



Capital Area Parkinson's Society

Newsletter/March 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. These funds allow us to provide CAPS members with the many programs that we offer. We appreciate your support! However, because of increased printing costs, only members that have paid their dues by the end of March will continue receiving our printed newsletter. 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!

Meet Your CAPS Board of Directors Vice Presidents



Ariel Goward, Vice President, Programs/Education

Ariel knew early on that she enjoyed working with seniors and helping others. She received her undergraduate degree in Social Work from Georgia State University. While working on her degree she also received a Certificate in Gerontology. After graduating, Ariel went to The University of Georgia where she earned her Masters of Social Work degree. After beginning her Social Work career in Atlanta, Georgia, Ariel relocated to Austin in 2008. She began working for a hospice and home health company. In 2013 Ariel founded Senior Services of Austin which specializes in Geriatric Care Management.

Ariel is currently the Vice President of GASW, Greater Austin Social Workers and one of the new VPs with CAPS. She joined the CAPS board three years ago and previously ran a support group for CAPS. Ariel is in charge of the monthly member meetings, CAPS Cares program and is on the Program/Education and Outreach committees.

Andrew Hodge, Vice President, Outreach

Andrew has been the Owner and Director of Operations for Home Care Assistance of Austin since 2009. He started Home Care Assistance out of his desire to serve others and make a meaningful difference in other people's lives. Prior to that, his experience was primarily in sales and business management, with over 20 years of experience in those areas. Andrew has served on the CAPS board since 2016. He is in charge of overseeing the Parkinson's Support Groups, fundraising efforts such as our annual Gala, is a community liaison between the Austin community and CAPS, and is on the Outreach and Fundraising committees. In his spare time he enjoys exercising and spending time with friends and family.

presented by
Capital Area Parkinson's Society

**Saturday
April 25, 2020**

**St. David's Main
Medical Office Building
3000 N. IH-35
5th Floor
Conference Room
1:30-4:00 p.m.**

FREE "Headshots for Hope"
(All donations go to CAPS)

2-3pm - Tulips Training

3-4pm - Michael J. Fox Foundation
Talk and Update
Speaker - Kimberly Tronolone

Health Screenings
Information on Area
Healthcare Resources

Giveaways & Door Prizes

This event is FREE to the
community, so bring a friend!

Healthcare organizations are
invited to reserve an exhibit
table to provide information
regarding their services. The
donation is \$100 and is tax
deductible. Space is limited.
Please contact the CAPS office
at 512-371-3373 or email
info@capitalareaparkinsons.org.

www.capitalareaparkinsons.org

CHANGE OF PLANS
PLEASE NOTE:
This month's meeting is March 14

SAVE THE DATE

**Join CAPS with Amplify
Austin on March 5th!**

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

board of Directors 2020

President - Ingrid Sarrat
Vice President Programs - Ariel Goward
Vice President Outreach - Andrew Hodge
Secretary - Jene Ebest
Treasurer - Rene Ruiz

Deborah Bryson
Kara Doctor
Paul Hagen
Corinne Jones
Tanya Ortega
Landria Page
Erin Toepel

John Hawkins, CAPS Advisor
Dr. Thomas Hill, CAPS Advisor
Kitty Hoskins, CAPS Advisor
Kay Peterson, CAPS Advisor/Newsletter
Susie Lightfoot Scherr, CAPS Advisor

SURVEY

Have you filled out your survey?

We need your feedback so we can better serve our members and community.

Your opinions matter!