



Capital Area Parkinson's Society

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

512-371-3373

capitalareaparkinsons.org

A Word from CAPS President:



HAPPY NEW YEAR! We say farewell to 2021, the year of the vaccinations and new variants. We welcome 2022 with hope and optimism grounded in the gratitude we feel for the many contributions of our out-going President, Ingrid Sarrat. Thank you, Ingrid, for shepherding us through this unprecedented time with grace and commitment!

My name is Victor Becker. I am truly humbled and honored to be named the new President of the Capital Area Parkinson's Society. It has been my pleasure to sit on the CAPS Board of Directors for the past year. I have over 30 years of experience as a senior Human Resources executive. I have published a book on Organizational Behavior, and over 10 years ago I was diagnosed with Parkinson's disease.

This is a pivotal time for us all as we seek the "new normal." Times of great change produce great opportunity. I have great confidence that CAPS is ready to meet the challenge of providing support to people with PD and their caregivers through a hybrid model of virtual and in-person services. We have a passionate and dedicated team of voluntary Directors and a Board of Advisors that are committed to easing the burden of PD in the Austin community. Membership in CAPS is now free! Dues are no longer required.

Our Directors Ariel, Jennifer, Donna, Sarah, Paula, Michelle, Kara, Andrea, Rene, John, Andrew all join me in thanking you for your continued support.

You are our mission! We would enjoy hearing from you with comments, suggestions or questions that help us fine tune our response to the "new normal." Please do not hesitate to contact me at victor.becker@capitalareaparkinsons.org.

2022 here we come!



CAPS  Capital Area Parkinson's Society

2022 Board Members

Victor Becker	Donna Martino
Jennifer Prescott	John McGlothlin, III
Kara Doctor	Andrew Hodge
Sarah Irwin	Paula Knight
Andrea Nobis	Michelle Owens
Rene Ruiz	Ariel Goward

Advisors

Dr. Thomas Hill
Tereasa Ford
Corinne Jones
Ingrid Sarrat
Susie Lightfoot-Scherr
Kitty Hoskins
Dr. Erik Krause

2022 NEW
YEAR

CAPS Size
Comedy

happynewyear2022status.com



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 [CAPS WEB PAGE](#) to join the group and see what's happening

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Monthly LIVE VIRTUAL Meeting Saturday, January 15, 2022 @ 2:00pm

Simple Solutions to Everyday Challenges Living with Parkinson's



Tereasa Ford, LBSW, local Social Worker and CAPS Advisor will be presenting an overview of common challenges with Parkinson's Disease along with simple everyday solutions to adapt. She will be joined by CAPS President, Victor Becker, who has Parkinson's himself and will be sharing helpful tips he has found along the way.

Hope you will join us.... Meeting Link will be posted on website and sent out soon