

DECEMBER 2011

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HAPPY HOLIDAYS!

See page 6 for the HAPS holiday schedule.

This publication is not intended to provide diagnosis or treatment. Always seek the advice of your physician or pharmacist with questions regarding medical conditions or drug interactions.

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Tis the Season...

For HAPS, this time of year is more than a season of celebrating the holidays—it's also a time for us to celebrate our 37 years of being able to improve lives by filling unmet needs of individuals affected by Parkinson's disease. Considered a national model by many, there are few cities with independent organizations like HAPS which provide the comprehensive services it offers to families living with the disease.

Although HAPS serves eight counties in a 600-square mile area that is the geographic size of New York City, Washington, Boston, San Francisco, Seattle, Minneapolis and Miami combined, it operates with a small full-time staff of four. Along with one part-time social worker, twenty contract therapists and group leaders, generous volunteers and supportive community partners—they provide crucial services to clients on a daily basis. Many have worked for the organization for more than ten years, and all work behind the scenes to ensure that the organization's focus is on its mission.

As we reflect on our achievements over the past year and look forward to the opportunities that lie ahead, we remain committed to the thousands of families we serve through HAPS' numerous programs. We strive to remain relevant and meet the changing needs of the Parkinson's community we serve...but we don't do it alone. It takes countless efforts, tremendous human and financial resources, and continuing support to accomplish the work we do.

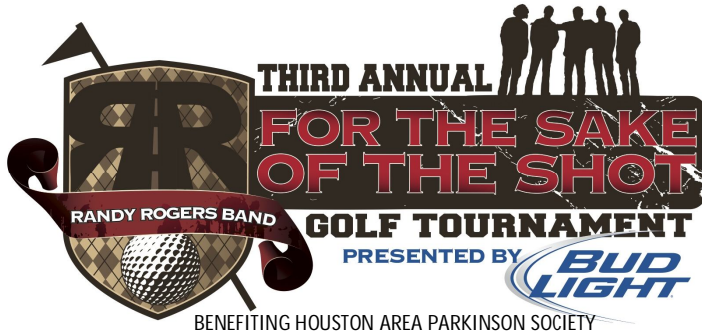
During this season when our attention is on family, friends, community and giving, we hope that you will join the community that defines who we are and support the programs that are valuable to us all. Collectively, we make a significant impact.

HAPS is a rich tapestry of so many faces of Parkinson's. We are clients diagnosed with the disease, caregivers, family members and friends; we are leaders on the Board of Directors and Board of Advisors whose lives have been touched by the disease; we are physicians on the Medical Advisory Board who are committed to the research and treatment of movement disorders; we are caring employees, volunteers, contract therapists and group leaders; and we are generous donors dedicated to the cause. We are all stakeholders. And we know the success of our mission depends upon our involvement and our contributions.

If you are looking for the perfect gift—one you don't have to fight the crowds to shop for or spend time wrapping, consider making a tax deductible year-end contribution in honor or in memory of a friend, loved one or caregiver. No gift is too small and every penny will further the HAPS mission and support services and resources that help Houston residents live with the daily challenges of Parkinson's disease. Your generosity will benefit thousands of families in our community.

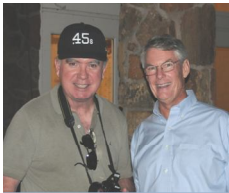
Just as we consider each and every person's life with Parkinson's invaluable—so is the support of each and every donor who plays a role in the work we do. We are deeply grateful for friends like you who share our mission and make our efforts possible.

Frank Donnelly, Jr. is the president of the HAPS Board of Directors. He has served on the HAPS Board since 2008.



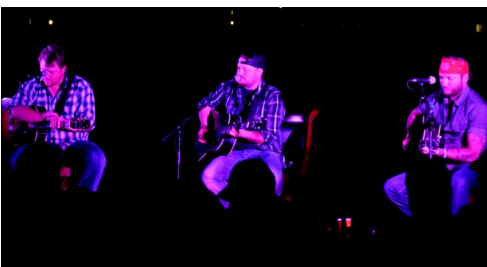
Gleannloch Pines Golf Club in Spring, TX played host to over 150 golfers who came out on Monday, November 14th to participate in the Randy Rogers Band Third Annual *For the Sake of the Shot* charity golf tournament—this year, benefitting HAPS. Beautiful weather, fantastic BBQ and great music made for the perfect backdrop to raise money for a good cause.

