Dallas Area Parkinsonism Society

6310 LBJ Freeway
Suite 213

Dallas, TX 75240

(972) 620-7600
www.daps.us

AUGUST 2021

Takes a Licking and Keeps on Ticking

Message from Executive Director Mike Miles

I bet that most of you who read this title will automatically think about Timex watches. This was the Timex motto in the 1950s and 1960s.

As I reflect upon the many challenges that we all have been through with the pandemic and now being able to welcome and enjoy the excitement of re-opening "in-person" DAPS groups, two words come to mind:

CHANGE and RESILENCE.

At least one and sometimes two of us in the office have been at each location as they re-opened. We have seen the excitement of our members gathering together again for in-person exercise. We have also seen how resilient our members are as they return and learn new protocols to ensure safety. Things have necessarily had to change in order to put in place the needed precautions, and it is great to see that everyone - facilitators, group leaders, and our members - is up for the challenge. Even as we transition to in-person groups, we will continue to offer several online classes via Zoom. We heard from many and we learned that online classes are a very beneficial addition to DAPS services and programs.

As we transition, it is important to watch for the weekly email from Leisha that details the schedule for the week. Please be mindful that the schedule will be changing frequently over the next several weeks as we return to in-person classes. If you are not receiving that email, please contact the office to have your name added to the list. Changes can also be found very easily on our website under the calendar tab at **www.daps.us/events.**

I'm happy to say, DAPS has remained healthy through the pandemic. Not only are we transitioning back to in-person groups, but, with the

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August Educational Series

Monday, August 23, 2021

11:00 a.m.

TOPIC

Living Your Best Life with DBS Therapy: A Treatment Option for Parkinson's Disease

PRESENTED BY

Nader Pouratian, MD, Ph.D

LOCATION

In-person at
Preston Hollow
United Methodist Church
6315 Walnut Hill Lane
Dallas, TX 75230

Meeting sponsored by Abbott

Monday, August 30, 2021

6:00 p.m.

TOPIC:

Moving Forward: Learning more about Parkinson's disease and how it advances

PRESENTED VIA ZOOM BY

Kimberly Berry, FNP-C, MSN, RN, BSN

Meeting sponsored by Abbvie

Speaker bios and meeting information on Page 2.

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Dallas Area Parkinsonism Society

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AUGUST EDUCATIONAL SERIES INFORMATION

Meeting sponsored by

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Living Your Best Life with DBS Therapy: A Treatment Option for Parkinson's Disease

PRESENTED BY

Nader Pouratian, MD, Ph.D
UT Southwestern Medical Center

Dr. Nader Pouratian is Professor and Chair of the Department of Neurological Surgery at UT Southwestern Medical Center. He specializes in neurosurgeries that preserve and restore patient function. To perform neurosurgeries, Dr. Pouratian uses advanced neuroimaging and brain and nerve mapping techniques.

Dr. Pouratian has delivered scores of lectures and presentations, published a number of academic articles, and co-authored books.

August 23, 2021 at 11:00 AM

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

Moving Forward: Learning more about Parkinson's disease and how it advances

PRESENTED BY

Kimberly Berry, Nurse Practitioner
Neurology Consultants of Dallas

Meeting sponsored by

abbvie

Kimberly Berry is an AANP board certified Family Nurse Practitioner at Neurology Consultants of Dallas, where she specializes in Movement Disorders. She obtained her Bachelor of Science Degree in Nursing from the University of Wisconsin Madison in 2010, then her Master of Science in Nursing in 2017 from the University of Texas at Arlington. Kimberly has worked primarily in Neurology for the last six years. She has a particular interest in Parkinson disease, which spurred from the knowledge of her grandfather having this diagnosis. She is passionate about providing Parkinson disease education and overall support to her patients and their family members. She desires to be a true patient advocate who enables individuals to live full, productive lives despite their diagnosis.

In her spare time, she enjoys running, trying new restaurants and travelling. She is also very family oriented and loves spending quality time with her family.

August 30, 2021 at 6:00 PM CST

Please click the link below to join the webinar.
https://zoom.us/meeting/register/tJUof-moqD4uH9EhJlvcesYIlW48xrOTt3ie

MESSAGE continued from Front Page

help of Acadia, we are thrilled to announce the *Parkinson's Comprehensive Care Initiative*. This partnering together allows DAPS to expand the services that we are offering and moves us closer to fulfilling some of our dreams. Please read more about the *Parkinson's Comprehensive Care Initiative* on **page 4**.

Lastly, we wish Catalina, our Interim Office Manager, the very best as she returns to graduate school to become a Speech Language Pathologist. As many of you know, she has gone above and beyond the call of an interim Office Manager and has been instrumental in the upcoming launch of our new website and brochures. We will miss Catalina dearly but are truly grateful for her time and dedication to DAPS. Fortunately, the sting of Catalina's departure is dulled with the welcoming of Andrea Carter, our new Office Manager who brings not only excellent experience but enthusiasm and team spirit to the DAPS office.

