



**Dallas  
Area  
Parkinson  
Society**

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

**MAY 2022**

## **Blooming...Where We're Planted**

### **Message from Executive Director Leisha Phipps**



A couple of months ago someone stopped by the DAPS office and gave Andrea and I a lovely orchid. It was beautiful – just like the ones you see at the nurseries and the grocery stores. If you aren't familiar with orchids, they have a reputation for being difficult to maintain and bloom (ESPECIALLY once they've been purchased and transferred to a new home). It wasn't long after receiving the orchid, the blooms began to drop. We weren't really surprised, acknowledging that when it came to orchids, neither of us ever had any success at keeping them alive long enough to bloom again.

Nevertheless, we persisted and followed the instructions. We placed it in a location that got the right amount of sun, away from drafts and began to water it as directed. After some time, we both realized we had neglected to water it regularly. We started to water it again, thinking maybe we could just keep the plant alive. After all, having something green in an office space is a nice touch, right?

Last week I went to water the orchid and for the first time in my life, I saw 2 buds that were starting to bloom. I was shocked! It had been mildly neglected, probably needs to be repotted and has two inexperienced caretakers in charge of its survival. In the most unlikely of circumstances, our little orchid is showing signs of growth, resiliency and purpose. It has refused to get discouraged, it has sought out the light from the nearby window and it has managed to root itself in a flower pot that it outgrew a while ago.

As we all are growing at various paces and in different directions, I hope that you'll take the time to appreciate where you are blooming. It might not be where you expected or wanted to bloom, but that doesn't mean that it won't happen. If you can't see the buds or begin to doubt their ability to bloom, don't give up. You may be surprised where you'll blossom.

Kindest regards,

## **MAY EDUCATIONAL SERIES**

**Monday, May 9, 2022**

**11:00 a.m.**

TOPIC

**Nonmotor Symptoms of  
Parkinson's Disease**

PRESENTED BY

**Mazen Elkurd, DO**

**Tuesday, May 17, 2022**

**11:15 a.m.**

TOPIC

**I Break for Moments - Not  
Parkinson's**

PRESENTED BY

**Nirav Pavasia, MD**

**Monday, May 23, 2022**

**11:30 a.m.**

TOPIC

**Moving Forward: Learning  
more about PD & how  
it advances**

PRESENTED BY

**Nirav Pavasia, MD**

**Event information & speaker bios  
on Page 2.**

## **INSIDE**

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

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### Newsletter

Pam Michel, Production Editor

The DAPS newsletter is published monthly  
as an information guide only, and does not  
serve as legal or medical advice.

## MAY EDUCATIONAL SERIES INFORMATION AND SPEAKERS

May 9, 2022

### Non-motor Symptoms of Parkinson's Disease

Preston Hollow United Methodist Church  
6315 Walnut Hill Lane  
Dallas, TX 75230

Meeting sponsored by



### Mazen Elkurd, DO

Baylor University Medical Center, Dallas

Dr. Mazen Elkurd is a board-certified neurologist with additional fellowship training in movement disorders. He has strong interests in Parkinson disease, tremors, dystonia, and other movement disorders. Dr. Elkurd has published numerous peer-reviewed papers in the area of movement disorders. He is involved in education of medical students and residents as well as numerous professional organizations locally, nationally and internationally.

May 13, 2022

### I Break for Moments - Not Parkinson's

### St. Gabriel the Archangel Church

110 St. Gabriel Way  
McKinney, TX 75071

Meeting sponsored by



### Nirav Pavia, MD

Neurology Consultants of Dallas

Dr. Nirav Pavia is a Certified Movement Disorders Specialist and a Board Certified General Neurologist. Dr. Pavia found his passion in movement disorders through the challenges of treating Parkinson's disease and other movement disorders. He believes in a multidisciplinary approach to patient care and loves to connect with his patients. He manages patients with Deep Brain Stimulation (DBS) for initial programming and subsequent follow up care.

