



Dallas Area Parkinson Society

March 2025 Newsletter

LIVING WELL

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

**Walking in the night with a friend is better than walking in the light alone.
- Helen Keller**

The quote from Helen Keller serves as an important reminder that, regardless of how challenging our journey may be, we don't have to face it alone. I would like to share some upcoming opportunities for you and your loved ones to highlight the significance of community in the face of Parkinson's disease (PD).

On Saturday, April 12, DAPS is partnering with our friends at Edgemere Senior Living to host the first Dallas Annual Walk for Parkinson's. This free event invites families, friends, and neighbors to come together to raise awareness of PD. According to the Parkinson's Foundation, someone is diagnosed with PD every nine minutes, and it is estimated that nearly 15,000 people in North Texas are living with the disease. DAPS aims to reach as many of our neighbors as possible to ensure they have the support, resources, and information needed to live well with PD. With your help, we can bring greater awareness of PD to our community by participating in the first Dallas Annual Walk for Parkinson's on Saturday, April 12, 2025.

Click [here](#) to learn more.

Another initiative showcasing the global Parkinson's community will take place on World Parkinson's Day—Friday, April 11, 2025. Our friends at PD Avengers have launched a global initiative called 'Spark Up the Night.' This initiative aims to illuminate the night skies in blue at some of the world's most iconic landmarks. So far, 117 landmarks have agreed to participate by lighting up their buildings blue on Friday, April 11.

In Texas, we aim for a BIG impact, and this is an opportunity for us to make a significant presence in the night skies on World Parkinson's Day. Please consider assisting us by encouraging local landmarks to join the Spark Up the Night initiative. If you know of a location that might be interested in participating,

please contact us at 972-620-7600 or via email at daps@daps.org. With your help, we can illuminate the skies in blue to raise awareness about Parkinson's disease and, more importantly, remind our neighbors that a journey with PD doesn't have to be faced alone.

PLEASE JOIN US

**Kenneth H. Cooper, MD, MPH
Lifetime Achievement Award
honoring**

MAYOR ERIC L. JOHNSON



**Wednesday, April 30
at 11AM**

**at HPUMC - Tolleson Family
Activity Center**

CLICK [HERE](#) TO RSVP.

SPOTLIGHT

Dr. Makiyil, New Medical Advisory Board Member



Dr. Jaibel Makiyil is a board-certified neurologist and movement disorder specialist with Baylor Scott and White, McKinney. Dr. Makiyil received her training from the internationally recognized Dr. Jankovic in Houston and is excited to join the DAPS Medical Advisory Board. Her inspiration to become a board-certified neurologist started when her grandfather was diagnosed with PD. She specializes in Parkinson's disease, tremors, but also sees migraines, Multiple Sclerosis, seizure and memory patients as well. Dr. Makiyil is also skilled in procedures like botulinum toxin injections, and skin biopsies.

COMMUNITY CORNER

SHOP AND GIVE BACK TO DAPS!

ALTAR'D STATE

Altar'd State, located in the Dallas Galleria, is a boutique offering women's clothing, handbags, accessories, and jewelry.

Mission Monday is a weekly give-back program where 10% of Altar'd State's net proceeds from the Dallas Galleria location, go to a carefully selected nonprofit. The Galleria location chose DAPS based on the important services we provide to the community. This generous opportunity gives you, your family, and your friends a unique way to support DAPS by shopping at Altar'd State's Galleria location, every Monday beginning Monday, March 3 – Monday, May 5, 2025.

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A Life Reclaimed: How Deep Brain Stimulation Transformed One Patient's Journey with Parkinson's Disease

By: The Abbott NTX Team



For David, Parkinson's disease was more than a diagnosis—it was a thief of sorts. "Parkinson's has slowly taken parts of me away to where I was no longer able to function at the basic level of walking," David shared. "I was taking about all the drugs I could. The tremors and freezing, especially when trying to walk, were basically unfazed."

