



**Dallas
Area
Parkinson
Society**

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(972) 620-7600
www.daps.org



WE HEAR YOU!

A Message from the Executive Director

Many of you know that April is Parkinson's Awareness Month, a designation that amplifies our efforts to better serve the community. This month, we will be putting more attention on helping the community better understand how prevalent Parkinson's disease is, who has PD and educating the community on the many different motor and nonmotor symptoms of PD. We have our work cut out for us. In Dallas County, it is estimated that 8,100 people are living with Parkinson's disease. According to the Parkinson's Foundation, 1.2 million people in the U.S. will be living with Parkinson's by 2030.

Thanks to so many who participated in last month's survey from DAPS, you provided us with honest feedback about our services.

Your opinions help us to better understand how we can serve you and the community better. We appreciate your comments, validation and suggestions. Below are just a few of the many comments you left in the survey:

- "I moved to Florida but still find DAPS a leading resource."
- "This Association is absolutely wonderful and we're blessed to have it."
- "Online exercise is great. Wish it was everyday."
- "I don't attend the monthly meetings due to another conflict."
- "I would like to have access to a support group for people with PD, like the caregivers have."

In response to your comments, here are some updates that might be helpful:

- When possible, DAPS will record the monthly Educational Series and put on our YouTube Channel. We'll share those links in the newsletter and post on our social media channels. This gives you and your loved ones a chance to learn more about PD, at a convenient time.
- For those who are interested in learning how to participate in a virtual class, we are happy to help get you set up on whichever device suits you the best. Call or email us so that we can get you connected.
- DAPS offers an online support group for people with PD, on the first Tuesday of each month at 10:30 am. The virtual option allows for anyone, anywhere to join our virtual community under the guidance of a licensed social worker. This is a safe avenue to share your thoughts, struggles and questions with a compassionate group.

Your opinions matter. Your needs are real. Your feedback is valuable. As we enter Parkinson's Awareness Month, we are especially humbled by your trust in DAPS and your willingness to include us on your journey.

Kind Regards,

**April is
Parkinson's
Awareness
Month**

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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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Keisha Hill, *Events Specialist*
Amber Shoevlin, *Admin Office Coordinator*

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



This year, DAPS is proud to honor Susan Sterling Ed.D. As the Director of Education for Cooper Clinic, she helped create Move. Laugh. Connect., a comprehensive program used throughout the Dallas Area for those diagnosed with Parkinson's Disease.

Wednesday, April 26 at 11:00 am

**Cooper Hotel & Conference Center
12230 Preston Road
Dallas, TX 75230**

IN PARTNERSHIP WITH



DAPS is honored to partner with Cooper Aerobics Center to acknowledge Dr. Cooper for his contributions to the field of Movement Disorders by awarding the Kenneth H. Cooper, MD, MPH Lifetime Achievement Award annually.

KENNETH H. COOPER, MD, MPH

Join the Study That's Changing Everything about Parkinson's Disease Research!

In 2010, The Michael J. Fox Foundation (MJFF) launched the Parkinson's Progression Markers Initiative (PPMI). PPMI is the Foundation's landmark observational study toward better treatments and prevention of Parkinson's disease (PD).

PPMI follows people — with and without Parkinson's — to learn more about how disease starts and changes. More than 1,400 people raised their hand to participate in PPMI over the first decade. The study is the most ambitious and robust natural history study in PD to date. In 2021, PPMI launched a massive expansion, with the goal to enroll 4,000 people at medical centers across the globe. The study expansion has a focus on people without Parkinson's living with certain factors linked to increased risk of the disease. And it could not have come at a more crucial time. A recent estimate from the [Journal of the American Medical Association](#) states that the number of people with Parkinson's will double by 2040, to an estimated 13 million. By including individuals across the full continuum of Parkinson's disease, PPMI will have the ability to deepen our understanding of who gets Parkinson's and why. This information could lead to ways to better diagnose, treat and one day, prevent Parkinson's disease.

Who can participate?

There is a place for everyone in PPMI. Anyone aged 18 and older in the United States can join the online part of PPMI. Some may complete tests through the mail, such as scratch-and-sniff smell tests. Others may contribute data and samples (e.g., blood, urine) in person at one of nearly 50 sites in 12 countries.

Individuals recently diagnosed with Parkinson's (within the past two years) and who are not yet taking PD medication are encouraged to connect with the study team at 877-525-PPMI or email joinppmi@michaeljfox.org to get started.

For those without a Parkinson's diagnosis, taking a scratch-and-sniff test is another way to help PPMI gather data on PD risk factors. Loss of sense of smell has been linked to brain disease, including Parkinson's. Some people with Parkinson's report losing their sense of smell years or even decades before their diagnosis. Not everyone with smell loss will develop Parkinson's, but studying this connection will help us learn more about who may be at risk. Everyone 60 or older without Parkinson's disease, living in the United States, is encouraged take a free smell test. Simply visit mysmelltest.org/DAPS to answer a few questions and receive your scratch-and-sniff test in the mail.

