



CAPITAL AREA PARKINSON'S SOCIETY

(512)371-3373

<http://www.capitalareaparkinsons.org>

MAY 2009

CAPS MONTHLY MEETING

This month, CAPS will be having a Round Table discussion. Each table will have a topic to stimulate discussion. As requested by members, the care partners and those members with Parkinson's will be at separate tables. The meeting will be held on Saturday, May 16th from 2:00-4:00pm at Seton Main Hospital, McFadden Auditorium, 1201 W. 38th St. Access to the auditorium is on the ground floor, east of the Emergency Room entrance. Parking tickets will be validated inside the auditorium.

SOLO WITH PARKINSON'S

Solo with Parkinson's will meet for a brown bag lunch and conversation on Tuesday, May 19th, from 12:30 p.m. - 2:00 p.m. at the home of Adrienne Diehr; 9503 Meadowheath, 78729, 476-9299. The recent web cast will be discussed, "Taking Charge of Your Parkinson's," webcast@pdf.org. A friend of Adrienne's will speak about organizing our homes. For more information or transportation, call Lydia Blanchard at 445-2478.

PARKINSON'S HOTLINE

National Parkinson's Foundation HOTLINE 1-800-327-4545
Monday – Friday: 8 a.m. – 4 p.m. CST, "Ask the Nurse"
"Ask the Social Worker."

The hotline provides general direction and support regarding PD: motor & non- motor symptoms, long term care, talking to family members, etc. Not for personal medical questions.

THE IMPORTANCE OF WATER

Just like the other sensory processes, the natural sense of thirst diminishes with age. Anti-PD drugs also dry out the body. It is important to drink water by the clock, not unlike one would schedule crucial medications. This enhances the absorption of both nutrients and medication, while reducing the risk of dehydration. (NPF, "Ask the Dr.")

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WEB SAVVY

CAPS will soon be more web active with on-line notices, announcements and newsletters. Do we have your current web address? Please send an email to info@capitalareaparkinsons.org.

NATURAL LAXATIVE REMEDY: POWER PUDDING

½ cup prune juice
½ cup applesauce
½ cup wheat bran flakes
½ cup whipped topping
½ cup prunes (canned, stewed)
(Diabetics may use “no added sugar”
applesauce and “light whipped” topping.)

Blend ingredients, cover, and refrigerate.
Power Pudding will keep as long as one
week. Take ¼ cup portions of recipe with
breakfast. Regulate doses as needed.

Recipe taken from Geriatric Nursing and
Healthy Aging, by Ebersol/Hess.

- Have an eye exam each year
- Address any foot problems; include swelling

What you can do for your home:

- Install good lighting and have switches on both ends of a hallway
- Install grab bars along the bed and bathroom walls
- Have firm chairs with armrests
- Sleep on firm beds and use satin or high thread-count sheets
- Raise toilet seats
- Store cabinet items within reach
- Remove loose cords/objects from the floor
- Firmly secure carpeting and remove rugs

(Peninsula Park Support Group)

FALL PREVENTION STRATEGIES

What you can do for yourself:

- Exercise
- Maintain a healthy diet: calcium with vitamin D to strengthen bones
- Get enough rest
- Go to bathroom before it becomes urgent
- Use a walker if suggested
- Wear rubber-soled shoes with no laces; Velcro suggested
- Break tasks down into simple steps

What you can do at the doctor's office:

- Report any fall that takes place
- Bring in all medications (prescribed or OTC) for review at every visit
- Ask about gait assessment and training

NEW PARKINSON'S STUDY

In a study that reveals the clearest picture to date of neuron death in Parkinson's disease, researchers at Columbia University Medical Center have found that a trio of culprits acting in concert is responsible for killing the brain cells.

The study, published in the April 30 issue of *Neuron*, showed that three molecules - the neurotransmitter dopamine, a calcium channel, and a protein called alpha-synuclein - act together to kill the neurons.

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