



**Dallas
Area
Parkinson
Society**

Administrative Office:
6310 LBJ Freeway, Suite 213
Dallas, TX 75240
(972) 620-7600
www.daps.org



FAMILY TRADITIONS

A Message from the Executive Director

Many of us have some holiday traditions that we've honored since our childhood. We cherish special memories, smells, songs and so we do everything we can to keep those happy moments going. Even if we can maintain all the same holiday traditions, the reality is that we get older every year. We move into different stages of life - teenagers eventually move out of the house, turning parents into empty nesters. Newlyweds move into their first home and retirees consider downsizing.

New and different life phases usually mean a shift in relationships, and those changes often become more noticeable during the holidays, when families tend to spend more time together. Our needs

and priorities look different than they once did. As our roles evolve, so too must our communication styles.

John, a forty-something man now has aging parents who are spending more time at doctor's offices and faced with more health problems. Subsequently, John becomes more vocal about his concerns to his parents. Texts, emails or calls become more frequent to mom or dad. John peppers his parents with questions that begin with "Have you..." or advice in the form of "You should..." and the occasional "I told you to ...". On the other side, John's parents are annoyed by his constant remarks, leaving them feeling incompetent and as if they are now the child instead of the parent. The cycle continues and tension might even escalate during the holidays. This year, taking a closer look at your communication approaches with others might be helpful.

In a recent article from Huffington Post about changes in the parent-child relationship, therapist Jor-El Caraballo, co-founder of the mental health and wellness practice Viva notes said "Consider how you can communicate your concerns in a way that is understandable to someone else, even if they don't like what you have to say."

No matter what phase of life you are in, when faced with changes in our health, lifestyle or finances, some relationships can become more difficult. Approaching and discussing these tough topics might be uncomfortable and awkward. It might mean listening versus problem solving. It might mean sharing your fears and concerns. It might mean accepting another's frustrations, anxieties and losses. It might mean your idea of 'help' is not what the receiver really wants (or needs).

Moments like these can be hard, but not necessarily bad or unproductive. These moments can also open our eyes to seeing a side of someone that we weren't aware of. Our respect, compassion and patience for another might grow. Whatever phase of life we are in, may our old, new or different holiday traditions be embraced with peace, love and understanding.

Kind Regards,

UPCOMING EVENTS
-Community & Connection-

**Wednesday, December 6
at 11:00 am**

DAPS Holiday Luncheon

First United Methodist Church
503 N. Central Expy
Richardson, TX 75080

Thank you to our Sponsors!



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**Dallas
Area
Parkinson
Society**

*Dedicated to impacting and improving
the lives of those affected by
Parkinson's disease.*

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let's
**MINGLE &
JINGLE**

You're Invited

**DAPS Holiday Luncheon
& Mike Miles Volunteer Award**

Wednesday, December 6 at 11:00 am

First United Methodist Church
503 N. Central Expy
Richardson, TX 75080

**Enjoy the
Scott Sound Banjo Jam's
& Holiday Bingo**



RSVP here



The Balance of Managing Parkinson's Disease

By: Dr. Mazen Elkurd

The emergence of psychosis in Parkinson's Disease (PD) can be a disconcerting and often scary experience for many patients and caregivers. It's a symptom that can affect a person's perception of reality. Understanding and managing this aspect of PD is crucial for improving quality of life.

Psychosis in PD can stem from the neurological changes caused by the disease itself, but can also be exacerbated by certain medications, including medications used for PD treatment.

The term psychosis refers to the experience of perceiving, seeing, feeling, smelling, tasting, hearing, or believing something that is not real. A common area of confusion for PD patients is distinguishing between hallucinations and vivid dreams. Hallucinations are sensory experiences that occur while a person is awake, with visual hallucinations being the most common in PD. On the other hand, vivid dreams, including nightmares, occur during sleep and are often a feature of REM sleep behavior disorder, which is common in PD. Understanding this difference is crucial for accurate diagnosis and treatment.

The symptoms of psychosis in PD can be broken down into three main categories:

1. Illusions: These are distortions of real stimuli. For example, stripes on a tile may appear to be moving. Illusions are typically the earliest manifestation of psychosis in PD.
2. Hallucinations: These are sensory experiences without an external stimulus. In PD, visual hallucinations are most common, where patients might see objects, people, or animals that aren't present. In the early stages, these hallucinations can be vague, like seeing something unclear move out of the corner of one's eye.
3. Delusions: These are strong, false beliefs not supported by evidence. A person might harbor unfounded suspicions, like believing they are being persecuted or cheated on.

