



# Capital Area Parkinson's Society

Newsletter/March 2019

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

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capitalareaparkinsons.org

**TOP 10 LIST**

Here are **March'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.

**Making Travel Easier**

1. Upgrade your luggage to lightweight bags with wheels and cushioned handles/shoulder straps.
2. When making your reservation, let the ticketing agent know if you have any special needs (e.g., assistance with boarding, a connecting flight, seating closer to the bathroom, etc.).
3. Many airports have special services: porters can call for a wheelchair to the ticket counter and then the gate (there is a fee for this service).
4. If you use a cane or walker, the flight attendants will need to stow it during the flight so let them know if need assistance getting up.
5. Pack your medications that require refrigeration in a thermal lunch bag with a cold pack. Bring a letter from your physician for medications that require syringes/needles for injecting.
6. If you travel with a wheelchair, contact the hotel prior to the trip to ensure that the door to your room and bathroom are wide enough.
7. Check the international Association of Convention & Visitor Bureaus online web directory for information regarding accessible attractions and lodgings.
8. The Society for Accessible Travel & Hospitality is a nonprofit organization that promotes the development of facilities for people with disabilities.
9. If traveling by car, take your personal disabled parking permit (and a doctor's letter certifying your disability) which are honored by most states. If not, visit the nearest Department of Motor Vehicles in your destination city to request a temporary permit.
10. For long road trips, bring along a U-shaped pillow to prevent a stiff neck while sleeping in the passenger's seat.

## Road Runners Race for 200 Miles in Spite of Disabilities

The 200-mile Texas Independence Relay Race this year will include two teams with runners who continue to fight their disabilities through vigorous exercise. Of the 24 runners on the two teams, there will be 8 who have Parkinson's Disease, one recovering from a traumatic brain injury and one who is both a cancer survivor and heart transplant recipient. The race will launch on Saturday morning, March 30th when the cannon fires in Gonzales, Texas. The racers will then take turns running individual segments of approximately 4 to 6 miles each as they wind their way through rural areas until the team reaches downtown Houston midday on Sunday.



~200 GLORIOUS MILES  
**MARCH**  
30 - 31, 2019



According to Bob Sahn, one of the two team captains, "Just preparing to run the race for the first time is a challenge for some of the runners. Last year it felt like going to a 48-hour summer camp where you made lifelong friendships with people you just met. When I was first diagnosed with Parkinson's in 2011, vigorous exercise was not the practice. Now, at least in Central Texas, individuals get connected to one of several groups such as Power for Parkinson's, 4:13 Fitness or Team I AM, I CAN. Resignation to the progress of the disease has been replaced by active resistance." For more information, contact Bob Sahn, 2019 Team Captain, 12 Runners Against Parkinson's, TeamFox1 & leader of the CAPS Young Onset support group at [rsahm99@gmail.com](mailto:rsahm99@gmail.com) or 512-914-2132.



This month's meeting  
is March 9

### board of Directors

President - Tereasa Ford, LBSW, Central TX Rehab Hospital  
Vice President - Deborah Bryson  
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Gwen Hoffman, The Heritage at Hunter's Chase  
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Kay Peterson, CAPS Newsletter  
Teffanie Price, Parson's House  
Ingrid Sarrat, My Life Coaching Circle  
LaDonna Shirley, RN, Valerian Home Health  
Shirley Uzzell, RN & CAPS Advisor

### 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

## 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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## March Membership Meeting



### Why See an ENT Doctor for PD-Related Voice Issues and New Technology for the PD "Soft Voice"

Presented by Dr. Chad Whited, MD &  SPEECHVIVE

Dr. Chad Whited is a board-certified Otolaryngologist—Head and Neck surgeon with specialized fellowship training in voice, swallowing and airway disorders. He is currently the only fellowship-trained laryngologist in Austin and is equipped with a state-of-the-art voice lab for comprehensive video evaluations.

Using the most up-to-date equipment, Dr. Whited is able to perform numerous procedures such as vocal fold injections, biopsies, and airway evaluations safely and comfortably in the office. He also has specialized training in the management of laryngeal cancers using microscopes and lasers to remove cancerous tissues while preserving normal vocal fold tissue, optimizing patient outcomes.

A native Texan, Dr. Whited graduated from the University of Texas at Austin and received his medical degree from the University of Texas Medical School at Houston. He then completed his residency at Duke University Medical Center.

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

Saturday, March 9 • 2:00-4:00 p.m.

\*\*\* PLEASE NOTE WE WILL MEET ON  
THE 2ND SATURDAY THIS MONTH \*\*\*

Medical Office Building, St. David's Medical Center  
3000 N. IH-35, 5th Floor Conference Room