



Capital Area Parkinson's Society

Newsletter/December 2020

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

512-371-3373

capitalareaparkinsons.org

A Word from Your President

HAPPY HOLIDAYS! Well, the holiday season is upon us, and with it comes new ideas and ways of doing things to celebrate and stay safe amidst the challenges of COVID-19. The virtual world has become the major vehicle for our connection with one another, through which we can provide our support, love and messages of encouragement and hope. Perhaps this is the greatest gift of all—to be there for each other! Many of you certainly were there for us for our Virtual Gala on November 6th. We were able to raise over \$19,000! We are so grateful for your participation and help! In case you missed the actual event, there is a recording of it available on our website. There are many wonderful stories and testimonials for you to see and hear, reminding us all of the very special organization we have and what it means to so many of us. I wish you a happy, healthy season and may the New Year of 2021 bring us to the end of this dark tunnel that we have been in and back into the bright light of new beginnings and possibilities.

Take care and stay safe, Ingrid

Gift Ideas for Your Loved One with Parkinson's Disease

Healthline, Medically Reviewed by Nancy Carteron, M.D., FACR, January 31, 2020(modified due to space limitations)

Please visit <https://www.healthline.com/health/parkinsons/gift-list> for the complete article.

Birthdays and holidays always present a challenge. What do you get for your loved ones? If your friend, partner, or relative has Parkinson's disease, you'll want to make sure you give them something that's useful, appropriate, and safe.


Here are a few ideas to help you get started on your search for the perfect gift: heated blanket, E-reader, spa day, foot massager, etc. ■

Capital Area Parkinson's Society
6th Annual

VIRTUAL FALL GALA


A Special Thank You To All of Our Wonderful Sponsors

Senior Resource Guide	Buda Oaks
The Rose	Double Creek
Joan McArthur	The Philomena
The Village	SoCo Village
Belmont Village	Tech Ridge Oaks
Dr. Elizabeth Peckham	Medtronic
FHC	PECU
Wick Tobias	
HT Home Therapy	
Power for Parkinsons	
Dr. Everette Heinze	
Home Care Assistance	
Maravilla	




2021 CAPS Dues Are Now Being Accepted!

Thanks to our members, CAPS is able to offer support and assistance to many individuals. These funds allow us to provide many programs to our CAPS members. Individual dues are \$25 and \$40 for a family. We appreciate your support.



Meet Your CAPS Board of Directors

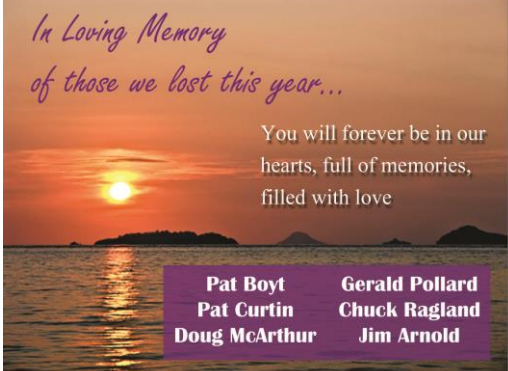


Victor Becker
Victor is our newest member on our Board and is a CAPS member. He is a retired Senior Human Resources Executive with over 35 years in the high technology and retail supermarket industries. He was born in King of Prussia, Pennsylvania then moved to Boston when he was 10. He earned a B.S. in Management from Providence College and later moved to Austin in 2015 where he provided pro-bono consulting support for the Austin Technology Council. Victor published his first book in July, 2019 - *Everything You Know About Organizational Behavior You Learned in High School*. He is a devout Red Sox, Patriots, Celtics and Bruins fan, the father of three and grandfather of three grandsons. Currently, he enjoys golf, darts and baggo.

In Loving Memory of those we lost this year...

You will forever be in our hearts, full of memories, filled with love

Pat Boyt	Gerald Pollard
Pat Curtin	Chuck Ragland
Doug McArthur	Jim Arnold



CAPS Virtual Gala Update:

From all of us at CAPS to all of you—a great big THANK YOU!

Our Virtual Gala was a fantastic success. We exceeded our goal and had a lot of fun in the meantime. To all of our generous sponsors, donation givers, and our auction vendors who donated some amazing items to bid on, we say thank you. We would also like to especially thank our tech team, Devina Mendez and husband Will Ragan, and our producer/MC, Brandon Shabazz. It took countless hours and we couldn't have done it without them. Thank you again and PLEASE CONTINUE TO HELP US SERVE OUR COMMUNITY!

THANK YOU THANK YOU





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

Simultaneous Care Partner and P
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

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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December Membership Meeting



Join us for our *Live and Interactive*

**Friday
 December 18th
 2:00 p.m.**

This year Mary Jackman, our Office Manager, along with Ingrid Sarrat, our President, will host a live and interactive holiday party. There will be lots of fun, games, etc. Mary has 20 years experience in senior activities so put on your favorite holiday outfit and join the festivities!