Psychosis is a common symptom of PD but is not universal. According to one study, about one-quarter to one-third of PD patients experience visual hallucinations. Minor phenomena such as sense of presence affect up to 72% of patients, and delusions affect about 5%. Overall, about 50% of PD patients may experience visual hallucinations during the course of their disease. PD patients experiencing mild or moderate psychosis often retain "insight", meaning that they can recognize the fact that the perceptions are not real. Factors Influencing the Onset of Psychosis include:

- Disease Progression: Psychosis is more likely to occur in advanced stages of PD.
- Medication Sensitivity: Some patients may develop psychotic symptoms in response to certain medications.
- Cognitive Decline: Impairment in cognitive function (memory and thinking) associated with PD can predispose to psychotic symptoms.
- External Triggers: Acute illnesses and other stressors can precipitate or worsen psychotic symptoms.

Awareness and management of psychosis in PD are vital. Early recognition and timely intervention can significantly impact the approach to treatment and care. Understanding early symptoms, such as mild hallucinations or delusional thinking, is key to prompt management.

Managing PD psychosis is a delicate balance between controlling PD symptoms and minimizing the risk of exacerbating psychosis. Managing psychosis includes both non-pharmacological strategies and the use of medications when appropriate.

Non-pharmacological strategies include interventions like simplifying the living space, improving lighting, reducing sensory overload, maintaining a consistent daily routine, surrounding the patient with familiar objects, and engaging in reality orientation exercises and gentle cognitive stimulation.

Continued on page 4



Medication management includes reviewing and adjusting existing medications as well as the use of specific medications to control psychosis. Sometimes, reducing or changing existing medications can alleviate psychotic symptoms. In cases where symptoms persist, worsen, or are distressing, specific medications to control the symptoms may be used.

While psychosis can be a daunting aspect of Parkinson's Disease, understanding its prevalence, triggers, and management strategies can empower patients and caregivers to navigate this challenge successfully. It's a journey that requires patience, knowledge, and the support of a dedicated medical team.

This article is sponsored by Acadia Pharmaceuticals. The content is developed independently and aims to support and educate the PD community.

References:

1. "Epidemiology of psychosis in Parkinson's disease," 2009. Journal of Neurological Sciences.
2. "A 12-Year Population-Based Study of Psychosis in Parkinson Disease," JAMA Neurology.

Dr. Elkurd is a board-certified neurologist at Baylor Scott and White Health with additional fellowship training in movement disorders. He has strong interests in Parkinson disease, tremors, dystonia, and other movement disorders. Read Dr. Elkurd's article, "[Does Parkinson's disease run in families? The role of genetics and more](#)".

COMMUNITY CORNER

Join us for Exercise & Speech Classes from your Home



EXERCISE W/ ANGIE

Monday at 9:45 am

EXERCISE W/ BARB

Tuesday at 9:15 am

SPEECH W/ PAT

Tuesday at 1:00 pm

EXERCISE W/ DIANA

Wednesday at 10:00 am

EXERCISE W/ TAMMY

Wednesday at 1:00 pm

Zoom Details on Page 7



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DAPS Youtube Channel



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October & November

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CLASS INFORMATION

WHAT TO KNOW



We can help you stay active and connected with our exercise, speech, and support groups.

Here is the schedule of classes Dallas Area Parkinson Society (DAPS) offers each week in-person and via Zoom. For more details, visit our calendar at www.daps.org/calendar. See class locations on the next page.

Watch pre-recorded videos on our YouTube channel 24/7!

<https://bit.ly/DAPSYoutubeChannel>.

MONDAY

- 9:30 AM EXERCISE & VOICE SUPPORT W/ TAMMY
South Garland Baptist Church
- 9:45 AM EXERCISE W/ ANGIE via ZOOM
<https://us02web.zoom.us/j/5560874938>
- 10:00 AM PARKINSON & CARE PARTNER SUPPORT
Preston Hollow United Methodist Church in Dallas
2ND MONDAY OF THE MONTH
- 2:00 PM EXERCISE W/ JONATHAN
First United Methodist Church in Duncanville
- 3:00 PM SPEECH W/ DANIELLE
First United Methodist Church in Duncanville
- 3:00 PM CARE PARTNER SUPPORT W/ RECHELLE
First United Methodist Church in Duncanville
1ST AND 3RD MONDAY OF THE MONTH

