



# CAPITAL AREA PARKINSON'S SOCIETY

(512) 371-3373

<http://www.capitalareaparkinsons.org>

JANUARY 2010

## JANUARY 16<sup>TH</sup> MONTHLY MEETING

Happy New Year and Good Tidings to All! We are beginning the year off with one of our most cherished and generous Neurologist, Dr. Thomas Hill, M.D., P.A. We look forward to seeing everyone on January 16<sup>th</sup> from 2-4pm and eagerly wait to learn what new studies and research Dr. Hill will have for us.

CAPS is located at Seton Main Hospital at 1201 W. 38<sup>th</sup> St., 78705, in the McFadden Auditorium. 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.

## SUPPORT GROUP CORNER

Solo with Parkinson's, an informal group for those with Parkinson's disease who live alone, will meet for lunch and conversation January 13<sup>th</sup>, 12:30 to 2pm, at the home of Ann Kriss located at Westminster Manor, 4100 Jackson, Apt. 302, 78731. Please call Ann at 371-7484 for more information, and for transportation, contact Lydia Blanchard at 445-2478.

Mark your calendar for Wednesday, February 10<sup>th</sup> for the next Solo meeting.

## GARAGE SALE on MARCH 5 - 6<sup>TH</sup>

CAPS will be having a Garage Sale on Friday and Saturday, March 5<sup>th</sup> and 6<sup>th</sup>, to raise money to support our organization. However, WE NEED YOUR HELP!! Any donations you can provide, gently used garments, household items, things you've wanted to get rid of but haven't had the time, we will pick up (OR you are welcome to drop off). Contact Kitty at 345-6408 or Susie at 345-1380 to give your location.

We will also need Volunteers for the Garage Sale to help make or put out signs, price items, set up/break down, work as cashiers, help customers. Anything is appreciated.

**Date:** Friday and Saturday, March 5<sup>th</sup> and 6<sup>th</sup>

**Time:** 9am – 5pm

**Location:** 8808 Ridgehill Dr, Austin, 78759

**Reason:** Fundraiser for CAPS Organization

**Interested?** Contact Kitty at 345-6408 or Susie at 345-1380

## CAPS ADVISORS

Kitty Hoskins  
Lois Rice  
Lorraine Chammah  
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Sam Anderson  
Susie Lightfoot Scherr

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## DON'T FORGET YOUR DUES...

You can pay your annual dues of \$15 at the table in front of McFadden Auditorium, where you pick up your name tag.

You can make checks out to:

*Capital Area  
Parkinson's Society.*

OR mail it to:

*PO Box 27565,  
Austin, TX 78755-2565*





## CAPITAL AREA PARKINSON'S SOCIETY

### Exercise for People With Parkinson's Disease

*By Terry Ellis, PhD, PT, NCS*

*Clinical Associate Professor*

*Department of Physical Therapy and Athletic Training  
Boston University, Boston, MA*

*Source: <http://www.apdaparkinson.org/userND/index.asp>  
Summer 2009 issue*

People with PD have shown to benefit from exercise in many ways. Studies investigating the effectiveness of exercise in people with the disease reveal that exercise can lead to improvements in strength, flexibility and cardiovascular fitness. Improvements in these areas minimize the negative impact that Parkinson's symptoms can have on mobility. As a result, improvements usually occur in walking speed, walking distance, general mobility and health related quality of life.

The key to success for people with PD is to make exercise part of their lifestyle. Although short-term exercise can be beneficial, long-term participation in exercise is essential to reap prolonged benefits. People with PD should consult with a physical therapist with expertise in PD who can develop an exercise program targeting the specific problems experienced by an individual. Given the variability in the symptoms of PD, this targeted approach is necessary in order for each person to be implementing the appropriate types of exercises at the appropriate level to optimize the benefits.

Physical therapists can also design exercise programs that can be carried out at home, in a health club or in a group setting. The type of program chosen should be one that a patient will be most successful integrating it into his/her everyday life.

It is a challenge for people in the general population to adhere to a regular exercise program. People with PD tend to have even more difficulty adhering to exercise because of problems with fatigue, apathy or depression. For people with these symptoms, exercising as part of a group class, which meets on a regular basis, can help improve participation and adherence.

With an increased body of evidence supporting the effects of exercise in people with PD, it is clear that exercise should be an integral part of the management of people with this disease. Exercise should be recommended at the time of the diagnosis and referral to a physical therapist with expertise in Parkinson's disease should occur at this time. The patient should follow up with the physical therapist on a regular basis.

Changes in the quality of life, mobility, strength, flexibility, cardiovascular fitness, balance and falls should be monitored periodically by the physical therapist using valid, reliable and objective procedures. This will allow modification and adjustments of the exercise program at regular intervals according to the needs of each individual to optimize mobility and quality of life.

Although much more research is needed to investigate the impact of long-term exercise, it is highly recommended to include exercise in the regular management of patients particularly in the absence of any adverse effects of exercise reported in the literature.

