



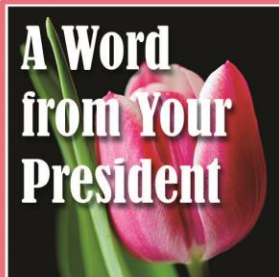
Capital Area Parkinson's Society

Newsletter/August 2020

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

512-371-3373

capitalareaparkinsons.org



As we continue together to navigate through the challenges of the COVID-19 crisis, your Board and staff want to assure you that your well-being and safety is of utmost concern. As you know, we have had to forego all of our person-to-person events, including our major fundraisers and special events, so we are now in the midst of planning for virtual experiences, support services and connections. Our website is undergoing a major overhaul, and you will soon have a **Members Only** section for dues paying members that will feature a myriad of special features for you. To the best of our ability, we will continue to serve the general Austin community as well, and here are some ways that you can help us to help you:

Birthday (or other special date) Fundraiser: Facebook enables you to hold a fundraiser. Please visit the website at <https://www.facebook.com/help/1910205189301966>. This is a great way to raise some much-needed funds for CAPS!

Volunteering: We need members to join our various committees as representatives of our CAPS community. Please let us know if you are interested—we need you!

Board of Directors: We are looking for a member to become part of our Board—please consider this exciting opportunity to serve the CAPS community in a meaningful way.

Virtual Fundraising Event: In lieu of our Gala, we are planning to do a fun-filled event in the fall that will be brought to you in your own living room! We will need participants who are willing to give testimonials and share their experiences and feelings about CAPS. **STAY TUNED!**

Thank you and stay healthy and safe, Ingrid

Let Your Voice Be Heard this Summer

Michael J. Fox Foundation, Christina Destro, Associate Director, Research Engagement Communications, July 27, 2020

Every August, members of Congress return to their home districts for what is known as August recess. They typically hold many in-person meetings during this time, but operations have shifted as a result of COVID-19. Members of Congress and their staff are still working to meet constituent needs, however, through other methods including phone or video meetings.

Although things look different this year, it is as crucial as ever to take part in the public policy process and advocate for policies that impact people with Parkinson's—and August recess is an ideal time to do exactly that. Right now, policies relating to the COVID-19 pandemic are top-of-mind for members of Congress and their staff. Last week, The Michael J. Fox Foundation held a webinar to share updates on issues we're closely monitoring—that have a renewed focus due to COVID-19—and how you can advocate from home in August and beyond.

Expanding Access to Mental Health Providers

The first issue addresses mental health, which is critical to our community because at least half of people with Parkinson's may experience clinical depression, anxiety or other mental health issues. And in our Fox Insight survey on COVID-19, we found that people with Parkinson's who did and did not have COVID-19 experienced new or worsening mood symptoms (i.e., anxiety, depression, apathy) during the pandemic.

There are more than 200,000 licensed mental health counselors and marriage and family therapists in the United States. Unfortunately, these services are not covered through Medicare and therefore not reimbursed. Ninety percent of people with Parkinson's receive health care coverage through Medicare and have no coverage for these providers.

It's time to urge Congress to support *The Mental Health Access Improvement Act of 2019* (S. 286/H.R. 945), which provides coverage for licensed mental health counselor services under Medicare. Contact your policymakers today and ask them to pass this legislation!

Making Telehealth Permanent

Our second issue focuses on telehealth, which refers to using technology such as phone or video to conduct health care appointments while at home. Through our Fox Insight survey, we also found that 39 percent of respondents with Parkinson's used telehealth during the pandemic. Access to telehealth is important to people with Parkinson's

because it helps reduce the risk of exposure to COVID-19 by seeing health care providers while comfortably at home. And being able to conduct medical visits by telehealth means that many people with Parkinson's may have access to a movement disorder specialist for the first time since their diagnosis—ultimately providing enhanced care.

