



CAPITAL AREA PARKINSON'S SOCIETY

(512) 371-3373

<http://www.capitalareaparkinsons.org>

AUGUST 2009

CAPS AUGUST 15TH MEETING

Did I Sleep Last Night?

There is nothing more important than good healthy sleep for a person with Parkinson's disease, yet sleep challenges are common for a variety of reasons. Barriers to sleep, healthy sleep architecture, and strategies to improve sleep will be explored with special emphasis on those with Parkinson's disease.

Laura Eisenberg, (RN, FNP, QMRP) will address this and other Common Questions of the Person with Parkinson's disease at the this month's meeting.

Join CAPS at Seton Main Hospital located at 1201 W. 38th St., 78705 from 2-4p.m, on August 15th, in the McFadden Auditorium. Access to the auditorium is on the ground floor, east of the Emergency Room entrance.

Parking is FREE. Parking tickets will be validated inside the auditorium.

PARKINSON'S SUPPORT GROUP INFORMATION

Solo with Parkinson's will meet next for lunch and conversation from 12:30-2pm on Wednesday, August 19th, at the home of Susie Lightfoot Scherr, 8808 Ridgehill Drive, Austin.

Solo is a group of individuals with Parkinson's disease who are living without a care partner. For more information, call Lydia Blanchard at 512-445-2478.

Parsons House Support Group is still meeting at Parsons House, 1130 Camino La Costa (across from A+ Federal Credit Union) at 6pm on Tuesday, August 18th (the third Tuesday of every night). Contact Deborah Bryson for details on the upcoming August meeting at 512-864-4075.

Other Support Group Information can be found at www.capitalareaparkinsons.org and click on *Resources*.

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PICK UP YOUR FEET FOR PARKINSON'S

John Carchedi, a member of our Young Onset and CAPS family is raising money for Parkinson's. Diagnosed over ten years ago, John has raced in and finished over a dozen marathons since - an inspiring testament to determination and tenacity in the face of adversity. Won't you join John in this 5K Run/Walk?

Entry forms will be available soon. Volunteering is greatly appreciated. You may contact John at the following e-mail address: Carch72@gmail.com

Anyone wishing to make a donation can go to WWW.TEAMFOX.ORG. Click on "Support a Member." Enter "John Carchedi." Submit. Select record with that name. Click. Make your contribution.

Five Nutrition Tips for Living Well with Parkinson's Disease

BY: KATHRYNNE HOLDEN, MS, RD;
sourced in www.parkinson.org

1) VITAMIN D - Studies have shown widespread deficiency of vitamin D among people with PD; whether it contributes to the development of PD, or is a result of PD, is not yet known. But deficiency is associated with falls and fractures, diabetes, cancers and autoimmune diseases. You may want to ask your doctor to check your Vitamin D level, and take supplements as needed.

2) FLAX SEED, GROUND - Very high in two kinds of fiber: one helps control blood sugar; the other keeps the stool soft and bulky, which relieves constipation.

3) GINGER - Helps with the nausea that often occurs when starting PD medications; also helps speed stomach emptying.

4) TURMERIC - Contains a substance, curcumin, which has been recommended by some groups as useful in treatment of diabetes, heart disease, cancer, and liver damage; it is currently being investigated as a possible treatment for PD.

5) BERRIES, CHERRIES - PD is a stressful disease, and stress produces free radicals;

antioxidants destroy free radicals. Cherries may be better free-radical scavengers than vitamin E. Blueberries may protect against dementia; cranberries are remarkably high in antioxidants and help protect against urinary tract infections. Blackberries, raspberries, strawberries – all are rich sources of powerful and protective phytonutrients

The Stars are Coming Out...

Michael J. Fox has been nominated for **Outstanding Guest Actor in a Drama Series!**



The actor has enjoyed several memorable runs on TV, most notably as the star of "Family Ties" and "Spin City." Since revealing his battle with Parkinson's disease in 1998, he's chosen other smaller roles on shows like "Boston Legal."

Currently, he's concentrating his efforts on raising money for his Michael J. Fox Foundation for Parkinson's Research.

Source: etonline.com