



# CAPITAL AREA PARKINSON'S SOCIETY

(512) 371-3373

<http://www.capitalareaparkinsons.org>

JUNE 2010

## JUNE 19<sup>TH</sup> MONTHLY MEETING

As it gets hot, come cool off with our once a year, annual Ice Cream Social. This year it will be sponsored by *Amy's Ice Cream!* Please join us on June 19<sup>th</sup> from 2pm-4pm in the McFadden Auditorium of Seton Main.

CAPS meets every third Saturday at Seton Main Hospital at 1201 W. 38<sup>th</sup> 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.

## SUPPORT GROUP CORNER

For information about upcoming Support Groups, please check out our website at [www.capitalareaparkinsons.org](http://www.capitalareaparkinsons.org)

## TIPS FOR GETTING A GOOD NIGHT'S REST

Source: National Parkinson's Foundation - [www.parkinson.org](http://www.parkinson.org)

- Maintain a regular sleep schedule. Get up and go to sleep at the same times.
- Get plenty of bright light exposure, particularly natural daytime light.
- Decrease fluids several hours before bedtime.
- Go to the bathroom before getting into bed.
- Set the thermostat for a slightly cool bedroom temperature for sleeping.
- Make a regular, relaxing bedtime routine a habit.
- Lie down to sleep, only when sleepy.
- If you are unable to sleep after 15 minutes, get out of bed and engage in a relaxing activity like listening to music.
- Keep lighting and noise at comfortable levels when trying to sleep.
- Sleep as much as needed to feel refreshed, but avoid spending too much time in bed.



## CAPS ADVISORS

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

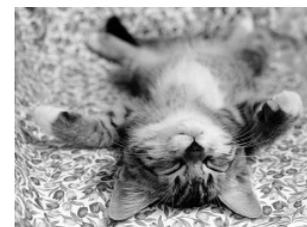
## 2010 OFFICERS

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  
Wynette Harris  
Yulah Sisler

We want to recognize a special person who has been going out of his way to build and promote a support group, all the while trying to balance his daily life and battle Parkinson's. The success of The Early/Young Onset Group, speaks for itself. We would like to recognize and thank **A.J. Hernandez** for setting the standards amazingly high and for being such a great advocate, friend and role model! His devotion and encouragement are uplifting.



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## Talk About Your WIN/WIN scenario for Parkinson's

The CAPS Board voted last month to partner with the Alliant Institute and Center for Music Therapy, Inc. to become a corporate member of the Health For A Song program. This corporate membership will raise funds for CAPS by its members doing regular exercise, sleep pattern improvement, anxiety and stress reduction, speech/cognitive improvement and emotional care of both the person with the Parkinson's diagnosis and their caregivers. All of this you do regularly in groups with PT's, SP, OT's, MT's and social workers when you enroll in the Health For A Song program at the Center for Music Therapy. The fee for CAPS members is only \$42.00 a month per person. You must be a CAPS member to qualify for this. Out of the \$42.00 a month you pay, \$4.20 goes back to CAPS every month you stay enrolled. We need 15 or more CAPS members enrolled to keep our corporate status or the fee rises to \$65.00 per month per person.

That's a minimum of \$756.00 of funding CAPS will receive this year. So see Hope Young or Rich Bussen today to sign up to receive more information. You can also go to their website:

[www.centerformusictherapy.com](http://www.centerformusictherapy.com) and click on the "Health For A Song" link to see the calendar of groups and description of groups they offer from morning to night 6 days a week. You can come work with professional therapists to exercise, relax, and receive care for the caregiver as much or as little as you want for only \$42.00 a month per person.

For the newsletter, our address and phone number is:  
Center for Music Therapy, 2700 West Anderson Lane,  
Suite #119, Austin, TX (512) 472-5016.

## Bowling team needs you!

Teams Dopamine ended their inaugural season at Highland Lanes recently. Thank you to all of you who participated. I am so very proud of each and every one of you! Special notice to James Shrader who won the award for most improved average of the season - for the entire league. James, I am proud of you, brother.

Now for the summer leagues, here are our options:

### HIGHLAND LANES (183/BURNET)

Tuesday nights - Summer Sunsetters League (4 per team) bowls at 6:00pm from May 25th - August 10th (about 10 weeks)

Thursday nights - Summer Mixed Up League (4 per team) bowls at 6:00pm from June 3rd - August 5th

Thursday nights - Stress Busters League (4 per team) bowls at 8:30 pm from May 27th - August 5th

Sunday nights - Sunday Nite Mixed League (4 per team) bowls at 6:30pm from May 23rd-August 8th

### WESTGATE LANES (WM.CANNON/WESTGATE BLVD)

Tuesday nights - Summer Fun Bunch League (4 per team) bowls at 7:00pm from June 1st-August 3rd

Wednesday nights- Wonder Balls League (4 per team) bowls at 7:00 pm from May 26th-July 28th

Sunday nights- Sunday Night Rollers League (4 per team) bowls at 6:00pm from May 23rd-July 25th

I need to know who among you wants to bowl and at which center and on what days. I need to know ASAP. These short term leagues fill up quickly.

Please, let's get enough for at least one Team Dopamine at Highland Lanes and one at Westgate Lanes. The easy thing is, if you live south you can be close and bowl at Westgate. If you are north, then Highland is good.