



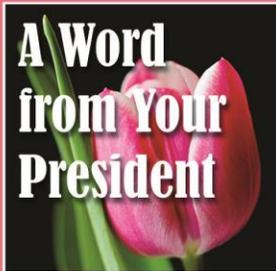
Capital Area Parkinson's Society

Newsletter/July 2020

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

512-371-3373

capitalareaparkinsons.org



Like everyone else, CAPS has been greatly impacted financially by the ongoing COVID-19 challenge. As you are probably aware, we rely upon dues and fundraisers for 100% of our funding. As of today, we cannot depend upon two “face-to-face” events, our Annual Spring Health Fair and our traditional Fall Gala. So we are looking for creative ways to keep CAPS operating and growing in the near future. One idea, which you could personally help with, involves applying to host a “Birthday” or other holiday fundraiser on Facebook which asks that in lieu of gifts, a gift be made to CAPS instead. The \$ goal can be very modest (example \$200 in total so gifts of \$10, \$15, \$25, etc., will accomplish it) or higher (say lower four figures such as \$1,000 or two.) Except for an elective processing fee, 100% of donated monies will come directly to CAPS. Go to <https://www.facebook.com/help/1910205189301966> for more information and a sign-up form. If you have any questions, or would like more information on CAPS, please call 737-465-0701. You can also visit our website at www.capitalareaparkinsons.org to make a direct donation anytime.

We are still looking for Board members and facilitators for our Support Groups so if you are interested, please contact Mary Jackman at 512-371-3373 or send an email to info@capitalareaparkinsons.org.

Thank You, Ingrid

Looking Ahead: Parkinson's, COVID-19 & the New Normal

Parkinson's Foundation, Michael S. Okun, MD, June 12, 2020

Partial reprinting due to space limitations. Please visit <https://www.parkinson.org/blog/Okun-Looking-Ahead> for the complete article.

As the COVID-19 pandemic continues to evolve and society slowly begins to reopen, what does the new normal look like for the Parkinson's disease (PD) community?

Living with Parkinson's does not put you at a higher risk, but it does make it harder for you to recover. It also increases your already elevated risk of getting pneumonia. Hydroxychloroquine is not a viable treatment for COVID-19.

What should I be doing right now?

Wear a mask, maintain social distance, go on walks, but take precautions.

Does vitamin D help prevent you from getting COVID-19?

Preliminary research is pointing to the possibility that COVID-19 patients with higher levels of vitamin D have an easier time fighting the virus. If you have

Parkinson's, you are most likely safe to take a multi-vitamin that has vitamin D or go outside for a natural source.

How long should I wear a mask?

As long as COVID-19 is around or until the CDC recommends you don't need to wear one for your specific zip code.

Should I wear a cloth or surgical mask?

They are both good, but a surgical mask is better.

Can I attend exercise classes again?

Continue to avoid big exercise classes. Instead, get back to one-on-one sessions with your physical or occupational therapist or try to see a personal trainer.

Is it safe to undergo elective surgery?

It depends on your hospital.

Should I get the antibody test?

There are different types of tests—some are better, such as PCRs (polymerase chain reaction) and others are only accurate half the time.

Is feeling demoralized caused by the social distance?

Isolation can worsen a lot of things so talk to your professional health workers. Start moving around, take walks, get outside while wearing a mask.

My community is not following social distancing guidelines. What should I do?

Keep wearing your mask.

Can I see my grandchildren and/or children now?

The best option is to see them virtually. If you really want to see them, do not hug them, try to keep 12-feet apart, and wear a mask.

Will there be a second wave? Will COVID-19 come back?

What we are seeing is that as we relax the restrictions, there seems to be a rise in numbers. The good news is that we are better prepared to deal with it.

What do you think will happen next on the COVID-19 front?

I do believe we will have a vaccine, but it is going to take time. ■

Meet Your

CAPS Board of Directors



Sarah Irwin

Sarah comes to us with a background in Social Work and a passion to serve the elderly. She is currently the Executive Director at Parsons House Austin. Prior to that she was the Executive Director of a memory care community for four years. She graduated from the Diana R. Garland School of Social Work at Baylor University with both her Bachelor's and Master's degree in Social Work and a minor in Gerontology. Sarah's passion for serving seniors and their families started at a young age and has only continued to grow. Her welcoming personality makes you feel as if you have known her your whole life. Sarah became interested in CAPS after experiencing a loved one being diagnosed with Parkinson's disease. She also loves educating and being a resource to not only her family, but her community as well. Being part of CAPS has broadened her understanding of PD and has aided her in being able to support others around her. Sarah enjoys spending time with her family and her two dogs, Frankie and Ringo!

Capital Area Parkinson's Society
6th Annual

FALL GALA

Friday
November 6, 2020
6:30-10:00 pm
DoubleTree by 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 Holiday Bazaar and Auction, tentatively scheduled for November 12-15. Details for that event will be forthcoming, but please SAVE THE DATES!

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

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 Pa
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

For more information, visit www.capitalareaparkinsons.org.

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.

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Austin, Texas 78755-2565

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July Membership Meeting



The Gut and Parkinson's
 Presented by **Dr. Erik Krause, D.O.**

Virtual Meeting

Thursday
July **16th**
2:00 pm

Dr. Erik Krause, D.O. is a neurologist with Seton Brain and Spine Institute, part of Ascension Texas. He provides general neurology, movement disorders and Parkinson's management to adults. He has a special interest in spending time with patients, continually focusing on improving their quality of life. He graduated with honors in 2014 from Nova Southeastern University, completed his residency at St. Louis University of Medicine and his fellowship at the University of Texas HSC at Houston. Outside of the office, Dr. Krause enjoys traveling, sports and spending time with his family.