



**Dallas
Area
Parkinson
Society**

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www.daps.org



SHAKE IT UP, BABY! TWIST AND SHOUT!

A Message from the Executive Director

It's easy to get complacent, especially during the long hot summers in Texas. It can be hard to get motivated to do some of the basic chores around the house like watering the garden and taking the trash out. Some days it may be best to just stay inside and wait it out.

Feeling bored, tired and unmotivated are not uncommon in the midst of the Texas summers. So how do you take care of yourself when the days are long, hot and sticky? Taking care of ourselves looks different to each of us depending on different factors –age, health, family responsibilities, bills, home repairs –the list goes on. An often overlooked element of taking care of ourselves involves our needs for community. Many of you have found

or created that sense of community in the DAPS classes. You've made new friends, volunteered, picked up other DAPS members to go to a class with, called on others and sent emails. Our fabulous instructors try to create community before and after virtual classes, giving everyone a time to connect or meet new people. Our Educational Series are another place that provide a place for community –whether you are new to DAPS or a regular, this is a time when folks can ask questions, share current Parkinson's issues they are dealing with, make suggestions or just make plans to meet up with someone for a cup of coffee.

But sometimes, life gets in the way and doesn't always allow us to stay as connected with one another as it once did. People are traveling, family is visiting, grandchildren are graduating and getting married. Not to mention –it's HOT! It takes effort and motivation to stick with our routine when we might not be feeling like it. Maybe you've found yourself making excuses for not going to a class. Or we tell ourselves, "I'll call him back later". Of course, these things will happen from time to time for all of us. But it's important to recognize that sometimes these patterns can lead to bad habits of isolation and disconnection.

So, this summer, I urge you to "Shake it Up, Baby!"

- Introduce yourself to someone at a class that you've never met
- Attend a new Educational Series
- Ask a question or share your experience with PD with a new DAPS member
- Connect with DAPS on social media
- Try a new exercise or speech class
- Consider a non-contact boxing class
- Attend a Virtual Dance for PD class

If following through with a routine to keep you connected with others is becoming difficult, you are not alone. Apathy is a common symptom of Parkinson's disease, that Dr. McDaniels talks more about on page 04. If you find yourself struggling with complacency and apathy, I encourage you to seek out someone that can help keep you accountable. Reach out to someone that can help you stay connected with simple reminders via text, phone or email. It may be a friend in a DAPS class, a family member or a neighbor. Remember, your loved ones want to help but often don't know how. Having an accountability partner can help keep you committed to your overall well-being and connected to others.

Kind Regards,

Leisha J. Phillips

UPCOMING EDUCATIONAL SERIES -Community & Connection-

**Monday, July 11
11:00 AM - 12:30 PM CDT**

*"Managing the Return of
Parkinson's Symptoms With
a Unique Treatment"*

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

*Experiencing a return of your
Parkinson's symptoms?
You're not alone.*

*Hear from a healthcare
professional at a **FREE**
educational program
sponsored by **Acorda
Therapeutics.***

ACORDA®
THERAPEUTICS

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**Dallas
Area
Parkinson
Society**

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

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Leisha Phipps

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JUNE EDUCATIONAL SERIES -COMMUNITY & CONNECTION-

**Join our compassionate community
where you'll learn from experts and
connect with others. Light snacks
provided.**



DR. AASHOO MENTREDDI, MD
Movement Disorder Specialist
Neurology Consultants of Dallas

Monday, July 11, 2022

Program begins at 11:00am

**TOPIC: "Managing the Return of Parkinson's
Symptoms with a Unique Treatment"**

Dr. Aashoo Mentreddi is a fellowship trained movement disorder specialist at Neurology Consultants of Dallas. She specializes in Parkinson's disease and other movement disorders including dystonia, chorea, tics and tremors.

Dr. Mentreddi manages patients with Deep Brain Stimulation (DBS) for initial programming and subsequent follow up care. She also treats dystonia, spasticity, blepharospasm, hemifacial spasm and migraine headaches with Botulinum Toxin Therapy. Dr. Mentreddi has always had a deep interest in the complexity of neurological diseases, especially since her father was also a neurologist.

She took a special interest in movement disorders during her training after seeing the specialty care required of patients, and it has been a passion for her ever since. When out of the office, she enjoys traveling to new countries with her husband and spending time with friends and family, especially her niece and nephew.

Dr. Mentreddi will be joined by Stephanie C., Ambassador, Person Living with Parkinson's on July 11, 2022.