TUESDAY

- 9:15 AM EXERCISE W/ BARB via ZOOM
<https://us02web.zoom.us/j/5560874938>
- 10:15 AM EXERCISE W/ AMANDA
St. Michael the Archangel Church in McKinney
- 10:30 AM EXERCISE W/ TAMMY
Preston Hollow United Methodist Church in Dallas
- 10:30 AM PARKINSONS SUPPORT W/ GAIL via ZOOM
<https://us02web.zoom.us/j/5560874938>
1ST TUESDAY OF THE MONTH
- 11:15 AM PARKINSONS SUPPORT GROUP
St. Michael the Archangel Church in McKinney
1ST TUESDAY OF THE MONTH
- 11:30 AM SPEECH W/ LYNN (HYBRID)
Preston Hollow United Methodist Church in Dallas
- 1:00 PM SPEECH W/ PAT via ZOOM
<https://us04web.zoom.us/j/7408505274>
- 2:00 PM DANCE FOR PD W/ MISTY via ZOOM
Email Misty danceforpd.dallas@gmail.com

WEDNESDAY

- 9:30 AM EXERCISE W/ TAMMY
Lakepointe Church at White Rock in Dallas
- 10:00 AM EXERCISE W/ DIANA via ZOOM
<https://us02web.zoom.us/j/5560874938>
- 10:30 AM SPEECH W/ LYNN (HYBRID)
Grace Lutheran Church in Carrollton
- 1:00 PM EXERCISE W/ TAMMY via ZOOM
<https://us02web.zoom.us/j/5560874938>

THURSDAY

- 9:30 AM EXERCISE & VOICE SUPPORT W/ BARB
South Garland Baptist Church
- 9:45 AM EXERCISE W/ ERIKA
Hunters Glen Baptist Church in Plano
- 10:30 AM EXERCISE W/ BARB
South Garland Baptist Church
- 10:30 AM CARE PARTNER SUPPORT W/ ZEE
South Garland Baptist Church
- 12:30 PM EXERCISE W/ BARB
Semones YMCA in Dallas
- 2:00 PM DANCE FOR PD W/ MISTY via ZOOM
Email Misty danceforpd.dallas@gmail.com
- 2:00 PM EXERCISE W/ JONATHAN
First United Methodist Church in Duncanville

FRIDAY

- 10:00 AM EXERCISE W/ TAMMY
St. Michael the Archangel Church in McKinney
- 11:00 AM SPEECH W/ LESLIE
St. Michael the Archangel Church in McKinney
- 11:00 AM CARE PARTNER SUPPORT W/ GAIL
St. Michael the Archangel Church in McKinney
1ST AND 3RD FRIDAY OF THE MONTH
- 2:00 PM ASK THE NUTRITIONIST W/ FAYE
<https://us02web.zoom.us/j/5560874938>
2ND FRIDAY OF THE MONTH



CLASS LOCATIONS

CARROLLTON:

Grace Lutheran Church
1200 E Hebron Parkway
(972) 492-4474

DALLAS:

Lakepointe Church at White Rock
9150 Garland Road
(214) 324-1425

Preston Hollow United Methodist Church
6315 Walnut Hill Lane
(214) 363-4393

Semones Family YMCA (Town North)
4332 Northaven Road - Room MP2
(214) 357-8431

DUNCANVILLE:

First United Methodist Church
403 S Main St (Enter on Ave. C, Aldersgate Bldg)
(972) 298-6121

GARLAND:

South Garland Baptist Church
1330 E Centerville Road
(972) 271-5428

MCKINNEY:

St. Michael the Archangel Church
411 Paula Road
(972) 542-4667

PLANO:

Hunters Glen Baptist Church
4001 Custer Road
(972) 867-1610

ZOOM MEETING IDS:

Exercise with ANGIE:

Meeting ID: 556-087-4938

Password: LOUD

Exercise with BARB:

Meeting ID: 556-087-4938

Password: LOUD

Exercise with DIANA:

Meeting ID: 556-087-4938

Password: LOUD

Nutrition with FAYE:

Meeting ID: 556-087-4938

Password: LOUD

Support Group with GAIL:

Meeting ID: 556-087-4938

Password: LOUD

Speech with LYNN:

Meeting ID: 783-578-3790

Password: LOUD

Speech with PAT:

Meeting ID: 740-850-5274

Password: LOUD

Exercise with TAMMY:

Meeting ID: 556-087-4938

Password: LOUD



For December cancellations, please visit our
calendar at www.daps.org/calendar

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[CLICK HERE](#) to visit the website

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**ASK THE
NUTRITIONIST**

Friday, December 8 at 2:00 pm



Faye Elahi was diagnosed with Young Onset Parkinson's disease 13 years ago. Her extensive knowledge in the field of nutrition has helped her develop a Parkinson's friendly diet.

For this month's topic [CLICK HERE](#)

**The DAPS office will be closed
Thursday, December 21
through Monday, January 1
for the Holidays**

Disclaimer: The contents or opinions expressed in this newsletter are those of the individual writers or presenters and do not constitute an endorsement or approval by DAPS staff. Please consult your personal physician regarding your individual medical problems.