



Dallas Area Parkinson Society

April 2024 Newsletter

LIVING WELL

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

BLOOMING WHERE WE ARE PLANTED

The month of April traditionally brings with it: blooming flowers, new growth to sleepy trees and usually a storm or two that threatens to wreak havoc on some of our neighborhoods. It is also Parkinson's Awareness Month, which is recognized around the world.

In April, organizations across the globe emphasize the impact Parkinson's disease has on millions of people, while still offering hope for a cure. DAPS is no exception, and we take the month of April as an opportunity to reach more professionals who work within the healthcare field, veterans living with PD, care partners and those with

early onset PD, through community presentations geared to educate the community.

How can DAPS help you? Are you looking for resources to help your loved one with Parkinson's disease? Are you affiliated with a local service organization that might be interested in scheduling a presentation to learn more about the disease? Maybe you are curious about a support group for people with Parkinson's, where you can connect with others. Perhaps you'd like to attend our upcoming Lifetime Achievement Award and Luncheon, and hear the inspiring message from this year's recipient, Reverend Paul Rasmussen, who was diagnosed with early onset Parkinson's disease.

April 2024 is special in that the Dallas area will be one of the best places in the United States to view the solar eclipse on April 8. What's more, there will not be another solar eclipse visible in the United States until 2044. I hope you'll take advantage of this rare occasion and step outside (with your correct viewing glasses, of course!) to experience a unique moment that will only last a few minutes. If you look at a map, you'll see that most of the country won't have this opportunity to view the solar eclipse.

The month of April in North Texas reminds us to grow, appreciate beauty and this year - experience the unique opportunity of viewing a solar eclipse. Let's grow together this month and discover what may bloom within and around us.

Leisha Phipps, MSW
Executive Director

UPCOMING EVENTS

ASK THE NUTRITIONIST WITH FAYE ELAHI



Malnutrition and Parkinson's: Prevalence, Known Causes, Signs, and Main Treatments

Friday, April 12 at 2PM
on Zoom

Meeting ID: 556-087-4938
Password: LOUD

[CLICK HERE TO JOIN](#)

SPOTLIGHT



Maylinn Martinez

New Administrative Assistant

Maylinn joins DAPS with almost 10 years of experience in corporate roles in the retail industry, specializing in inventory management. She has a master's degree in business administration from San Jose State University. Maylinn has a passion for helping others and making a difference in any way she can. She is inspired daily by her husband and their twin daughters.

16th ANNUAL FUNDRAISING CAMPAIGN

GR W WITH DAPS

Dallas Area Parkinson Society (DAPS) launches its largest fundraising campaign in April, Parkinson's Awareness Month. 100% of the funds raised go to DAPS, allowing us to keep our services at no cost to anyone impacted by Parkinson's disease. Donations also support our outreach to the estimated 15,000 people living with Parkinson's disease in North Texas. DAPS understands that Parkinson's disease can impact individuals physically, emotionally, socially and mentally. That's why our services to our neighbors in North Texas are comprehensive, easily accessible and delivered by professionals with specific training in Parkinson's disease.



Your support will allow DAPS to reach our goal of \$25,000.
To help us grow, please click [here](#).



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Adding an Aging Life Care Professional® to your Support Network

Angela Thomas, MSN, RN, CMC

Care Manager and Consultant - Caring With Grace, LLC

Aging Life Care Managers® are health and human services professionals with additional training and certification who employ a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges, disability, or aging issues. When families reach a point of needing professional guidance, a care manager's expertise can lead families to decisions and actions ensuring quality care and an optimal life for those they love. This guidance can reduce worry and stress and may facilitate needed rest for family caregivers. With varied backgrounds in nursing, social work, and other healthcare professions, care managers are "the experts in aging well." We provide guidance, resources, and advocacy to support clients and their families at a time of uncertainty.

Calls to Caring with Grace inquiring about care management services are typically from family members who are wanting to support a loved one who is navigating the challenges of aging, disability, a chronic illness such as Parkinson's, Alzheimer's disease or other dementias and many other health conditions.

They may be facing:

- Uncertainty regarding their loved one's self-care, nutrition, or sleep
- Concern about the safety of the home environment
- Caregiver burnout
- Questions about necessary legal and financial documents

Care management services usually begin with an assessment of need by one of eleven care managers on the Caring with Grace staff. The initial meeting may cover safety in the living environment, medication management, nutrition, memory and depression screening, social support, financial and legal situation, and most importantly the individual's goals and desires. Following the assessment, a personalized plan of care is developed to match resources with identified needs, sharing referrals and recommendations to address the issues. Many families choose ongoing care management so that new challenges can be identified and addressed early. The focus is always to keep the client stable, as independent as possible, and avoid preventable hospitalizations.

