

*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

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

[www.capitalareaparkinsons.org](http://www.capitalareaparkinsons.org)

### July, 2007

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#### July Meeting

The next meeting of CAPS will be held Saturday, July 21st, 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.

Two words summarize July's session: "Ice" and "Cream." That's right, folks, July is Ice Cream Social month at CAPS. No need to put together a dish for the pot luck table. This time the food is on us, in all its icy, creamy goodness. All you need to bring is your appetite!

#### June Meeting Update

Our presenter this month was Deborah Bryson, who does Marketing and community education for [Accolade Home Care](#). She did a remarkable job of simplifying (or at least clarifying) the huge amount of information involved in making intelligent choices of home care. In a single hour, she covered:

- ‡ What's available in-home
- ‡ How to get help

#### ‡ Who to contact

#### ‡ Qualifying for help

#### ‡ Medicare/Medicaid/Private Insurance

She started with the differences between "home health care" (care that requires a skilled medical practitioner) and "personal care" (which doesn't, and therefore isn't covered by Medicare), then went through a long list of health care services available at home, including training and education, wound care, and preventive foot care (important!), just to name just a few. She talked about the importance of customized care and she described a number of services that are particularly useful for Parkinson's patients. She also talked about social services available in-home, including help in managing the "try this pill/that didn't work?/then try this" prescription cycle we all know so well. Along with her presentation came copious written material to help fill in any of those pesky memory gaps.

Many thanks to Deborah for this remarkably informative and useful session.



### More Home Care Information from Deborah Bryson

Qualification for Medicare-paid home health care:

1. A doctor's order. This may not be as simple as it seems. Some doctors don't see the benefits of home health care, and will require some convincing.
2. A skilled need. Again, this means you need a skilled nurse, therapist or the like.
3. You must be homebound. This means you can't get out on your own, but require someone to drive you when you go out into the world.
4. The company you choose must be Medicare approved.

### June Meeting Announcements

Lois brought and displayed the check presented to CAPS by [Parsons House](#), the proceeds of their barbecue and fund raiser, where they collected \$1,020. Their home office then matched that amount and presented us with a check for \$2,040! If you're so inclined, please let them know that you appreciate their support.

Marianne Foley announced that the [Center for Music Therapy](#) at 4106 Marathon Blvd has a new program for people with Parkinson's called Stepping Out. It's a combined research/exercise study in music and physical therapies, the goal of which is to improve the gait of all Parkinsonians who attend. An experienced and personable physical therapist will use music attuned to individual cadences, and teach those who attend the Alexander Technique as a bonus. Thanks to a fund raiser held earlier at Hope Young's home, these sessions are free. The meetings are held at the Center from 12:30 to 1:30 PM Thursdays, and more participants are needed. For more information, contact the Center for Music Therapy at 512-472-5016.

Kitty Hoskins gave an update on the [Freddy Powers Parkinson's Foundation](#). Future plans include a center providing a wide range of services to Parkinson's patients, and she talked about a fund raiser idea they're kicking around: a Carnival cruise to the Caribbean! It's tentatively scheduled for February 3<sup>rd</sup> through the tenth, and the prices she mentioned were very reasonable. More on this as it develops.

### Parkinson's on the Internet

Somehow I missed it: the CAPS Web site now has a search function and a collection of latest links to the news about Parkinson's. Rather than duplicate the effort of Mark Lamkin (our multi-talented and ever-supportive Webmaster), I think I'll refer you there instead.

- ⤵ First, surf to our site using the Web address at the top of this newsletter
- ⤵ Scroll down the page until you see "Looking for the recent information regarding Parkinson's Disease?" and click the link that follows.
- ⤵ Now click the link marked "For links to recent Parkinson's Disease articles, [click here](#)" in the middle of the page, and eureka! you'll find the list and search window.

### CAPS News

Were you aware that CAPS has a lending library? It's not huge; Betty Mailloux brings the whole shebang with her each month and sets it up on a side table for your reading (and borrowing) pleasure. Stop by and see her. Knowledge is power, and it ain't often free!

### July Young Onset Group Meeting

The Young Onset Group meeting will be held Sunday, July 22nd, 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](mailto:mr12stringjms@aol.com).

### About the Newsletter Staff

This publication is sporadically but determinedly assembled each month by Tom Fisher, [jumpstart5@sbcglobal.net](mailto:jumpstart5@sbcglobal.net). Thanks for listening.