Kindest regards,

Mike Miles

Introducing:

Andrea Carter

Andrea is a hard-working college graduate with eight years of experience in office administration. She earned a Bachelor of Arts degree in English from Dallas Baptist University in 2015. She freelances as a proofreader and editor for small businesses and occasionally works as a voiceover artist. Her interests include screenwriting, traveling, and the arts. When not writing spec scripts, Andrea writes film reviews at andreachronicles.com and tweets pop-culture related nonsense. She is excited to join the team at DAPS and looks forward to making a positive difference!

Parkinson's Comprehensive Care Initiative

The *Parkinson's Comprehensive Care Initiative* is a collaboration between DAPS and Acadia to expand the care partner and PD patient experience in two of our growing locations, Preston Hollow and McKinney, with plans to add another Dallas location in the fall.

The Parkinson's Comprehensive Care Initiative aims to maximize services to the PD community by providing additional support groups for care partners, support for current noncontact boxing classes and an additional speech class. The Initiative allows for DAPS to conveniently offer care partner support groups at the same time and location, of those persons with Parkinson's who are attending exercise or speech classes at Preston Hollow and McKinney.

The Initiative helps support the noncontact boxing classes by Tribe Wellness that are offered at the Preston Hollow location. Noncontact boxing has been found to not only help motor skills, but also provide a strong community for people with PD. In addition, we are excited to announce a new care partner support group, that will be available soon at the Preston Hollow location.

The McKinney DAPS location will also benefit from the Parkinson's Comprehensive Care Initiative with the addition of a care partner support group and a speech class. McKinney DAPS will reopen in mid-August with 2 exercise classes, a speech class and care partner support group, in large part due to the Initiative. Offering a speech class to persons with Parkinson's while simultaneously providing a support group to their care partners in an adjacent room, offers several benefits. Care partners will receive much needed emotional support, connection and the ease of utilizing services without the burden of scheduling additional time away from a loved one who may need full time care.

Stay tuned for more information on our new DAPS Dallas location coming soon. We appreciate the sponsorship from Acadia that will enable these additional support groups and classes.

ACADIA™

DAPS GEM

GEMs are donors who Give Every Month.

Our GEMs are very valuable!

To become a DAPS GEM,

sign up **HERE** on the DAPS website.

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Memorials • Honors • Donations

June 2021

In memory of Bernard McDermott

From: Leah & Wes Sutton

In memory of Jay Schmoll

From: Ron Smith

In memory of Barbara Vines

From: Marjorie Guinzy

In honor of Jeff Frauenheim

From: Jerry Robotka

Facebook Fundraisers

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Rita Byers
Patricia Coble
Shannon Decuir
Kathryn Dennison
Peter Drummond
Gretchyn Duval
Marie Fix Smith
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Linda Kirsch
Susan Knott
Peggy Kwoka
Scott Mooney
Valerie Sandman
Emilie Sasser
Vicki Shafer
Anne Shirako
Sharon Toth
Gloria Walker

Donations to DAPS

From: Bruce Garner
Stephanie Sadowski

I Love the 60's Non-Event

up to $ 99 ***Fly Me to the Moon*** **by Frank Sinatra**

From: Sylvia Harris

6370 LBJ Fwy Ste 213
Dallas, TX 75240-6400
972-620-7600
daps@daps.org

Below is the schedule for resuming in-person classes.
For detailed information regarding BOTH online classes and in-person classes, please refer to the calendar on our website at www.daps.us or contact us at daps@daps.org.

DALLAS

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

Start Date: 8/3/2021

Instructors
- Barb: Exercise & Voice Support
- Lynn: Speech

NEW CLASSES COMING SOON!
CARE PARTNER SUPPORT GROUP
(For details email leisha@daps.org)

Semones Family YMCA (Town North)
4332 Northaven Rd, Dallas, Rm MP2 (214-357-8431)

Start Date: 7/27/2021

Instructors
- Barb: Exercise & Voice Support

Lake Pointe Church at White Rock
9150 Garland Rd, Dallas (214-324-1425)