RSVP here

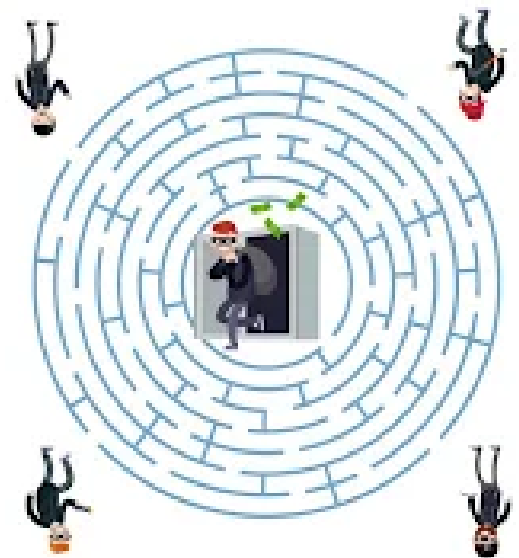
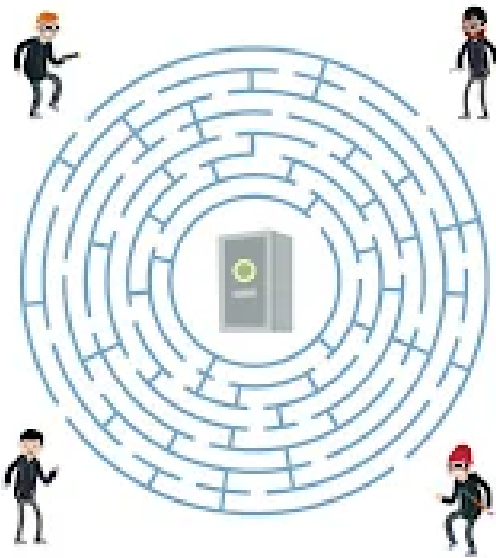
Register online today at:

www.daps.org!



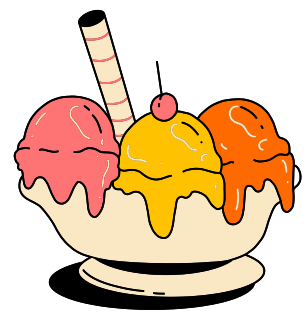
*Just like your body gets stronger
with exercise, your brain improves by
using and challenging it!*

Who'll be the first to open the safe?



Can you answer these riddles?

1. It belongs to you, but your friends use it more. What is it?
2. Kate's mother has three children: Snap, Crackle, and _____.
3. What travels all the way around the world but always stays in one spot?
4. Why do bananas use sun cream?
5. I am a frozen treat. I am not in a cone. I do not have a stick. Part of my name sounds like a day of the week. What am I?



Did you figure them all out? Now it's your turn! Create a riddle and email it to daps@daps.org! Your riddle may be featured in next month's newsletter.

GOT APATHY?

By: Brad McDaniels, PhD, CRC

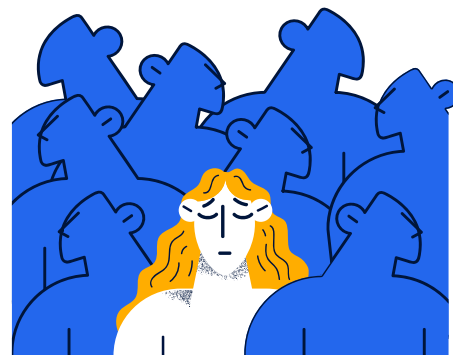
For most people with Parkinson's disease (PwPD), the experience of the neuropsychiatric symptoms (e.g., depression, anxiety, apathy) is frequently more problematic than the cardinal motor features. Among these challenging symptoms, apathy is one of the most frequently occurring, detrimental to quality of life, and difficult to treat disturbances. It affects up to 70 % of PwPD (den Brok et al., 2015).

So, what exactly is apathy? Apathy comes from the Greek word pathos meaning suffering, experience, or emotions, but it is more conventionally defined as a lack of feeling, emotions, interest, or concern. This definition can, however, be less than helpful when dealing with clinical populations because of the overlap of symptoms with other common diagnoses (e.g., depression, anxiety). A better, more widely accepted clinical definition of apathy is the lack of motivation that is not attributed to another problem (e.g., lack of consciousness, intellectual deficit, emotional distress; Marin, 1990).

Apathy has been shown to occur following personal tragedy, social loss, and role changes, all of which are common in PwPD. A diagnosis of PD can be viewed as a traumatic experience (i.e., tragedy) that may result in loss of employment, social participation, and leisure activities (i.e., social loss). If one loses their job, they may find that their role in the family changes, which can lead to the common cascade of neuropsychiatric symptoms of depression, anxiety, and apathy. Additionally, apathy is associated with reduced functioning in activities of daily living, poor treatment outcomes, and reduced quality of life.

