

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

A 501(3)(C) Non-Profit

(512) 459-9876

<http://www.capitalareaparkinsons.org>

January, 2007

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January Meeting

The next meeting of CAPS will be held Saturday, January 13, 2007 at 2:00 pm in the Mc Fadden Auditorium at Seton Main Hospital.

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

Our speaker this month will be Dr. Thomas A. Hill, M.D., P.A., who will give a slideshow and presentation on the latest Parkinson's Disease Research and Development and medications. He'll discuss the progression, symptoms and challenges of P.D. "informally and casually," and then open the floor to questions from the audience.

If you've attended one of Dr. Hill's sessions, you know we're in for an informative, interesting meeting. Y'all come!

For more information about Dr. Hill, you can contact his office: Neurology and Rehabilitation Plaza St. David Prof. Bldg. Ste.406 512-495-1850

December Meeting Update

There was a strong turnout to hear the Medallion Quartet regale us with holiday & other tunes. Their own enjoyment was contagious, and their matching, brightly-colored shirts and shoes were like a ray of sunshine on a winter's afternoon. And their voices and sound? Wonderful. To quote member Susie Lightfoot Scherr, "THEY WERE GREAT!" Add to that plates heaped with goodies and "real" food, and you had a heck of a sendoff to CAPS' 2006. Before it was over, Lois Rice gave some awards and recognized the workers who make CAPS go, and Susie gave the Board plaques of appreciation. Music, good conversation, food, and presents too! What better way to end the year?



The Internet and You

Internet, Internet, Internet. Everybody's always talking about the Internet. It's just another over-hyped fad. And I hate computers anyway. I can't work them. They're too technical. And I've lived without 'em for my whole life, I surely don't need 'em now. Right?

I (Tom Fisher, 54-year-old Newsletter Guy) would humbly suggest that's *wrong*. Granted, your first time on a computer it can seem intimidating, but it doesn't have to be. It's just a box, a tool. It only seems magical. With a clear task in mind - learning to use the Internet - and a willing and knowledgeable helper, you can be searching the World Wide Web (a part of the Internet) in a matter of minutes.

If you doubt my word, you can try it yourself, and without shelling out any cash at all. The Austin Public Library has Internet-connected computers at every site, and helpful (if sometimes overworked) folks to show you how to use them. All you need is a library card. And if you don't want to bother a librarian, you can take along your Internet-savvy grandkid. Who wouldn't want to spend an afternoon with a grandkid?

The old saw, "Knowledge is power" has never been truer than it is for a Parkie or a caregiver. One session of "surfing the 'net" and you'll be amazed at how much knowledge can be at your fingertips. Why not make a New Year's resolution to find out what the buzz is all about?

PD Headlines on the Web

The past month saw several intriguing news stories about Parkinson's Disease. For your information, we've included the Web links at the end of each bullet. Or, you can go to the electronic issue of this publication in the Newsletter section of the CAPS Website and simply click the links.

- [*Epilepsy Drug May Help Parkinson's Patients*](#): Forbes - NY, USA
TUESDAY, Jan. 2 (HealthDay News) -- An epilepsy drug may ease Parkinson's disease symptoms when other drugs fail, according to a study out of Japan. ...
<http://www.forbes.com/forbeslife/health/feeds/hscout/2007/01/02/hscout600520.html>
- [*Cholesterol's Role in Parkinson's Remains Elusive*](#): Forbes - NY, USA
THURSDAY, Dec. 28 (HealthDay News) -- People with low levels of "bad" low-density lipoprotein (LDL) cholesterol are more likely to have Parkinson's disease than people with high LDL levels, a new study says. ...
<http://www.forbes.com/forbeslife/health/feeds/hscout/2006/12/28/hscout600247.html>
- [*Brain protein pathway may be a key to Parkinson's disease*](#): Media Newswire (press release)
A protein called HIPK2 is essential for the survival of dopamine neurons, the cells lost in Parkinson's disease, according to a study in mice. ...
http://media-newswire.com/release_1040368.html
- [*"I just wish I had a little more time"*](#): Chicago Tribune - United States
Just as his issues reach the forefront, a veteran congressman steps down because of Parkinson's. ...
<http://www.chicagotribune.com/news/nationworld/chi-0701010137jan01,1,5923465.story?coll=chi-newsnationworld-hed&ctrack=1&cset=true>

January Young Onset Group Meeting

The Young Onset Group meeting will be held Sunday, January 21, 2007 at 3:00 PM at the Red Lobster, 109 W. Anderson. For more information, contact James Shrader at 671-3067 or at mr12stringjms@aol.com.

News of the Newsletter

One little, double-sided page doesn't offer much room for information, and so, if all goes as planned, the February issue of the CAPS Newsletter will have a new look ... and another page. I hope to include, among other things, info on local events, a section for caregivers and a helpful hints column that helps share the ways our members meet the challenges of PD. Suggestions? Please give us a call! - Tom

