



Capital Area Parkinson's Society

Newsletter/February 2020

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

512-371-3373

capitalareaparkinsons.org



2020 CAPS

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 2020 are now due. These funds allow us to provide CAPS members with the many programs that we offer. Dues are \$25 for an individual, \$40 for a family or \$500 for a lifetime membership—pay it once and forget about it. Thank you!

Message from Your New Board President

Greetings,

I wish you all a HAPPY NEW YEAR! 2020 will be an exciting year for CAPS as we navigate our way through some significant changes and challenges in creating a new and improved nonprofit organization that will serve you better. Our By-Laws have been revised and updated with that goal in mind.

My name is Ingrid Sarrat and I am the newly elected President of the Board for the coming year. My husband, Fernand, and I moved to Austin six years ago and started a Personal Assistance Home Care Agency that helped people stay at home by providing them with services that would help them to do so. Several of our clients had Parkinson's disease, and that is how I first became involved in CAPS.

Although we closed our Home Care business in 2016, I have continued my involvement and participation in CAPS with great enthusiasm and commitment. I am also a Life Coach, specializing in helping older people cope with life's challenges and transitions, particularly in the areas of well being and aging. I am really looking forward to serving you and the CAPS community in a new and different way. So, that's a little bit about me!

In future newsletters, we will devote a small corner to introduce each member of the Board of Directors to you. We think it is important for you to know a little bit of who is supporting you.

We would love to get the help and involvement of our members to work together in making CAPS a great and respected nonprofit organization. The Board of Directors is made up of all volunteers, and we have taken on these roles with one underlying goal: to serve you, the members of CAPS, in the best way possible.

In keeping with this goal, we are asking for your feedback. At our recent general membership meeting in January, we introduced a membership survey to provide us with just that. We would like to know what you like, don't like, what are your ideas, suggestions, questions, etc. That survey will be made available to you in a variety of ways. Please be on the lookout for this; it is very important to us that we hear from you!



Together we can make CAPS great. I look forward to working with you and for you to make that happen. I'm excited about our potential and hope you are too!

Take care,
Ingrid

P.S. How do you like our new color printed version of our newsletter?

Join CAPS with Amplify Austin on March 5th!

SAVE THE DATE

For the second year in a row, CAPS is joining 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 (March 5-6). Your gifts made to us on March 5 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!!!

Amplify Austin



For 7 years of service to the Parkinson's community.

board of Directors 2020

President - Ingrid Sarrat
Vice President Programs - Ariel Goward
Vice President Outreach - Andrew Hodge
Secretary - Joyce Massey
Treasurer - Rene Ruiz

Deborah Bryson
Kara Doctor
Jene Ebest
Paul Hagan
John Hawkins, CAPS Advisor
Dr. Thomas Hill, CAPS Advisor
Gwen Hoffman
Kitty Hoskins, CAPS Advisor
Corrine Jones
Susie Lightfoot Scherr, CAPS Advisor
Tanya Ortega
Landria Page
Kay Peterson, CAPS Newsletter
LaDonna Shirley



We need your feedback!
Watch for an upcoming survey so we can better serve our members and community.
Your opinions matter!