



Capital Area Parkinson's Society

Newsletter/January 2017

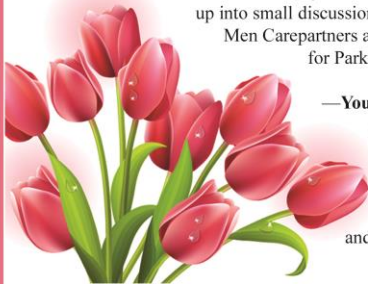
P.O. Box 27565, Austin, Texas 78755-2565

capitalareaparkinsons.org

Letter from the Board President,

As 2016 comes to a close and we begin planning for 2017, I want to encourage each of you to set a goal for the year ahead of becoming involved in all that CAPS has to offer! In addition to the monthly educational meetings, CAPS also provides support groups throughout the Greater Austin area. Each of these groups has a unique focus, in order to meet a wide variety of needs and interests. Some groups are designed to be more educational and some follow an open discussion format. Everyone who is impacted by Parkinson's—whether it's the individual themselves or their loved ones—has a unique combination of symptoms and challenges. But each of us can learn from one another and we are better able to cope with the disease when we have the opportunity to share openly with others who are struggling with the same uncertainties. If you haven't yet joined a CAPS support group, I urge you to please consider attending a meeting soon. The groups are led by CAPS facilitators, who draw from their personal and/or professional experience with Parkinson's. Here is a list of the groups we currently offer (additional information on the locations, etc., is available on the CAPS website):

- Belmont Village, West Lake Hills** (2nd Fridays at 10:30am): this is an open group for both members and their carepartners, which offers an alternating format of educational presentations every other month, with an open discussion format on the following month. It is held just prior to the weekly Power for Parkinson's class in the same classroom.
- Burnet/Seton Highland Lakes** (2nd Wednesdays at 2:00pm): this is an open group for both members and their carepartners, which offers an alternating format of educational presentations and open discussions.
- DBS Support Group/North Austin** (3rd Fridays at 2:00pm): this group provides information for those considering the option of having the deep brain stimulation (DBS) surgery to manage their symptoms. It is led by a Parkinson's patient who has had the surgery, along with a mix of professionals to provide additional information.
- Lakeway/Vibra Rehabilitation Hospital** (1st Tuesdays at 2:00pm): this is an open group for both members and their carepartners, which offers an alternating format of educational presentations and open discussions.
- Querencia** (4th Wednesdays at 2:30pm): this is an open group for both members and their carepartners, which offers monthly educational presentations by a variety of health care professionals.
- Round Rock/Wyoming Springs Assisted Living** (4th Tuesdays at 3:00pm): this is an open group for both members and their carepartners, which offers an alternating format of educational presentations and open discussions.
- Simultaneous Parkinson's Group and Carepartners' Group/Covenant Church in West Austin** (2nd Tuesdays at 10:15): attendees are provided the opportunity to break up into small discussion groups for Men with Parkinson's, Women with Parkinson's, Men Carepartners and Women Carepartners. It is held just prior to the weekly Power for Parkinson's class in the same classroom.



- Young Onset** (last Saturday of each month at 10:00am): this group is designed as an open discussion format in a social setting (a local coffee shop) for those who were diagnosed at age 55 or younger. Since the challenges faced by this group can be very unique (coping with the impact of Parkinson's on their careers, families, etc.), this group focuses on staying active and connected.



**2017
CAPS Dues
are Due!**

Thanks to our members, CAPS is able to offer support and assistance to so many individuals. We appreciate your support! The annual membership dues for 2017 are due in January. These funds allow us to provide CAPS members with the many programs that we offer. Individual dues are \$25 and \$40 for a family. Thank you!



board of Directors

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Vice President - Deborah Bryson, Accolade Home Health
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 Michelle Schoonover, Psychologist
 Shirley Uzzell, Retired RN & CAPS Advisor
 Becky Wolfe, Retired RN



Our usual monthly meeting room is not available some of the Saturdays this year. Please make a note of the dates for 2017.

January 21	July 15
February 25	August 19
March 18	September 16
April 22	October 21
May 20	November 18
June 17	December 16

Area Outreach Support Groups

Belmont Village – 2nd Friday @ 10:30am

4310 Bee Cave Road
Westlake Hills, TX 78746

Burnet – 2nd Wednesday @ 2pm

Seton Highland Lakes Hospital,
Conference Room
309 Industrial Blvd. (Behind Hospital)
Burnet, TX 78611

Deep Brain Stimulation (DBS) –**3rd Friday @ 2pm**

Neurology Solutions Office
12345 N. Lamar Blvd.
Austin, TX 78753

Lakeway – 1st Tuesday @ 2pm

Vibra Rehabilitation Hospital of Lake Travis
2000 Medical Drive
Lakeway, TX 78734

**Participant Organized Parkinson's
Singing Group – Wednesdays 12:30-1:30pm**

Unity Church of the Hills, Unity Oaks Bldg.
9905 Anderson Mill Road
Austin, TX 78750

**Querencia/Barton Creek Southwest –
4th Wednesday @ 2:30pm**

Plaza Building, 2nd Floor, Lantana Room
2500 Barton Creek Blvd.
Austin, TX 78735

Round Rock – 4th Tuesday @ 3pm

Wyoming Springs Assisted Living
7230 Wyoming Springs Drive
Round Rock TX 78681

**Simultaneous Care Partner and Patient –
2nd Tuesday @ 10:15am**

Covenant Presbyterian Church
3003 Northland Drive
Austin TX 78757

Young Onset Parkinson's Disease (under 55)

Contact: Bob Sahm at 512-914-2132
or rsahm99@gmail.com

For more information, visit www.capitalareaparkinsons.org.

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January Membership Meeting



Saturday, January 21 ■ 2:00 p.m.
Medical Office Building, St. David's Medical Center
3000 N. IH-35, 5th Floor Conference Room

In January Virginia Larson, Community Liaison for Family Eldercare, will share information with us regarding the services they offer seniors in Central Texas, as well as opportunities to volunteer with these programs. Family Eldercare has proudly served Central Texas since 1982. Today, Family Eldercare provides a continuum of services to more than 5,700 clients, including in-home care and counseling services. Following Virginia's presentation, we will break up into small discussion groups to allow members to share their experiences with accessing helpful community resources and/or volunteering with area organizations. Great way to start the New Year—with new resolutions to make 2017 an even better year!

Refreshments will follow. Members are encouraged to bring their favorite cookies or other sweets to share.