



**Dallas
Area
Parkinson
Society**

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



THE POWER OF A GIFT

A Message from the Executive Director

Gary Chapman is the author of the popular book, *The 5 Love Languages*. He identifies five categories that most of us will fall into when it comes to how we express our love (and how we prefer to receive it!). I'll do my best to summarize these and hopefully you'll notice which language you tend to gravitate towards.

#1 Words of Affirmation

Compliments, words of encouragement, an inspiring story or just validating someone's feelings. Maybe giving compliments to someone comes naturally to you. We have been so inspired by the feedback both written and verbally we've received from you, regarding the Keep Moving! Symposium. Your words make a difference.

#2 Acts of Service

This one is a prime example of "actions speak louder than words". It may be unloading the dishwasher, paying bills, or setting up your new smart phone. For the many volunteers who give every week at a DAPS exercise or speech class, we see you and appreciate your service dearly.

#3 Receiving Gifts

Some people can surprise us with the most thoughtful gifts on our birthday, holidays or just out of the blue. Gifts don't necessarily mean they require buying something. It may mean making something unique or special for someone like a poem. Receiving gifts can even come in the form of a donation in honor of someone special. It's not about the amount, it's the message behind the gift that is most powerful and meaningful. Your donations to DAPS humble us, validate our work, and allow us to continue providing free services.

#4 Quality Time

Giving your undivided attention to someone is a true sacrifice. It means you've decided to prioritize another's time and needs above yours. Our board of director's give of their time through monthly meetings, long phone calls, attendance at our events and so much more.

#5 Physical Touch

When we think of physical touch, it can mean anything from a hug, to holding someone's hand, to rubbing someone's shoulders. An embrace from someone we care about can leave us feeling supported, connected, and loved.

So, which language speaks to you? What about the love language(s) of those around you? I hope you'll have lots of chances to give and receive love during this festive holiday season – whatever language that may be.

Kind Regards,

UPCOMING EDUCATIONAL SERIES -Community & Connection-

Friday, December 2 at 12:00pm

*"Falls Prevention" Tips to Stay
Safe and Independent"*

Denton Senior Center - Blue Room
509 N. Bell Ave
Denton, TX 76201



RSVP here

CAMILLE KO, OTD, OTR, CBIS
Assistant Clinical Professor
12:00 Lunch / 12:30 Program

**TOPIC: "Falls Prevention: Tips to
Stay Safe and Independent"**

Camille Ko, OTD, OTR, CBIS is a practicing occupational therapist and assistant clinical professor at Texas Woman's University. She has extensive experience working with clients with neurological conditions in day neuro and traditional outpatient clinics. She is a certified brain injury specialist and is certified in LSVT BIG, which is a treatment approach for clients with Parkinson's disease and other movement disorders.

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**Dallas
Area
Parkinson
Society**

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

Executive Director

Leisha Phipps, MSW

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Gary L. Tunell, M.D.

let's MINGLE & JINGLE

You're Invited

**Dallas Area Parkinson Society
Holiday Luncheon
& Mike Miles Leadership Award**

**Tuesday, December 13
at 11:00am**

Lovers Lane United Methodist Church
9200 Inwood Road
Dallas, TX 75220

**Enjoy the
New Song Community Choir**

RSVP here





SPOTLIGHT



Chuck Stewart

Chuck is a volunteer, secretary of the board and active committee member for DAPS. He has been a member of the Keep Moving! Symposium Committee since 2019. His commitment to DAPS has secured vital sponsorships and presenters.

You'll find Chuck most Tuesdays at Five Star Premier Residences, where he serves as the Volunteer Facilitator for the exercise and speech classes.

Furthermore, Chuck is a volunteer in a community outreach program for parishioners of Saint Michael and All Angels Episcopal Church in Dallas. Chuck has extensive business process, financial management, marketing and client services experience, bringing valuable insights to DAPS.

Thank you Chuck, for your continued dedication to DAPS!