May 23, 2022

### Moving Forward: Learning more about PD and how it advances

### First United Methodist Church

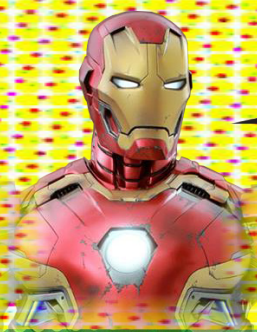
403 S Main Street  
Duncanville, TX 75116

Meeting sponsored by



### SPEAKER: Nirav Pavia, MD

Neurology Consultants of Dallas












**MAY IS THE FINAL MONTH FOR OUR NON-EVENT.  
WE HOPE YOU WILL JOIN US!**

**DONORS WILL BE RECOGNIZED IN THE  
JULY NEWSLETTER.**

# SUPER HEROES UNITE



## GIVING LEVELS

	THE HULK.....	\$ 15,000 +
	BATMAN.....	\$ 10,000 +
	SPIDER-MAN.....	\$ 5,000 +
	SUPERMAN.....	\$ 2,500 +
	WONDER WOMAN.....	\$ 1,000 +
	IRON MAN.....	\$ 500 +
	BLACK PANTHER.....	\$ 250 +
	CAPTAIN AMERICA...	\$ 100 +
	BLACK WIDOW....	up to \$99



## WHAT IS A NON-EVENT?

The Non-Event is an excursion into our imaginary theme. We ask you to join in the fun of a playful journey; no need to schedule flights, buy tickets, pack a suitcase or clear your calendar. Just jump into your Superhero mindset and enjoy. Non-Event is also the largest single fundraiser that DAPS conducts every year and is critical to meeting our annual needs. This way, DAPS can continue to provide FREE essential services to people impacted by Parkinson's disease.

## HOW TO GIVE:

- Go online to [daps.org](https://daps.org) and use the **Non-Event Donation** button.
- Call the DAPS office with your credit card info.

## WHY:

Help DAPS reach the \$30,000 goal!



# Highlights from the 2022 Kenneth H. Cooper, MD, MPH Lifetime Achievement Award

This year's Lifetime Achievement Award included virtual elements from when our awardee, Davis Phinney, was presented with the award.

Davis Phinney is an Olympic Bronze medalist and Tour de France stage winner who has celebrated the most victories of any cyclist in American history. From the late 1970s until his retirement from professional cycling in 1993, Davis achieved more wins—328 victories in all—than any other US cyclist.

Davis was diagnosed with Young Onset Parkinson's Disease (YOPD) in 2000. He started the Davis Phinney Foundation for Parkinson's to promote and fund innovative research that seeks to improve the



quality of life of those living with Parkinson's

The Foundation has expanded far beyond research to become a leading source for education and resources to help people with Parkinson's take action to live well today.

Also recognized, was DAPS volunteer, Nikhil Sampath, for his help in implementing the Community Tulip Project.

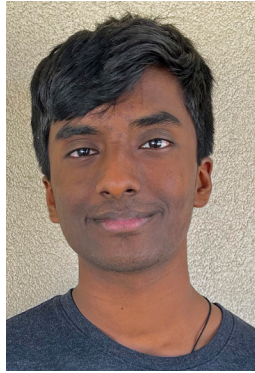
Oragami tulips were made and displayed in wreaths at the Lifetime Achievement Award luncheon. The red tulip wreath was made from 164 oragami tulips representing the number of people diagnosed daily with PD in the United States. Read more from Nikhil on [Page 5](#).



# Volunteer Spotlight



## Nikhil Sampath



My passion for Parkinson's disease (PD) is a tribute to my grandfather. He was diagnosed with Parkinson's well before I was born, and as a result, I never formed the connection every grandchild desires. Everything I know about him, I learned from family members. Sadly, as I grew up, he deteriorated. From a very young age, I was cognizant of the enormous effect PD has, and it always confused me. My childlike innocence clouded the futility of the disease and I was hurt by the emotional stress it placed on my entire family. When I was 11, my grandfather passed away, leaving a kernel of grief in my heart that remains to this day. After his passing, I vowed to use my grief and my intimate understanding of the struggle PD patients and their families go through to make a positive difference in the world, a motivation that directly led to my work with DAPS.

