



CAPITAL AREA PARKINSON'S SOCIETY

(512) 371-3373

www.capitalareaparkinsons.org

MAY 2010



MAY 15TH MONTHLY MEETING

Presenting on May 15th is Nancy Wesson, the owner of Focus On Space, Award Winning Author, International Speaker, and Trainer specializing in creating optimal mental, physical and emotional spaces to support comfort, focus, productivity, goal attainment and transitions. Her work with neural networks, training the brain, creating optimal spaces via Feng Shui, ergonomics and color assists her clients in maximizing performance, time management and strategic problem solving to minimize stress, improve business performance and create an integrated, whole life. She applies these insights and skills in the practical world of adapting homes to accommodate a broad range of special needs to make daily life easier, thereby supporting independence and autonomy. Her presentation will be educational and fantastic!

CAPS is meets 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.

Oriental Spinach Salad

Kathryne Holden, MS, RD
Parkinson's Nutrition Specialist
<http://www.nutritionucanlivewith.com>

A recipe that has phytochemicals, antioxidants, a whole day's worth of vitamin K and folate, and is rich in magnesium, potassium, and vitamin A and C – just right for people with Parkinson's.

- 1 TB sesame seeds
- 3 TB vinegar
- 1 TB olive oil
- 2 tsp low-sodium soy sauce
- 1 tsp sugar
- ¼ tsp ground ginger
- 3 oz fresh spinach, washed, patted dry, and torn into bite-size pieces
- ¼ cup sliced mushrooms (about 3-4 medium mushrooms)
- 1 scallion (green onion), sliced

Toast seeds in a skillet over medium-high heat, stirring, about 2-3 minutes, till they turn golden brown. Blend vinegar, oil, soy sauce, sugar, and ginger with fork. Put spinach in large bowl, and pour dressing over. Toss well. Add mushrooms and scallion, toss well and serve. Makes two servings.

CAPS ADVISORS

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

2010 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
Donald Carnes
Fran Gerling
Herman Caviel
Jack Gerling
Jenny Bankston
Maggie Glazener
Mark Lamkin
Maureen Kratzer
Melvin Eckhoff
Patricia Bordie
Tyler Sutliff
Wynnette Harris
Yulah Sisler

Please look online for
updates on your
Support Group



CAPITAL AREA PARKINSON'S SOCIETY

www.capitalareaparkinsons.org

MAY 2010



PD Talk Live

sent from Rich & Kim Rozek

PD Talk Live is a weekly reality broadcast about living with Young-Onset Parkinson's Disease. Husband and wife team, Rich and Kim Rozek discuss living with the disease. Online, their life is an open book. They have accomplished over 100 broadcasts since January 7, 2007.

My wife Kim and I have been doing an online Radio program since 2008 on Blog Talk Radio out of New York. We are the most listened to online radio program regarding Parkinson's Disease. We have interviewed in the past, members from the APDA, Parkinson's Disease Foundation, Firefighters against Parkinson's, PAG (Parkinson's Action Group) among many others.

The program includes Parkinson's news, interviews, and the experiences we share with our listeners. FYI: I'm 49, and was diagnosed with Young-Onset PD approximately 9-years ago. We are always looking for guests of interest to the Parkinson's community.

If you're interested, we would love to have you as a guest when you are available. We usually prerecord the interview, unless you would like to be part of our Quarterly live program. We currently get between 800 - 1000 downloads/listeners per month.

Our programs site is:

www.blogtalkradio.com/pdtalklive

Don't Hold The Mayo

Kathrynne Holden, MS, RD

www.nutritionucanlivewith.com

If you've been buying low-fat or fat-free mayonnaise, you might want to think again. Regular mayonnaise is a good source of vitamin E, an important antioxidant, especially for people with Parkinson's disease. One tablespoon of Kraft Real Mayonnaise contains 1.7 mg

of vitamin E – 17% of the recommended daily amount. Although it's not a good idea to overindulge in fatty foods, a tablespoon of mayonnaise a day is fine for most people. So if you prefer "real mayo" you now have a good reason to eat it!

A Note From Shirley

*T*hanks to everyone who helped make this year's April Event a Huge Success. The Silent Auction was great (thanks to Deborah Bryson and Maureen Kratzer), the exhibitors were well received, and the food outstanding. Special thanks to the Board Members who worked so hard to make the entire event a success. We were very blessed to have the students from The Asian Health Professionals Organization. They worked really hard to make things go smoothly.

~ Shirley Uzzell
President

Do We Have Your Email Address?

CAPS works hard to make sure we keep our members up to date on activities and other items of interest. Many times, news of events, programs or other items doesn't reach us in time to make it into our newsletter. In those situations, we email the relevant information to our members.

To receive these important updates and other information from CAPS, please be sure to provide us your email address. This includes those with PD, care providers and interested family members.

Just send an email to info@capitalareaparkinsons.org and tell us you want to be added to the CAPS mailing list. We will not provide your name or email address to any outside organization.