



# Capital Area Parkinson's Society

Newsletter, May 2021

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capitalareaparkinsons.org



***A WORD FROM OUR PRESIDENT:*** **HAPPY MOTHER'S DAY** to all those mothers out there! We celebrate you, not just this month, but all year long! Mothers are a great source of support and encouragement, and speaking of that, we are excited to announce that our Support Groups are becoming more varied and available to you. This is one advantage of doing things via Zoom because we do not have the geographical limitations that you may have in joining a group. Please see below for information concerning the dates and times that those support groups meet. It is one way that you can really effectively connect with one another!. CAPS also has many other ways for you to take advantage of our educational and social activities. We're excited about the WPC (see information below). One of our CAPS Board members, Dr. Corrinne Jones, will be one of the presenters for this virtual conference. Check out our Members Section as well for even more special activities. Enjoy the beautiful month of May - before it starts getting hot! Take care, Ingrid

**WPC VIRTUAL: Advancing Science, Care, and Living with Parkinson's**  
SAVE THE DATE! May 17-21, 2021



The **WPC Virtual: Advancing Science, Care, & Living with Parkinson's** online congress will take scientific updates and connectivity to a new level. We are thrilled to announce this first ever virtual Congress from the WPC that will rival the quality and content of what we offer in person. While in-person World Parkinson Congresses will continue to take place every three years, these WPC Virtual Congresses will now take place annually in the years between the live WPCs, meaning that every year, without fail, you can access timely, forward thinking Parkinson's

talks that will inspire you and give hope to the millions of people living globally with Parkinson's.

Topics presented during this five-day virtual program will include updates on: Basic Science, Clinical Science, Treatment Options, Comprehensive Care, and Living with Parkinson's. The program will also include two 4-part wellness series as part of the week, looking at PT wellness and Speech/Voice wellness. Talks will be forward thinking and delivered by both well recognized and up and coming leaders in the Parkinson's space. WPC would like to thank the Premier sponsors that are making this inaugural WPC Virtual Congress possible: Amneal Pharmaceuticals and Medtronic

The agenda includes a wide range of topics and will be inviting to all Parkinson's stakeholders. The sessions will be pre-taped and released each day 12PM ET to allow our global viewers to binge watch the sessions comfortably in their own time zone and submit questions via the chat button.

Moderators and speakers will be watching the submitted questions and preparing their responses for the live Q&A which will be held exactly 23 hours after the sessions are released, from 11AM – 12PM ET the following day. This allows all community members to watch up to all five sessions each day and to submit questions to the speakers to whom they wish to connect.

**Registration to attend the WPC Virtual congress will be USD \$25.** This will include access to all 20 pre-taped sessions, with three talks in each session, as well as all 20 live Q&A panels and both Wellness talk series on fitness and voice.

**LEARN MORE AT:** <https://www.worldpdcoalition.org/page/WPCVirtual>

# CAPS VIRTUAL SUPPORT GROUPS

Contact the office for more information

*\*Women Care Partner Group meets Tuesdays– bi-weekly*

*\*People with Parkinson’s Group meets on the 3rd Thursday of each month at 3:00pm*

*\*Women & Men’s Care Partner Group meets on the 1st Wednesday of each month at 11:00am*

*\* Young Onset PD Support Group coming soon!!*

**FREYTAG'S FLORIST**

**DON'T FORGET MOM!!** At check out- check the "This is an Austin Community Blooms Order" box on the right-hand side of the Payment Information page. A drop-down menu will appear– click on Capital Area Parkinson’s Society and a portion of your purchase will go to CAPS!



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## MAY MONTHLY MEETING

### Good Nutrition and Parkinson’s Disease



Jo Bidwell, B.S., M.Ed. Director of Southwest Parkinson Society. Ms. Bidwell has a B.S. in Family Relations and Counseling and an M.Ed. in Health Education from Texas Tech. She has over 30 years teaching at South Plains College - Nutrition (Sociology occasionally) and 17 years as Coordinator of APDA Information and Referral Center and Neurology Educator for Covenant Health System, 7 years as Director of Southwest Parkinson Society.

Jo has 2 adult children Josh and Lara as well as 2 wonderful, adorable, and precious grandchildren, Lincoln 4 & Jordan Zoe - 19 months. She is also a Caregiver for her 96-year-old mother.

**Saturday,  
May 15 at  
2:00pm  
Virtual  
Meeting**

