



Capital Area Parkinson's Society

Newsletter/May 2020

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

512-371-3373

capitalareaparkinsons.org



I LIVE HERE I GIVE HERE RESPONDS TO URGENT COVID-19 NEED BY CALLING FOR ACTS OF GENEROSITY

CAPS is going to be a part of this need for the day of giving on May 5-6. Check out our Facebook page for copying and sharing the link so you can help us spread the word with your friends and family.

<https://www.amplifyatx.org/organizations/capital-area-parkinson-s-society>

Self-Care for Uncertain Times

Parkinsonsdisease.net, Editorial Team, March 18, 2020


To view this helpful article about balancing between protecting your physical health and guarding your mental and emotional well-being, please go to <https://parkinsonsdisease.net/spotlight/covid-19-self-care/?via=homepae-recents>. ■

CAPS Has Some Exciting Opportunities for You!



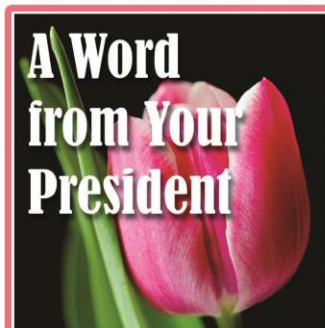
Board of Directors
YOUR Board of Directors is looking for a member to take a seat on the Board to directly represent CAPS members. If you would be interested in applying for this position, or know of someone, please contact our Office Manager, Mary Jackman, at either info@capitalareaparkinsons.org or call the office at 512-371-3373. We are reserving a place for you and are excited at this prospect!

Support Group Facilitator
We have a variety of Support Groups throughout the Austin area. We are in need of facilitators and would love to have some of our members come forward to do that. You are, after all, very experienced in being either a patient of PD or a family caregiver! At this time, amidst the COVID-19 crisis, many of our Support Groups are wanting to meet virtually, so the good news is that you could be doing this from the comfort of your own home! Please contact Mary at the email or phone number indicated above if you would like to help us out in this very significant and meaningful way. We need you!

Meet Your **CAPS Board of Directors** 

Kara Doctor
Kara, M.S., PT, has been a physical therapist for over 25 years. She started working with people with Parkinson's disease in 1997 with the Parkinson Outreach Program in San Antonio, Texas. Kara received certification in Allied Team Treatment for PD in 2005. She was able to observe a Deep Brain Stimulator implant in 2007 and began working with a Movement Disorder Specialist in Austin, Texas in 2008. She joined CAPS in 2010 and has served on the Board on and off for the past 10 years. Kara has a passion for Parkinson's disease and has served in the Parkinson's community for many years, speaking at various regional support groups and supporting educational symposiums. Kara has three grown sons that live near her in San Antonio. She enjoys running, hiking, biking and spending time outdoors, as well as lounging on the couch, watching silly movies and doing movie quotes with her friends and family. "Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present."

Paul Hagen
Paul was raised in Illinois and graduated from UT Austin with a degree in Accounting. He worked for the State of Texas for 28 years, taught at Austin Community College and St. Edward's University and served as the Chief Financial Officer for a local nonprofit organization for nine years. Following his retirement, Paul and his former wife, Julie, who was diagnosed with Parkinson's disease in 1987, became involved with CAPS. As a tribute to her, he became a board member in 2015. Paul currently serves on the Finance Committee, Governance Committee and the Nominating Committee. In his free time, Paul enjoys spending time with his wife, Ginger, his daughter, Lindsey, friends and his four grandchildren. Additionally, he enjoys traveling, golf and gardening.



Thanks to our members and volunteers, CAPS is able to offer assistance and support to so many individuals. Especially now as we continue in this difficult and challenging time of the COVID-19 threat, your CAPS Board would like to again assure you that your well-being, safety and health are of utmost concern to us. We were able to bring you together virtually for our April general membership meeting and provided you with some stimulating body and mind activities through the magic of the internet. It was recorded, so if you missed it, please go to our website and click on "events." Many thanks to our Board member, Corinne Jones, for her wonderful presentation! We will once again be offering you a virtual general meeting in May—please see the back page. In April, we conducted a "Phonathon" to check in with each of you. It was a very enlightening experience for our Board members and a great chance to get to know so many of you. For those of you who we may have missed, please contact us. Also, we would still love to hear from you through our membership survey, which is available on our website. Be safe and check out our many offerings and opportunities for you!

Thank You, Ingrid

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 @ 2pm
1130 Camino La Costa
Austin, TX 78752
512-371-3373

**Simultaneous Care Partner –
2nd Tuesday @ 10:15**
Covenant Presbyterian Church
3003 North
Austin TX

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

Postponed
until further notice



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May Membership Meeting



Due to the coronavirus, we are once again cancelling our general physical membership meeting in May. However, we are trying to coordinate a virtual substitute meeting instead, possibly for the next few months. We will keep you posted. Our CAPS office is still taking calls, so please let us know if you need anything. You can also visit our Facebook page or website at capitalareaparkinsons.org.