Golf wasn't the only thing on the agenda, though. The day also offered a raffle, awards ceremony and a silent auction which included items such as a guitar signed by George Strait, a baseball jersey signed by Chicago Cubs pitcher Randy Wells, and an official World Series baseball signed by Lance Berkman. An amazing acoustic concert, attended by over 200 people, followed the golf tournament and awards ceremony with performances by Jason Cassidy, John Evans, Fred Andrews, Brison Bursey, Randy Rogers, Brady Black, Pat Green and Stoney LaRue.



HAPS has become an organization near and dear to the hearts of those in the Randy Rogers Band. The band's guitar player Geoffrey Hill's father George was diagnosed with Parkinson's disease in his 40s and has been involved with HAPS ever since. This year, the band decided to dedicate their annual charity golf tournament to George with proceeds going to HAPS.

HAPS thanks all of the people whose support made this event possible—and for the opportunity to raise awareness of Parkinson's disease and share information about the programs and services the organization offers the Parkinson's community. HAPS applauds the Big Hearted Babes who promoted and produced the event, for their selfless and outstanding efforts to raise invaluable funding and visibility for our organization and those we serve; all of the golfers, sponsors, in-kind donors and performers; and especially, the Randy Rogers Band, for the generous, unselfish gift of their time, talent and all they did for HAPS to make this event a great success!



MANY THANKS TO ALL THE EVENT SPONSORS AND IN-KIND DONORS

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 Big Texas
 Brison Bursey Band
 Randy Wells
 Randy Rogers
 Pat Green
 Stoney LaRue
 Bill Hinds & Dave Waymire



A Caregiver Conference: Practical Aspects of Parkinson's Care

Saturday, December 10, 2011

8:30am—2:00pm

American Red Cross Building

2700 SW Freeway ~ Houston, TX 77098

This conference is designed exclusively for caregivers of individuals with Parkinson's disease sponsored by Houston Area Parkinson Society and the Parkinson's Disease Research, Education and Clinical Center, Michael E. DeBakey VAMC. Participants will have the opportunity to learn practical aspects of helping their loved ones deal with everyday living and will be given information on managing the challenges of caring for someone with Parkinson's. The event is free of charge with breakfast and lunch provided and is for caregivers only.

Registration is required. Please register by December 5, 2011 by phone at 713-626-7114 or email crist@hapsonline.org.

NEWLY DIAGNOSED EDUCATION PROGRAM

For those diagnosed with Parkinson's disease within the past three years.

Presented by Dr. Erin Furr-Stimming

Saturday, January 14, 2012

8:30am—12:30pm

Seating is limited—registration required.

Please call 713-626-7114 or email crist@hapsonline.org to register or for more information.

**MOVING
FORWARD**



January 15, 2012



WÄRTSILÄ

We are less than a month away from the 2012 Chevron Houston Marathon. On Sunday, January 15, 2012, HAPS will be at the starting line for the 16th consecutive year as we run, walk and cheer to raise awareness of Parkinson's. You, too, can be a part of this event!

The Marathon is the single largest sporting event in Houston. It attracts people from all over the country as well as worldwide. Each year, HAPS has the opportunity to raise awareness of Parkinson's disease and increase the visibility of our organization within our local community and beyond. You can help us fulfill our mission to make sure that people living with Parkinson's and those caring for them are connected to the resources that can make a difference in their lives.

Living with PD is like living a marathon. You must learn how to set your pace and take everything in stride, overcome setbacks and challenges, stretch your endurance, live with soreness and rigidity, find joy in your accomplishments and never give up. This is our opportunity to share your story and get people thinking about the race that individuals with PD run every day.

