

CAPITAL AREA PARKINSON'S SOCIETY

(512) 371-3373

<http://www.capitalareaparkinsons.org>

MARCH 2009

CAPS MONTHLY MEETING

Strength and Endurance are two key components that help get us through the day. Jody Kelly, owner of Strengthmobile, will be speaking at the monthly meeting, to be held Saturday, March 21 at 2p.m. She is passionate about exercise and will be talking about "Balance, Strength, and Mobility Training for Fall Prevention in PD Patients." Her goal is to teach simple exercises that patients can do in their own home, either on their own or with the assistance of their caregivers and/or carepartners, to decrease their chances of injuring themselves in a fall.

Jody is the co-author of "Feeling Good: Strength Training with Your Significant Elder," and she is an endurance athlete who has completed nine triathlons.

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 is FREE.

PARKINSON'S MEMORIAL DEDICATION

The Parkinson's Memorial Dedication will be held Sunday, March 29th from 2p.m. – 4p.m. Please join us at Parsons House Assisted Living, located at 1130 Camino La Costa, off I-35 S and 290 E, on the north side of A+ Federal Credit Union, as we honor those with Parkinson's Disease and their fight. We are blessed to have Dr. Thomas Hill give a short dedication speech and refreshments provided by Parsons House.

CAPS FUNDRAISER

CAPS will be honored at a fundraiser on Saturday, May 2nd beginning at 6p.m. It will be held at the Wells Branch Pavilion at Katherine Fleisher Park, 2106 Klattenhoff Dr, Austin, TX 78728. The fundraiser will include an Italian dinner and a movie, *Bringing Up Baby*, starring Cary Grant and Katherine Hepburn. All of the proceeds will go to CAPS. Event planned by Accolade Homecare and Deborah Bryson for family and friends. www.accoladehomecare.com

CAPS ADVISORS

Kitty Hoskins
Lois Rice
Maxine Jenks
Sam Anderson
Susie Lightfoot Scherr

2009 OFFICERS

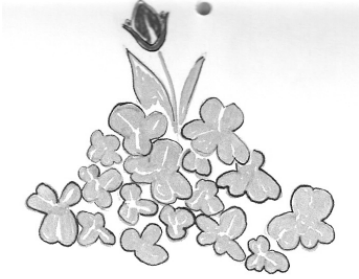
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CAPS MEMBERSHIP

The CAPS newsletter is being sent to a record 348 entries in our database this March. Of this number, 149 entries are for families (usually husbands and wives), and 24 are for groups (such as Parsons House or doctor's offices), so we can assume that our newsletter readership is much higher. There are 175 entries in the database for single individuals.



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WELCOME TO NEW MEMBERS

Creed and Marjorie Abell
Paula Barr
Colleen and Bill Boytim
Kathy Daly
Jack and Dorothy David, Jr.
Melvin Eckhoff
Miguel Fernandez and A. Nakako
Terry Frazee
Wei Hou
Dr. Philip Leonard
Donna Neitzel
Flo Olivier
Al and Sue Schupbach
Susan Skrovan

OUTGOING CO-PRESIDENTS RECEIVE AWARDS

Outgoing Co-Presidents, Kitty Hoskins and Susie Lightfoot Scherr were each presented with special awards of appreciation for outstanding contributions to CAPS at the December 20 meeting. These two special ladies have exhibited endless energy, commitment and sacrifice toward improving the lives of those with PD and their care partners.

Leaving as officers is by no means a plan to leave CAPS. Each has plans for continued service, with a special emphasis in education and outreach.

KUDOS ladies - you are great role models for those of us who follow!

A NOTE FROM KITTY & SUSIE

My Dear Friends,

I would like to thank you for the Appreciation Award. This award has special meaning for me, especially since it comes from friends and colleagues.

As I continue to work with the Capital Area Parkinson's Society, I will always cherish this award.

Love,
Kitty Hoskins

Susie would also like to extend her thanks to the CAPS community for all of their support and for the Appreciation Award.

EnJOY the moment,
Susie