



CAPITAL AREA PARKINSON'S SOCIETY

(512) 371-3373

<http://www.capitalareaparkinsons.org>

SEPTEMBER 2009

SEPTEMBER 15th MONTHLY MEETING

September will be a Round Table discussion. Both Parkinson's folks and caregivers will share space at each table.

We always look forward to seeing everyone each month. September 15th at Seton Main Hospital in the McFadden Auditorium, located at 1201 W. 38th St., 78705 from 2-4p.m. Access to the auditorium is on the ground floor, east of the Emergency Room entrance. Parking is FREE and parking tickets can be validated inside the auditorium.

NEW SOUTHSIDE CARE PARTNERS MEETING

The Southside Care Partners will meet Tuesday, September 22nd from 1:30-3:30p.m. The location is to be determined but will be a home or restaurant in South Austin. Betty would like and is willing to pull South Austin Care Partners together to build friendships and learn more about PD. Please RSVP to Betty Mading at bjmadingsbcglobal.net OR call 512-892-0805.

THE PURPOSE OF SUPPORT A GROUP?

Wikipedia defined **Support group** as "members provide each other with various types of help, usually nonprofessional and nonmaterial, for a particular shared, usually burdensome, characteristic. The help may take the form of providing and evaluating relevant information, relating personal experiences, listening to and accepting others' experiences, providing sympathetic understanding and establishing social networks."

The goal of developing city-wide support groups is so folks do not have to travel across town. What is convenient for you? If a spouse, care partner, or another interested party would like to host a Support Group in another part of Austin, please call Shirley Uzzell at 512-771-6572 or email her at shirleyuzzell@sbcglobal.net.

PICK UP YOUR FEET FOR PARKINSON'S

Sunday, October 4th, 2009 at Williamson County Park at 8:00 a.m. John Carchedi, a member of our Young Onset and CAPS family is raising money for Parkinson's. Diagnosed over ten years ago, John has raced in and finished over a dozen marathons since - an inspiring testament to determination and tenacity in the face of adversity. Won't you join John in this 5K Run/Walk? Entry forms will be available soon. Volunteering is greatly appreciated. You may contact John at the following e-mail address: Carch72@gmail.com.

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YOUNG ONSET PARKINSON'S

The next meeting is set for Sunday, September 27th - place to be determined.

Dr. Shahed and Medtronic will present on **Deep Brain Stimulation (DBS)**. This is **VERY EXCITING!!**

A.J. Hernandez will email the location to the A.Y.O.P. member list, but if you are interested on hearing Dr. Shahed, you may contact A.J. at: ajhernandez61@gmail.com.

WHAT DO I NEED TO REMEMBER WHEN PLANNING FOR VACATIONS?

www.parkinsons.org

“Ask the Doctor Forum”

Before going on vacation you should let your doctor’s office know when and where you are going and for how long. You should leave them a written schedule of your medications, and a phone number for the local pharmacy where you are heading, just in case you will require a refill when gone, or your medications are damaged, or lost. Be sure you take enough medication with you to cover the duration of your trip. If you take regular trips to a certain region you may ask your doctor to call in a prescription to the local pharmacy in the city where you will be staying so that if needed you can refill an emergency bottle without hassle.

We advise patients to choose a casual, stress-free itinerary, and to use a GPS (global positioning system) device for both walking and for driving. Many people choose very stressful vacation destinations, and set up tight itineraries to try to see everything in the shortest amount of time. We advise against such stringent and stressful itineraries. Depending on your walking and balance problems, be sure you have assistive devices with you or available to you. Don’t overdo walking tours, and try to plan the more rigorous outings for earlier in the day.

Remember that in foreign cities and places there may be uneven pavement, and the conditions may not be what you are used to and therefore you must guard against falling. Have a plan in place in case you get sick or require hospitalization. Drink six to eight glasses of water a day to stay hydrated while sightseeing.

SURVIVING A HEART ATTACK WHEN YOU’RE ALONE

Since many people are alone when they suffer a heart attack, this article seemed to be in order.

Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up, until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating.

The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many other people as possible about this, it could save a life!



From Health Cares, Fochester General Hospital via Chapter 240’s newsletter ‘And The Beat Goes On’ (reprint from The Mended Hearts, Inc. Publication, Heart Response.

