

NOVEMBER 2009

# PARTY *for* PARKINSON'S

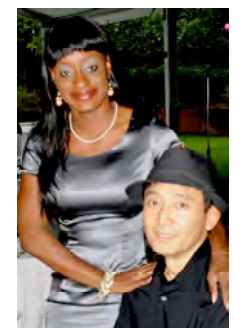
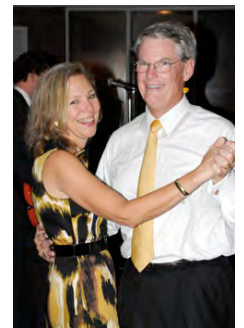


A video on the newly-formed Houston Ballet / HAPS Dance for Parkinson's program was shown to the audience portraying its positive effects and innovative nature. Visit the HAPS Web site to view a shortened version of the video.

On October 4<sup>th</sup>, nearly two-hundred friends of Houston Area Parkinson Society gathered at its 2009 Annual Awards Event, *Party for Parkinson's*. Guests came together to honor Houston Ballet with the Roy H. Cullen Quality of Life Award and Baine Kerr, Sr. in memoriam, with the Lillie Cullen Quality of Life Award for the difference they have made in the lives of people with Parkinson's disease.



Chairs Ellen and Frank Donnelly set the stage for a marvelous evening. Spirits were high as the skies cleared for the poolside dinner, silent auction, raffle drawing and dancing to the sounds of El Orbits. Among the fabulous raffle prizes were a 6 day condominium stay at the Veranda Community of Los Sueños Resort and Marina in Costa Rica, generously donated by Mike Hardy of the Hardy Real Estate Group (Web sites for the resort can be found at [www.hardyreg.com](http://www.hardyreg.com) and [www.lsrm.com](http://www.lsrm.com)), along with two round trip airline tickets. Also offered was a 5 day stay in Santa Fe, graciously provided by the Casey family, along with roundtrip airfare for two. In addition, one lucky guest won two airline tickets for travel to anywhere in the 48 contiguous United States, Alaska, Canada, the Caribbean, Mexico or Central America. All airline travel was made possible through a generous contribution from Continental Airlines.



The evening was enjoyed by all and was a huge success!

# PARTY for PARKINSON'S

We are extremely grateful for the loyalty and generosity of the following underwriters and friends who contributed to Houston Area Parkinson Society's 2009 Annual Awards Event, *Party for Parkinson's*. This outstanding support helps make it possible for HAPS to continue to provide vital services, education and advocacy for thousands of people living with Parkinson's in our community.

## PLATINUM

Easterly

## GOLD

Nina & Joe Brown  
Betty Lou Carter  
Becky Roof & Matthew Cutts  
Mildred Kerr

Drs. Ellin & Robert Grossman  
The Methodist Hospital Neurological Institute,  
Department of Neurosurgery  
Joyce & Arthur Schechter *in honor of Nina Brown*

## SILVER

Continental Airlines  
Ellen & Frank Donnelly

Jo & Jim Furr  
Dominique & Takaaki Furuta  
Adele & Mark Hart

Mya Schiess, M.D.  
Linda & Jerry Strickland

## BRONZE

Alice & Aubrey Calvin

Gail & Mike Hendryx

Isla & Tommy Reckling

## PEWTER

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Agatha E. & Erich J. Brann  
Helen & Don Bryan  
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Barbara & Corbin J. Robertson, Jr.  
John & Binky Stephenson Strom

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Leslie & Jack Blanton  
*in honor of Ellen & Frank  
Donnelly*  
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Brenda & Sneed Lary  
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Dr. & Mrs. William R. Leighton  
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*in honor of Nina Brown*  
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Patrice Barron  
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& Shawn Casey*  
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Mary Bicknell  
Mrs. W. T. Blaine, Jr.  
Gary A. Boyd  
Dr. & Mrs. William K. Brown  
Ted Calvin  
Jane & Christopher Champion  
Cecil Conner  
Marty Davidson  
Richard Davis  
Laura E. Donnelly  
Matthew Easterly  
Susan & Ellis Freitag  
Lois & Duane Geis  
*in memory of Baine Kerr*  
Graham K. Grady  
Pat & Larry Gray

Martha & Dewuse Guyton  
Mr. and Mrs. Grant Hall  
Marian & Henry Harrison  
Doris Hervey  
Medtronic Activa DBS  
Janet & George Hill  
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Ann & Tom Kelsey  
Sally & Bob Kent  
Mary Louis Kister  
Jay T. Kolb  
Harriet & Truett Latimer  
Erica Laughlin  
Carter & Bill Lee  
Mr. & Mrs. W. R. Lloyd, Jr.  
Rabbi David A. Lyon  
Barbara Mackey  
Marlin Murdock  
Colleen & David Marks  
Saundra Marshall  
Anne & Larry Martin  
Layne Mason  
Kris & Richard McGee  
Marti & Quin McWhirter  
Judy & Peter Meyer

