Greetings gentlepeople of Austin,

I hope that you all made it through Cedar season. Was that a trip or what? With Omicron hovering in the background, the medical community was torn between prescribing allergy medication and quarantining you for ten days. I did both just to be safe!

The results of our member survey are coming in and we are getting valuable information and feedback as to what you would like to have CAPS do for you. CAPS is moving at warp speed to provide the support, education and information about PD that you need starting in large part with improvements to your CAPS website experience. We are making content easier to access through improved navigation and website design.

Unfortunately, we are still at level 5 for Covid-19 which means that all of the CAPS sponsored support groups are still virtual. We anticipate that the level of alert will be reduced soon and we are planning a hybrid structure where individuals can attend virtually or in person. The choice will be yours!

We are currently working with Pam Rehabilitation Hospital to host in person support group meetings in Round Rock and Kyle as well as Fortis Therapy in Dripping Springs. We are actively searching for additional venues and locations covering other parts of Central Texas for your convenience.

If you would like to co-host an in-person CAPS event such as a support group or speaker engagement, please reach out to Mary at mary.jackman@capitalareaparkinsons.org or (512) 371-3373.

CAPS is moving and shaking to make things happen that we hope will contribute in some small way to assist you in making living with PD a little easier. Stay tuned!

Victor Becker

A Word from CAPS President:

March Monthly Meeting Saturday, March 26 @ 2PM
Live and Interactive with Sarah Hyde-Williams

Advanced Care Planning- Why is it important and when should I plan for care?
Sarah Hyde-Williams has nearly 20 years of experience serving seniors as a community resource and eldercare expert through her various roles within the long-term care industry, guiding families through what can often be a difficult and overwhelming time. Her passion in supporting family care partners and community care staff alike has grown through the years as she has assisted thousands of families in walking the challenging journey of dementia, particularly Dementia with Lewy Bodies/Parkinson's Disease Dementia when placing a loved one in a long-term care community. “Education is key to understanding the disease process and subsequent behavior set; therefore, giving dignified, respectful care and quality of life to the person living with dementia.”

Live link will be emailed out Saturday, March 26 & made available on the home page of our website.
**From the Michael J. Fox Foundation:**

*Depression and anxiety are symptoms of Parkinson's disease. Mood changes can impact quality of life and how treatments work. Effective therapies for the mood aspects of Parkinson's are among patients’ most important unmet needs and a MJFF research priority.*

Mood Changes in Parkinson's

When faced with a diagnosis of Parkinson's disease (PD), it is understandable to feel depressed or anxious. But mood disorders such as depression and anxiety are clinical symptoms of Parkinson's, just as are slowness of movement and tremor. In fact, up to half of all people with Parkinson's may suffer from depression and/or anxiety at some point during the course of their disease. Like all symptoms of PD, mood changes are different for different people. Some people with depression feel sad and lose interest in things they used to enjoy, while others feel irritable and have difficulty sleeping. People with anxiety often feel overly worried or concerned, or say they are "on edge." The good news: Over the past decade, researchers have placed increasing focus on these aspects of PD, and today we have a better understanding of how to treat mood disorders in Parkinson's.

**Movement disorder specialist Irene Hegeman Richard, MD discusses depression in Parkinson's (click this Link)**

Help for Depression and Anxiety

Depression is a serious matter for anyone. For people with Parkinson's, it can affect critical elements of disease management such as staying socially connected, exercising and proactively seeking needed care.

It is not always easy to recognize depression in oneself. Be on the lookout for a lack of interest in activities and situations that once brought you joy. Pay attention to observations made by family and friends, and talk to your doctor if you're not feeling like yourself. Sometimes, your physicians may not even ask you about these conditions if you don't mention changes in mood or outlook.

Depression and anxiety can be treated with medications, lifestyle changes (such as regular exercise and social activities), and therapy or counseling with a qualified practitioner. **Support Groups** also may be a source of help.

**To Read Full Article Click Here**

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**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](http://Meetup.com) to join the group and see what’s happening

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**Save the date for Amplify Austin Day!**

The #1 giving event in Central Texas.

**March 2 - 3, 2022**