



LIVING WELL

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

GROWING COMMUNITIES

April is Parkinson's Awareness Month and DAPS embraces the month as an opportunity to increase our outreach, awareness and understanding of the disease. Parkinson's disease is considered the fastest-growing neurological disease, meaning the number of individuals and families impacted by the disease will increase. Resources, support, and accessible locations to participate in educational programs and weekly exercise classes, help individuals live well with the diagnosis. During April, we increase our outreach efforts to help our neighbors better understand the disease while providing necessary support for managing the isolation and loneliness that are that are commonly experienced. We know that helpful information and resources, along with a compassionate community, are part of a healthy foundation for living well with the disease.

In this month's newsletter, you'll find several ways to connect with others. On page 2 you'll find details about our first annual Walk for Parkinson's on Saturday, April 12 that will be held with our partners at Edgemere Senior Living. If you're looking for a fun morning to bring your family and friends to, we encourage you to join us.

Also, this month is our annual Kenneth H. Cooper, MD Lifetime Achievement Award and Luncheon. Each year, a recipient is selected who is a leader in our community and understands Parkinson's disease, from either a personal diagnosis or a care partner's perspective. This year's recipient, Dallas Mayor Eric Johnson, relates to the disease as a primary care partner for his mother with Parkinson's disease. I hope you'll join us on April 30 at Highland Park United Methodist Church for lunch with an inspiring and hopeful community. Whether you are a professional working in the healthcare industry, a care partner or someone living with the disease, this event celebrates and honors the resiliency within our community.

UPCOMING EVENTS

ASK THE NUTRITIONIST with Faye Elahi

Friday, April 11
2:00 PM on ZOOM

A Deep Dive into the World of Microbiome



Meeting ID: 556-087-4938
Password: LOUD

For more information,
please click [HERE](#).



Artwork by DAPS member, Baron Lane,
living well with Parkinson's disease since 2017.

DALLAS ANNUAL WALK FOR PARKINSON'S

Saturday, April 12th, 2025

8:00am - 11:00am

8523 Thackery St., Dallas, TX 75225



THERAPEUTICS



[CLICK HERE FOR MORE INFO](#)

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THE BALANCE OF MANAGING PARKINSON'S DISEASE

Dr. Mazen Elkurd



The emergence of psychosis in Parkinson's Disease (PD) can be a disconcerting and often scary experience for many patients and caregivers. It's a symptom that can affect a person's perception of reality. Understanding and managing this aspect of PD is crucial for improving quality of life.

Psychosis in PD can stem from the neurological changes caused by the disease itself, but can also be exacerbated by certain medications, including medications used for PD treatment.

The term psychosis refers to the experience of perceiving, seeing, feeling, smelling, tasting, hearing, or believing something that is not real. A common area of confusion for PD patients is distinguishing between hallucinations and vivid dreams. Hallucinations are sensory experiences that occur while a person is awake, with visual hallucinations being the most common in PD. On the other hand, vivid dreams, including nightmares, occur during sleep and are often a feature of REM sleep behavior disorder, which is common in PD. Understanding this difference is crucial for accurate diagnosis and treatment.

The symptoms of psychosis in PD can be broken down into three main categories:

1. **Illusions:** These are distortions of real stimuli. For example, stripes on a tile may appear to be moving. Illusions are typically the earliest manifestation of psychosis in PD.
2. **Hallucinations:** These are sensory experiences without an external stimulus. In PD, visual hallucinations are most common, where patients might see objects, people, or animals that aren't present. In the early stages, these hallucinations can be vague, like seeing something unclear move out of the corner of one's eye.
3. **Delusions:** These are strong, false beliefs not supported by evidence. A person might harbor unfounded suspicions, like believing they are being persecuted or cheated on.

Psychosis is a common symptom of PD but is not universal. According to one study, about one-quarter to one-third of PD patients experience visual hallucinations. Minor phenomena such as sense of presence affect up to 72% of patients, and delusions affect about 5%. Overall, about 50% of PD patients may experience visual hallucinations during the course of their disease. PD patients experiencing mild or moderate psychosis often retain "insight", meaning that they can recognize the fact that the perceptions are not real. Factors Influencing the Onset of Psychosis include:

- **Disease Progression:** Psychosis is more likely to occur in advanced stages of PD.
- **Medication Sensitivity:** Some patients may develop psychotic symptoms in response to certain medications.
- **Cognitive Decline:** Impairment in cognitive function (memory and thinking) associated with PD can predispose to psychotic symptoms.
- **External Triggers:** Acute illnesses and other stressors can precipitate or worsen psychotic symptoms.



Awareness and management of psychosis in PD are vital. Early recognition and timely intervention can significantly impact the approach to treatment and care. Understanding early symptoms, such as mild hallucinations or delusional thinking, is key to prompt management.

Managing PD psychosis is a delicate balance between controlling PD symptoms and minimizing the risk of exacerbating psychosis. Managing psychosis includes both non-pharmacologic strategies and the use of medications when appropriate.

Non-pharmacological strategies include interventions like simplifying the living space, improving lighting, reducing sensory overload, maintaining a consistent daily routine, surrounding the patient with familiar objects, and engaging in reality orientation exercises and gentle cognitive stimulation.

Medication management includes reviewing and adjusting existing medications as well as the use of specific medications to control psychosis. Sometimes, reducing or changing existing medications can alleviate psychotic symptoms. In cases where symptoms persist, worsen, or are distressing, specific medications to control the symptoms may be used.

