

CAPITAL AREA PARKINSON'S SOCIETY

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CAPITAL AREA PARKINSON'S SOCIETY

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June, 2006

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June Meeting

The next meeting of CAPS will be Saturday June 17th 2006 at 2:00 pm in the McFadden Auditorium at Seton Main Hospital.

Parking is available in the garage at the south entrance. Free parking vouchers are available at the meeting.

The speaker will be Dr. Ron Devere, who will speak on taste and smell disorders in the normal elderly, and Parkinson's disease and Parkinson's dementia, a common and unrecognized cause of poor appetite, weight loss and depression. There will be refreshments following the meeting.

May Meeting Update

Many thanks to Hope Young, President and founder of the Center for Music Therapy (CFMT) for her presentation and information at this meeting. Using

a guitar and a metronome, Hope gave us some insight into how music and beat can be used to create physical therapy regimens.

Also, our thanks go out to Mike Walior of Norvatis Pharmaceuticals for his continued support. He provided several useful items to those who attended, including hand grips for plastic shopping bags and jar and bottle openers. We appreciate him.

Member Updates

Deborah Robinson, CAPS 2006 Vice President, has moved to Louisiana to be closer to family. Susie Lightfoot Scherr will assume Deb's VP duties for the rest of the year.

Mabel and Bill Todd have officially moved to Houston, but they took the time to stop in and say goodbye. We wish them all the best.

Tom Fisher will be writing the Newsletter for the summer.

Freddy Powers Foundation Update

As announced last issue, country singer/songwriter Freddy Powers and his wife Catherine are starting a foundation in support of people with Parkinson's in Central Texas. The Foundation "launching party" was held May 25th at Artz Rib House, with area media and several CAPS members in attendance. Sonny Throckmorton and Steve Carter provided the entertainment, and from what I'm told, a generally good time was had by all. For more information, visit www.freddypowers.org.

Why we're here: The Capital Area Parkinson's Society Goals

- Educate its members about Parkinson's Disease
- Educate the public about Parkinson's Disease
- Advise members of current research on Parkinson's Disease
- Offer social interaction for Parkinsonians and their families
- Provide emotional support for Parkinsonians and their families
- Help Parkinsonians and their families cope with the disease
- Offer supervised group physical therapy
- Encourage all Parkinsonians to be physically active

Finding Out More . . . Safely

When the first CAPS meeting was held in 1984, there wasn't a lot of public information available to Parkinson's patients and their loved ones. The World Wide Web has changed all that, but it's still a sort of electronic frontier. Anybody can say anything, and a lot of the stuff out there is just so much hot air. You need to be careful who you listen to.

CAPS has a web site at <http://www.capitalareaparkinsons.org>. In addition to more information about us and about upcoming events, you can find a list of links to other organizations that can help you learn more about living with Parkinson's. These organizations are on the up and up, and the information you'll find on their web sites is as accurate as their good folks can make them.

Just to whet your appetite, here are some recent headlines:

- From the **Parkinson's Disease Foundation**: *FDA OKs New Drug for Parkinson's and New Guidelines Improve Diagnosis and Quality of Life for People with Parkinson Disease*
- On the **National Parkinson Foundation** site: *12th Annual Unity Walk is a Catalyst for Hope and Promise for the Parkinson's Disease Community*
- From the **Lieberman Parkinson Clinic**: *Gambling and Parkinson Disease*

There's more than just news out there. You'll find Question and Answer (Q&A) sections, forums where you can discuss coping with Parkinson's with other patients, "Ask a Doctor" links, and much more.

Even those who aren't "computer comfortable" have friends and loved ones who are. "Knowledge is power," they say. Feel free to use our web site for a (safe) recharge.