

MARCH 2009



Parkinson's
Disease
Foundation

Taking Charge of Your Parkinson's

Saturday, April 4, 2009



HOUSTON
AREA
PARKINSON
SOCIETY

HAPS and the PDF present the last in PDF's series of four educational symposia and webcasts entitled, *Parkinson's Science: Innovations and New Perspectives*

9:00 AM - 9:55 AM	Registration
9:55 AM - 10:00 AM	<i>Opening Remarks</i> Anne Thobae, Executive Director, HAPS
10:00 AM - 10:50 AM	<i>Improving Brain Function with Exercise and Creativity: You Too Can Do It</i> Julie H. Carter R.N., M.S., A.N.P. Oregon Health and Science University
10:50 AM - 11:05 AM	BREAK
11:05 AM - 12:00 PM	<i>Does Exercise Influence Parkinson's Disease?</i> Giselle Petziniger, M.D. University of Southern California
12:00 PM - 12:45 PM	LUNCH
12:45 PM - 2:25 PM	<i>Taking Charge of Your PD Through Music and Dance</i> <i>Shall We Dance?: Benefits of Tango for People with Parkinson's Disease</i> Gammon M. Earhart, Ph.D., P.T. Washington University School of Medicine <i>I've Got Rhythm: The Power of Rhythm and Music to Benefit Those with PD</i> Concetta Tomaino D.A., MT-BC, LCAT Beth Abraham Family of Health Services
2:25 PM - 2:55 PM	Q & A Panel
2:55 PM - 3:00 PM	<i>Closing Remarks</i> Robin Elliott, Executive Director, PDF

The symposium will take place at United Way of Greater Houston at 50 Waugh Drive (map enclosed). The event is free, however advance registration is required. To register, go to www.hapsonline.org or contact the HAPS office at the number listed below. Transportation from outlying areas is available. Rides must be reserved by March 27. If you cannot attend this symposium in person, you can view the sessions via webcast on your computer, both live and after the event. For more information, call Kathleen Crist at 713-626-7114.

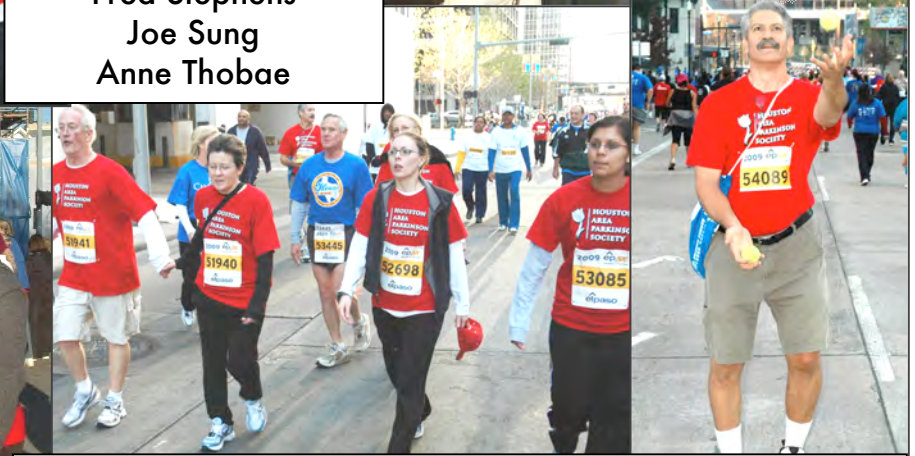
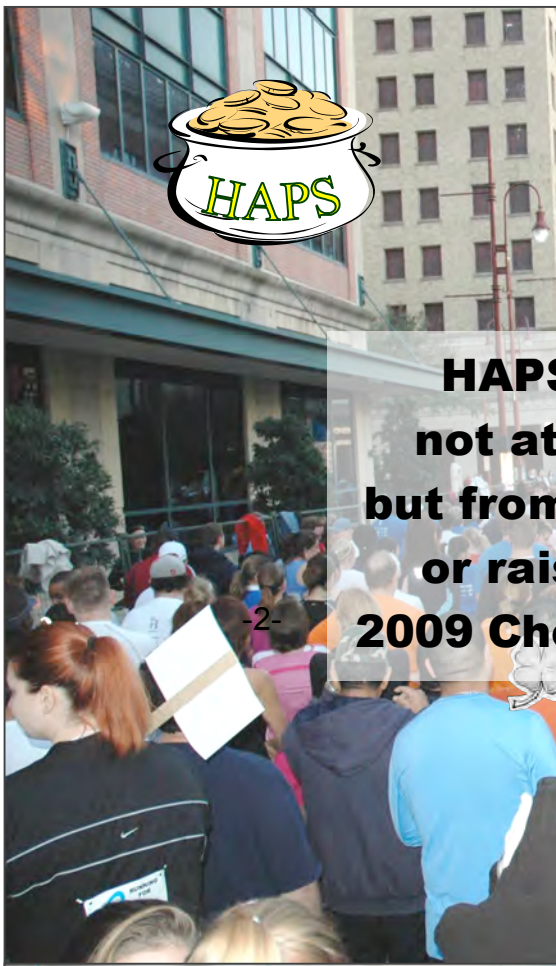


HAPS got LUCKY!



**HAPS found a pot of gold,
not at the end of a rainbow,
but from those who ran, walked
or raised funds through the
2009 Chevron Houston Marathon.**

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Funds generated by this event support the organization's mission and help make it possible for HAPS to provide services that improve the quality of life for thousands of people in our community living with Parkinson's disease.

HAPS THANKS...

The following contributions, totaling nearly \$22,000, have been made to HAPS through the 2009 Chevron Houston Marathon — Run for a Reason. Many donors support this annual event by contributing in honor or in memory of someone whose life has been affected by Parkinson's disease. Funds raised by this event contribute to the support of HAPS' ongoing programs and operations.

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Continued on page 6

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ANNOUNCING

ASK the ADVOCATE

HAPS will be adding an advice column to its newsletter called, "Ask the Advocate." This column will address ways to be your own best advocate or how to advocate for someone with Parkinson's in situations of daily living. You may email your questions to info@hapsonline.org or mail questions to the HAPS office at 2700 SW Freeway, Suite 296, Houston, TX 77098.

CONTRIBUTIONS

Your donation is much appreciated. Your thoughtfulness helps HAPS continue to provide much needed services to people with Parkinson's and their families.

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From Wall Street to Main Street, everyone is facing difficult financial decisions. HAPS is no different. In order to continue to provide the services we offer in these difficult times, we have decided to "go green" and give you the opportunity to receive your monthly copy of *HAPS Happenings* electronically. Not only will you help HAPS save money, but you'll be saving paper and trees. You'll receive your copy before they are mailed, enjoy the newsletter in full color and have the option of printing your favorite articles or passing it on by email to someone else.

We will continue to mail hard *copies* of the newsletters every month to those who would like to receive them, but for HAPS to thrive in the coming years, we would appreciate your help. To receive your copy of *HAPS Happenings* by email, send your full name and email address to info@hapsonline.org.

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HAPS does not provide diagnosis or treatment. Always seek the advice of your physician or pharmacist with any questions you may have regarding a medical condition or drug interactions.