



# Capital Area Parkinson's Society

Newsletter/September 2020

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

512-371-3373

capitalareaparkinsons.org

## A Word from Your President

Who would have known six months ago that we would still be in this COVID-19 crisis? CAPS, as well as many other nonprofits and businesses throughout the USA, have suffered enormous losses and challenges to their services and programs. Our new world is largely virtual! Our Board of Directors, however, want to assure you that we are working diligently on being able to stay connected with YOU, our families and PD patients and community. As you know, we are all volunteers, but even so there are many expenses associated with our mission of providing that support, resources and help to you. We have been working hard at applying for grants, as well as appealing to you and the rest of the Austin PD community. I am excited to announce that in place of our annual Gala at the Doubletree Hotel, we will be holding a Virtual Gala on that same night, November 6. Details will be outlined on our website and Facebook, so stay tuned. It will be a fun night for us all.

Besides, the Gala being an opportunity for us to raise some much needed monies, there are other ways that you can still help:

**Birthday Fundraiser:** Facebook enables you to hold a fundraiser in honor of your birthday and as a benefit to CAPS. Please visit <https://www.facebook.com/help/1910205189301966>. Even a small amount is great—every little bit helps.

**Board of Directors:** We are still looking for someone from our membership to be on the Board of Directors as a representative for YOU! Please consider this special opportunity to make your voices heard.

**Membership:** Our website has been updated and overhauled and looks great! Take a look and let us know what you think. We will be offering a “Members Only” section soon, for dues paying members, that will feature many special opportunities and activities. We will still be offering our monthly general meetings, support groups, articles and general calendar. Please check regularly on our website for those updates and notices. *Thank you and stay healthy and safe, Ingrid*

## Your Virtual High Five

*The Michael J. Fox Foundation*

Please visit <https://www.michaeljfox.org> for complete articles.

Below are five ways you can stay engaged, informed and inspired this week.

### 1. Telemedicine Tips for Hearing, Vision, Speech or Cognitive Changes

- Wear hearing aids or glasses.
- Minimize background noise.
- Consider headphones.
- Allow video for non-verbal cues.
- Use a bigger screen.
- Sit behind or next to a lamp or window.
- Type questions or brief responses to your doctor in a chat box.
- Have a family member or care partner join to help.
- Schedule the appointment to coincide with your best cognitive time.
- Try to be patient.

- Provide extra explanation and reassurance.
  - Call the doctor's office ahead of time for potential challenges.
  - Take cues from the doctor during the visit.
  - Have regular video calls with loved ones and family.
- ### 2. Virtual Event Spotlight: The Michael J. Fox Foundation's Virtual 5K/10K

Take part in MJFF's first-ever Virtual 5K/10K to raise funds and awareness for PD research, Friday, October 2. Sign up today!

### 3. Parkinson's Podcast: Inclusivity in Parkinson's Research and Care

Listen as our panelists have a candid conversation about the value of inclusivity

to advance the field's understanding of Parkinson's and ultimately, more scientific breakthroughs.

### 4. Advocate from Home: Let Your Voice be Heard During August Recess and Beyond

Take part in the public policy process and advocate for policies that impact people with Parkinson's—August recess is an ideal time to do that. Join our policy network to help influence decision-making in D.C.

### 5. #TogetherAtHome: Ways to Advance Parkinson's Research Online

Influence public policy as we discuss the importance of taking part in the public policy process addressing telemedicine and mental health issues is critical to the Parkinson's community. ■

Capital Area Parkinson's Society  
6th Annual

# VIRTUAL FALL GALA

Friday, November 6, 2020  
6-7:30 p.m.

ONLINE AUCTION • RAFFLE • GREAT MUSIC LINEUP

Event produced by  
Brandon Shabazz

SAVE THE DATE

More information coming soon!

## Meet Your CAPS Board of Directors

**Donna Martino**  
Donna Martino is a Senior Consultant, Marketing Strategy & Operations at Dell Technologies. Throughout her 20+ career, she has led efforts in Continuous Improvement, Customer Experience, Net Promoter Systems, Process design and Quality across multiple organizations. In addition to her primary role, Donna leads the Family Balance Employee Resource Group for Central Texas. This leadership role brings together Donna's passions for connecting people, advocating for others and enabling fulfilling lives. Donna grew up in the western suburbs of Cleveland, Ohio and after graduating from Ohio Wesleyan University, she joined GE where her positions in Finance and as a Six Sigma Master Black Belt started her on her path of driving change.

Donna joined the Capital Area Parkinson's Society board this year to help others based on her experiences as caregiver to her Mom with Parkinson's who passed away in 2019. Outside of work she prioritizes time with her family and enjoys yoga, learning, hiking, meditating, travel, and creating/appreciating art.



**Area Outreach Support Groups**

**Burnet – 2<sup>nd</sup> Wednesday @ 2pm**  
 Seton Highland Lakes Hospital,  
 Conference Room  
 309 Industrial Blvd. (Behind Hospital)  
 Burnet, TX 78611

**Deep Brain Stimulation (DBS) –  
 3<sup>rd</sup> Friday @ 2pm**  
 Neurology Solutions Office  
 12345 N. Lamar Blvd.  
 Austin, TX 78753

**Lakeway – 1<sup>st</sup> Tuesday @ 2pm**  
 Baylor Scott & White Institute for  
 Rehabilitation Lakeway  
 2000 Medical Drive  
 Lakeway, TX 78734

For more information, visit [www.capitalareaparkinsons.org](http://www.capitalareaparkinsons.org).

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

**Parsons House – 2<sup>nd</sup> Wednesday @  
 1130 Camino La Costa  
 Austin, TX 78752  
 512-371-3373**

**Simultaneous Care Partner and P  
 2<sup>nd</sup> Tuesday @ 10:15am**  
 Covenant Presbyterian Church  
 3003 Northland Drive  
 Austin TX 78757

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

**IMPORTANT NOTICE!**

We are currently hosting two of our support groups virtually. But, we are in great need of more facilitators. If you are interested, please contact the CAPS office for more information.

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**Austin, Texas 78755-2565**

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*if you no longer wish to receive this newsletter*

**September Membership Meeting**



**PD, COVID-19 and Recent Clinical Advancements**

*Presented by Dr. Elizabeth Peckham*

Dr. Elizabeth Peckham, D.O. is part of Central Texas Neurology Associates, a specialist in movement disorders. Dr. Peckham is board certified in Neurology by the American Board of Psychiatry and Neurology and has completed specialized fellowship training in movement disorders. She has also worked as a private practice movement disorder specialist and cared for Army soldiers and family members as a contract neurologist. Dr. Peckham now specializes in the diagnosis and treatment of Parkinson's disease, Parkinsonism, Essential tremor, Myoclonus, Tourette's syndrome/Tics, Ataxia, Dystonia, Restless Legs Syndrome (RLS), Huntington's disease, Tardive Dyskinesia, and Psychogenic movement disorders. She has extensive experience with the evaluation for and programming of deep brain stimulators and botulinum toxin injections.

**Virtual Meeting**



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>.

