



Capital Area Parkinson's Society

Newsletter, October 2021

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

512-371-3373

capitalareaparkinsons.org

A WORD FROM OUR PRESIDENT: HAPPY HOLIDAYS, MERRY CHRISTMAS, AND



HAPPY NEW YEAR! I cannot believe that we are at the end of another year, certainly filled with lots of challenges and coping mechanisms. I do hope that this new year will bring us back to some state of normalcy, after living with the Covid-19 pandemic for the last 21 months. The Zoom world has been booming, but it will be so nice to meet together in person again and to connect with one another on a more meaningful level. That is our hope in the coming year for our monthly meetings, support groups, special events and social gatherings. Our Virtual Gala was a great success – we raised over \$21,000 for our CAPS community. Many thanks to those of you who sponsored, donated, attended, participated in our raffle and Silent Auction and supported our fundraising efforts! This new year will bring about a number of significant changes. One of those is that CAPS will no longer be requiring an annual membership fee. Instead, we are asking for your support through an annual sponsorship, individual donations or creating a monthly sustainer level of giving (for instance \$10 or \$20/month). In return, we are working diligently to bring you more services like CAPS Cares, educational resources and entertaining programs. The other big change is that I am excited to announce and introduce the new President of the Board of Directors, who will be taking over on January 1, 2022. His name is Victor Becker, and he has been on the CAPS Board of Directors for some time. He brings a wealth of experience about Parkinson's, and will be such a positive and motivational leader. It has been my honor and privilege to serve on the CAPS Board for many years, and then as the President for the last two. I will stay on as an Advisor to the Board. Thank you for the opportunity to be a part of this wonderful community. I wish you well and am confident that the future of CAPS is promising and full of opportunities for each and every one of you! Take care, Ingrid

DECEMBER MEET AND GREET BREAKFAST TUESDAY, DEC 14 8:30a-10:30a



CAPS MEET & GREET BREAKFAST

TUESDAY, DEC 14, 8:30am–10:30am

TACODELI

**ARE ON
US!**

7301 Burnet Rd, Austin, TX 78757



CAPS Support Groups (Virtual & in person)
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
- * ATX Young Onset PD. meets every month. Go to [Meetup.com](https://www.meetup.com) to join the group and see what's happening

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As 2021 comes to a close, we wanted to express our appreciation for your support of our efforts to educate the Parkinson's community. We have been able to provide assistance because of your financial support with donations. Just this year with the ongoing pandemic, we helped a couple of families in need. A little bit can go a long way for someone in desperate times.

As you consider your year-end contributions to local non-profits, we hope that you will include your tax-deductible donation to CAPS.

*Thank you,
CAPS Board Members*

CAPS  Capital Area Parkinson's Society
Education and Support for those with Parkinson's Disease in greater Austin and Central Texas