Seton Hospital is located at 1202 West 38<sup>th</sup> 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.

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### HOLIDAY GIFTS

Check the red tablecloths at the December meeting for inexpensive holiday gifts. You can also use our many gift possibilities (tulip pins, bracelets, and calendars) to help spread the word among family and friends about CAPS and Parkinson's disease. All items are selling for \$5 or under.

### 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

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### NEW CAPS OFFICERS

CAPS welcomes its 2009 officers:

President – Shirley Uzzell  
Vice President – Jamie Eyer  
Secretary – Colleen Boytim  
Treasurer – Claudette Porter

## SOLO WITH PARKINSON'S

Solo with Parkinson's will meet **December 5th** at 11:00a.m. at the Lady Bird Johnson Wildflower Center, located on 4801 La Crosse Avenue. We will have lunch, tour the grounds, and/or shop during the Annual Wild Ideas Shopping event. General gift items are 20% off and admission to the Wildflower Center is free.

Solo with Parkinson's will hold its **January 14<sup>th</sup> meeting** at 12:30p.m. at the home of Tina Daniel, located on 6101-B Bullard Drive. One of our members, Adrienne Diehr, will give a presentation on Egyptian art in preparation for a trip to the King Tut exhibit in Dallas, date yet to be set.

We invite any interested CAPS members to join us at our December and January meetings. If you need transportation or directions, please call Lydia Blanchard at 445-2478.

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### FAMILY DUES

Family dues for membership in CAPS are coming up in January. The annual fee is \$15 and can be given to our treasurer, Claudette Porter. She will be at the red cloth table set up at the monthly meeting taking money and checks.

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**Happy Holidays from CAPS!**

## JANUARY MEETING

Our monthly CAPS meeting will feature guest speaker Dr. Tom Hill, a neurologist here in Austin. The meeting will be held the third Saturday of the month.

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### MONTHLY HEALTH TIPS

Here are some helpful tips for using a cane or a walker:

1. Always use your cane or walker as directed.
2. Wear properly fitted non-skid shoes.
3. Be cautious when crossing door thresholds or surface changes.
4. Get up slowly and pause before walking to prevent lightheadedness.
5. Avoid holding onto furniture and walls when walking.

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### A NOTE FROM KITTY & SUSIE

As the CAPS 2008 Co-Presidents, we have enjoyed the year with you. Our thanks go out to the many members who have stepped forward to help with activities and organizational "jobs." The growth of this organization, along with the respect it has generated, is a growing reflection of the folks who make up our core group. We would like to thank each of you for the gifts of your time and commitment to CAPS.