Just as training for a marathon is important, so is having the support of people around you to cheer you on as you go the distance. HAPS will continue to be there at every mile marker rooting for you as you face each day with Parkinson's disease. No one can do it alone; it takes teamwork. Join TEAM HAPS! Help us with this year's initiative **Moving Forward**. Walk with us, run with us, or be a member of our hoopla station to help cheer on those who are walking and running for you. We are all in this together and we want to get others involved, too. If you can't join us, ask a friend, neighbor or other family member to do it in your honor. Now is the perfect time to lace up those shoes, shed some of those holiday pounds and help spread the word about HAPS.

To join TEAM HAPS call Elizabeth Suman at 713-313-1621.

HAPS PD EXERCISE AND SUPPORT GROUPS

ALL GROUPS ARE FREE OF CHARGE—PLEASE CALL TO CONFIRM GROUP TIMES AND LOCATIONS

CENTRAL

PD & DEMENTIA/ LEWY BODY DEMENTIA CAREGIVER SUPPORT GROUP	4th Monday of month 10:00 am—11:30 am	Support group for caregivers of persons with Parkinson's and dementia or Lewy Body Dementia	Kathleen Crist, LMSW 713-626-7114
WATER EXERCISE	Mondays 1:00—2:00 pm Thursdays 11:00 am—12:00 noon	Metropolitan Multi-Service Center 1475 West Gray Houston, TX 77019	To request participant paperwork Alfonso Hernandez 713-520-8670
EXERCISE	Tuesdays 3:30—4:30 pm	TIRR 2455 S. Braeswood Houston, TX 77030	Alfonso Hernandez 713-520-8670
SPEECH & EXERCISE	Wednesdays 2:30—4:00 pm	Memorial Dr. Presbyterian Church 11612 Memorial Drive—Room 101 Houston, TX 77024	Alfonso Hernandez 713-520-8670
YOUNG ONSET SUPPORT GROUP	2nd Wednesday of every other month 7:00—9:00 pm	For those younger than 55 with Parkinson's disease	Kathleen Crist, LMSW 713-626-7114
TAI CHI	Tuesdays 10:30—11:30 am	Metropolitan Multi-Service Center 1475 West Gray Houston, TX 77019	Alfonso Hernandez 713-520-8670
TANGO	Wednesdays 1:00—2:15 pm	Metropolitan Multi-Service Center 1475 West Gray Houston, TX 77019	Alfonso Hernandez 713-520-8670
DANCE	Mondays 12:15—1:30 pm	Houston Ballet Center for Dance 610 Preston Houston, TX 77002	Kathleen Crist, LMSW 713-626-7114
SINGING	2ns & 3rd Mondays of month 1:30—2:30 pm	Houston Ballet Center for Dance 610 Preston Houston, TX 77002	Kathleen Crist, LMSW 713-626-7114
EXERCISE	Thursdays 9:45—10:45 am	Metropolitan Multi-Service Center 1475 West Gray Houston, TX 77019	Alfonso Hernandez 713-520-8670
POST DBS SUPPORT GROUP	4th Wednesday of every other month 6:00—7:30pm	For those who have completed Deep Brain Stimulation Surgery	Kathleen Crist, LMSW 713-626-7114
PD SUPPORT GROUP	3rd Tuesday of month 10:00—11:30 am	American Red Cross 2700 SW Freeway Houston, TX 77098	Kathleen Crist, LMSW 713-626-7114
TAI CHI	Fridays 11:00 am—12:00 noon	Memorial Dr. Presbyterian Church 11612 Memorial Drive—Room 102 Houston, TX 77024	Alfonso Hernandez 713-520-8670
NEWLY DIAGNOSED SUPPORT GROUP	3rd Monday of month 6:30—7:30 pm	For those who have been diagnosed with Parkinson's within the last three years	Kathleen Crist, LMSW 713-626-7114

SOUTHWEST

EXERCISE	Mondays 10:00—11:00 am	First United Methodist Church 1220 FM 1092 Missouri City, TX 77459	Alfonso Hernandez 713-520-8670
EXERCISE & SPEECH	Tuesdays 2:00—3:45 pm	St. Phillip's Methodist Church 5501 Beechnut—Room 104 Houston, TX 77096	Alfonso Hernandez 713-520-8670
MUSIC	Fridays 10:00—11:00 am	Space is limited. Please call to register.	Alfonso Hernandez 713-520-8670