Clinicians have attempted to treat apathy with a variety of available medications (e.g., cholinesterase inhibitors, dopamine, selective serotonin reuptake inhibitors) with minimal success. One of the best ways to help apathy is to get involved with exercise and social activities; however, that is exactly the problem – there is a lack of motivation and getting involved feels like a monumental task to overcome, which results in more apathy: It's a vicious cycle.

One potential way to improve apathy is through finding meaning in life (MIL). Literature is available linking meaninglessness to a variety of psychopathologies including apathy (Glaw et al., 2016). MIL is defined as lives that have significance (your life matters), purpose (you have some goal that you are working toward), and coherence (life makes sense – you know how people, ideas, and object are connected). There is significant evidence that MIL is associated with decreased suffering and increased wellbeing, both physically and psychologically. Stressful life events like a PD diagnosis and the potential associated losses may result in changes in one's perception of MIL.



When people encounter stressors in their lives, MIL may serve as a coping resource to reduce the associated psychological impact by causing people to take more time to invest in their lives and be more motivated to engage in health-promoting behaviors. There is considerable unmet need in the PD community for a treatment to improve the negative health outcomes associated with apathy, and MIL is a compelling option.

The first step to finding more meaning in life is to review the sources of meaning in your own life (e.g., spirituality, relationships, work) and identifying those that have the most significance to you and engaging in those more frequently. MIL is derived from a variety of sources (e.g., spirituality, relationships, work, community [social connections, exercise classes], organization involvement [DAPS, Parkinson Foundation], nature). Meaning can come from a variety of activities and, although your meaning may have been seemingly lost, it provides you with the opportunity to redefine your meaning with renewed vigor.

Emerging data suggests that among PwPD, people with greater MIL have less apathy, which is a novel finding and may open the door for an effective way to treat this troubling complication. The message here is to (1) find something that gives your life purpose and significance and actively pursue it, (2) collaborate with others on engaging in meaning tasks together, (3) share your experiences with others – this helps foster hope, and (4) help others find their meaning. Apathy is a difficult thing for anyone to deal with, especially alone, but finding meaning may well be the antidote we have been looking for. There is nothing to lose by trying – nobody has ever complained about having too much MIL.

Dr. Brad McDaniels is an Assistant Professor in the College of Health and Public Service at UNT. He is also on the DAPS Medical Advisory Board.

References:

den Brok, M. G. H. E., van Dalen, J. W., van Gool, W. A., Moll van Charante, E. P., de Bie, R. M. A., & Richard, E. (2015). Apathy in Parkinson's disease: A systematic review and meta-analysis: Apathy in Parkinson's disease. *Movement Disorders*, 30(6), 759–769. <https://doi.org/10.1002/mds.26208>

Glaw, X., Kable, A., Hazelton, M., & Inder, K. (2016). Meaning in Life and Meaning of Life in Mental Health Care: An Integrative Literature Review. *Issues in Mental Health Nursing*, 1–13. <https://doi.org/10.1080/01612840.2016.1253804>

Marin, R. S. (1991). Apathy: A Neuropsychiatric Syndrome. *Journal of Neuropsychiatry and Clinical Neuroscience*, 3, 243–254.

COMMUNITY CORNER

Have a question about symptoms, diet, or anxiety? Send them to us at: daps@daps.org! Your question may be answered in next month's newsletter.

*"When you're surrounded by people who share a passionate commitment around a common purpose, anything is possible."
– Howard Schultz*



Q: *I'm newly diagnosed with Parkinson's and have been visiting a general neurologist. Recently, my doctor prescribed a medication that I'm unsure of using. What can I do to ensure I'm receiving the best (proper) care for my Parkinson's?*

A: *While there is nothing wrong with seeing a general neurologist, it's important that Person with Parkinson's also see a movement disorder specialist. A neurologist treats patients with dozens of different neurological conditions. While a movement disorder specialist focuses primarily on Parkinson's disease and movement disorders, such as dystonia and tremors. DAPS is happy to provide you a list of referrals for movement experts!*

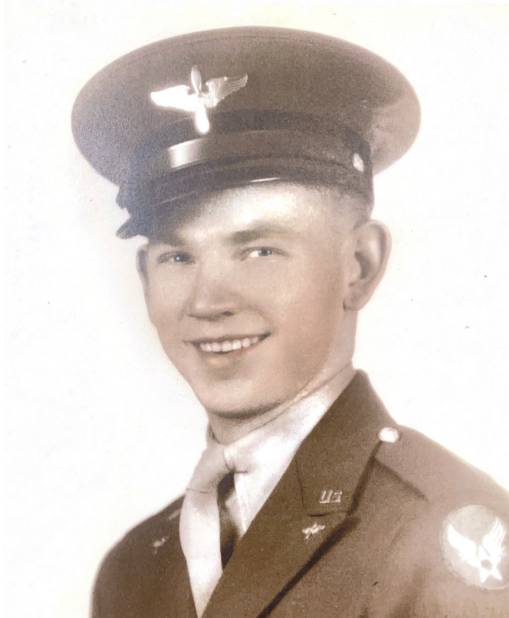
WE'RE HIRING!