I have always been fascinated by the ability art has to span cultural, linguistic, and regional boundaries. It connects the entirety of humanity, and is one of the few universals to which all members of society can relate. One of my favorite forms of art is origami. I love how it creates abstractions of the natural world using paper, and from the time I was 6 years old, I have been constantly folding something or another. Every time we went to India to visit my grandparents, I would make sure to bring some paper with me. It offered me solace on the endless 18-hour flights, and the lazy afternoons on the porch of my grandparents' home lent themselves well to origami.

I remember one instance when I folded a small cat out of a square of purple tissue. It was a flimsy piece of paper, but I was still able to finish the model. When it was done, I placed it atop a wall phone for everybody in the house to see. My cousin, who was very young at the time, was excited by the new decor. She scooped it up in her little hands, and toddled over to my grandfather, who was sitting quietly. As she handed the cat to him, their hands met, and for

a brief moment, I could have sworn he smiled. That afternoon, I realized something incredibly important. Through origami, I could nurture a much needed connection with my grandfather. I began to fold more models, some simple, some complex, all of them infused with my desire to see that smile once more. My grandfather watched intently, sometimes mumbling questions, sometimes sitting in tranquil silence. I explained everything to him, discussing the intricacies of each fold, and the subtleties of each model. Those days were a defining period in my life. By some miracle, I was handed a key that allowed me to finally connect with my grandfather, who I feared was too far away for me to ever reach. This is what inspired the tulip project.

In last few months, I've taught many people, some old and some young, how to fold a tulip. Some had Parkinson's, some knew people with Parkinson's, and some just wanted to make paper flowers. Above all else, everyone who folded a flower appeared happy with the whole process. One class was at a local nursing home. It was a small group with only 10 people, but all of them, once the class was done, began to laugh and compare their tulips, commenting on how fun they were to make. They all looked so happy with their tulips, I decided not to take them. I let them keep the flowers. Some of them attached the tulips to their walkers, others hung them up, and a few kept them in their purses. The tulip project wasn't about making a tangible product for display as much as it was about fostering a sense of community that connected people under the umbrella of PD awareness, like how I found a connection with my grandfather.

Parkinson's is a common disease, but it doesn't necessarily have awareness that correlates with this. One way to improve the lives of people diagnosed with PD is to help them cope with their struggles, while helping others who have no experience with the disease understand its impacts. The Community Tulip Project successfully connected nearly 1000 people from all walks of life, all ages, nationally and internationally. I could not have done it without the support of my parents, DAPS, and countless others. It was a far-fetched idea—using origami is a rather unconventional approach to raising awareness. Nevertheless, I succeeded, and anyone reading this has the potential to do the same. My involvement with the PD community doesn't end here, and yours shouldn't either. I implore each and every one of you to try and form your own connections, support groups, and make waves in your own communities.

## The Facilitating Innovative Nuclear Diagnostics (FIND) Act of 2021

Along with 71 other organizations around the country, DAPS signed a letter that went to Washington, DC to advocate for early diagnosis of diseases like PD using advanced nuclear diagnostic sources. The legislation being considered is *The Facilitating Innovative Nuclear Diagnostics (FIND) Act of 2021 (H.R. 4479)*.

Improving health outcomes often starts with early and accurate diagnosis. Recent innovations in nuclear medicine now allow physicians a safe, non-invasive way to gather specific medical information that would otherwise be unavailable or only available through surgery.

With each passing year, newer, more precise diagnostic radiopharmaceuticals are used in nuclear medicine procedures, which aid clinicians ability to diagnose and plan the most effective treatment pathway for diseases, such as Alzheimer's, Parkinson's, advanced cardiovascular, and cancers of the prostate, neuroendocrine system and breast. All diagnostic radiopharmaceuticals are statutorily considered drugs but are treated as supplies by the

Centers of Medicare & Medicaid Services (CMS).

