

# Capital Area Parkinson's Society

## March 2011 Newsletter



P.O. Box 27565, Austin, Texas 78755-2565

[www.capitalareaparkinsons.org](http://www.capitalareaparkinsons.org)

### March Membership Meeting A Roundtable Discussion

2-4 p.m.  
March 19, 2011

#### NEW LOCATION

Medical Office Building, St. David's Medical Center, 5<sup>th</sup> floor Conference Room  
3000 N. IH-35

#### [Directions to our new location:](#)

From the I-35 South frontage road, turn right on 30<sup>th</sup> Street and immediately right into the garage. From Red River Street, turn east on 30<sup>th</sup> Street (towards expressway), and then turn left into the last garage. Parking is under the building. Take the elevator to the 5<sup>th</sup> floor, and signs will lead the way. If lost, call 623-9507 for help.

Please bring a potluck dish to share.

### *CAPS Members in the News*

The UT tower was lit orange in honor of **Gary Shelton** and others who received Presidential Commendations from UT President William Powers Jr. at a banquet February 25<sup>th</sup>. **Gary** was awarded the Arno Nowotny Medal for special contributions to the student body at UT. **Gary** served as associate director of the Texas Union (Student Union) for 28 years, retiring in 2003. Following the banquet, **Gary** and **Elaine** were invited to a private reception in the President's office.

\*\*\*

**Carol Bersan** contributed a panel to one of the 39 quilt blocks featured in the Parkinson's Disease Foundation 2010 publication, "Creativity and Parkinson's Quilt Project." Check the PDF web site for her panel. Carol features various logos connected with CAPS, including "I Am/I Can."

\*\*\*

CAPS received \$370 from a recent fundraiser by **NSIDE** magazine. In its current issue, the magazine features a story about CAPS by **Lydia Blanchard**. **Kitty Hoskins** made the arrangements.

\*\*\*

Please send your news to Lydia Blanchard, [lblanchard@txstate.edu](mailto:lblanchard@txstate.edu).

### CAPS at CAP-10K

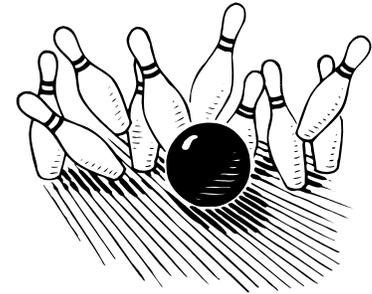
Think you're no longer a contender? Think again. Under the leadership of **Hope Young**, Center for Music Therapy, several CAPS members will be running (or walking) in the Capital 10-K on March 27<sup>th</sup>, including **Mary Lou Larson, David Adams and family, Earl Dumitru, Fred Schiller, and Melvin Eckhoff**. The Center makes it easy. CMT will provide transportation, breakfast, and—after the race—champagne; you can walk as little as a quarter mile. Call Hope Young for more information: 512-472-5016.

Save April 17<sup>th</sup> for Roll and Bowl, CAPS bowl-a-thon fundraiser. More details on page 2.

# Capital Area Parkinson's Society

March 2011 Newsletter

Page 2



## A Message from Our Presidents

Dear CAPS Members,

The mission of the Capital Area Parkinson's Society is to address the needs of persons with Parkinson's disease, their care partners, and the public by providing education, current information regarding research and resources, social interaction, emotional support, and opportunities for physical activities and exercise. We meet this commitment by maintaining a website with a wealth of links to information and resources regarding Parkinson's; publishing a monthly newsletter; conducting monthly meetings for members and the public at which education and exercise are offered; providing an outreach program which supports, facilitates, and assists start-up for support groups in Austin and surrounding communities; and maintaining an office and referral line. All of this is provided with commitment and passion by a dedicated group of volunteers. However, maintaining these programs is not without costs.

You can help CAPS provide these services in a number of ways:

Annual dues \$15 per family

Lifetime membership \$200

Donations and memorials

Volunteer work

If you have not already paid your 2011 dues (which are due by March 31<sup>st</sup>), they can be paid (and donations made) through PayPal on our website, [www.capitalareaparkinsons.org](http://www.capitalareaparkinsons.org); at monthly meetings; or by mail to Capital Area Parkinson's Society, P.O. Box 27565, Austin, TX 78755. If you wish to volunteer your time and skills, contact us through our website or call 512-371-3373. Thank you for your support.

Deborah Bryson  
President, 2011  
2010

Shirley Uzzell  
President 2009,

## 2011 Directories

The 2011 CAPS directories are now available at our monthly meetings. Many thanks to Mel and Christina Eckhoff for covering the cost of printing the directory, and to **Tyler Sutliff**, who raised \$1,250 from sponsors.

## DARE TO BOWL

Please save Sunday, April 17<sup>th</sup>, for Roll and Bowl, a grand fundraiser for both CAPS and the Center for Music Therapy.

Under the leadership of **A. J. Hernandez**, our Early/Young Onset Parkinson's group is sponsoring its first bowl-a-thon, to be held at three area bowling centers: Highland Lanes, Dart Bowl, and Westgate Lanes. Highland Lanes, the official host of the event, will be open from 8:30 a.m. on the 17<sup>th</sup> until 8:29 on Monday, the 18<sup>th</sup>, and will feature a 24-hour competition in which bowlers will attempt to bowl 100 games.

**A. J. and James Shrader** will be among those going for 100! Learn how you can help at our March meeting—and in our next newsletter.