



# CAPITAL AREA PARKINSON'S SOCIETY

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A 501(3)(C) Non-Profit

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

## February 2009

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### CAPS MONTHLY MEETING

Frances Sonstein (MSN, FNP, CNS-Gero) and Dr. Mary Maxwell (MD) will be speaking at the next monthly meeting to be held at 2p.m. Saturday, February 21<sup>st</sup> in the McFadden Auditorium of Seton Hospital. The topic of discussion will be the benefits of geriatric medicine. Frances, who works alongside Dr. Maxwell, has experience providing primary care to elderly and disabled patients in a variety of settings, including skilled nursing facilities, assisted living facilities, and patients' homes. She specializes in geriatrics and teaches courses on chronic disease and nurse practitioner management at the University of Texas.

Seton Hospital is located at 1202 West 38<sup>th</sup> Street. Access to the auditorium, which is located on the ground floor, is most convenient from the south side of the hospital. Parking is FREE.

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### GAIT TRAINING WORKSHOP

Dr. David Morledge will be holding a Neurologic Gait Training Workshop Saturday, February 14<sup>th</sup> from 8a.m. to 5:30p.m. in the McFadden Auditorium of Seton Hospital. Lunch will be provided and participants should wear athletic attire. Other speakers include music therapist, Hope Young, and physical therapist, Caren Betz. Content will cover the latest medical intervention and medication management, and motor/non-motor gait strategies to improve balancing and walking. There is a registration fee of \$10 per participant. All funds go to benefit Allant Institute's Team I Am/I Can.

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## ROUND ROCK DAFFODIL FESTIVAL

The Round Rock Senior Citizens Foundation will be holding its 14th annual Daffodil Festival Saturday, March 7<sup>th</sup>, from 9a.m. to 4p.m. The festival will take place at the Allen R. Baca Center, located at 301 W. Bagdad Avenue, Round Rock. Activities include a senior walk, arts & crafts, a raffle, live entertainment, and kid's games. Admission to the festival is free. Donations can be made to benefit facilities and programs for seniors in the Round Rock area. For more information, visit [www.RRSeniorFoundation.org](http://www.RRSeniorFoundation.org).

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## TREATMENT NEWS

Pharmaceutical company Neurologix has started its Phase 2 clinical trial for the Novel Gene Transfer Approach for the treatment of advanced Parkinson's disease. To read the entire article about this exciting Parkinson's treatment, visit Yahoo's business website at <http://biz.yahoo.com>.

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## SOLO WITH PARKINSON'S

Solo with Parkinson's will meet March 4<sup>th</sup> from 12:30 to 2 for lunch at the home of Lydia Blanchard (506 Lockhart Drive, Austin 78704). We'll hear brief reports on recent books for those wanting to learn more about Parkinson's. Anyone with Parkinson's disease who lives alone is welcome to attend. For more information, please call Lydia Blanchard at 445-2478.

## MONTHLY HEALTH TIPS: Beneficial Therapy Treatments

### SPEECH THERAPY

Speech therapists are language pathologists who evaluate, diagnose and treat speech and language disorders, including problems with swallowing and cognitive communications.

Speech therapy can help people with Parkinson's to:

- Increase voice volume
- Improve word pronunciation
- Improve clarity of speech
- Fix difficulties with swallowing
- Improve nonverbal communications, such as facial expressions

### PHYSICAL THERAPY

Physical therapists provide services that help restore function, improve mobility, relieve pain and prevent or limit permanent physical disabilities of patients suffering from injuries or diseases. They restore, maintain and promote overall health and fitness.

A physical therapist can help a person with Parkinson's to:

- Increase strength, movement, endurance and control
- Improve flexibility, gait and balance
- Address freezing and fall prevention
- Develop a daily exercise regimen to keep a person mobile

### OCCUPATIONAL THERAPY

Occupational therapists focus on enabling people to do the activities of daily life. They teach people alternative methods of performing daily tasks that may pose a challenge, such as eating and dressing. In addition, occupational therapists can give suggestions about making the home safer and easier to get around, giving people with Parkinson's a chance to keep their independence.

Source: Parkinson's Disease Foundation, Inc.