EAST

WATER EXERCISE	Tuesdays Thursdays 2:00—3:00 pm	Bay Area Rehabilitation Center 5313 Decker Drive Baytown, TX 77520	To request participant paperwork Alfonso Hernandez 713-520-8670
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SOUTHEAST			
SPEECH & EXERCISE	Tuesdays 1:30—3:00 pm	Kindred Hospital Bay Area 4801 E Sam Houston Parkway South Pasadena, TX 77505	Alfonso Hernandez 713-520-8670
EXERCISE	Thursdays 4:00—5:00 pm	Parsons House 8727 Fairmont Parkway La Porte, TX 77571	Alfonso Hernandez 713-520-8670
SOUTH			
SPEECH & EXERCISE	Mondays 3:30—5:00 pm	Clear Lake Rehab Hospital 655 E. Medical Center Blvd. Webster, TX 77598	Alfonso Hernandez 713-520-8670
WATER EXERCISE	Thursdays 4:00—5:00 pm	Clear Lake Rehab Hospital 655 E. Medical Center Blvd. Webster, TX 77598	To request participant paperwork Alfonso Hernandez 713-520-8670
CAREGIVER SUPPORT GROUP	3rd Monday of month 4:00—5:00 pm	Clear Lake Rehab Hospital 655 E. Medical Center Blvd. Webster, TX 77598	Kathleen Crist, LMSW 713-626-7114
EXERCISE	Wednesdays 4:00—5:00 pm	St. Andrew's Episcopal Church 2535 E. Broadway, FM 518 Pearland, TX 77581	Alfonso Hernandez 713-520-8670
EXERCISE	Thursdays 4:00—5:00 pm	Alvin Lutheran Church 1800 FM 1462 Alvin, TX 77512	Alfonso Hernandez 713-520-8670
WEST			
SPEECH & EXERCISE	Tuesdays 5:20—6:50 pm	1st United Methodist Church of Katy 5601 5th Street Room 111 Katy, TX 77493	Alfonso Hernandez 713-520-8670
NORTHEAST			
EXERCISE	Wednesdays 12:00 noon—1:00 pm	HealthSouth Rehabilitation Hospital 19002 McKay Blvd. Humble, TX 77338	Alfonso Hernandez 713-520-8670
PD SUPPORT GROUP	3rd Wednesday of every other month 6:30—7:30 pm	First United Methodist Church Humble 800 East Main—Room 220 Humble, TX 77338	Kathleen Crist, LMSW 713-626-7114
NORTH			
WATER EXERCISE	Mondays 12:30—1:30 pm	Reliant Rehab Hospital N Houston 117 Vision Park Blvd. Shenandoah, TX 77384	To request participant paperwork Alfonso Hernandez 713-520-8670
SPEECH	Tuesdays 1:45—2:30 pm	Reliant Rehab Hospital N Houston 117 Vision Park Blvd. Shenandoah, TX 77384	Alfonso Hernandez 713-520-8670
EXERCISE & TAI CHI	1st, 3rd, 5th Thursdays 1:30—2:30 pm 2nd, 4th Thursdays	Woodlands United Methodist Church 2200 Lake Woodlands Drive The Woodlands, TX 77380	Alfonso Hernandez 713-520-8670
CAREGIVER SUPPORT GROUP	1st Thursday of month 1:30—2:30 pm	Woodlands United Methodist Church 2200 Lake Woodlands Drive The Woodlands, TX 77380	Kathleen Crist, LMSW 713-626-7114
NORTHWEST			
TAI CHI	Fridays 11:00—12:00 noon	Tomball United Methodist Church 1603 Baker Drive (Faith Building) Tomball, TX 77375	Alfonso Hernandez 713-520-8670
TAI CHI	Wednesdays 10:00—11:00 am	John Wesley United Methodist Church 5830 Bermuda Dunes (Boy Scout Building) Houston, TX 77069	Alfonso Hernandez 713-520-8670
SPEECH	Thursdays 1:00—2:00 pm	TEAM Approach Speech Therapy Center 11240 FM 1960 W. Suite 209 Houston, TX 77065	Alfonso Hernandez 713-520-8670
CROSSROADS GROUP	2nd Wednesday of every other month 6:30—8:30 pm	For individuals with PD between age 55 and 70.	Kathleen Crist, LMSW 713-626-7114

People With Parkinson's Disease More Likely To Have Leg Restlessness Than Restless Leg Syndrome

People with Parkinson's disease may be more likely to have a movement disorder called leg motor restlessness, but not true restless legs syndrome as previous studies have suggested, according to a study published in the November 9, 2011 online issue of *Neurology*[®], the medical journal of the American Academy of Neurology.

