



Capital Area Parkinson's Society

Newsletter/January 2019

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

512-371-3373

capitalareaparkinsons.org



Happy New Year

To start the new year off right, we want to give you the first 10 tips on how to deal with Parkinson's disease.

These tips come from the book we now offer our new members: "300 Tips for Making Life Easier with Parkinson's Disease" by Shelley Peterman Schwarz. Then each month throughout the rest of the year we will provide you with 10 different ones which we hope you will enjoy.

Happy New Year!

Understanding Medications

1. Always ask your doctor or pharmacist for published information on any drug you've been prescribed—ask specifically about side effects.
2. Start a new medication as early in the day as possible (unless otherwise indicated); if you have an adverse reaction, it will be easier to reach your doctor.
3. Write out your dosage schedule and carry it with you. Check off each dose as you take it.
4. Choose one pharmacy to fill all your prescriptions. That way there will be a complete record of all your prescriptions and drug allergies on file in one place.
5. Ask your pharmacist for non-childproof bottles with easy to open caps.
6. Keep track of medication times by using one of these methods: purchase a digital sports watch with a timer/alarm; program your cell phone alarm; or purchase an electronic timer (ex: MedGlider).
7. Take a hard-to-swallow pill with a spoonful of applesauce or pudding. (Editor's note: patients also find it easier to use warm water rather than ice cold water when swallowing their pills.)
8. The effectiveness of some PD medications is affected by diet: the absorption of levodopa is delayed if it is taken with a meal rich in proteins; but many patients do not tolerate taking it on an empty stomach so try taking it with a carbohydrate (crackers, toast, etc.). Then wait 30 minutes before eating a protein.
9. If you are hospitalized, ask your doctor to write an order for you to be able to take your own PD medications. It's often difficult to get medications administered exactly on time while in a hospital, and even 15 minutes late can be the difference between staying "on" or going "off".
10. Tell your doctor if you experience dramatic changes in your mood from day to day: mood swings can be caused by medications or the disease itself.

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**2019
CAPS Dues Are Now
Being Accepted!**

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 2019 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!

CAPS Cares

Help when it is needed most

CAPS Cares is a program to all CAPS members who are struggling with managing the demands of living with Parkinson's. For those who are in need of assistance, CAPS provides a referral to an area social worker to discuss their individual needs and provide guidance and information on community resources. The referral process is confidential and CAPS covers the cost of 2 counseling sessions. If you or someone you know is facing a challenging time, please call Mary at the CAPS office (512-371-3373) or for more information, see the Resources section of the CAPS website.

Area Outreach Support Groups

**Brookdale, Northwest Hills –
3rd Thursday @ 3pm**
5715 Mesa Drive
Austin, TX 78731

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

**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)
Dates and Locations Will Vary**
Austin TX 78756
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



PD Overview and Treating Advancing PD

Presented by Dr. Michael Soileau

Dr. Michael Soileau graduated from Baylor University, attended medical school at the University of Texas Medical School in Houston, then completed his neurology residency at the prestigious University of Michigan. While in Ann Arbor, he was honored with numerous teaching awards and fell in love with the field of Movement Disorders. This love prompted him to return to his medical school alma mater and complete a fellowship in the medical and surgical management of movement disorders.

After directing the movement disorder division at a large institution in Central Texas for three years and starting a DBS program, he decided to open Texas Movement Disorder Specialists, PLLC in 2017. He continues to provide comprehensive, sub-specialized care, and to develop a regional and statewide presence having patients travel from all over Texas, Oklahoma and New Mexico.

Refreshments will follow. Members are encouraged to bring their favorite snacks and/or cookies to share.

Saturday, January 19 • 2:00-4:00 p.m.
Medical Office Building, St. David's Medical Center
3000 N. IH-35, 5th Floor Conference Room