



**Dallas
Area
Parkinson
Society**

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



EXPECT THE UNEXPECTED

A Message from the Executive Director

This month marks the kickoff of the State Fair of Texas. I've been going to the fair since I was a small child and rarely miss a year. I love it just as much now as I did 40 some odd years ago, but for slightly different reasons.

As a young child, I loved almost all the rides, the games that enticed me to play again and again in hopes of winning the grand prize of a giant stuffed animal and a chance to see the record breaking 'largest alligator'. Big Tex was and always will be one of my favorite fixtures at the state fair.

Now that I am older, my interests have shifted to corny dogs, the butterfly garden and the birds of prey exhibits. A little toned-down experience of the fair compared to my childhood days, but still just as enjoyable.

A couple of years ago my husband and I wandered into one of the many giant exhibitor buildings. What we found in this particular building was unexpected. We walked in to find hundreds of mattresses. We tested out everything from remote control mattresses, a variety of different types of memory foam mattresses, anti-allergy mattresses and many more.

The next thing I knew we were discussing our 'need' for a new mattress, how ours sags in the middle and probably wasn't helping our aging and arthritic backs.

We've gotten a lot of laughs out of our purchase of a new mattress from the state fair, but I can honestly say that we have no regrets. Although completely unexpected and something that we would normally put off and dread shopping for, the experience was one that was actually enjoyable. Following up our purchase with a corny dog and caramel apple made it even better.

We don't always experience things the same way as we once did, but as we grow older, our idea of what we find enjoyable might change a bit. I would never have expected to purchase a mattress at the state fair, and I never would have expected it to be a relatively pleasant experience. Nevertheless, it was easy, stress-free and the price tag was much better than what we would have gotten at a stand-alone store.

The unexpected is not always what we would choose. But occasionally the unexpected leaves us with a sense of gratitude, joy or in my case - a memory that will always be recalled with laughter.

Kind Regards,

Lisha J. Phillips

UPCOMING EVENTS
-Community & Connection-

2023 KEEP MOVING SYMPOSIUM

Saturday, October 14, 2023
8:30 am - 2:15 pm

TOPICS

"The National Plan to End Parkinson's Act"

"Searching for Winter Stars: A Caregiving Journey"

"Cognitive Changes in Parkinson's Disease: What to Know, Ways to Manage It"

"Walking & Talking: A Speech-Language and Physical Therapy Approach to Parkinson's Disease"

"How Palliative Care Specialists Improve Quality of Life for Parkinson's Patients"

"Deep Brain Stimulation Panel Learning about DBS and New Technology"

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

(more details on page 3)

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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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**— NTX —
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Thank you to all our NTX GIVING DAY donors!



KEEP MOVING!

2023 KEEP MOVING SYMPOSIUM

Saturday, October 14, 2023
8:30 am – 2:15 pm

Lovers Lane United Methodist Church
9200 Inwood Rd. Dallas, TX 75220

Register today!

www.daps.org
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Mason Zeagler
Government Relations Officer at The Michael J. Fox Foundation for Parkinson's Research



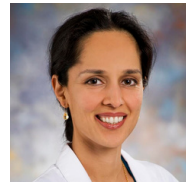
Dave Iverson
Author, documentary film producer/director and retired broadcast journalist



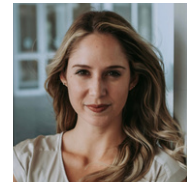
Jessica Wilden, MD
Board-certified Neurosurgeon who Specializes in Movement Disorders



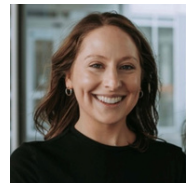
Richard L. Fulbright, PhD
Clinical Neuropsychologist at Fulbright Neuropsychology



Neerja Bhardwaj, MD, MPH
Founder and President of Specialists in Geriatric and Palliative Care Medicine PLLC



Stephanie Gil, PT, DPT
Doctor of Physical Therapy at OneRehab



Anna Gershberg, MS, CCC - SLP
Speech Language Pathologist at OneRehab

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Parkinson's Disease Motor Complications

Motor complications

Motor fluctuations, also called OFF episodes, and dyskinesias are collectively known as motor complications. Changes in dopamine levels can lead to episodes of OFF or dyskinesia. As Parkinson's disease progresses, the brain makes less and less of the chemical involved in coordinating movement and balance, called dopamine.