While psychosis can be a daunting aspect of Parkinson's Disease, understanding its prevalence, triggers, and management strategies can empower patients and caregivers to navigate this challenge successfully. It's a journey that requires patience, knowledge, and the support of a dedicated medical team.

This article is sponsored by Acadia Pharmaceuticals. The content is developed independently and aims to support and educate the PD community.

References:

- "Epidemiology of Psychosis in Parkinson's disease," 2009. Journal of Neurological Sciences.
- "A 12-Year Population-Based Study of Psychosis in Parkinson's disease," JAMA Neurology.



Dr. Elkurd is a board-certified neurologist at Baylor Scott and White Health with additional fellowship training in movement disorders. He has strong interests in Parkinson's disease, tremors, dystonia, and other movement disorders. Read Dr. Elkurd's article, "[Does Parkinson's disease Run in Families? The Role of Genetics and More.](#)"

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.



GR W WITH DAPS

2025 Annual Fundraising Campaign

DAPS's largest fundraising campaign is launched in April, coinciding with Parkinson's Awareness Month. 100% of the funds raised stay local, allowing us to support our neighbors effectively. Donations also help us raise awareness and understanding of Parkinson's disease. In 2024, DAPS reached over 1,700 individuals across North Texas in 38 locations.

DAPS understands that Parkinson's disease can affect individuals physically, emotionally, socially, and mentally. Comprehensive and easily accessible help is provided through exercise, support, and educational services in 9 locations and at no cost to participants.

Since 1978, Dallas Area Parkinson Society has been dedicated to improving and impacting the lives of those affected by Parkinson's Disease. DAPS serves 1,200 North Texas individuals through exercise classes, speech classes, education and support groups.

With your help, we can expand our reach to more of our neighbors in North Texas who are impacted by Parkinson's disease.



Your support will help us grow the foundation of DAPS to reach our goal of \$30,000.



WAYS YOU CAN GIVE

Scan QR Code



Click [HERE](#)

Call in your donation to:
972-620-7600

Mail a check to:
12900 Preston Rd.
Ste 320
Dallas, Tx 75230

JOIN US FOR OUR ANNUAL



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



This year, DAPS is proud to honor Mayor Eric L. Johnson. As the 60th Mayor of Dallas, Eric L. Johnson was first elected in June 2019, he was re-elected in May 2023 with 98.7% of the vote. Prior to becoming mayor, Johnson served as a member of the Texas House of Representatives, where he represented the City of Dallas from April 2010 to June 2019. He also served as chairman of the Dallas Area Legislative Delegation. In addition to his service as Mayor of Dallas, Johnson is the proud son of a parent with Parkinson's disease.

APRIL

30

11:00 AM

HIGHLAND PARK UNITED METHODIST CHURCH
TOLLESON FAMILY ACTIVITY CENTER (3RD FLOOR)
5817 HILLCREST AVENUE, DALLAS, TX 75205



CLICK [HERE](#) TO RSVP

DONATIONS

(Donations received before March 26)

Souya Aun
Leslie Coburn
DAPS Duncanville
Sharon DeMille

James & Linda Foy
Lynne Garrett-Spoons
Christy H. Gary
Gary Griffith

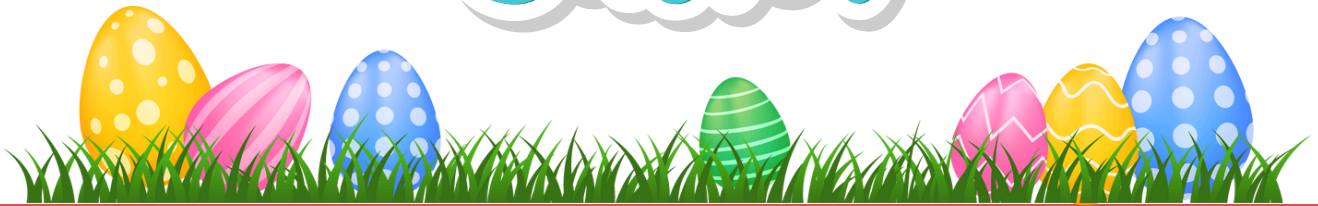
Theodore Houston
Debbie and Mark Jones
Tim Scheer

Memorials

In Memory of Steve Kottler
Marsha & Harvey Wolff

In Memory of Maria G. Munoz
Nancy and Anil Kumar

Ernie and Lucy Martin
Julianne Wright



GEM



Give Every Month
at any level that
fits your budget

Lamar Anderson
Jim & Colleen Armington
Sarah Atwood
Laura Boyle
Florence Brumley
John & Wanda Call
Malinda Cannon
Jared Caplan
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
William & Sherry Owen
Cecilia & Thomas Pajda
Susan Pence
Howard & Jan Robins
Yolanda Russell
Leisha S. Phipps
David Saller
Chuck Stewart
Joyce Susman
Linda & Mike Swanson
John Walker
Monica Yokogawa

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
9:45am	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
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

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
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 <i>Class canceled April 18</i>
11:00am	SPEECH W/ TAMI ST. MICHAEL MCKINNEY <i>Class canceled April 18</i>

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.

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UT Southwestern
O'Donnell Brain Institute

Saturday, April 26, 2025
UT Southwestern Campus



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