



# Capital Area Parkinson's Society

Newsletter/February 2019

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

512-371-3373

capitalareaparkinsons.org

**TOP 10 LIST**

Here are **February's** 10 tips on how to deal with Parkinson's disease from the book we now offer our new members: "300 Tips for Making Life Easier with Parkinson's Disease" by Shelley Peterman Schwarz.

**When Scheduling Appointments**

1. Request an appointment closest to the time your medication is at its peak.
2. If you are anxious to see the doctor soon, request to be on the waiting list for any cancellations.
3. If you have a lot to discuss with the doctor, inquire about making a "consultation" appointment for extended time (there may be an extra charge).
4. Write down your questions in advance.
5. Prepare a progress report to share.
6. Bring pen and paper to take notes.
7. Consider having a friend or family member join you to take notes and add input.
8. Ask the doctor to clarify any medical terms you don't understand.
9. If your doctor recommends a new treatment, discuss it with other patients in your support group who have undergone that treatment.
10. Consider seeking a second opinion, if necessary.

**A PENNY SAVED**

One way we can make better use of our donations is to distribute our monthly newsletter online to those members who would prefer to receive it in that format. This will help CAPS save on both postage costs as well as office supplies. Please email us at [newsletter@capitalareaparkinsons.org](mailto:newsletter@capitalareaparkinsons.org) if you would be willing to make this transition. Thank you!

**TOPICS OF INTEREST FOR 2019**

Your input is so valuable to our efforts to meet the needs of all CAPS members. If you have ideas and/or suggestions about topics you'd like to cover this year, please let us know! Contact Mary Jackman at 512-371-3373 or [info@capitalareaparkinsons.org](mailto:info@capitalareaparkinsons.org). We want to stay in touch!

**SAVE THE DATE**

**CAPS Joins Amplify Austin on February 28th!**

This year, CAPS has decided to join the "I Live Here, I Give Here" fundraising campaign as one of the local non-profits raising awareness and donations in the Amplify Austin on-line 24-hour fundraising event (February 28th to March 1st). Your gifts made to us on February 28 will be amplified—so please help us serve the growing needs of the Central Texas Parkinson's community! Here is the link:

<https://www.amplifyatx.org/organizations/capital-area-parkinson-s-society>

Please let your friends and family members know too! Thank you!!!

**I Live Here I Give Here Amplify Austin**

**board of Directors**

President - Tereasa Ford, LBSW, Central TX Rehab Hospital  
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 Teffanie Price, Parson's House  
 Ingrid Sarrat, My Life Coaching Circle  
 LaDonna Shirley, RN, Valerian Home Health  
 Shirley Uzzell, RN & CAPS Advisor

## Area Outreach Support Groups

**Burnet – 2<sup>nd</sup> Wednesday @ 2pm**  
Seton Highland Lakes Hospital,  
Conference Room  
309 Industrial Blvd. (Behind Hospital)  
Burnet, TX 78611

**Deep Brain Stimulation (DBS) –  
3<sup>rd</sup> Friday @ 2pm**  
Neurology Solutions Office  
12345 N. Lamar Blvd.  
Austin, TX 78753

**Lakeway – 1<sup>st</sup> Tuesday @ 2pm**  
Vibra Rehabilitation Hospital of Lake Travis  
2000 Medical Drive  
Lakeway, TX 78734

**Simultaneous Care Partner and Patient –  
2<sup>nd</sup> 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](mailto:rsahm99@gmail.com)

For more information, visit [www.capitalareaparkinsons.org](http://www.capitalareaparkinsons.org).

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(Please contact the CAPS office if you no longer wish to receive this newsletter)

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## February Membership Meeting

### **How Therapy Can Improve Your Parkinson's Symptoms**

**Presented by Dr. Christopher Garrison, Christina Portell, Speech  
Therapist and Kara Doctor, Physical Therapist**

Dr. Christopher Garrison's career includes 20 years of experience in complex neurological and musculoskeletal rehabilitation. Currently, he serves as the Medical Director for the Central Texas Rehabilitation Hospital treating patients who are dealing with medical conditions that result in significant functional impairments.

Christina Portell, SLP, brings 25 years of experience in the field of speech language pathology for her work with adults with neurological/medical diagnoses. Currently, she is the primary Speech Pathologist at Texas Neuro Rehab Center. Christina is LSVT (Lee Silverman Voice Therapy) LOUD certified.

Kara Doctor, PT, brings 25 years of experience as a Physical Therapist, including nearly 10 years with a local Austin area neurology practice working with Parkinson's patients. Currently, she is with Abbott Neuromodulation training staff in DBS Neuromodulation. Kara has been certified in LSVT for people with PD.

**Saturday, February 16 • 2:00-4:00 p.m.  
Medical Office Building, St. David's Medical Center  
3000 N. IH-35, 5th Floor Conference Room**

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