Like many Parkinson's patients, David struggled with the daily challenges of movement, often feeling trapped by his own body. Then, with the guidance of his doctor, he discovered Deep Brain Stimulation (DBS) System—a therapy that not only restored his ability to walk but also reignited his passions. DBS is a surgical procedure that uses electrical stimulation to treat neurological conditions. It's often used to treat movement disorders like Parkinson's disease. With over two decades of clinical evidence and more than 200,000 patients implanted worldwide, DBS is the most common surgical treatment option for Parkinson's disease. The DBS surgical procedure involves delivering electrical stimulation to specific areas of the brain.

"DBS gave me back the ability to walk and took away the tremors," David explained. "I was no longer embarrassed about my tremors and was able to walk again with balance. I started leading worship, playing guitar, and even playing golf again after being forced to quit several years earlier."

If a patient is eligible for DBS, there are several device companies from which to choose. David opted to use Abbott's device, because of its integration with the NeuroSphere™ Virtual Clinic. Using his Apple iPhone as a patient controller, David can connect directly with his neurologist for remote programming sessions.

"The programming, when I need an adjustment, can be done remotely. I just push a button, and my neurologist appears on my screen for a telehealth visit and can program me while she watches me walk," David said. "It's very easy and convenient. The team at Abbott has been amazingly helpful with any request. I'm glad I was referred to this life-changing therapy!"

The Science Behind the Solution: Faster, More Convenient Care

David's story is a testament to the impact of DBS on his daily life. A unique feature to Abbott's DBS device is its backing by rigorous clinical research. The ROAM Study (Remote Optimization of Advanced Movement), a randomized, controlled multicenter trial, demonstrated that patients who utilized remote programming experienced symptom relief over two weeks sooner than those relying solely on in-person visits. Telehealth sessions averaged just 14 minutes, cutting patient burden in half. Importantly, 96% of participants said they would use remote programming again, with 84% finding the technology easy to use. Patients also reported quality-of-life improvements 60 days faster than traditional in-clinic adjustments, all with no adverse events tied to remote programming. (Full study link: [Nature Scientific Reports](#))



Abbott offers two types of DBS batteries: rechargeable and non-rechargeable.

- Infinity™ Non-Rechargeable System: Proven to last an average of 5 years, minimizing the need for battery replacements.
- Liberta™ Rechargeable System: The world's smallest DBS battery requiring a minimum of just one charge every 37 days.

Both options provide the same therapeutic benefit and remote programming capabilities.

For David, it's simple: "This therapy gave me my life back."

To learn more about Abbott's DBS Systems, please [click here](#).

MARCH EDUCATIONAL SERIES

Denton Educational Series

Friday, March 7 at 12:00 PM



Sponsored by:



EMILIA BOURLAND, OTR, ECHM, CFPS

[RSVP HERE](#)

CEO and founder of Higher Standards Caregiver Training and co-host of the CareLab Podcast

TOPIC - Functional Care Management & Fall Prevention for Parkinson's Disease

Emilia has been an occupational therapist for over 14 years and has taught safe handling and care skills to nurses, caregivers, and clients/patients. She is registered with the National Board of Certification of Occupational Therapists and is a licensed therapist in the state of Texas.

Dallas Educational Series

Monday, March 10 at 11:00 AM



Sponsored by:
abbvie

Jillian Boudreaux, BSN, RN

[RSVP HERE](#)

Account Executive, Abbvie Neuroscience

TOPIC - What is Vyalev & How It May Benefit You

With over 10 years' experience in specialty pharmaceuticals, as well as over a decade in critical care nursing. Jillian has been with Abbvie over 10 years in the neuroscience and immunology divisions. She is passionate about using her nursing and science background to support and educate patients with PD.

McKinney Educational Series

Tuesday, March 18 at 11:30 AM



Sponsored by:
abbvie

Jillian Boudreaux, BSN, RN

[RSVP HERE](#)

Account Executive, Abbvie Neuroscience

TOPIC - What is Vyalev & How It May Benefit You

With over 10 years' experience in specialty pharmaceuticals, as well as over a decade in critical care nursing. Jillian has been with Abbvie over 10 years in the neuroscience and immunology divisions. She is passionate about using her nursing and science background to support and educate patients with PD.