Restless legs syndrome is a sleep and movement disorder. People with the disorder have the urge to move their legs to stop uncomfortable sensations. The urge occurs when the person is at rest, in the evening, and is temporarily relieved by movement. In leg motor restlessness, people also have the urge to move their legs, but it is either not worse when they are at rest or during the evening or it does not go away when they move their legs.

Because restless legs syndrome and Parkinson's disease both respond to the drug dopamine, researchers have looked for connections between the two disorders. Some studies have shown that people with Parkinson's disease are more likely also to have restless legs syndrome than people who don't have Parkinson's disease. But those studies have looked at people with advanced cases of Parkinson's who have taken dopamine drugs for many years.

The current study is the first to look at the issue in people who were recently diagnosed with Parkinson's disease and have not yet taken any dopamine drugs. The Norwegian study compared 200 people with early Parkinson's disease to 173 people of similar ages who did not have Parkinson's disease.

The study found that restless legs syndrome was not significantly more common in people with Parkinson's

disease than it was in those without the disease. But people with Parkinson's were nearly three times more likely to have leg motor restlessness than those without Parkinson's. A total of 26 people with Parkinson's disease and 10 people without the disease had leg motor restlessness.

"This finding could possibly be because people who have not yet taken dopamine for their Parkinson's disease have a dopamine deficiency in their brains, which is similar to when people develop motor restlessness after taking antipsychotic drugs that block dopamine in the brain," said study author Michaela D. Gjerstad, PhD, of Stavanger University Hospital in Norway and a Fellow of the American Academy of Neurology.

John Morgan, MD, PhD, of Georgia Health Sciences University in Augusta, who wrote an editorial regarding the study, said, "Time will tell whether the majority of these people with leg motor restlessness will go on to develop restless legs syndrome, or whether the restlessness improves after they start taking dopamine drugs. Further study of this group of people will be quite interesting."

The study was supported by the Western Norwegian Regional Health Authority, the Norwegian Parkinson Disease Association and the Research Council of Norway.

Source: American Academy of Neurology. (2011, November 10). "People With Parkinson's Disease More Likely To Have Leg Restlessness Than Restless Leg Syndrome." *Medical News Today*. Retrieved from <http://www.medicalnewstoday.com/releases/237399.php>.



From our family to yours—

HAPS wishes everyone a safe and happy holiday season!

Please note that the HAPS offices and all HAPS groups will be closed
December 23, 2011—January 2, 2012

Check your January newsletter for information on new groups and changes
in schedules to existing groups beginning in the new year.

CONTRIBUTIONS

We are extremely grateful to the following individuals for their generous support of HAPS. Without the continued support of our donors, none of our programs or services would be possible.

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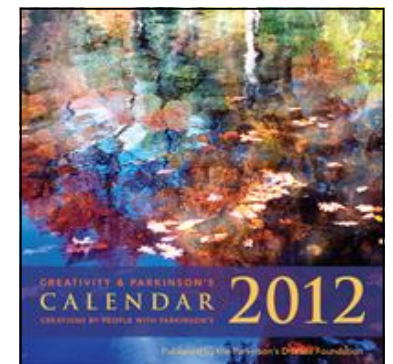
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Order your 2012 Parkinson's Disease Foundation

Creativity and Parkinson's Calendar

This free 12-month calendar from Parkinson's Disease Foundation (PDF) explores the therapeutic value of creativity for people living with Parkinson's disease. The 7x14 wall calendar features creative works of thirteen people living with PD, chosen from over 300 artists whose works are displayed in PDF's Creativity and Parkinson's Project. Each piece includes personal statements from the artist about how the creative process has affected their Parkinson's.

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