Start Date: 7/21/2021

Instructors
- Tammy: Exercise

CARROLLTON

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

Start Date: 7/28/2021

Instructors
- Diana: Exercise
- Lynn: Speech

DUNCANVILLE

NEW TEMPORARY LOCATION
First United Methodist Church of Duncanville

403 S Main St, Duncanville (972-298-6121)
Enter on Ave. C, Aldersgate Building

Start Date: 8/2/2021

Instructors
- Jonathan: Exercise
- Danielle: Speech
- Belyne: Care Partners

GARLAND

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

Start date: 7/26/2021

Instructors
- Barb: Exercise & Voice Support
- Zee: Care Partner

MCKINNEY

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

Start Date: 8/17/2021

Instructors
- Amanda: Exercise
- Tammy: Exercise

NEW CLASSES COMING SOON!
SPEECH CLASS & CARE PARTNER SUPPORT GROUP
(For details email leisha@daps.org)

PLANO

Hunters Glen Baptist Church
4001 Custer Rd, Plano (972-867-1610)

Start Date: 8/5/2021

Instructors
- Erika: Exercise
- Pat: Speech
- Carol: Care Partners

RICHARDSON

Arapaho United Methodist Church
1400 W Arapaho Rd, Richardson (972-231-1005)

Start Date: 8/5/2021

Instructors
- Erika: Exercise
- Pat: Speech
- Carol: Care Partners

Other Classes & Resources

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 are resuming on Wednesdays at 1:30 pm at Preston Hollow United Methodist Church.

Class size is limited to 10; please reserve your spot.

See the full class calendar at **www.tribewellness.org/calendar**.
For more information, please contact **tribewellnessllc@gmail.com**.

Young Onset Parkinson's Disease (YOPD) Support Group

The YOPD Support Group meets virtually

every Tuesday at 6:30 pm.

For details, contact **yopd.dfw@gmail.com.**

Reopening Protocol for "In-Person" Groups

The health and safety of DAPS members, instructors, staff and service providers has always been at the forefront of our mission and duty. Additional procedures are now being taken to provide protection from the spread of Covid-19. These procedures and policy have been implemented following the guidelines of the Center for Disease Control (CDC) and the DAPS reopening committee.

Registration: Registration for a DAPS event will open 30 minutes prior to the event.

Check-In: A defined safety check-in will be stringently followed for each event.

- Participants must pass the standard CDC screening questions for recent possible exposure to Covid-19.
- Names and contact details for each participant will be kept for follow up tracking if needed.
- Participants will be asked to sign a waiver if they want help in the form of physical contact in the unlikely event of a fall during the event.
- Participants will be asked to use the provided hand sanitizer before entering the event.
- Participants should wear a mask regardless of vaccination status.*
- All instructors regardless of vaccination status will be wearing a face guard or mask.

Social Distancing: Social distancing protocol will be encouraged according to the current CDC guidelines for participants that are not vaccinated. Chairs will be placed at least six feet apart where movement is required.

Sanitation: Wipes will be provided for participants to wipe down chairs in advance of each event.

* PER THE CDC UPDATED GUIDELINES REGARDING THE IMPORTANCE OF WEARING MASKS INDOORS FOR THOSE IN HIGH RISK AREAS *(regardless of vaccination status)*, DAPS IS FOLLOWING THESE GUIDELINES AND APPRECIATES YOUR COOPERATION.

Upcoming Events

John Baumann loves to inspire and entertain, especially those in the healthcare industry and patient community. John brings a unique perspective since he is living a full life despite having Parkinson's disease for almost 20 years.

John has appeared at over 100 conferences across the United States and Canada and is an internationally recognized inspirational speaker.

John treats his audiences with inspiring stories, important information, surprisingly funny observations and his positive attitude. John has developed an expertise in the area of success including how to live the highest quality of life with (or without) an adverse life-changing event or illness.

Before Parkinson's, Mr. Baumann was a Cornell educated attorney who passed three bar exams, and practiced law for 16 years. Since his diagnosis, John practiced law for 10 more years, taught at the University of Louisville for 8 years and has written a book entitled, "Decide Success - You ain't dead yet."

Dallas Area Parkinsonism Society

UPCOMING MEETINGS

Dallas Area Parkinsonism Society

THE EDUCATIONAL SERIES WILL NOW INCLUDE SOME IN-PERSON EVENTS

Please check the DAPS website at https://daps.us for schedule changes.
For assistance with online classes or events, contact the DAPS office Monday–Thursday, 9am–2pm at 972-620-7600 or daps@daps.org

AUGUST EDUCATIONAL SERIES

Monday, August 23, 2021, 11:00 a.m.

Speaker: Nader Pouratian, MD, Ph.D
Topic: Living Your Best Life with DBS Therapy: A Treatment Option for Parkinson's Disease

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

Meeting sponsored by

Abbott

Monday, August 30, 2021, 6:00 p.m.

Speaker: Kimberly Berry, FNP-C, MSN, RN, BSN
Topic: Moving Forward: Learning more about Parkinson's disease and how it advances

https://zoom.us/meeting/register/tJUof-moqD4uH9EhJlvcesYllW48xrOTt3ie

Meeting sponsored by

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