COMMUNITY CORNER

VIRTUAL EDUCATIONAL SERIES



Wednesday, December 14 at 2:00pm & Monday, December 19 at 6:30pm

[Click here for details](#)

[Click here for details](#)

EDWARD J. SWANTON, MD
Geriatric Psychiatrist

TOPIC: "Parkinson's Disease - More Than Motor Symptoms"

Dr. Edward Swanton, MD decorated military career, including the Bronze Star and both Army Commendation Medal and Army Achievement Medal. Dr. Swanton is a geriatric psychiatrist at the Uniformed Services University of Health Sciences in Bethesda Maryland.

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DAPS Youtube Channel



@dapsociety

Donations may be mailed to:
6310 LBJ Freeway, Suite 213
Dallas, TX 75240

Thank you to our November Educational Series Sponsors



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DAPS McKinney Class

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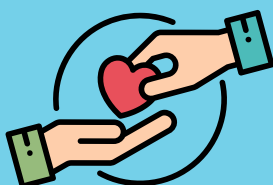
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*Thank you for
your continued
support!*

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This critical funding allows DAPS to provide FREE

- Exercise, speech, and dance classes
- Support groups led by professionals
- Monthly Educational series and more!

Interested in becoming a GEM? [CLICK HERE](#) to visit our website

CLASS INFORMATION

WHAT TO KNOW



We can help you stay active and connected with our exercise, speech, and support groups.

Below is a general schedule of classes DAPS offers each week in-person and via Zoom. For the most up-to-date list, please visit our website calendar at <https://www.daps.org/calendar>. See list of class locations on pg. 8!

Watch pre-recorded videos on our YouTube channel 24/7!
<https://bit.ly/DAPSYoutubeChannel>.

MONDAY

- 9:30 AM EXERCISE & VOICE SUPPORT W/ TAMMY
South Garland Baptist Church
- 9:45 AM EXERCISE W/ ANGIE via ZOOM
<https://us02web.zoom.us/j/5560874938>
- 10:30 AM EXERCISE W/ TAMMY
South Garland Baptist Church
- 2:00 PM EXERCISE W/ JONATHAN
First United Methodist Church Duncanville
- 3:00 PM SPEECH W/ DANIELLE
First United Methodist Church Duncanville
- 3:00 PM CARE PARTNER SUPPORT W/ BELYNE
First United Methodist Church Duncanville
1ST AND 3RD MONDAY OF THE MONTH

TUESDAY

- 9:15 AM EXERCISE W/ BARB via ZOOM
<https://us02web.zoom.us/j/5560874938>
- 10:15 AM EXERCISE W/ AMANDA
St. Gabriel the Archangel Church in McKinney
- 10:30 AM EXERCISE W/ TAMMY (HYBRID)
Five Star Premier Residences of Dallas
- 10:30 AM PARKINSONS SUPPORT W/ BELYNE via ZOOM
[https://zoom.us/j/989462967962](https://zoom.us/j/989462967962?pwd=YzhSWG5nbj8zNGI3aHRtUC8zSDU0Zz09#success)
[pwd=YzhSWG5nbj8zNGI3aHRtUC8zSDU0Zz09#success](https://zoom.us/j/989462967962?pwd=YzhSWG5nbj8zNGI3aHRtUC8zSDU0Zz09#success)
1ST TUESDAY OF THE MONTH
- 11:15 AM PARKINSONS SUPPORT GROUP
St. Michael the Archangel Church in McKinney
1ST TUESDAY OF THE MONTH
- 11:30 AM SPEECH W/ LYNN (HYBRID)
Five Star Premier Residences of Dallas
- 12:30 PM EXERCISE W/ BARB
Semones YMCA in Dallas
- 1:00 PM SPEECH W/ PAT via ZOOM
<https://us04web.zoom.us/j/7408505274>
- 2:00 PM DANCE FOR PD W/ MISTY via ZOOM
Please email Misty danceforpd.dallas@gmail.com

WEDNESDAY

- 9:30 AM EXERCISE W/ TAMMY
Lakepointe Church at White Rock in Dallas
- 10:00 AM EXERCISE W/ DIANA via ZOOM
<https://us02web.zoom.us/j/5560874938>
- 11:00 AM SPEECH W/ LYNN (HYBRID)
Grace Lutheran Church in Carrollton
- 1:00 PM EXERCISE W/ TAMMY via ZOOM
<https://us02web.zoom.us/j/5560874938>