Garland Educational Series

Thursday, March 27 at 11:30 AM



Sponsored by:



BRADLEY MCDANIELS, PHD, CRC

[RSVP HERE](#)

Assistant Professor, Department of Rehabilitation & Health Services, University of North Texas

TOPIC - Demoralization in PD: What It Is & What To Do About It

Dr. Bradley McDaniels is an assistant professor for the Rehabilitation Studies program at the University of North Texas. Brad's research interests include apathy, meaning in life, resilience, post-traumatic growth, loneliness, demoralization, psychological flexibility, and intolerance of uncertainty in people with Parkinson's disease.

Duncanville Educational Series

Monday, March 31 at 11:30 AM



Sponsored by:



HEATHER M. REY, MSW, LMSW, CCTS-I

[RSVP HERE](#)

Licensed Master Social Worker, Hospice Volunteer Coordinator, Clinical Trauma Specialist

TOPIC - Identifying & Treating Caregiver Burnout

Heather Rey is a licensed master social worker and clinical trauma specialist who has worked in the nonprofit sector for over 15 years. Heather has led numerous workshops in the community to provide psychoeducation on caregiver burnout and ways to mitigate symptoms. She also cofacilitates both support and bereavement groups as well as anticipatory grief and ambiguous loss.

EXERCISE & SPEECH CLASSES

New to DAPS? Contact us at daps@daps.org or 972-620-7600

Monday		Wednesday	
9:30am	EXERCISE & VOICE W/ TAMMY SOUTH GARLAND BAPTIST	9:30am	EXERCISE W/ TAMMY LAKEPOINTE AT WHITE ROCK
9:45 am	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
12:30pm	DANCE FOR PD WESTMINISTER PRESBYTERIAN	12:15pm	EXERCISE W/ SKILA GRACE LUTHERAN CARROLLTON
1:00pm	SPEECH W/ ROSY FIRST UMC DUNCANVILLE	1:00pm	ZOOM EXERCISE W/ ANGIE
2:00pm	EXERCISE W/ JONATHAN FIRST UMC DUNCANVILLE	2:30pm	NONCONTACT BOXING W/ TAMMY PRESTON HOLLOW UMC <i>Class canceled March 12</i>

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 <i>Class canceled March 11</i>	10:30am	EXERCISE W/ BARB SOUTH GARLAND BAPTIST
11:30am	SPEECH W/ LYNN (HYBRID) PRESTON HOLLOW UMC <i>No in-person class on March 11; Zoom only</i>	12:30pm	EXERCISE W/ BARB SEMONES YMCA
12:30pm	EXERCISE W/ BARB & AMANDA (ALTERNATE) SEMONES YMCA	2:00pm	EXERCISE W/ JONATHAN FIRST UMC DUNCANVILLE
1:00pm	ZOOM SPEECH W/ PAT & JULIA		

Friday	
10:00am	EXERCISE W/ SKILA ST. MICHAEL MCKINNEY
11:00am	SPEECH W/ TAMI 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

New to DAPS? Contact us at daps@daps.org or 972-620-7600

Monday

- 10:00am PARKINSON'S SUPPORT**
NORTH DALLAS BANK & TRUST TOWER
2nd Monday of the Month
- 10:00am CARE PARTNER SUPPORT**
NORTH DALLAS BANK & TRUST TOWER
2nd Monday of the Month
- 1:00pm CARE PARTNER SUPPORT W/ ANGELA**
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 ZOOM CARE PARTNER SUPPORT W/ GAIL**
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

