



CAPITAL AREA PARKINSON'S SOCIETY

(512) 459-9876

<http://www.capitalareaparkinsons.org>

JUNE 2009

CAPS MONTHLY MEETING

Some of the most valuable tools people benefit from are Community Resources. What's available? How do I qualify? How do we use community resources? Where can they take us? Deborah Bryson, Administrator of Accolade Home Care, will be exploring these community resources with us on Saturday, June 20th from 2 - 4p.m. She will also talk in detail about the LSVT BIG and LOUD program, explaining how people with Parkinson's disease can better enjoy the community.

The meeting will be held at Seton Main Hospital, McFadden Auditorium, located at 1201 W. 38th St. Access to the auditorium is on the ground floor, east of the Emergency Room entrance. Parking is FREE. Parking tickets will be validated inside the auditorium.

SOLO WITH PARKINSON'S

Solo with Parkinson's meets for lunch and conversation on Tuesday, June 23rd from 12:30 - 2pm at the home of Lydia Blanchard, 506 Lockhart Drive. Call Lydia at 445-2478 for more information.

Solo is a group for individuals who have Parkinson's and who live alone. Please join us.

THE FUNDRAISER FINALE!

The May 2nd fundraiser "Saturday Night in the Park" was a huge success! \$1,051.00 was raised for the Capital Area Parkinson's Society to help with all the wonderful education and support they provide to the community. Hope Young's musical talent was a huge hit and the movie "Bringing up Baby" caught the eyes and attention of all. Thank you to St. David's Rehab, NIX, Parsons House, X-Med, Private Care and Accolade Home Care for all the wonderful silent auction donations.

Most importantly, we thank Deborah Bryson (Accolade Home Care) and her efforts in hosting this event and look forward to next year!

Wynnette Harris
and Friends



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ANNOUNCEMENTS

The Care Partners Support Group will be canceled for the month of June.

PERHAPS TANDEM BIKE RIDING?

by Ted Klopp, Newsradio WTAM 1100

A researcher at the Cleveland Clinic discovered what appears to be strong evidence that tandem bike riding can reduce tremors in someone with Parkinson's.

One group of individuals with Parkinson's pedaled on their own at 60-80% of their target heart rate zone, while the other group pedaled on a tandem bike with a trainer who was responsible for keeping the bike between 80-90 RPM.

The forced exercise on the tandem bikes was faster than what the patients would do on their own – and the tremors and other symptoms improved by about 35% after eight weeks of pedaling for one hour a day, three days a week.

The study also showed that the improvement slowly went away if the activity was not continued.

STANDING EXERCISES:

by David Zid (DAPS Newsletter May 2009)

Posture seems to be an issue for many. Do you feel that you are hunched over, looking at the floor like a "vulture?" Here are a few exercises designed to improve your posture:

Arm Pumps with Bands

This can be performed standing or seated. You will need a stretch band or tubing for this exercise. Loop the band around a stationary object (pole or stair railing) and hold one end (handle) in each hand. The band should have slight tension on it. Place your arms at your sides, flexed at the elbow. Now pull back on the band with both arms, squeezing the shoulder blades and lifting the head high, looking up and out. Complete 15-20 repetitions using as large a movement as possible. The last two reps should be difficult to complete.

Standing Shoulder Stretch

Stand with your back to the wall, elbows flexed and arms pressed to the wall, palms facing out in a "goal post arms" position. Remember to press your entire body to the wall. Now move both arms up the wall and over your head as far as you can go, keeping your elbows tight to the wall. Return your arms to starting position. Repeat this movement 5 times.

Arm circles

Stand away from the wall and place your arms in the giant "T" position, thumbs pointed up. Pinch your shoulder blades together and stand tall. Move your arms forward in a circular motion, making small, medium and large circles. Repeat each circle 2 - 5 times. Move your arms backward and repeat for each circle size. Repeat circle exercise with palms facing down, palms forward and palms back.