Benefits of adding a care manager to your support network include:

- A compassionate and caring voice of experience
- Knowledge of the healthcare system and medical data
- Accessibility-help is a phone call away
- An independent and objective voice

Examples of challenges we address daily alongside our clients are health and medical, identifying appropriate housing options, transition assistance when a move is needed, adapting the home environment to meet needs, long term planning with an attorney, financial planning and daily money management professionals, activation of long term care policies, in-home caregiving, chef services, house management, and more. As age or illness progresses, needs change and so does the care plan. With the goal being individualized care, each care manager at Caring with Grace is ready to adapt and adjust to be the best possible advocate for each client.

Caring with Grace is an active member of the Aging Life Care Association®, a national organization of knowledgeable, experienced and certified Aging Life Care Professionals that abide by a Code of Ethics and Standards of Practice. Visit www.aginglifecare.org to learn more and use the national directory button on the home page to locate a care manager near you. The association brings together over 2,000 professionals across the country that are passionate about providing excellent care for the aging, chronically ill, and disabled adults population.

Since our founding in 2006 Caring with Grace has helped over 1100 clients and their families.

Our team looks forward to continuing our 18 years of service to families in North Texas.



MEMORIALS | HONORS | DONATIONS

March

Gifts

Judy and William Basham
Carter and Janet Scott
Regina Campbell
Lonna Powell
Monica Yokogawa
George Knight
Pamela Lewis

In Memory of Wayland Alexander Brooks

Betty Jeannine Comer, Linda Spraggins, Carole Brooks, and Angela Lambert

In Memory of Jerry Robert Comer

Betty Jeannine Comer, Linda Spraggins, Carole Brooks, and Angela Lambert

In Memory of Charles Harden

Christine Harden Mercano and Children

In Memory of Charles Edwin Jones

Joel G. Sanders



April is

PARKINSON'S AWARENESS MONTH

Honor a loved one.

GEM



Give Every Month
at any level that
fits your budget

Lamar Anderson
Jim & Colleen Armington
Sarah Atwood
Laura Boyle
Florence J. Brumley
Susan Bucklin
John & Wanda Call
Malinda Cannon
Jared Caplan
Christian Clausen
Bruce & Janiece Crozier
Kim Dague
John Davis
Gerald Deats
Richard & Rita Doelling
Raul & Jill Dominguez
Betty Dorsey
Bentley Foster
James Foy
Carla Gaylor
Karen George
Bruce & Connie Gibbs
Barry & Pat Goukler

Brooks & Linda Gould
Lisa Henderson
Shannon Hollandsworth
Steven Holman
David Hudson
Beth Jacobs
Bryan Jewell
Barbara Johnson
Harold Kellogg
Leon & Marilyn Levin
Joyce Logan
John & Lynne Marty
Mike Masinelli
Denise McMinn
Eric McNeil
Pam & Matt Michel
Carlie Moe
Bobbi & John Myers
Rod & Micheline Myers
Cecilia & Thomas Pajda
Ned Pierron
Susan Pence
Ann Heidger Pequeno

Leisha S. Phipps
John Rapier
Marguerite Riccardi
Howard & Jan Robins
Yolanda Russell
Salvatore & Marcie Salamone
David Saller
Chuck Stewart
Joyce Susman
Linda & Mike Swanson
John Walker
Carole Ann Watson

EXERCISE & SPEECH CLASSES

Monday

- 9:30am **EXERCISE & VOICE W/ TAMMY**
SOUTH GARLAND BAPTIST
- 9:45am **ZOOM EXERCISE W/ ANGIE**
- 10:30am **EXERCISE W/ TAMMY**
SOUTH GARLAND BAPTIST
- 2:00pm **EXERCISE W/ JONATHAN**
FIRST UMC DUNCANVILLE
NO CLASS ON APRIL 8
- 3:00pm **SPEECH W/ DANIELLE**
FIRST UMC DUNCANVILLE
NO CLASS ON APRIL 8

Wednesday

- 9:30am **EXERCISE W/ TAMMY**
LAKEPOINTE AT WHITE ROCK
- 10:00am **ZOOM EXERCISE W/ DIANA**
- 11:15am **SPEECH W/ LYNN (HYBRID)**
GRACE LUTHERAN CARROLLTON
- 1:00pm **ZOOM EXERCISE W/ TAMMY**

