



Capital Area Parkinson's Society

Newsletter/May 2019

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

512-371-3373

capitalareaparkinsons.org

TOP 10 LIST

Here are *May's 10 tips* on how to deal with Parkinson's disease from the book we now offer our new members: "300 Tips for Making Life Easier with Parkinson's Disease" by Shelley Peterman Schwarz.

Safety in the Home

Several simple modifications can be made to the home to ensure safety. This month we are sharing safety tips for the common living areas. In the coming months, we will cover safety in the kitchen, bedroom and bathroom.

1. Arrange furniture so that there are clear walking paths.
2. Remove wheels from furniture (or replace those items) to prevent falls.
3. Remove throw rugs.
4. Increase lighting in common pathways.
5. Install motion detector light switches.
6. Move commonly used items to lower shelves (to avoid reaching overhead and falling backwards).
7. Consider replacing regular doorknobs with level handles.
8. Install a doorbell/intercom system (to avoid feeling rushed to reach the door in time and to ensure your safety).
9. Install a railing and/or ramp for entry into the home.
10. Walking or wheeling is easier on wood or linoleum/ceramic floors than carpet.

Support Group NEWS

There will be a new support group held at Parsons House, 2nd Wednesday @ 2pm, 1130 Camino La Costa, Austin, TX 78752, 512-371-3373.

Sorry, we're **CLOSED** May 1-6, 2019

Please leave a message and someone will return your call as soon as possible.

HOUSTON/AUSTIN

GOOD NEIGHBOR PROGRAM

Complete this portion to link your Remarkable Card to the charity of your choice. You can choose to link up to three charities. Contact your charity of choice and ask if they are a member of our Good Neighbor Program or ask the Courtesy Booth for the GNP number of a particular charity. To learn about the Good Neighbor Program, go to www.randalls.com.

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APPLICANT NAME (PLEASE PRINT) _____ PHONE _____

APPLICANT SIGNATURE _____ DATE _____

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Area Outreach Support Groups

Burnet – 2nd Wednesday @ 2pm
Seton Highland Lakes Hospital,
Conference Room
309 Industrial Blvd. (Behind Hospital)
Burnet, TX 78611

**Deep Brain Stimulation (DBS) –
3rd Friday @ 2pm**
Neurology Solutions Office
12345 N. Lamar Blvd.
Austin, TX 78753

Lakeway – 1st Tuesday @ 2pm
Vibra Rehabilitation Hospital of Lake Travis
2000 Medical Drive
Lakeway, TX 78734

North Austin – 2nd Wednesday @ 2pm
Parsons House
1130 Camino La Costa
Austin, TX 78752
512-371-3373

**Simultaneous Care Partner and Patient –
2nd Tuesday @ 10:15am**
Covenant Presbyterian Church
3003 Northland Drive
Austin TX 78757

**Young Onset Parkinson's Disease
Dates and Locations Will Vary**
Austin TX 78756
Contact: Bob Sahm at 512-914-2132
or rsahm99@gmail.com

For more information, visit www.capitalareaparkinsons.org.

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Austin, Texas 78755-2565**

(Please contact the CAPS office if you no longer wish to receive this newsletter)

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May Membership Meeting



Speech Therapy

Presented by Shelly Carver, Accolade Home Care

Shelly Carver will be speaking this month on "Speech Therapy". Shelly received her MS in Speech Language Pathology from Nova Southeastern University and her BA in Communication Disorders from McMurray University. Her specialty populations include Parkinson's, Alzheimer's/Dementia, CVA, traumatic brain injuries and esophageal cancer. She also develops treatment plans for receptive/expressive language disorders, aphasia, dysphagia, cognitive disorders, sensory integration, augmentative alternative communication, dysarthria and fluency. She is LSVT and Vital Stim certified and has been instrumental in both working with the local Parkinson's community and raising awareness in the local medical community.

Refreshments will follow. Members are encouraged to bring their favorite snacks and/or cookies to share.

Saturday, May 18 • 2:00-4:00 p.m.
Medical Office Building, St. David's Medical Center
3000 N. IH-35, 5th Floor Conference Room