



CAPITAL AREA PARKINSON'S SOCIETY

P.O. Box 27565
Austin, Texas 78755-2565
(512) 459-9876
A 501(3)(C) Non-Profit

www.capitalareaparkinsons.org

May 2008

CAPS MONTHLY MEETING

The next monthly meeting of the Capital Area Parkinson's Society (CAPS) will feature guest speaker Cathy Rivera of MusicMind Music Therapy.

Cathy will be giving a presentation on the benefits of yoga for people with Parkinson's and for their family and caregivers. She is a recent graduate of the Teacher Training program at YogaYoga.

MusicMind is a music therapy private practice run by Cathy, who is a board-certified music therapist. She received her certification in music therapy in 2002 from the Unkefer Academy of Neurological Music Therapy. Cathy grew up in a family of amateur and professional musicians and has been a musician all her life. She combined her love of music with her love of science and established MusicMind in 2007.

Today, MusicMind provides music therapy to people recovering from

brain injuries or strokes and to people living with Parkinson's, Alzheimer's, or multiple sclerosis. Neurological music therapy has been shown to help people develop and regain mental and physical skills through activities like playing music, listening to music, singing, and moving to the rhythm of the music. People who participate in music therapy usually see an improvement in their gait and other motor functions, along with an improvement in speech and vocalization.

Cathy is a member of the American Music Therapy Association, the Southwest Regional AMTA, and the Central Texas Music Therapy Association. In addition, she has served on the Board of Directors of CAPS since 2004.

The meeting will begin at 2:00 p.m. on Saturday, May 17, 2008, at the Seton Medical Center on West 38th Street, in the McFadden Auditorium. Access to the auditorium, which is located on the ground floor, is most convenient from the south side of the hospital.

For more information on MusicMind, contact Cathy Rivera by phone at (512) 289-7260 or via e-mail at cathy@musicmindmusictherapy.com.

You can also visit the MusicMind Music Therapy website at www.musicmindmusictherapy.com.

RIDES

Mary Davidson coordinates a volunteer ride system for people who need transportation to our Saturday meetings. If you are willing to pick up someone who needs a ride in your area and provide transportation to the meeting and back, call Mary Davidson at (512) 257-0529 or (512) 659-9478 and leave your name, phone number and area of Austin you live in.

If you need a ride to a meeting, call Mary Davidson at the same numbers by the WEDNESDAY before the Saturday meeting. Mary Davidson will match riders with rides.

VOLUNTEERS NEEDED

CAPS is always in need of volunteers. If you would like to help, contact Kitty Hoskins or Susie Lightfoot Scherr.

APRIL PD AWARENESS

CAPS continue celebrating April Awareness Month in May with the addition of 13 new members.

Dr. Malcolm Stewart, MD, of Dallas, was well received and spoke to over 130 CAPS members & guests at the April meeting. His talk was packed with valuable information and an interested audience asked questions and became more educated about PD.

We thank Sherrie Brooks, TEVA Pharmaceuticals Rep., for an outstanding Boston Market Lunch, which included huge cookies.

PD AWARENESS HONOR

CAPS received a Proclamation for the month of April from Austin Mayor, Will Winn.

Julie DeWeese, a St. Edward's student, did our facilitation and footwork.

CAPS Co-Presidents, Kitty Hoskins and Susie Lightfoot Scherr, former Pres., Maxine Jenks, and Robin Harrison of Parson House spoke and accepted the honor.

