



Capital Area Parkinson's Society

Newsletter/January 2021

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

512-371-3373

capitalareaparkinsons.org

A Word from Your President

HAPPY NEW YEAR! May 2021 bring us to a place of renewal, resurrection and recovery from this very difficult and challenging year. And yet, I like to embrace the idea that challenges can actually be opportunities—to look outside of the box, to try doing and seeing things differently and being grateful for those things that we DO have. Many of the meetings and connections we have had were done virtually and isn't it great that we can at least do that? We actually accomplished quite a bit last year, and have great plans for you looking ahead. With the possibility of a vaccine, hopefully soon, we will be able to return to some degree of normality. We sure would like to see you in person! We will be launching a new program for our dues paying members that will provide many additional benefits to our already numerous offerings of care, resources and support. So, please remember that January is our month of paying your annual dues! We are keeping it at a very low annual price—\$25 individual, \$40 family and a one-time charge of a \$500 lifetime membership. And, tell someone about us! Individuals from your Board of Directors will be introducing your monthly membership meetings, so that you can hear and see them and get to know them a bit. We are starting a new Virtual Support Group on January 21st for "People with Parkinson's" (see below), so do check that out! Maybe we'll "see" you soon!

Take care, Ingrid

A Word for the New Year

Parkinson's News Today, Sherri Woodbridge, January 6, 2020

A huge part of bringing in the new year is buying a new calendar, a new journal, a copy of the book you have vowed to read, or a working scale—one that tips in your favor and not against it when counting those unwanted pounds.

The first days of a new year are filled with good intentions, great ideas, and go-get-'em goals. We tend to get excited about changing things, only to disappoint ourselves by not meeting those well-intentioned goals.

I think keeping resolutions is more difficult for a person with a chronic disease. Each day is so unpredictable. When you open your eyes in the morning, you aren't sure whether today will be harder, the same, or better than yesterday. Some days envelop all three states of mind.

It's easier to keep one resolution than 101. While you may feel ambitious, one resolution is more realistic.

Failure

For a person with a Type A personality, making a list of resolutions is natural. But having Parkinson's disease and being a Type A personality may be a recipe for failure. We want to make our list and check it off twice. We want all our ducks in a row when New Year's Day rolls around so we can start out a champion. But by Day Four, we are tearing up our list and giving up—the ritual of years gone by.

One Word

Several years ago, I heard about someone who chose one word that encapsulated the essence of what they wanted to change in their life instead of making resolutions. Not an easy word like "loving"—something more specific, more individualistic. Something like patience, forgiveness, or perseverance.

How often do we feel like giving up? What we need at that moment is the persistence and determination to keep moving forward. Perseverance.

Patience

And how often do we become impatient with our caregivers, or our caregivers with us? We often hear that patience is a virtue. It is a quality for which we should want to strive. We should practice patience whenever and however we are able. "To strive for the ability to accept trouble or suffering without getting angry or upset," as Webster's dictionary says. I would alter that by changing "getting angry or upset" to "staying angry or upset." Patience can be endurance in a difficult situation, or showing self-restraint toward someone who is driving you crazy.

Forgiveness

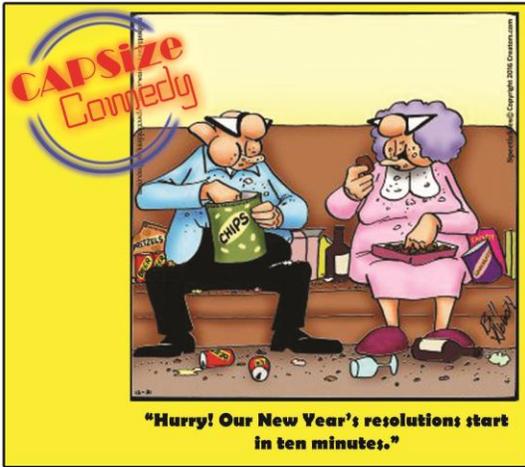
We should also strive to practice forgiveness. Pardon others for the wrong they have done. Not because they deserve it, but because it is good for our health. It is healing. It promotes healthier relationships, improves mental health, creates less stress, lowers blood pressure, creates fewer symptoms of depression, improves heart health and self-esteem, and builds a stronger immune system. With those advantages, who wouldn't want to forgive?

Maybe in 2021 we should nix the list and find that one quality—that one word—to concentrate on for the year. Instead of making a list of 101 things we want to change but won't, let's choose one and accomplish much despite having Parkinson's disease. ■

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, \$40 for a family, and a one-time charge of \$500 for a lifetime membership. We appreciate your support.





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 @ 11am
 1130 Camino La Costa
 Austin, TX 78752
 512-371-3373

Simultaneous Care Partner and Patient – 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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January Membership Meeting

31 Minute Brain Class

Presented by Damien Temperley, Co-Owner, Aging is Cool



Originally from London, England, Damien has been in the fitness industry for over 15 years with the past five years focusing on older adults. He creates and teaches a variety of classes including strength building, balance improvement, core workouts, stretching, and memory and brain games geared to adults 60+. Damien has an advanced GNVQ in Health and Social Care from England and is a YMCA Trained fitness instructor.

Virtual Meeting
Saturday
January
16th
2:00 p.m.

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>.