DUNCANVILLE

First UMC
427 Avenue C
972.298.6121

DALLAS

Lakepointe at White Rock
9150 Garland Road
214.324.1425

DALLAS

Westminster Presbyterian
8200 Devonshire Drive
214.351.3251

GARLAND

South Garland Baptist
1330 E Centerville Road
972.271.5428

DALLAS

Preston Hollow UMC
6315 Walnut Hill Lane
214.363.4393

DALLAS*

North Dallas Bank & Trust Tower
12900 Preston Rd., Ste. 210
972.716.7100

MCKINNEY*

St. Michael the Archangel
411 Paula Road
972.542.4667

DENTON

Denton Senior Center
509 N Bell Ave
940.349.8720

PLANO*

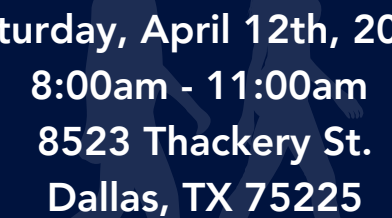
Hunters Glen Baptist
4001 Custer Road
972.867.1610

*Click [here](#) for detailed instructions on where to park/enter.



Artwork by DAPS member,
living well with Parkinson's disease

DALLAS ANNUAL WALK FOR PARKINSON'S



Saturday, April 12th, 2025
8:00am - 11:00am
8523 Thackery St.
Dallas, TX 75225

Every 9 minutes, someone is diagnosed with Parkinson's disease. An estimated 4,000 individuals in Dallas are living with the disease—a number that is growing as Parkinson's is the fastest-growing neurological disease. April is Parkinson's Awareness month and Edgemere Senior Living and the Dallas Area Parkinson Society (DAPS) are hosting the first Dallas Annual Walk for Parkinson's. Join us on Saturday, April 12, to raise awareness and support for those living with Parkinson's disease.

To RSVP:
Scan the QR Code



or contact us at
WWW.DAPS.ORG or (972) 620-7600

DONATIONS

(Donations received before February 26)

Albertsons Safeway
Sharon Blend
DAPS Duncanville

James Foy
Carmen Garcia
Carla Gaylor

Thrift for Good
Kelly Hamlin
Karisti Julia

Pamela Law
Lonna Powell
Range Resources Corporation

Patricia Robinson
Sharon Saller
Patricia Segovia

Merrie Spaeth
Texas Instruments Foundation
Hans-Jochen Trost

Memorials

In Memory of Jo Klein

McKenna Lecture Committee:
Karen Conway, Chris Fashek, Ned McKenna,
Richard Perrin, Gene Schneller and Kris Russell

In Memory of J.D. Williams

Susan L. Yarber

In Memory of Harry T. Garland

Gene & Lauri Miller

In Memory of Lynn Rakofsky DeLisse

Amanda & Nicholas DeLisse

In Memory of James Perry Hodnett

Phil & Helen Carter
Lynn and Jackie Floyd
Sherlyn Swinney
Beverly & Bill Yarberry



GEM



Give Every Month
at any level that
fits your budget

Brenda Aguillon
Lamar Anderson
Jim & Colleen Armington
Sarah Atwood
William Barden Jr.
Laura Boyle
Florence Brumley
John & Wanda Call
Malinda Cannon
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Mitzi Clark
Bruce & Janice Crozier
Kim Dague
John Davis
Gerald Deats
Richard & Rita Doelling
Raul & Jill Dominguez
Betty Dorsey
Donna Egbert
James Foy

Carla Gaylor
Karen George
Bruce & Connie Gibbs
Barry & Pat Goukler
Brooks & Linda Gould
Colette Harmon
Ann Heidger Pequeno
Lisa A. Henderson, PT, DPT
Shannon Hollandsworth
Steven Holman
David Hudson
Beth Jacobs
Bryan Jewell
Barbara Johnson
Harold Kellogg
Leon & Marilyn Levin
Joyce Logan
John & Lynne Marty
Mike Masinelli
Robbie McCullough

Pam & Matt Michel
Bobbi & John Myers
Rod & Micheline Myers
Cecilia & Thomas Pajda
Susan Pence
Ned Pierron
Antonio Rangel Jr.
John Rapier
Howard & Jan Robins
Yolanda Russell
Leisha S. Phipps
Salvatore & Marcie Salamone
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NEW LOCATION!

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