20 million Americans benefit from nuclear medicine procedures annually, but more can be done to increase access to advanced nuclear diagnostic tests, which can provide for more accurate diagnosis and treatment plans, saving both the patient and Medicare from unnecessary or inappropriate testing. Oftentimes, the only thing standing in between the patient and the nuclear medicine therapeutic is access to the appropriate PET scan. H.R. 4479 is a bipartisan, bicameral, budget neutral legislation that would direct CMS to pay separately for all diagnostic radiopharmaceuticals with a per day cost that exceeds \$500 and were FDA-approved on or after January 1, 2008. This policy will safeguard Medicare beneficiary access to the most appropriate diagnostic radiopharmaceuticals and help spur continued innovations in nuclear imaging studies.

To see the letter in full, please visit:  
[https://bit.ly/FIND\\_ACT\\_hearing\\_letter](https://bit.ly/FIND_ACT_hearing_letter).



GEMs are donors who Give Every Month.

Our GEMs are very valuable!

Sign up on the DAPS website.

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## Memorials • Honors • Donations

MARCH 2022

### In memory of John William Morton

From: Rehrig Pacific Company

### In memory of Donald Curtis Ramp

From: Holly, Mark, Whitney, CJ and the girls

Liz & Jim Currie

Pam & John Hughes

Marla Lacy

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Kathy Nardelli

Andy O'Connell

Paul & Lynn Slaney Silguero

Bonnie Sueflohn

Mac and Bob Spitzer Fund at the  
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Sarasota County

### In memory of Floyd P Wilson

From: Betty & Raymond Jones

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Brent Scott

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DAPS @ Hunters Glen

DAPS @ McKinney



***Thank you for sponsoring the Community Tulip Project***



# Dallas Area Parkinson Society

exercise • speech • support groups

6310 LBJ Fwy Ste 213  
Dallas, TX 75240-6400  
972-620-7600  
daps@daps.org

For the best of both worlds, check out our **HYBRID** classes where you can attend in person or virtually.

## MONDAY

- 9:30 Exercise with Tammy**  
South Garland Baptist Church
- 9:45 Exercise with Angie via Zoom**  
(For the link, see [www.daps.org](http://www.daps.org))
- 10:30 Exercise & Voice Support with Tammy**  
South Garland Baptist Church
- 2:00 Exercise with Jonathan**  
First United Methodist Church of Duncanville
- 3:00 Speech with Danielle**  
First United Methodist Church of Duncanville
- \*3:00 Care Partner Support Group with Belyne**  
First United Methodist Church of Duncanville  
\* 1st & 3rd Monday of the month

## TUESDAY

- 9:15 Exercise with Barb via Zoom**  
(For the link, see [www.daps.org](http://www.daps.org))
- 10:15 Exercise with Amanda**  
St. Gabriel the Archangel Church, McKinney
- \*10:30 People with PD Support Group with Belyne via Zoom**  
\* 1st & 3rd Tuesday of the month  
(For the link, see [www.daps.org](http://www.daps.org))
- 11:30 Speech with Lynn **HYBRID****  
Preston Hollow United Methodist Church, Dallas
- 12:30 Exercise with Barb**  
Semones YMCA, Dallas
- 1:00 Speech with Pat via Zoom**  
(For the link, see [www.daps.org](http://www.daps.org))
- 2:00 Dance for PD with Misty via Zoom**  
(For the link, email Misty - [danceforpd.dallas@gmail.com](mailto:danceforpd.dallas@gmail.com))

## WEDNESDAY

- 9:30 Exercise with Tammy**  
Lakepointe Church at White Rock, Dallas
- 10:00 Exercise with Diana via Zoom**
- 11:00 Speech with Lynn **HYBRID****  
Grace Lutheran Church, Carrollton

- 1:00 Exercise with Tammy via Zoom**  
(For the link, see [www.daps.org](http://www.daps.org))