DAPS is looking for an Event Specialist and Office Assistant. Both positions are part-time Monday-Thursday. Apply online through Indeed or email a resume and CV to daps@daps.org!



EXTRAORDINARY LEADERS

Robert
Ashford



Robert Ashford has been a regular volunteer at the Garland DAPS location for many years. He is often the first one there to help set up for DAPS classes and if time allows, play a game of 42 with anyone interested. It may surprise you to know that Robert is not a typical volunteer. Robert began volunteering for DAPS in his 90's and celebrated his 100th birthday in March 2022. That's not all –Robert is also a World War II veteran.

This year on Flag Day, he was honored at the Veteran Resource Center of Rowlett for his service in World War II. New and old friends attended to hear some of his military memories, specifically his time training to be a pilot. Robert recalled having bribed the instructor to teach him to fly a B17. He didn't say how much or what he paid the instructor but, he did say, "Oh, I paid him alright!", with a sparkle in his eyes. Besides the B17, Sgt. Ashford also trained crew to fly C47, but it was his B17 pin on his veterans cap that brought the biggest smile to his face.

Sgt. Ashford spent approximately 7 months in Sai Pan and recalls time spent rescuing crew members from downed planes that didn't make it back to the base. He also recalls flights made to and from California to Honolulu where he delivered and transferred parts and necessary equipment.

An old friend asked Robert to tell the story of becoming engaged to his wife. It all started with a ring that he placed on her finger. When his bride to be asked what he meant by this ring, he replied, "There's another ring to go on this finger if she wanted it." Her reply was simply, "I wondered if you were ever going to ask me!" Robert and his wife were married for 63 years. Robert's friends at South Garland Baptist Church (DAPS) describe him as a strong Christian who was often found joking around, playing 42 with new or old friends and helping people in anyway he can. Despite a fall in March, Robert is moving around well and still volunteering his time to help others. It's never too late to help and you're never too old to help.

Thank you, Robert for your service and for sharing your time and gifts with DAPS!

Memorials | Honors | Donations May and June 2022

In Honor Of Jose Trinidad Torres
Monica Cabrera

In Memory Of Willie Robertson
Friends Place DeSoto

In Honor of Tammy Slauson
Lynn & Joe McClendon

In Memory of Clarice & Brook Dougherty
Barrillon Dougherty

In Honor Of Judge and Mrs. Carter
Thompson

Anthony Bobrow

General Donations:
DAPS Duncanville Class
DAPS McKinney Class
DAPS Plano Class

Donations can be made online 24/7 at
<https://donate.daps.org/>



We raised over \$20,000 during DAPS's 14th Annual Non-Event! Below are donations made after 5/26. Thank you to all who contributed!

ANONYMOUS	\$2,700
DONNA BURSON	\$1,000
KYLE LANGLEY	\$250
MAUREEN RUND	\$200
LYNN & JOE MCCLENDON	\$150
DONNA EGBERT	\$100
MONICA CABRERA	\$100



Hattie E. Anderson
James Armington
Sarah Atwood
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Carlie Dorshaw-Moe

Bentley & Iris Foster
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William & Karen George
Bruce Gibbs
Barbara Glass
Barry & Pat Goukler
Steven Holman
Michael Jones
Geri & Harold Kellogg
Jo & Bert Klein
Leon & Marilyn Levin
Glen & Frances Main
John Marty
Pam & Matt Michel
Mike & Donna Miles
Rod Myers
Susan Norvell
Tom & Cecilia Pajda
Leisha Phipps

Fred Ransdell
John Rapier
Greg Rector
David & Beverly Rivers
Yolanda Russell
Salvatore & Marcie Salamone
Adana & Samuel Sanford
Nancy Scaramella
Charles Schlinke
Dr. Chad Swank
Linda & Mike Swanson
Carole Ann Watson
Michele White
Diana Winkelmann
Sharon & Greg Wood

"True fulfillment comes from helping others." – Anonymous

*Thank you for
your continued
support!*

CLASS INFORMATION

WHAT TO KNOW

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



Below is a general schedule of live classes DAPS offers each week in-person and via Zoom. For the most up-to-date list, descriptions, and links to our virtual classes, please visit our website and view the calendar at <https://daps.us/calendar>. See list of class locations on pg. 9!

