



CAPITAL AREA PARKINSON'S SOCIETY

(512) 371-3373

<http://www.capitalareaparkinsons.org>

MARCH 2010

MARCH 20TH MONTHLY MEETING

March is going to be our Round Table discussion. This is a great time to share, discuss and have questions answered by those who may be going through some of the same experiences or have already gone through similar experiences and can lend a helping hand. This is why we have each other and partner with each other. Come visit with us on March 20th from 2-4pm and join in on the conversation!

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.

SUPPORT GROUP CORNER

Solo with Parkinson's meets Wednesday, March 10th, from 12:30-2, at the home of Melvin Eckhoff, 4805 Placid Place, for lunch and conversation. Dina Mostow of Oliver Home Healthcare Agency will present a short program, "Laughter Is the Best Medicine." Solo is a group for individuals with Parkinson's disease who live alone. Call Lydia Blanchard at 445-2478 for more information.

FOR SALE:

VAN: HANDYCAPPED ACCESSIBLE

\$24,000

- 2003 Dodge Grand Caravan Sport
- 28,00 Miles
- Lowered Floor by IMS
- Power Ramp
- Kneeling System
- Automatic Lock Down System for Wheel Chair
- Power Doors
- Red Exterior – Grey Interior
- Hatchback

CONTACT: SUE ROBERTS

Roberts.ms@att.net

CAPS ADVISORS

Kitty Hoskins
Lois Rice
Lorraine Chamamah
Maxine Jenks
Sam Anderson
Susie Lightfoot Scherr

2010 OFFICERS

President
Shirley Uzzell
Vice President
Jaime Eyer
Secretary
Lydia Blanchard
Treasurer
Claudette Porter

BOARD MEMBERS

A.J. Hernandez
Barbara Metzger
Betty Mailloux
Deborah Bryson
Donald Carnes
Fran Gerling
Herman Caviel
Jack Gerling
Jenny Bankston
Maggie Glazener
Mark Lamkin
Maureen Kratzer
Melvin Eckhoff
Patricia Bordie
Tyler Sutliff
Wynnette Harris
Yulah Sisler

ANNUAL DUES!

Your annual dues were due at the beginning of the year. If you have not paid them, please be sure to make payment of \$15 at the table in front of McFadden Auditorium or you may mail payment to CAPS.

Please make checks payable to:
*Capital Area
Parkinson's Society*

Mail to:
PO Box 27565,
Austin, TX 78755-2565



Capital Area Parkinson's Society

EQUIPMENT FOR LOAN

If you need some type of Durable Medical Equipment, CAPS can help you. Currently, we have an Electric hospital bed, Seated walker and a walking cane. Please call CAPS at 512-371-3373, if you are interested.

Or if you have something to donate, let us know!

LESS THAN TWO MONTHS AWAY: **Pre-registration 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 2-5pm
- **Where:** Seton Main Hospital, McFadden Auditorium, 1201 W. 38th St., 78705
- Food will be provided by Parsons House Independent and Assisted Living
- Silent Auction
- Information/Resource Table by Supporters

Due to limit seating, Pre-registration is requested. A sign-up sheet will be available at the CAPS meetings or RSVP to Shirley Uzzell at 512-258-2390 or via email to (shirleyuzzell@sbcglobal.net).

TREAT YOURSELF TO A STICK OF CHEWING GUM

Source: HAPS Nov. 2009 issue

Early research is indicating that chewing gum several hours a day may improve some of the speech and swallowing symptoms associated with Parkinson's by exercising the mouth, which acts as a sensory cue to move the tongue while eating and swallowing.

An extra-added benefit is gum that contains xylitol, starves bacteria and will help keep your gums healthier. Also, because some of Parkinson's medications cause a dry mouth, another benefit to chewing gum is the stimulation of saliva, which protects your mouth from cavities and forming plaque-like substances on your teeth.

TREATMENT FOR CONSTIPATION

A remedy used in some hospitals is called the Prune Juice Cocktail.

Mix together:

- 1/2 cup applesauce
- 2 tablespoons wheat bran ("miller's bran")
- 4-6 oz prune juice

Store in refrigerator.

Take a tablespoonful per day at first, gradually increasing until you find the amount that works best.

Source: Kathrynne Holden, M.S., R.D. ~ Nutrition Matters

