

Providing Education and Support for those with Parkinson's Disease, their families and friends, caregivers and healthcare providers in the greater Austin Community.



CAPITAL AREA PARKINSON'S SOCIETY

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August, 2006 Newsletter

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August Meeting

The next meeting of CAPS will be Saturday August 19th 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.

This month's session will be a special treat, literally. After announcements and after Tammy Steele and Cathy Rivera do their physical/musical magic, it'll be time old-fashioned ice cream social time! You should be here. Really. I mean, what's not to like about ice cream?

A note to those generous souls that usually bring goodies for the post-meeting buffet: you can take a break this time. Ice cream will be the only Dish of the Day!

July Meeting Update

The last meeting was a particularly enlightening session, where everyone got together for Round Table discussions. Guided by a set of questions provided by our ever-thoughtful CAPS staff, much insight was shared between the attendees. Our discussions covered many things non-Parkinsonians take for granted, but that present special challenge to people with Parkinson's . . . and those that care for them. Topics included Eating ("Curved utensils - buy at a medical supply or on the internet"), bathing ("Got a bath seat? Get one!"), travel and transportation ("A large plastic bag on car's seat for easier sliding"), dressing ("Button hook helps with dressing") and much more. A summary of the participants' findings will be published on the CAPS Web site (see above for the URL) and paper copies will be available at the August meeting - another darned good reason to attend.

Member Update: A Birthday Party!

Board member Kitty Hoskins has asked me to invite one and all to stop by and congratulate Don Hoskins on his 90th birthday! There'll be cake and ice cream (no gifts, please). August 26, 2-4pm at Summerwood Clubhouse

Directions: Take Steck Ave. Exit off MOPAC (Loop 1), GO West, Uphill, Turn right onto either Summer Place or Summerwood Drive, then look for balloons and further directions. Please RSVP at 345-6408.

Fun at Lunch: Brown Bagging It

Everyone is invited to a musical lunch. Held Tuesdays and Fridays, Noon to 1:00 PM, at the Center for Music Therapy, the Brown Bag Group is about singing and having fun. Bring your lunch and a friend for a chance to strengthen your voice, *free!* For more info, call 512-472-5016.

Parkinson's on the Web: Google News Searches

Would you like to get daily links to news articles on Parkinson's, right in your mailbox? You can do a one-time search on Google, then click the "Get the latest news with Google Alerts" link at the bottom of the page and sign up. This week's stories included:

- Ride for Parkinson's AM850 - Florida, USA
One University of Florida professor returns home after a 450 mile bike ride to raise awareness for Parkinson's Disease. ...
- Vitamin B6 may cut risk of Parkinson's Disease Reuters - USA
NEW YORK (Reuters Health) - A higher dietary intake of vitamin B6 may decrease the risk of Parkinson's Disease, a study suggests. ...
- Teva Neuroscience releases drug to treat Parkinson's Kansas City Business Journal - MO, United States
Azilect, the first once-daily treatment for Parkinson's Disease is now available in US pharmacies, Teva Neuroscience announced Monday. ...
- Local group helps young cope with Parkinson's Toledo Blade - Toledo, OH, USA
... Finally, she learned the cause of her problems: Parkinson's Disease. ... Most victims of Parkinson's are diagnosed in their 60s and the majority are men. ...

Nominating Committee Members Still Needed

After last month's call for volunteers, we still need some to form a Nominating Committee to prepare a slate of candidates for our 2007 officers and Board of Directors. Here's your chance to give something back. For details, see or call Lois Rice at 512-288-4087.

Young Onset Group

The Young Onset Group meets Sunday, August 20th, 2006 at "the same old place," the Red Lobster at 109 W Anderson at 3:00 PM. For more information, give James Schrader a call at 512-228-1426. Everyone is invited to attend any meeting.