Anyone 18 or older in the United States — with or without Parkinson's — can also contribute to PPMI. Through the PPMI online study platform, participants can answer questions about health and wellness. Questionnaires are sent to your email every three months. You can answer at your own pace, from the comfort of your home. To learn more and sign up for the online part of the study, visit michaeljfox.org/ppmi.

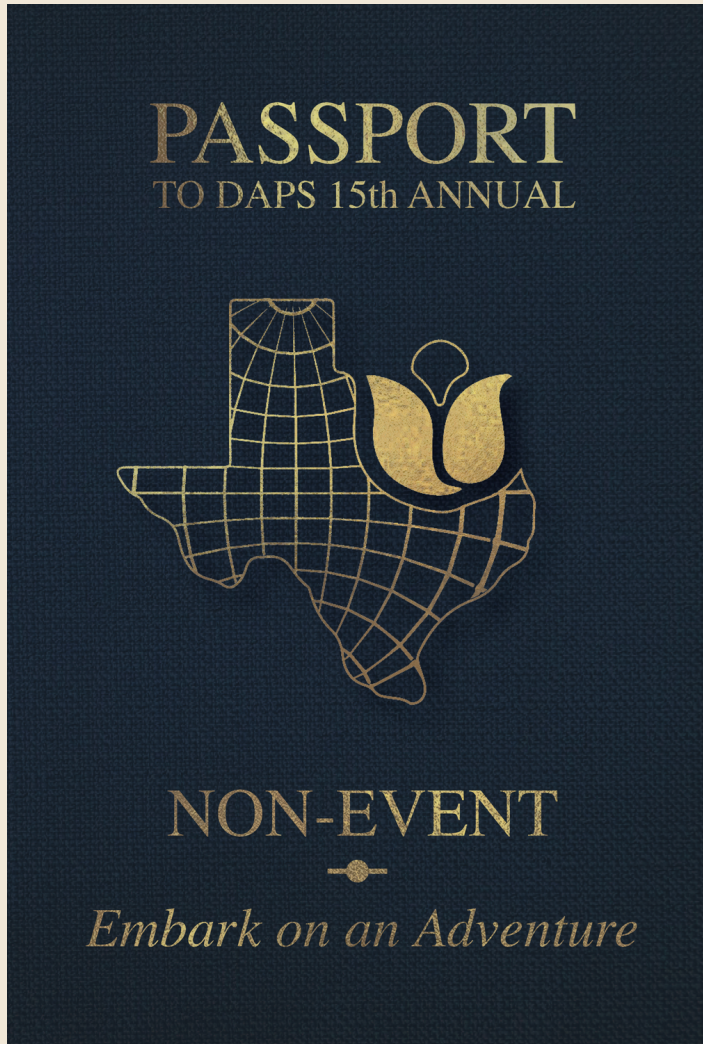
What else is being discovered in PPMI?

Data from PPMI is de-identified and shared with scientists to help speed breakthroughs. PPMI data has been used to launch over 20 human studies testing Parkinson's treatments. It has been downloaded 11 million times and is cited in over 400 scientific publications. One recent study used PPMI data to create a new tool for Parkinson's care. Genetic and clinic data from PPMI, alongside other studies, was used by researchers at the University of Pennsylvania and 23andMe to develop a tool predicting impulse control disorder (ICD) risk. Some Parkinson's medications can cause ICDs: compulsive gambling, shopping, eating or sexual behavior. This tool may help people select the right PD medication based on their ICD risk. New biomarkers and proteins related to PD have also been identified through PPMI, which can impact the design of future PD therapy and prevention trials.

About The Michael J. Fox Foundation for Parkinson's Research

The Michael J. Fox Foundation is dedicated to accelerating a cure for Parkinson's disease and improved therapies for those living with PD today. The Foundation pursues its goals through an aggressively funded, targeted research program coupled with active global engagement of scientists, patients, business leaders, research participants, donors and volunteers.

We need your help to find a cure for Parkinson's. Get involved today! Visit michaeljfox.org/ppmi.



What is a Non-Event?

The Non-Event is an excursion into a fictional theme. Come aboard and take a trip with us!

This is DAPS largest single fundraiser each year. It allows us to continue providing FREE essential services to those impacted by Parkinson's disease.



Click here to donate!

SPOTLIGHT



Jo Klein

Jo Klein joined the DAPS Board of Directors in 2015 and served as Vice-President for several years during her tenure. When Jo was diagnosed with Parkinson's disease, she soon discovered the importance of group exercise and social connections in helping people accept their condition.