Legislation around telehealth is moving at a rapid pace and your advocacy can make a difference on this issue. Contact your members of Congress today and ask them to expand access and make telehealth permanent! ■



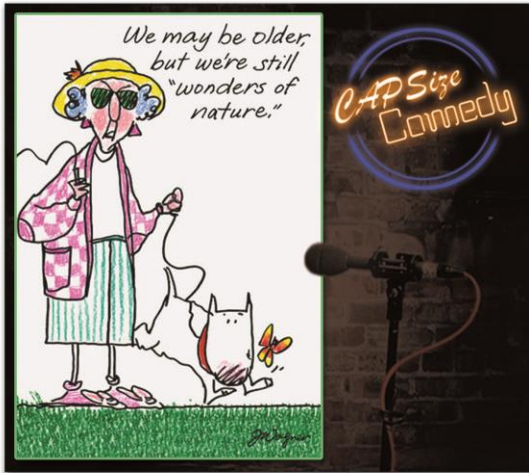
Meet Your
CAPS Board of Directors

Debbie Bryson
Debbie Bryson has worked in Medicare Home Health and Hospice Administration and Director of Area Development for 15 years. She is a certified CPR instructor through the American Heart Association. Debbie has volunteered with CAPS since 2006. She is also a Fishes and Loaves volunteer, a certified yoga instructor, organic gardener, beekeeper, dog lover and outdoor adventure enthusiast.

Capital Area Parkinson's Society
6th Annual
FALL GALA
Friday
November 6, 2020
6:30–10:00 pm
Hilton Austin
6505 N. Interstate 35

POSTPONED
Due to the COVID-19 crisis, the Fall Gala 2020, has been postponed. The new date is Friday, March 26, 2021, and will still be held at the DoubleTree by Hilton Austin hotel. In its place, we will be holding a virtual event. Details will be forthcoming!

SAVE THE DATE



Area Outreach Support Groups

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
 Baylor Scott & White Institute for
 Rehabilitation Lakeway
 2000 Medical Drive
 Lakeway, TX 78734

For more information, visit www.capitalareaparkinsons.org.

Lakeway – 1st Wednesday @ 11am
Caregivers Only
 Belmont Village Lakeway
 Center for Learning
 107 Bella Montagna Circle
 Lakeway, TX 78734

Parsons House – 2nd Wednesday @ 10:15am
 1130 Camino La Costa
 Austin, TX 78752
 512-371-3373

Simultaneous Care Partner and Patient – 2nd Tuesday @ 10:15am
 Covenant Presbyterian Church
 3003 Northland Drive
 Austin TX 78757

The Village at the Triangle – 4th Wednesday @ 3pm
 The Commons Meeting Room
 4517 Triangle Avenue
 Austin, TX 78751

IMPORTANT NOTICE!

We are beginning to host some of our support groups virtually. If you are interested in participating, please contact the group's facilitators or the CAPS office for more information.

Capital Area Parkinson's Society
P.O. Box 27565
Austin, Texas 78755-2565

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August Membership Meeting



Cognitive Impairment and Psychosis in PD

Presented by Dr. Subhashie Wijemanne

Dr. Subhashie Wijemanne is an established Movement Disorder Specialist who comes to us from an academic center in San Antonio, Texas. She trained in neurology at Tufts University (also serving as the Chief Resident) followed by Baylor College of Medicine in Houston for her movement disorder fellowship. She also did a two-year clinical research track focusing on clinical trials in movement disorders. She serves as a researcher, author of multiple publications in peer-reviewed journals, teacher to both students and residents, and is a mother of two.

Dr. Wijemanne is board certified in neurology and fellowship-trained in the medical and surgical management of movement disorders. She specializes in Parkinson's disease, atypical parkinsonism, essential tremor and other tremors, Huntington's disease and other chorea, restless leg syndrome, inherited and acquired ataxia, tic disorders and spasticity management. She is also trained in botulinum toxin injections, deep brain stimulation, intrathecal baclofen for spasticity and advanced treatments for Parkinson's disease.

Following the presentation, there will be a fun dance exercise recorded by Art Beat Dance Center. A link will be posted on the website. They also offer a free PD class - visit <https://www.artbeatdancecenter.com/schedule>.

Virtual Meeting
AUGUST
Thursday
13th
2:00

