



Capital Area Parkinson's Society

Newsletter/November 2021

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

512-371-3373

capitalareaparkinsons.org



HAPPY NOVEMBER! This month we celebrate Thanksgiving, which amongst all the festivities of football games, family gatherings and “Black Friday” shopping, we are reminded of the importance of being grateful and appreciative of those things that DO work well in our lives, despite the challenges. There is an article in this month’s issue that is about thankfulness and Parkinson’s, which I hope you will enjoy and take some meaning from. In addition, our November webinar will feature our very own Board member and PD patient, Victor Becker, hosting a Freestyle Q&A session with our beloved Dr. Elizabeth Peckham. This special event will also have an underlying theme of humor, gratitude and empowerment. And, at the time of this writing, the Virtual Gala via Zoom has not yet taken place, but we are excited and really looking forward to this important annual fundraising event. With your safety and well-being in mind, we are grateful that we can bring to you, in the comfort of your own home, a lively program of music, videos, entertaining commentary, games, Silent Auction (which will start 2 weeks before the Virtual Gala and will be available for viewing and bidding to all those who register), gift bags, Raffle, and much more! Many wonderful and unique items will be available for you to choose from. This year we have a Texas-based theme with participation of The Broken Spoke—one of the last real Dance Saloons in Texas. Registration is FREE—to do so, please go to: capitalareaparkinsons.org. There will also be opportunities for you to be a donor or sponsor, which will help and support us in our work throughout the year to serve our PD community. We are truly grateful to those who have come forward and offered their sponsorship and support for CAPS in this significant way—THANK YOU! If you are interested in becoming a sponsor or donor, please contact us at 512-371-3373, or at events@capitalareaparkinsons.org. There is much to be grateful for, including each and every one of you. HAPPY THANKSGIVING!

Take care, Ingrid

Thank You Parkinson’s Disease: 10 Reasons to Be Grateful This Thanksgiving

Sharon Krischer (Twitchy Woman), November 26, 2015

From all-night gaming sessions, to laughing (and crying) at things that non-Parkies would never understand...there’s a lot to thank Parkinson’s for, says Parkinson’s blogger Sharon Krischer – AKA ‘Twitchy Woman’.

In honor of Thanksgiving, I want to share 10 things that I am thankful for while living with Parkinson’s disease.

10. Getting by on little sleep gives us much more time to spend playing games on our iPads in the middle of the night, while we are deluding ourselves into thinking that these games may actually help our brain cells regenerate.
9. We can blame our obsessive/compulsive behaviors (see #10) on our medications and the non-Parkies will believe us.
8. Waking up at 5:00am doesn’t seem so early anymore. But why am I always late to my 8:30am yoga class? (See #10. Still playing those stupid games on my iPad.)
7. I can do things with my left hand now that I wouldn’t have been able to do if that damn tremor in my right hand didn’t act up while trying to do something like eating, writing or brushing my hair.
6. Living with Parkinson’s has taught me to be more proactive about my health. I keep up with the latest research and always go to my doctor with a list of questions and concerns.
5. All of the new friends that I’ve made who also have Parkinson’s. We can laugh and cry together about things that non-Parkies would never understand.
4. Fortunately, I have a slowly progressing form of Parkinson’s,

which is controlled by meds. Better living through Chemistry is my mantra.

3. Laughing with Parkinson’s—when all else fails, I can always blame stupid things I do on that @\$#!% tremor!
2. Loving with Parkinson’s means cherishing the life my husband and I have together and making adjustments we need to when that @\$#!% tremor gets in the way again.
1. Living with Parkinson’s has enabled me to reach out to others like you, hopefully making all of our lives just a little bit better.

What will you be ‘thanking’ Parkinson’s disease for, this Thanksgiving?

2021

SAVE

THE

DATE

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

CAPS Capital Area Parkinson's Society

Virtual TEXAS Fall Gala

Thursday, November 4,

7:00-8:30 p.m.

Pre-register for free at

capitalareaparkinsons.org

To sponsor or donate to the event,

contact CAPS at 512-371-3373 or

events@capitalareaparkinsons.org

Raffle ★ Online Auction ★ Great Music and Program Lineup



CAPS Support Groups (Virtual & in person)
Contact the office for more information

Women Care Partner Group - Tuesdays, biweekly

People with Parkinson's Group - 3rd Thursday each month, 3:00 pm

Women & Men's Care Partner Group, 1st Wednesday each month, 11:00 am


ATX Young Onset PD, 2nd Saturday each month, 10:00 am
 (Visit [Meetup.com](https://www.meetup.com) to join the group and see what's happening)

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November Membership Meeting



Parkinson's Roundtable Discussion
Presented by Dr. Elizabeth L. Peckham, DO, Central Texas Neurology Consultants
Hosted by Victor Becker

Victor Becker, one of our very own PD board members is hosting a Freestyle Q&A this month with Dr. Elizabeth Peckham. Dr. Peckham specializes in the diagnosis and treatment of movement disorders such as Parkinson's disease, Parkinsonism, Essential tremor, Myoclonus, Tourette's syndrome/Tics, Ataxia, Dystonia, Restless Leg Syndrome (RLS), Huntington's disease, Tardive Dyskinesia, and Psychogenic movement disorders. She also has extensive experience with the evaluation for and programming of deep brain stimulators and botulinum toxin injections.

You are encouraged to submit your own questions to info@capitalareaparkinsons.org by November 15, however, questions can also be asked during the session.

Virtual Meeting
Saturday
November 20 - 2:00 p.m.