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

MONDAY

- 9:30 AM EXERCISE W/ TAMMY
South Garland Baptist Church
- 9:45 AM EXERCISE W/ ANGIE via ZOOM
<https://us02web.zoom.us/j/5560874938>
- 10:30 AM EXERCISE & VOICE SUPPORT W/ TAMMY
South Garland Baptist Church
- 2:00 PM EXERCISE w/ JONATHAN
First United Methodist Church Duncanville
- 3:00 PM SPEECH W/ DANIELLE
South Garland Baptist Church
- *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 PARKINSONS SUPPORT W/ BELYNE via ZOOM
<https://us02web.zoom.us/j/5560874938>
1ST TUESDAY OF THE MONTH
- 11:30 AM SPEECH W/ LYNN (HYBRID)
Preston Hollow United Methodist Church in 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://us04web.zoom.us/j/7408505274>
- 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

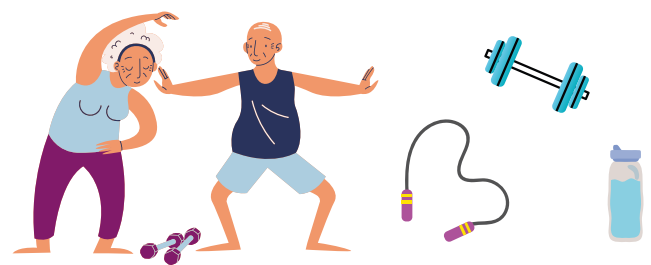
- 9:30 AM EXERCISE & VOICE SUPPORT W/ BARB
South Garland Baptist Church
- 9:40 AM EXERCISE W/ ERIKA
Hunters Glen Baptist Church in Plano
- 10:15 AM EXERCISE W/ TAMMY (HYBRID)
Preston Hollow UMC in Dallas
- 10:30 AM EXERCISE W/ BARB
South Garland Baptist Church
- 10:30 AM CARE PARTNER SUPPORT W/ ZEE
South Garland Baptist Church
- 10:45 AM SPEECH W/ PAT (HYBRID)
Hunters Glen Baptist Church
- 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. Gabriel the Archangel Church in McKinney
- 11:15 AM SPEECH
St. Gabriel the Archangel Church in McKinney
- *11:15 AM CARE PARTNER SUPPORT
St. Gabriel the Archangel Church in McKinney
1ST FRIDAY OF THE MONTH
- 2:00 PM SPEECH/SWALLOWING FAQs w/ JUNE via ZOOM
<https://us04web.zoom.us/j/7408505274>
2ND FRIDAY OF THE MONTH BETWEEN 2-4 PM

SATURDAY

- 10:00 AM EXERCISE W/ DIANA via ZOOM
<https://us04web.zoom.us/j/7408505274>



CLASS LOCATIONS

CARROLLTON:

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

DALLAS:

Preston Hollow United Methodist Church
6315 Walnut Hill Ln
(214) 363-4393

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

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

GARLAND:

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

MCKINNEY:

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

PLANO:

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

DUNCANVILLE:

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



ZOOM MEETING IDS:

You may also visit www.daps.org and click on Calendar to access each link.

Monday Exercise at 9:45 am with ANGIE:

Meeting ID: 556-087-4938

Password: LOUD

Wednesday & Saturday Exercise at 10:00am

with DIANA:

Meeting ID: 740-850-5274

Password: LOUD

Tuesday Exercise at 9:15 am 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 1:00 pm with PAT:

Meeting ID: 740-850-5274

Password: LOUD

Wednesday Speech at 11:00am with LYNN:

Meeting ID: 783-578-3790

Password: LOUD

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DAPS Youtube Channel



@daps.us

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Thank you OneRehab for
sponsoring this month's
newsletter!



The DAPS Office will be closed on
Monday, July 4th in observance
of Independence Day.
Regular office hours will resume
at 9 AM on Tuesday, July 5th.



COMING SOON

**Educational Series coming to Denton! Mark
your calendar for Friday, September 2.
Details coming soon!**

SAVE THE DATE

**The Annual Keep Moving!
Symposium will be held on
Saturday, October 15
at Lovers Lane United Methodist
Church. More details to follow
soon. Mark your calendars!**



THANK YOU TO OUR
JUNE EDUCATIONAL
SERIES SPONSORS



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