

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**



#### **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.



#### **Executive Director**

**Leisha Phipps, MSW** leisha.phipps@daps.org

#### **Staff**

Keisha Hill Event Manager keisha.hill@daps.org

**Mylik Jupiter**Program Manager
mylik.jupiter@daps.org

Maylinn Martinez
Administrative Assistant
maylinn.martinez@daps.org

**Evelyn Wong**Occupational Therapy Intern

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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 <a href="www.aginglifecare.org">www.aginglifecare.org</a> 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**

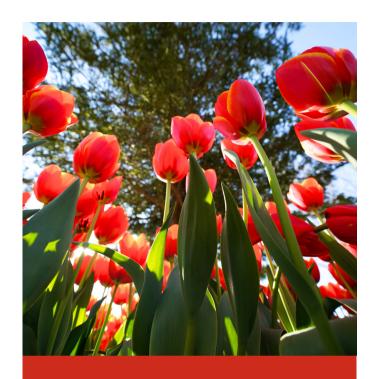
Betty Jeannine Comer, Linda Spraggins, Carole Brooks, and Angela Lambert

#### In Memory of Charles Harden

Christine Harden Mercano and Children

#### **In Memory of Charles Edwin Jones**

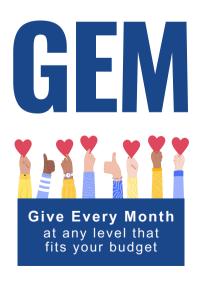
Joel G. Sanders



April is

# PARKINSON'S AWARENESS MONTH

Honor a loved one.



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		Wednesday
9:30am	EXERCISE & VOICE W/ TAMMY SOUTH GARLAND BAPTIST	9:30am	EXERCISE W/ TAMMY LAKEPOINTE AT WHITE ROCK
9:45am	ZOOM EXERCISE W/ ANGIE	10:00am	ZOOM EXERCISE W/ DIANA
10:30am	EXERCISE W/ TAMMY SOUTH GARLAND BAPTIST	11:15am	SPEECH W/ LYNN (HYBRID) GRACE LUTHERAN CARROLLTON
2:00pm	EXERCISE W/ JONATHAN FIRST UMC DUNCANVILLE NO CLASS ON APRIL 8	1:00pm	ZOOM EXERCISE W/ TAMMY
3:00pm	SPEECH W/ DANIELLE FIRST UMC DUNCANVILLE NO CLASS ON APRIL 8		
	Tuesday		Thursday
9:15am	ZOOM EXERCISE W/ BARB	9:30am	EXERCISE & VOICE W/ BARB SOUTH GARLAND BAPTIST
10:15am	EXERCISE W/ AMANDA ST. MICHAEL MCKINNEY	9:45am	EXERCISE W/ ERIKA HUNTER'S GLEN PLANO
10:30am	EXERCISE W/ TAMMY PRESTON HOLLOW UMC	10:30am	EXERCISE W/ BARB SOUTH GARLAND BAPTIST
11:30am	SPEECH W/ LYNN (HYBRID) PRESTON HOLLOW UMC	12:30pm	EXERCISE W/ BARB SEMONES YMCA
1:00pm ZOOM SPEECH W/ PAT		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 Thursday** CARE PARTNER SUPPORT **PARKINSON'S SUPPORT** 10:00am 10:30am W/ZEE PRESTON HOLLOW UMC 2nd Monday of the Month SOUTH GARLAND BAPTIST Weekly CARE PARTNER SUPPORT 10:00am PRESTON HOLLOW UMC 2nd Monday of the Month **CARE PARTNER SUPPORT** 3:00pm FIRST UMC DUNCANVILLE 1st & 3rd Monday of the Month

Tuesday Friday

10:30am ZOOM PARKINSON'S SUPPORT

W/ GAIL

1st Tuesday of the Month

11:00am CARE PARTNER SUPPORT W/ GAIL

ST. MICHAEL MCKINNEY
1st & 3rd Friday of the Month

#### Locations

CARROLLTON DALLAS

Grace Lutheran Semones YMCA 1200 E Hebron Parkway 4332 Northaven Road

972.492.4474 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** 

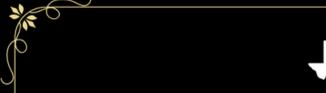
First UMC 427 Avenue C

972.298.6121

**PLANO** 

Hunters Glen Baptist 4001 Custer Road

972.867.1610



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

### THANK YOU TO OUR APRIL NEWSLETTER SPONSORS





# **UTSouthwestern**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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Cambridge Caregivers







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