Mary Jane & Charles Miller  
Dr. Donald Molony, Jr.  
Suzanne K. Morris  
*in memory of Baine Kerr*  
Jim Nelson  
Mr. and Mrs. James R. Nicholson  
Mr. & Mrs. Jim Nicklos  
William Ondo & Vera Hashem  
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Jacqueline & Steve Weldy  
Jody Wheeless  
Dr. & Mrs. Byron P. York  
Grace Youn

## SPECIAL THANKS

Aubrey Calvin  
Mary Kay & Bob Casey  
Continental Airlines  
Copy Doctor  
Meredith Cullen  
Easterly  
John Friedman Flowers

Donnette Hansen  
& Rainbow Lodge  
Hardy Real Estate Group  
Hotel ZaZa  
Houston Ballet  
Houston Wine Merchant  
The Methodist Hospital  
Mike McGlothlin

Michael McKann & Photocard  
International  
Mollye Miller  
Jeffrey Mills & Io Communications  
Nima Boutique  
Binky Stephenson Strom  
Urban Retreat Day Spa and Salon  
Valobra Jewelry and Antiques



# In Appreciation of our Caregivers

Kathleen Crist, LMSW

Rosalyn Carter said it best: “There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.”

November is National Family Caregivers’ Month (NFC Month). We take this month to honor and recognize caregivers, even those who are paid for their work, as they too become a part of our families for the very important role they play in the lives of many. NFC Month is a time dedicated to thanking, educating, supporting, empowering and celebrating our caregivers.

Caregiving is hard work. The effects of caregiving touch you physically, emotionally, socially and spiritually. We can supply caregivers with lots of resources such as [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org) or [www.caregiver.org](http://www.caregiver.org). We can provide helpful tips and hints that might make life easier. We can reassure you that it is okay to feel frustrated, sad, overwhelmed, angry, helpless and discouraged. We can even tell caregivers to make sure to take time to tend to their own needs, get away for a little while and to ask for help. The reality is that all of these things you have heard time and time again. You all know how important these things are, but let’s face it, these things are easier said than done.

There is one thing that caregivers do not hear enough of – that is, “thank you.” Sometimes we don’t know how to thank a person for giving so much of their time, their compassion, their dedication and their energy. Sometimes, when Parkinson’s disease has taken our voice, our thanks cannot be heard. Sometimes we forget and sometimes we just assume you already know how much you are appreciated.

Thank you to all of you who are caregivers of any type. Thank you for all the sleepless nights; the aching backs; the patience, even when you run out of it; the sacrificed bridge games; the love; the laughter; and for never giving up even when things get really tough. All the work you do and the care you give does not go unnoticed or unappreciated no matter how often it goes unspoken.



## To Ponder...

- ♥ You may be only one person in the world, but you may also be the world to one person.
- ♥ The happiest of people don’t necessarily have the best of everything; they just make the most of everything that comes their way,
- ♥ We cannot prevent the birds of sadness from flying over our heads, but we must not let them build a nest in our hair. ... A Chinese proverb

# CONTRIBUTIONS

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

## GIFTS

*Mr. and Mrs. Frederick Boyes*

*Jill Andreyuk*

## IN HONOR OF

*In honor of Stephen Hill*  
Comcast

*In honor of George A. Bourgeois III*  
Mr. & Mrs. George A. Bourgeois, Jr.

## IN MEMORY OF

*In memory of James F. Tucker II*  
Ellyn Roof  
David Montz, DDS  
Jill Andreyuk

*In memory of Dick Zimmerman*  
Mr. and Mrs. John Goble

*In memory of James F. Tucker II*  
HAPS Clear Lake Parkinson's Support Group

*In memory of Agnes Cooke*  
Mr. and Mrs. Lester Wilkes

*In memory of Robert Aronson*  
Mr. Edgar Aronson

*In memory of Alan Bond*  
Mr. and Mrs. Stanley Musick

*In memory of Robert Bradley*  
Earline Burrows

*In memory of Burt Koons*  
Mrs. Burt Koons  
Mr. and Mrs. John Cowan  
Mrs. Fujimori  
Mr. and Mrs. Arthur Giesick

*In memory of Robert Volz*  
Angeline Barber  
Mr. Ben Knight  
Ms. Theresa Kuhn

*In memory of Charles Campbell*  
Mrs. John Rusciano

*In memory of William S. Vining, Jr.*  
Mr. and Mrs. J. Dean Dubois

~ All donations are tax deductible ~

## TREAT YOURSELF TO A STICK OF CHEWING GUM



Early research is indicating that chewing gum several hours a day may improve some of the speech and swallowing symptoms associated with Parkinson's by exercising the mouth, which acts as a sensory cue to move the tongue while eating and swallowing.

An extra-added benefit is gum that contains xylitol, starves bacteria and will help keep your gums healthier. Also, because some of Parkinson's medications cause a dry mouth, another benefit to chewing gum is the stimulation of saliva, which protects your mouth from cavities and forming plaque-like substances on your teeth.

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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.