



CAPITAL AREA PARKINSON'S SOCIETY

(512) 371-3373

www.capitalareaparkinsons.org

DECEMBER 2009

DECEMBER 19TH MONTHLY MEETING

CAPS will be ending the year with a wonderful Christmas Celebration! The Conservatory Senior Living has blessed us by accepting our invitation to return, bringing a Full Choir. Join us December 19th from 2-4p.m. and *take in* the sound of Christmas Chorals.

CAPS is located at Seton Main Hospital at 1201 W. 38th St., 78705, in the McFadden Auditorium. Access to the auditorium is on the ground floor, east of the Emergency Room entrance.

Parking is FREE and parking tickets can be validated inside the auditorium.



Anyone who attends CAPS meetings are welcome to bring food to share at the meetings. Big or little contribution, they are all welcome.

ELECTION RESULTS

In November, the membership voted on the 2010 Officers and four new members of the board. The results are as listed: The 2009 Officers; President, Shirley Uzzell, Vice President, Jaime Eyer, Secretary, Lydia Blanchard, and Treasurer, Claudette Porter, will carry over as the officers in 2010. Four members of CAPS will join the Board; Maureen Kratzer, Melvin Eckhoff, Donald Carnes and Tyler Sutliff.

Please remember that CAPS is always looking for volunteers or extra assistance on outreach, computers and fundraising. Call the CAPS office (512-371-3373) if you are interested.

How do I recognize if I'm under TOO MUCH STRESS???

Source: www.ahealthyme.com

Each of us has a different threshold for stress. For some, buying a house or changing careers might be overwhelmingly stressful, while others might relish the change. It's important to get a handle on what you personally find stressful and how you react to stress.

"I always try to help people only worry about things they can control -- often a lot of what really drains people is worry over things which they can't control." Says Michael Potter, MD, a family practice physician and associate professor at UCSF (*cont, page 2*)

CAPS ADVISORS

Kitty Hoskins
Lois Rice
Lorraine Chammah
Maxine Jenks
Sam Anderson
Susie Lightfoot Scherr

2009 OFFICERS

President
Shirley Uzzell
Vice President
Jaime Eyer
Secretary
Lydia Blanchard
Treasurer
Claudette Porter

BOARD MEMBERS

A.J. Hernandez
Barbara Metzger
Betty Mailloux
Deborah Bryson
Fran Gerling
Herman Caviel
Jack Gerling
Jenny Bankston
Maggie Glazener
Mark Lamkin
Patricia Bordie
Wynnette Harris
Yulah Sisler

DON'T FORGET YOUR DUES...

You can pay your annual dues of \$15 at the table in front of McFadden Auditorium, where you pick up your name tag.

Please make checks out to:
*Capital Area
Parkinson's Society*

OR mail it to:
*Capital Area Parkinson's Society
PO Box 27565,
Austin, TX 78755-2565*

CAPITAL AREA PARKINSON'S SOCIETY

How do I recognize if I'm under TOO MUCH STRESS??? (continued)

Medical School in San Francisco. "That doesn't take care of everything, but if you can decide only to be worried about things you can personally influence or control, you have a much better chance of succeeding in reducing your stress levels."

If you're concerned that you might be feeling too much stress, look for physical, emotional or behavioral red flags that persist over time.

Physical symptoms of stress include:

- Insomnia
- Chronic Fatigue
- Headaches
- Grinding Teeth
- Muscle Tics
- Stomachaches
- Constipation or Diarrhea
- Backaches
- Neck Pain
- Shortness of Breath
- High Blood Pressure
- Skin Problems, such as hives
- Reduced Sexual Desire

Emotional and behavioral symptoms of stress include:

- Alcohol or drug abuse
- Overeating
- Not Eating
- Gaining or losing a lot of weight
- Difficulty Concentrating
- Impaired Short-term Memory
- Deteriorating productivity at home, work or school
- Poor outlook on the future
- Difficulty maintaining positive personal relationships
- Frequent mood swings
- Unproductive Worry
- Short temper or anger
- Sadness, Anxiety or Depression

How to Reduce Stress?

If you are already feeling down about something, you should be aware that the holidays are probably going to make it a little worse. Know that the holidays will pass quickly and you'll go back to coping with that sadness as you have before.

- Use relaxation techniques to stay calm. Slow, deep breathing will keep your stress responses to a minimum. Take little relaxation breaks frequently.
- Do your best to focus on the positive. Have fun! ("Tis the season to be jolly, after all!")
- If you give yourself enough time, and I know there's NEVER ENOUGH TIME, you will do better than if you try to do it all at the last minute. (This one has taken me years to get down to a science).
- Let it be okay to NOT DO IT ALL. Lower your expectations of yourself and of others. Delegate and ask for help. Decide to do less.
- Make time to exercise (take a walk, ride your bike, or just stretch) during your day.
- Remind yourself that no one is going to look to see if your baseboards are clean. Cut down on the number of things you have to clean before you have company! (And if someone notices your baseboards remind yourself not to sweat the small stuff. And remember that most of it really is small stuff!)