Levodopa and motor complications

Levodopa helps replace the dopamine that is lost. Levodopa works well in treating Parkinson's disease — often for several years. When the PD medication is at low levels or not working well, symptoms of Parkinson's appear during what is called OFF time. However, as the disease progresses, the effects of levodopa do not last as long. This triggers the need to take higher or more doses of levodopa throughout the day, which may in turn trigger dyskinesia, as it is caused by too much levodopa in the system. However, starting levodopa sooner in the treatment of PD does not increase dyskinesia and, in fact, can be helpful in alleviating OFF symptoms earlier in the disease progression.

What does OFF time look like?

Tremors: Involuntary, rhythmic movements that look like shaking

Bradykinesia: Slowness of movement

Rigidity: Stiffness of the limbs and torso

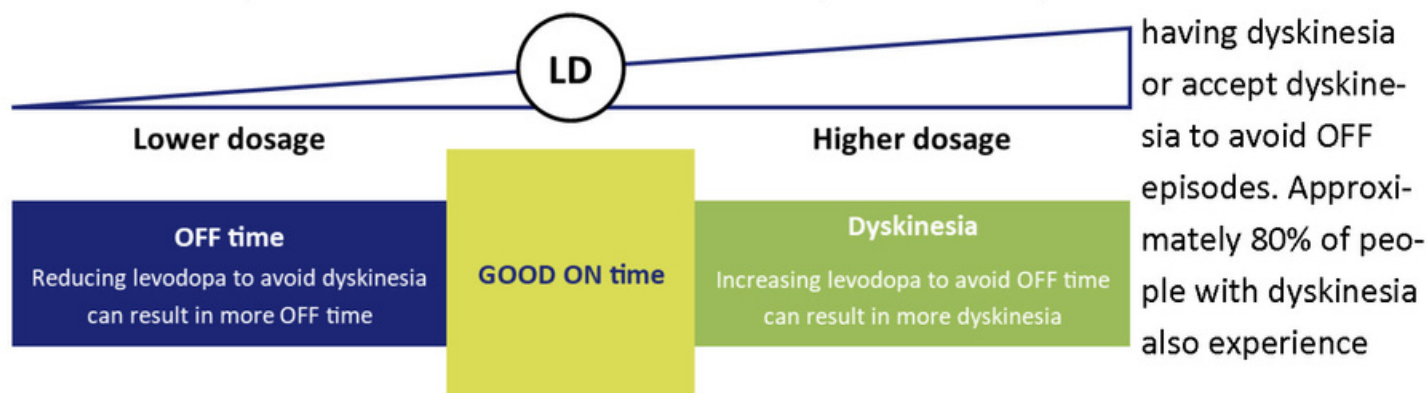
Instability: Difficulty with balance

What does dyskinesia look like?

- Involuntary, erratic, writhing movements of the face, arms, legs or trunk
- Movements that are often fluid and dance-like but may also cause rapid jerking or slow and extended muscle spasms

Managing GOOD ON time

Ultimately, it may become difficult to maximize GOOD ON time — the period of time when a person with Parkinson's experiences good motor control. Adjusting or limiting levodopa therapies to treat motor complications result in a “trade-off” where you either accept more OFF time to avoid



OFF so it is a delicate balance to address the symptoms of Parkinson's OFF time with enough levodopa without triggering dyskinesia that happens as a result of high levels of levodopa medication.

Talking to your doctor about motor fluctuations

Have an open and informed conversation about your experience, symptoms and treatment

About motor complications

- I sometimes experience uncontrolled, unpredictable twisting and turning movements. These occur in my face, arms, legs, and/or torso. Could this be dyskinesia?
- How do I know what I am experiencing is dyskinesia rather than a symptom of OFF time?

How motor complications impact activities

- Sometimes I find it difficult to engage in my hobbies and daily activities. Is this something that's just part of Parkinson's, or is there something that could help me control my movements better?
- How can my care partner help me observe and track my OFF time and dyskinesia so we can have an informed conversation during our next visit?