During her time on the Board, she started and chaired, the annual Vizient Community Day event and the annual Kenneth H. Cooper, MD, MPH Lifetime Achievement Award. These events were designed to encourage people with Parkinson's to take advantage of the DAPS programs and services offered and to acknowledge leading community members who contributed to the visibility and treatment of Parkinson's disease.

Jo retired in 2013 from a successful career at Vizient and Abbott Laboratories. While at Vizient, she conducted joint research with Arizona State University (ASU) in healthcare supply chain management. Throughout her career, she continued to develop her leadership experience in change management. She has a master's and bachelor's degree in immunology from the University of Nebraska. Jo retired from the DAPS Board of Directors at the end of 2022. Jo is very proud of her 40 year marriage to her husband, Bert.

COMMUNITY CORNER

APRIL IS PARKINSON'S
AWARENESS MONTH

**Join CC Young
for our one-two
combination to
fight Parkinson's.**



Wednesday, April 12, 2023 | 10 - 11:30 a.m.
Panel discussion and boxing class demonstration
starring CC Young Residents

The Point Auditorium on the CC Young Campus

Space is limited. RSVP by Friday, April 7
469-949-5410 or visit CCYOUNG.org/Boxing



Independent Living • Assisted Living • Memory Support • Skilled Nursing • Rehabilitation



Memorials | Honors | Donations
February & March 2023

Donations

John Fitzpatrick
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Reen Gutsell
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Diana Winkelmann
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Debbie Miller

In Memory of Barbara Anderson Lane

Ryan Anderson
Cindy Baldwin
Carl & Joyce Wegel
Jim Baldwin
Mark Thoennes & Family

In Memory of Barbara Ann Rutledge

Linda Farmer
Francis Rodela
Pam, Roxanne & George LaBounty

In Honor of Janet Aston Scott's Birthday

Catheryne Jarmakowicz
Shannon Brown
Brent Scott

Donations

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Wes & Lesia Butler
Jana Pannill
Bryan Brown
Rick Self
John Garner
Michael Selman
DAPS McKinney Class
DAPS Duncanville Class



A GEM is a donor that
"Gives Every Month"

*Thank you for
your continued
support!*

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Dallas Area Parkinson Society is grateful for the many individuals and families who have named DAPS as a beneficiary in their wills, trusts, life insurance or retirement plans. A bequest to DAPS helps us ensure that our comprehensive free services provide you and your loved ones with the best resources, information and approaches to living well with Parkinson's disease.

CLASS INFORMATION

WHAT TO KNOW



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

Here is the 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 www.daps.org/calendar. See class locations on the next page.

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 in Duncanville
- 3:00 PM SPEECH W/ DANIELLE
First United Methodist Church in Duncanville
- 3:00 PM CARE PARTNER SUPPORT W/ BELYNE
First United Methodist Church in 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. Michael the Archangel Church in McKinney
- 10:30 AM EXERCISE W/ TAMMY
Preston Hollow United Methodist Church in Dallas
- 10:30 AM PARKINSONS SUPPORT W/ BELYNE via ZOOM
<https://us02web.zoom.us/j/5560874938>
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)
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://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
- 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 in 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
- 2:00 PM 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:

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

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

DUNCANVILLE:

First United Methodist Church
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

ZOOM MEETING IDS:

Exercise with ANGIE:

Meeting ID: 556-087-4938
Password: LOUD

Exercise with BARB:

Meeting ID: 556-087-4938
Password: LOUD

Support Group with BELYNE:

Meeting ID: 556-087-4938
Password: LOUD

Exercise with DIANA:

Meeting ID: 556-087-4938
Password: LOUD

Nutrition with FAYE:

Meeting ID: 556-087-4938
Password: LOUD

Speech with LYNN:

Meeting ID: 783-578-3790
Password: LOUD

Speech with PAT:

Meeting ID: 740-850-5274
Password: LOUD

Exercise with TAMMY:

Meeting ID: 556-087-4938
Password: LOUD

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Educational Series Sponsors**



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NEWSLETTER SPONSOR



THE MICHAEL J. FOX FOUNDATION FOR PARKINSON'S RESEARCH

[CLICK HERE](#) to visit the website

ASK THE NUTRITIONIST

Friday, April 7 at 2:00 pm

<https://us02web.zoom.us/j/5560874938>



As a person living with Young Onset Parkinson's for 13 years, and a trained nutritionist in private practice, Faye Elahi is in a unique position to share what diet and nutrition supplements work best.

TRIBE WELLNESS GROUP CLASSES



Non-contact boxing classes are supported in part by DAPS. To see the complete Tribe Wellness calendar - click [here!](#)

DAPS members receive discounted pricing at Tribe Wellness.

To become a member [CLICK HERE](#)

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.