Tuesday

- 9:15am **ZOOM EXERCISE W/ BARB**
- 10:15am **EXERCISE W/ AMANDA**
ST. MICHAEL MCKINNEY
- 10:30am **EXERCISE W/ TAMMY**
PRESTON HOLLOW UMC
- 11:30am **SPEECH W/ LYNN (HYBRID)**
PRESTON HOLLOW UMC
- 1:00pm **ZOOM SPEECH W/ PAT**



Thursday

- 9:30am **EXERCISE & VOICE W/ BARB**
SOUTH GARLAND BAPTIST
- 9:45am **EXERCISE W/ ERIKA**
HUNTER'S GLEN PLANO
- 10:30am **EXERCISE W/ BARB**
SOUTH GARLAND BAPTIST
- 12:30pm **EXERCISE W/ BARB**
SEMONES YMCA
- 2:00pm **EXERCISE W/ JONATHAN**
FIRST UMC DUNCANVILLE

Friday

- 10:00am **EXERCISE W/ SKILA**
ST. MICHAEL MCKINNEY
- 11:00am **SPEECH W/ LYNN**
ST. MICHAEL MCKINNEY

Zoom Meeting IDs



EXERCISE W/ ANGIE
Meeting ID: 556-087-4938

EXERCISE W/ BARB
Meeting ID: 556-087-4938

EXERCISE W/ DIANA
Meeting ID: 556-087-4938

SPEECH W/ LYNN
Meeting ID: 783-578-3790

SPEECH W/ PAT
Meeting ID: 740-850-5274

EXERCISE W/ TAMMY
Meeting ID: 556-087-4938

NUTRITION W/ FAYE
Meeting ID: 556-087-4938

SUPPORT GROUP W/ GAIL
Meeting ID: 556-087-4938



**PASSWORD
LOUD**

SUPPORT GROUPS

Monday

- 10:00am** **PARKINSON'S SUPPORT**
PRESTON HOLLOW UMC
2nd Monday of the Month
- 10:00am** **CARE PARTNER SUPPORT**
PRESTON HOLLOW UMC
2nd Monday of the Month
- 3:00pm** **CARE PARTNER SUPPORT**
FIRST UMC DUNCANVILLE
1st & 3rd Monday of the Month

Thursday

- 10:30am** **CARE PARTNER SUPPORT**
W/ ZEE
SOUTH GARLAND BAPTIST
Weekly

Tuesday

- 10:30am** **ZOOM PARKINSON'S SUPPORT**
W/ GAIL
1st Tuesday of the Month

Friday

- 11:00am** **CARE PARTNER SUPPORT**
W/ GAIL
ST. MICHAEL MCKINNEY
1st & 3rd Friday of the Month



Locations

CARROLLTON

Grace Lutheran
1200 E Hebron Parkway
972.492.4474

DALLAS

Semones YMCA
4332 Northaven Road
214.357.8431

GARLAND

South Garland Baptist
1330 E Centerville Road
972.271.5428

DALLAS

Lakepointe at White Rock
9150 Garland Road
214.324.1425

DENTON

Denton Senior Center
509 N Bell Ave
940.349.8720

MCKINNEY

St. Michael the Archangel
411 Paula Road
972.542.4667

DALLAS

Preston Hollow UMC
6315 Walnut Hill Lane
214.363.4393

DUNCANVILLE

First UMC
427 Avenue C
972.298.6121

PLANO

Hunters Glen Baptist
4001 Custer Road
972.867.1610

Please click on [this link](#) for directions.



JOIN US FOR OUR ANNUAL



KENNETH H. COOPER, MD, MPH
LIFETIME ACHIEVEMENT AWARD
LUNCHEON



This year, DAPS is proud to honor Reverend Paul Rasmussen. As the Senior Minister at Highland Park United Methodist Church, Rev. Rasmussen is dedicated to serving through his compassion for outreach. He courageously announced his Parkinson's diagnosis to his congregation in 2020 and has continued to lead the way of service and perseverance.

APRIL

10

11:00 AM

HIGHLAND PARK UNITED METHODIST CHURCH
3300 MOCKINGBIRD LANE
DALLAS, TX 75205

RSVP at www.daps.org

CLICK [HERE](#) FOR MORE INFO AND TO RSVP.

THANK YOU TO OUR APRIL NEWSLETTER SPONSORS


Caring with Grace


EDGEMERE

UT Southwestern
O'Donnell Brain Institute

Total Care Symposium 2024

- Saturday, April 20, 9 a.m.-2 p.m.
- Thompson Family Conference Center (NM3.940)
UT Southwestern Medical Center
6202 Harry Hines Blvd., Dallas, TX 75235

Click [here](#) to learn more.

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