THURSDAY

- 9:30 AM EXERCISE & VOICE SUPPORT W/ BARB
South Garland Baptist Church
- 9:40 AM EXERCISE W/ ERIKA
Hunters Glen Baptist Church in Plano
- 10:30 AM EXERCISE W/ BARB
South Garland Baptist Church
- 10:30 AM CARE PARTNER SUPPORT W/ ZEE
South Garland Baptist Church
- 11:15 AM SPEECH W/ PAT
<https://us04web.zoom.us/j/7408505274>
- 12:30 PM EXERCISE W/ BARB
Semones YMCA in Dallas
- 2:00 PM DANCE FOR PD W/ MISTY via ZOOM
Email Misty danceforpd.dallas@gmail.com
- 2:00 PM EXERCISE W/ JONATHAN
First United Methodist Church Duncanville

FRIDAY

- 10:00 AM EXERCISE W/ TAMMY
St. Michael the Archangel Church in McKinney
- 11:15 AM SPEECH W/ LESLIE
St. Michael the Archangel Church in McKinney
- 11:15 AM CARE PARTNER SUPPORT
St. Michael the Archangel Church in McKinney
1ST FRIDAY OF THE MONTH
- 2:00PM ASK THE NUTRITIONIST W/FAYE
<https://us02web.zoom.us/j/5560874938>
2ND FRIDAY OF THE MONTH

SATURDAY

- 10:00 AM EXERCISE W/ DIANA via ZOOM
<https://us02web.zoom.us/j/5560874938>



CLASS LOCATIONS

CARROLLTON:

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

DALLAS:

Five Star Premier Residences
5455 La Sierra Dr
(214) 691-1001

Lakepointe Church at White Rock
9150 Garland Rd
(214) 324-1425

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

DUNCANVILLE:

First United Methodist Church of Duncanville
403 S Main St (Enter on Ave. C, Aldersgate Bldg)
(972) 298-6121

GARLAND:

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

MCKINNEY:

St. Michael the Archangel Church
411 Paula Road
(972) 542-4667

PLANO:

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

**A special thanks to Kyowa Kirin & Acadia for your help in
supporting our local free classes!**



ZOOM MEETING IDS:

Monday Exercise at 9:45am with ANGIE:
Meeting ID: 556-087-4938
Password: LOUD

Wednesday & Saturday Exercise at 10:00am with DIANA:
Meeting ID: 556-087-4938
Password: LOUD

Tuesday Exercise at 9:15am with BARB:
Meeting ID: 556-087-4938
Password: LOUD

Wednesday Exercise at 1:00pm with TAMMY:
Meeting ID: 556-087-4938
Password: LOUD

Tuesday Speech at 1:00pm with PAT:
Meeting ID: 740-850-5274
Password: LOUD

Tuesday & Wednesday Speech with LYNN:
Meeting ID: 783-578-3790
Password: LOUD

**The Young Onset PD Support Group meets virtually
every Tuesday at 6:30pm. For details contact
yopd.dfw@gmail.com**

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Thank you Supernus for sponsoring this month's newsletter!

CLICK HERE to visit the website

**MEDICAL ADVISORY BOARD
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Thank you to our Sponsors!

**PARKINSON'S
STUDY**

*Confidential study available for patients
with Parkinson's Disease who have had
deep brain stimulation (DBS) through
December 31, 2022. To learn more, contact*

Shilpa Chitnis, MD, PhD
UT Southwestern Medical Center
(214) 645-8800 or click here to participate

<https://redcap.link/KnowDBSsurvey>

**HOLIDAY LUNCHEON
SPONSORS**



Thank you to our Sponsors!

**TRIBE WELLNESS
GROUP CLASSES**



**Non-contact boxing classes are supported
in part by Acadia's Parkinson's
Comprehensive Care Initiative.**

To see class schedule online click [here](#)!

Contact tribewellnessllc@gmail.com for more info

Disclaimer: The contents or opinions expressed in this newsletter are those of the individual writers or presenters and do not constitute an endorsement or approval by DAPS staff. Please consult your personal physician regarding your individual medical problems.