

DECEMBER 2008



REFLECTIONS



Nina Brown


As 2008 comes to a close I couldn't help reflecting on what so many of us have had to deal with this year...ramifications from Hurricane Ike, the economic meltdown, or perhaps just having been diagnosed with Parkinson's or having your disease take a turn for the worst. While these may not be the best of times, if you've lived life at all, you've surely experienced disappointments, catastrophes, sadness and losses that may have seemed overwhelming at the time. To put it into perspective, I want to share a few stories with you.

The first is a true story I saw on television about a man who never learned to read or write. He said his teachers made him feel very small. So he "went smaller" and began making incredible sculptures out of a grain of sand or a piece of dust that fit inside the eye of a needle or the head of a pin. He recently sold his collection for \$20,000,000.

The second story is about a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. She said, "*I think I'll braid my hair today.*" So she did and she had a wonderful day. The next day she woke up, looked in the mirror and when she saw that she had only two hairs on her head, she said, "*I think I'll part my hair down the middle today.*" She did and she had a grand day.

When she looked in the mirror the next day and found she had only one hair left on her head, she said, "*Today I'm going to wear my hair in a pony tail.*" She did and she had another great day. The next day when she woke up and noticed there wasn't a single hair on her head, she exclaimed, "*YEA! I don't have to fix my hair today!*"

Attitude is everything! This holiday season, *give yourself a gift of the "right attitude."* Regardless of your limitations, or what life throws at you, you'll have better days!

And, if you are wondering what gift to give your favorite people... HAPS can make life easier for you and, in addition, give you the most precious of all gifts: **TIME!** 

Skip the traffic, the crowds, the stress and the time spent shopping for presents that no one really wants or needs, and do your holiday shopping from home. **Remember or honor a loved one with a contribution to HAPS.** If you want to make your donations online, go the HAPS Website at www.hapsonline.org and click on "Help HAPS." Then click on "Become a Friend" or "Give a Gift" and we will send out a special holiday card, and *you* will help HAPS change lives.



Get involved! Show us your spirit! Show us you care! You don't have to be a marathon runner or even walk in the 5K to participate in the fun and excitement of the Marathon. Call the office and let us help you set up a web page so you can email your friends and family and ask them to help improve the quality of life for people affected by Parkinson's with their support of HAPS. You don't have to go around the neighborhood knocking on doors for pledges...it's so easy you don't need to leave your easy chair.

OR

You can support Team HAPS 2009, the dedicated volunteers who are walking or running for those who can't, by either returning the enclosed envelope with a donation in honor of the Marathon or by clicking on the Chevron Houston Marathon logo on HAPS home page (www.hapsonline.org) and then click on the "Run for Reason" for more information or to make a credit card donation.

If you have any questions or need assistance, please call the HAPS office at 713-626-7114.

Two New Dosage Strengths Of Stalevo® Approved

Novartis Pharmaceuticals announced two new FDA-approved dosage strengths of Stalevo® (carbidopa, levodopa and entacapone,) Stalevo is indicated for certain people with Parkinson's who experience end-of-dose "wearing off." The approval of Stalevo 75 and 125 tablets should provide physicians with more options to customize treatments.



DO YOU FALL FROM PARKINSON'S DISEASE?

If you **fall** because of Parkinson's disease, you may be eligible to participate in a study on an exercise program being conducted by researchers at the University of Texas Medical Branch in Galveston, the Parkinson's Disease Research, Education, and Clinical Center at the Michael E. Debakey VA Hospital, and the Movement Disorders Clinic at Baylor College of Medicine in Houston.

If you have Parkinson's and have problems with walking and balance and would like more information regarding the study, please call **Mon Bryant at 713-791-1414 ext. 4043.**

Polo for Parkinson's

Underwriter Party



Nearly two hundred people came together to honor The Ellwood Foundation with the Roy H. Cullen Quality of Life Award and Bob Casey Jr. with the Lillie Cullen Quality of Life Award on a beautiful fall day Sunday, November 9th at HAPS' 5th Annual Polo for Parkinson's awards event. Guests watched world-class polo at the Houston Polo Club in the late afternoon and then dined poolside at the Bayou Club under the stars of a clear, crisp evening sky.



Amanda Andrews and Meredith Cullen, chairs of this year's event, recognized The Ellwood Foundation for having helped improve the quality of life for people living with Parkinson's through leadership, wisdom and generosity, and Bob Casey for living his life with purpose and dignity amid the challenges that come with being diagnosed



Raffle winners of the airline tickets generously provided by Continental Airlines and beautiful custom designed jewelry provided by Valobra Jewelry and Antiques were announced. The evening ended with dancing and music provided by the fabulous El Orbits band





Polo for Parkinson's



We extend many thanks to each and every one of the outstanding supporters of Houston Area Parkinson Society's 2008 Polo for Parkinson's Annual Awards event. The funds generated by this event contribute a major portion of the support needed for the programs and services HAPS makes available to people affected by Parkinson's disease in the Houston community.

Gold Cup

Easterly & Company
Joseph Arnold Scott

Wilhelmina R. Smith

TEVA Neuroscience
The Methodist Hospital

Silver Cup

Nina & Joe Brown
Mary & Roy Cullen
Becky Roof & Matthew Cutts
Drs. Ellin & Robert Grossman

The Methodist Hospital,
Neurological Institute,
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Joyce & Arthur Schechter
Valobra Jewelry and Antiques
A.L.S. Wright

Bronze Cup

Continental Airlines
Ellen & Frank Donnelly

Elizabeth & Albert Kidd /
Barbara & Louis Sklar

Mya Schiess, M.D.
Linda & Jerry Strickland

Pewter Cup

Carolyn & Ron Bernell
Jo & Jim Furr / Gensler

Taub Foundation - H. Ben Taub, Marcy
Taub Wessel, Henry J. N. Taub II *in honor*
of Meredith Cullen and in memory of Mr.
Ben Taub & Mr. Henry J. N. Taub

Dr. Eugene Lai & Mrs. Yung Yung Lai
Isla & Tommy Reckling

Chukker Cup

Agatha E. Brann & Erich J. Brann
Alice & Aubrey Calvin
Joyce & Ted Gilbreath
Kathy & Keith Grady
Martha & Dewuse Guyton
Mary & Jim Henderson *in honor*
of Bob Casey, Jr.

Carol & R. O. Hunton
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Martha & Terry Satterwhite
John & Binky Stephenson Strom
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Pony Cup

Anonymous in honor of
Bob Casey, Jr. & Aubrey Calvin
Mary Kay & Bob Casey, Jr.

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of Bob Casey, Jr.
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Brenda & Sneed Lary

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Polo for Parkinson's



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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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HAPS HAPPENINGS is published monthly by **Houston Area Parkinson Society** Editor: **Nina P. Brown**

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.

May the Spirit of the Season Fill your Holidays and Heart with Happiness