CAPITAL AREA PARKINSON'S SOCIETY

(512) 371-3373
http://www.capitalareaparkinsons.org
AUGUST 2010

AUGUST 21ST MONTHLY MEETING

On August 21st we'll have our second Round Table discussion. This is a great time to share, discuss and have questions answered by those who may be going through some of the same experiences or have already gone through similar experiences and can lend a helping hand.

New Location: Riverbend Church in the Quads from 2:00-4:00pm. The address is 4124 N. Capital of Texas Hwy (Hwy 360), Austin, 78746.
The Quads are located on the west side of the campus, off Cedar Street. There are well-marked signs leading to the Quads, should you take another entrance. Plenty of parking.

SUPPORT GROUP CORNER

***Check www.capitalareaparkinsons.org for more support groups ***

The newest group added is in Southwest Austin at Querencia Barton Creek. Meetings consist of speakers and informal discussions. Its focus will be on education, available resources and a good quality of life. Querencia Outreach meets the 4th Wednesday of every month at 2:30pm at Querencia at Barton Creek in The Plaza. The address is 2500 Barton Creek, Austin, 78735. Questions: Robin Friar - 512-610-9401 at Querencia or Susie Lightfoot Scherr - 512-345-1380, lightfoot_78759@yahoo.com.

2010 SPEAK OUT!

Speaking Out for Parkinson's

Join Texas Voice Project on Saturday, September 18th for **SPEAK OUT: *Speaking Out For Parkinson's***. The event will consist of a Panel Discussion with 13 Parkinson's Physicians and Specialists, preceded by a musical performance by Texas Voice Project's Parkinson's patients, and a reception. Click on the link below to view the invitation, see the list of panelists and ticket information:
http://www.texasvoiceproject.org/Speakoutpostcard.htm

SPEAK OUT! will be held at the Eisemann Center for Performing Arts in Richardson, TX.

CAPS Cookbook

Send in your favorite recipes for CAPS NEW Cookbook. Include all the Ingredients, specific directions, contact information and preferably, PD friendly dishes.
Send via email to Susie Scherr: lightfoot_78759@yahoo.com or by mail to CAPS PO Box 27565, Austin, TX 78755-2565

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A short note from Jaime Johnson (formally, Eyer)

I want to express my heartfelt gratitude to the all our members. I have recently gotten married (yah). However, with much planning, out of town visits, showers etc, I have not been able to make any of the past meetings for some months. I wanted to give a hug to each one of you for all your support. It means so much to me to have you all a part of my life!

Capital Area Parkinson's Society
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If anyone is thinking about traveling before the Grandkids go back to school or before the traffic starts back up, this article gives some great tips on traveling with Parkinson's Disease.

Summer Travels

Source: APDA - July

1. Carry a spare prescription for any medications you will need regularly.
2. Keep dried fruit, trail mix, granola bars, or other foods in your survival kit that will help stave off the hunger pangs.
3. Pack a "survival kit" with your basic needs, information and important supplies, and always keep it in your carry-on. NEVER check this sort of baggage.
4. Let your doctor know you are going, and if you are worried about it, leave a letter in your file giving permission for your doctor to release information or consult on your case while you are gone if you request it. This might be helpful in the event of an emergency and you aren't able to consult doctors in the host country who know anything about your condition.
5. Always, always, always travel with medical insurance!
6. If you have medical equipment, like my wheelchair, familiarize yourself with its care and repair. Consider bringing a repair kit with you.
7. Be prepared to be your own best friend during this trip: Advocate for yourself and your travel needs, and be flexible and adaptable. Don't expect everything to go as planned or even as you need it to go, but instead, think ahead and be willing to consider alternate plans. This sort of attitude goes a long way toward reducing stress and disappointment while putting you in the best frame of mind to totally enjoy yourself!

Travel and Chronic Disease

Chronic disease is not an absolute contraindication to travel abroad. It is, however, wise to seek advice from your general practitioner before travel.
With a little planning, travelling can be possible and even beneficial for those with chronic disease.

Tips:

Before buying your tickets, discuss your plans with your doctor. He can advise you on appropriate destinations for people with your condition;

Carry a physician's letter certifying the necessity for any drugs or other medical items (e.g. syringes) carried by the traveler that may be questioned by customs officials

Any traveler with a chronic illness should carry all necessary medication for the journey and for the entire duration of the trip in their hand luggage

Travelers are advised to check whether their medication is legal in the destination country with the country's embassy or consulate.

Carry a copy of the prescription, and ensure that both the generic and trade names of the drug are included.

Leave all medicine in its original, labeled container to avoid misunderstandings with customs officials.