



# Capital Area Parkinson's Society

Newsletter/October 2020

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capitalareaparkinsons.org

## A Word from Your President

Happy Fall! Or at least, as happy as we can be! Here we are still coping with the COVID-19 crisis and making the necessary changes and adjustments to stay as safe and healthy as possible. Through it all, your CAPS Board of Directors is working tirelessly to continue its dedication and commitment to help and support the Austin PD community. The CAPS Virtual Gala is taking shape and will be a great opportunity for you to participate and support CAPS in the comfort and safety of your own home. You will have a chance to shop, enter a raffle for a terrific prize, hear some wonderful and inspiring stories, listen to some great local musicians, donate, eat good food, all while having fun in the process! Please see the link on the CAPS website (just below the Save the Date notice) to RSVP—and it's free!

There are other ways that you can support CAPS as well: **Birthdays/Special Date Fundraiser:** Facebook enables you to hold a fundraiser in honor of your birthday (or other event) as a benefit to CAPS. Please visit <https://www.facebook.com/help/1910205189301966>.

We have some new and exciting changes coming to our website and membership offerings, so please keep checking us out on our website and Facebook pages.

We look forward to your participation and support at our Virtual Gala on November 6th.

*Take care and stay safe, Ingrid*

## The Top 10 Parkinson's Disease Blogs to Follow in 2020

*Everyday Health, Laura McArdle, December 23, 2019 (modified due to space limitations)*

Please visit

<https://www.everydayhealth.com/parkinsons-disease/living-with/best-parkinsons-disease-blogs/> for the complete article.

The following 10 blogs feature people at all stages of Parkinson's.

### 1. Twitchy Woman

Created by Sharon who was diagnosed with both Parkinson's and breast cancer in the same week. She posts about her day-to-day life.

### 2. Get Out and Go

Linda K. Olson lost an arm and both legs in a train accident and was diagnosed with Parkinson's disease in 2015. Her tagline "If I Can Do It, You Can Do It," offers inspiration and empowerment.

### 3. The Crooked Path

Corey King created The Crooked Path to live "in defiance of early-onset Parkinson's."

### 4. The Science of Parkinson's

The Science of Parkinson's seeks to explain Parkinson's research "in plain English" written by Simon Stott, PhD. He is currently the

deputy director of research for the Cure Parkinson's Trust.

### 5. The Perky Parkie

Allison's blog motto is "I dare you not to laugh," but you may not be able to help it. After three different diagnoses, she quickly learned to laugh at [her]self.

### 6. Parkinson's Diva

Written by Maria de Leon, MD, her blog is a great resource for women and her experience as a female neurologist.

### 7. It Is What It Is

Tom uses his blog to keep friends and family updated on his condition, different treatments, exercise routines, daily life, and a plethora of resources.

### 8. A Soft Voice in a Noisy World

Karl's blog is an advocate regarding his personal experiences and new advancements.

### 9. Parking Suns

Bruce creates an "enriched environment" as the pun-derful blog title implies. Parking Suns aims to bring more sunshine to the lives of his readers.

### 10. My PD Story

The Parkinson's Foundation's My PD Story series is a fantastic resource for a patient, caregiver, partner, family member or friend. If you want to join in, you can do so through the Submit Your Story portal. ■

## 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](mailto: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!

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

To RSVP, please visit our website at [capitalareaparkinsons.org](http://capitalareaparkinsons.org) and click on the link just below the Save the Date image or contact CAPS at 512-371-3373 or [info@capitalareaparkinsons.org](mailto:info@capitalareaparkinsons.org).

All proceeds benefit the programs and services of the Capital Area Parkinson's Society.

# SAVE THE DATE

## Meet Your

## CAPS Board of Directors



### Jennifer Prescott, RN, MSN, CDP

Jennifer is the founder of Blue Water Homecare and a Registered Nurse. She is responsible for the strategic direction, vision and growth of the fastest growing independent home care agency in Central Texas. As a seasoned professional with over 25 years of experience in nursing and clinical operations, Jennifer is known for compassionate care for the elderly and maximizing operational excellence. She holds a Masters of Science (MSN) in Nursing from Duke University specializing in Healthcare Leadership and a Bachelor of Science in Nursing from University of Delaware. Jennifer's passion for caring for individuals with neurological diseases began 15 years ago when she worked at Duke Hospital Neurology Ambulatory Services division. In 2018 she obtained her Certified Dementia Practitioner (CDP). She is married to Travis, has four children ages 8 to 19 and a silly basset hound named Molly. Jennifer proudly serves on the CAPS Board and is excited about bringing the Parkinson's Tulip training to local healthcare organizations in Central Texas.