## THURSDAY

- 9:30 Exercise & Voice Support with Barb**  
South Garland Baptist Church
- 9:40 Exercise with Erika**  
Hunters Glen Baptist Church, Plano
- 10:15 Exercise with Tammy **HYBRID****  
Preston Hollow United Methodist Church, Dallas
- 10:30 Exercise with Barb**  
South Garland Baptist Church
- 10:30 Care Partner Support Group with Zee**  
South Garland Baptist Church
- 10:45 Speech with Pat **HYBRID****  
Hunters Glen Baptist Church, Plano
- 12:30 Exercise with Barb**  
Semones YMCA, Dallas
- 2:00 Exercise with Jonathan**  
First United Methodist Church of Duncanville
- 2:00 Dance for PD with Misty via Zoom**  
(For the link, see [www.daps.org](http://www.daps.org))

## FRIDAY

- 10:00 Exercise with Tammy**  
St. Gabriel the Archangel Church, McKinney
- 11:15 Speech**  
St. Gabriel the Archangel Church, McKinney
- \*11:15 Care Partner Support Group**  
St. Gabriel the Archangel Church, McKinney  
\* 1st & 3rd Friday of the month
- \*2:00 **NEW!** Speech/Swallowing FAQs with June via Zoom**  
\* 2nd Friday of the month between 2-4PM

## SATURDAY

- 10:00 Exercise with Diana via Zoom**  
(For the link, see [www.daps.org](http://www.daps.org))

## CLASS LOCATIONS

### Preston Hollow UMC

6315 Walnut Hill Ln, Dallas (214-363-4393)

### First United Methodist Church of Duncanville

403 S Main St, Duncanville (972-298-6121)

Enter on Ave. C, Aldersgate Building

### Semones Family YMCA (Town North)

4332 Northaven Rd, Dallas, Rm MP2 (214-357-8431)

### Lakepointe Church at White Rock

9150 Garland Rd, Dallas (214-324-1425)

### Grace Lutheran Church

1200 E Hebron Pkwy, Carrollton (972-492-4474)

### South Garland Baptist Church

1330 E Centerville Rd, Garland (972-271-5428)

### St. Gabriel the Archangel Church

110 St. Gabriel Way, McKinney (214-548-4357)

### Hunters Glen Baptist Church

4001 Custer Rd, Plano (972-867-1610)

## Other Classes & Resources

### New Class!



THE PRESTON  
OF THE PARK CITIES

Join us for a new  
**Move. Laugh. Connect.** class  
on Tuesdays at 2:30 p.m.



Do you have questions about how speech and swallowing are impacted by PD? DAPS Medical Advisory Board member and speech pathologist, June Levitt, is available via Zoom on the 2nd Friday

of each month, from 2-4 PM. Join at any time to ask questions and learn more about when or if a speech assessment might be helpful for you or your loved one:

**Friday, May 13, 2:00-4:00**  
**Meeting ID: 556 087 4938**  
**PW: LOUD**

## Updated Protocol for "In-Person" Groups

*The health and safety of DAPS members, instructors and staff and service providers has always been at the forefront of our mission. Procedures and policies have been revised according to guidelines for the Center for Disease Control (CDC).*

***DAPS new guidelines highly recommend individuals to wear masks due to the higher risk population that we serve, but masks are not required.***



ACADIA™

**Thanks to a generous grant from our friends at Acadia, DAPS is now able to provide additional classes at our Preston Hollow and McKinney locations, through the Parkinson's Comprehensive Care Initiative! In addition, the Initiative helps support noncontact boxing through Tribe Wellness at Preston Hollow.**

**Learn more at**

[www.moretoparkinsons.com](http://www.moretoparkinsons.com).



### Tribe Wellness Group Classes

Boxing, tai chi, and yoga groups are available online and in-person with discounted pricing for DAPS members.

#### In-person classes

**Wednesdays at 1:30 pm at  
Preston Hollow United Methodist Church.**  
*Class size is limited to 15; please reserve your spot.*

See the full class calendar at

[www.tribewellness.org/calendar](http://www.tribewellness.org/calendar).

For more information, please contact  
[tribewellnessllc@gmail.com](mailto:tribewellnessllc@gmail.com).

**KYOWA KIRIN**

**THANK YOU  
for sponsoring the  
Dallas and Plano  
Exercise and Speech  
classes.**



**Dallas Area Parkinson Society**



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**We couldn't have done it without your generosity.**



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**NEWSLETTER** 

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