



CAPITAL AREA PARKINSON'S SOCIETY

(512) 371-3373

<http://www.capitalareaparkinsons.org>

FEBRUARY 2010

FEBRUARY 20th MONTHLY MEETING

In February, we thought we would try things a little different. We have Kati Strong coming, who is a board-certified music therapist, and a graduate of the master's program in neurologic music therapy at Colorado State University. There she studied the effects of music on brain function and the ways that music can be used to bring about positive and functional change in movement, speech and cognition, particularly in people with brain-based illnesses like Parkinson's disease and stroke. It's such a great treat to have Kati this month because we won't only be having a presentation, we will be having therapy at the same time. Both Carepartners and people with Parkinson's will be participating in the presentation/therapy program on February 20th.

CAPS is located at Seton Main Hospital at 1201 W. 38th 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.

GARAGE SALE on MARCH 5 - 6TH

CAPS will be having a Garage Sale on Friday and Saturday, March 5th and 6th, 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 5th and 6th

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
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Lorraine Chamamah
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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*



New Faces to Look For

Be looking for some new faces around the McFadden Auditorium throughout the year! The Asian Health Professions Organization who volunteered last November, just recently emailed us saying “our volunteers had an amazing time!” With some Big events coming up, it just couldn’t have been better timing nor could we have asked for anything more perfect. Their “first” regular volunteer event that you can see them at will be the Garage Sale on March 6th. Thereafter, a group should be at each meeting. Look for them and say “Hello!”

Be Planning Ahead for Parkinson’s Awareness Month in April

- Guest Speaker: Jo Bidwell, B.S., M.Ed ~ Coordinator for the American Parkinson’s Disease Association information and Referral Center, Covenant Health System.
 - Topic: “What Your Doctor May Not Tell You About Your PD” and “ Hope: The Future of PD”
 - Date and Time: Saturday, April 17th at 2-4pm
 - Food will be provided by Parsons House Independent and Assisted Living
 - Silent Auction
 - Information/Resource Table by Supporters
- Pre-registration is necessary for a headcount. A sign-up sheet will be available at the CAPS meetings or RSVP to Shirley Uzzell at 512-258-2390 (shirleyuzzell@sbcglobal.net)

Parkinson’s Quilt Project

Source: Parkinson’s Disease Foundation

The Parkinson's Quilt Project is the first global quilt project to focus the world's attention on the nearly one million people in the US and more than 4.1 million people worldwide living with Parkinson's disease (PD). The project aims to raise awareness of the impact that the disease has on people living with Parkinson’s along with their families, caregivers and friends and on our continued urgency to find a cure.

The Quilt gives people all over the world the chance to express their support of people living with PD and highlight their connection to the disease by adding their own personalized panel. You do not need to be a sewing expert to create a panel for the quilt. You can use paint, needlework, iron-on transfers, fabric markers or even spray paint. If you are a poet, you can write a poem on the panel or even write it on a piece of firm paper and sew that paper to the panel.

The Quilt will consist of panels made by individuals and groups affected by Parkinson’s, in honor of the cause, of their group or in honor of their loved ones affected by PD. Each panel will be two feet tall and two feet wide, and will be sewn together in eight foot sections. There will be the opportunity for groups to create both panels and sections. The Parkinson's Quilt will be displayed for the first time at the 2nd World Parkinson Congress in Glasgow, Scotland from September 28th through October 1st, 2010. After this initial showing, blocks of the Quilt will be available through 2011 for rent to display at PD events. Details of this opportunity will be available in 2010.

Registration to make a panel began December 1, 2009. The space is limited. Think about getting together with some friends and having a quilting party and share your progress with us at the CAPS meetings! Learn how to register to make a panel for the Parkinson's Quilt at <http://support.pdf.org/quilt>.

SUPPORT GROUP CORNER

Solo with Parkinson's will meet February 17th from 12:30 to 2:00pm, for lunch and conversation at the home of Kathy Daly, 3806 Eton Lane, 78727. Solo is a group of individuals with Parkinson's disease who live alone. For more information, call Kathy at 512-837-8966; for transportation, call Lydia Blanchard at 512-445-2478.