For care partners

- I see my partner's dyskinesia and/or OFF symptoms getting worse, but he/she doesn't seem to notice or mind. Is this something I should be worried about?
- What can I do if my partner's OFF and dyskinesia make our daily activities difficult?
- Are there treatments available so my partner can reduce OFF, dyskinesia, or both?
- How can I observe and track my partner's OFF and/or dyskinesia so we can have an informed conversation during our next visit?

Managing motor complications

- OFF time and dyskinesia are unpredictable and make it difficult for me to plan for my day. How can I better manage these problems?
- I've heard one way to manage dyskinesia is to adjust my levodopa dose. Will lowering my levodopa make me experience more OFF time?
- In order to address my OFF time, I heard that increasing my levodopa dose could lead to dyskinesia. How can I manage any dyskinesia that I also experience?
- Is there a way I can reduce both OFF and dyskinesia together so I can maximize my good ON time?
- How can my care partner help me observe and track my OFF and/or dyskinesia so we can have an informed conversation during our next visit?

SPOTLIGHT



Rechelle Brown

I have invested over ten years working with individuals, couples, and families coping with life's challenges. These challenges can be overwhelming and fearful for you at times, but with the right support, you can overcome. You first must have the hope that things can get better. I will assist you in overcoming these challenges in a meaningful way. Healing is hard, but I will support and go along with you through the process. Remember it is a process! Step by step and day by day, you will see changes and improvement as you journey.

I specialize in generational traumas that make life transitions difficult. (I am an EMDR certified EMDR therapist.) Whether these transitions are good or bad, they bring about feelings of anticipation and anxiety worth exploring. As a peacemaker, I will give you tools to find comfort within yourself and the world. As a result, you will be compelled to position yourself for your purpose.

COMMUNITY CORNER

—NTX— GIVING DAY



We are excited to announce that we exceeded our \$15,000 goal

Our DAPS community came together and raised
\$25,195

Thank you for making a difference!

Special thanks to our anonymous \$7,500 matching donor



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DAPS Youtube Channel



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Donations may be mailed to:
6310 LBJ Freeway, Suite 213
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Thank you to our September Educational Series Sponsors



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August & September 2023

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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.

Here is the schedule of classes Dallas Area Parkinson Society (DAPS) offers each week in-person and via Zoom. For more details, visit our 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>
- 10:00 AM PARKINSON & CARE PARTNER SUPPORT
Preston Hollow United Methodist Church in Dallas
2ND MONDAY OF THE MONTH
- 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/ REHELLE
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/ GAIL 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
- 1:00 PM SPEECH W/ PAT via ZOOM
<https://us04web.zoom.us/j/7408505274>
- 2:00 PM DANCE FOR PD W/ MISTY via ZOOM
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>
- 10:30 AM PARKINSON & CARE PARTNER SUPPORT
Lakepointe Church at White Rock in Dallas
1ST AND 3RD WEDNESDAY OF THE MONTH
- 11:15 AM SPEECH W/ LYNN (HYBRID)
Grace Lutheran Church in Carrollton

WEDNESDAY (cont)

- 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
- 9:45 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 W/ GAIL
St. Michael the Archangel Church in McKinney
1ST AND 3RD FRIDAY OF THE MONTH



CLASS LOCATIONS

CARROLLTON:

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

DALLAS:

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

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

Semones Family YMCA (Town North)
4332 Northaven Road - Room 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 Road
(972) 271-5428

MCKINNEY:

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

PLANO:

Hunters Glen Baptist Church
4001 Custer Road
(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

Exercise with DIANA:
Meeting ID: 556-087-4938
Password: LOUD

Nutrition with FAYE:
Meeting ID: 556-087-4938
Password: LOUD

Support Group with GAIL:
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



For October cancellations, please visit our
calendar at www.daps.org/calendar



SYED HUSSAIN
Movement Disorder Specialist

817-267-6290
Bedford, TX and Keller, TX
www.kanehallbarry.com

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Thank you Kane Hall Barry Neurology for sponsoring this month's newsletter!

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Thank you Supernus for sponsoring this month's newsletter!

[CLICK HERE](#) to visit the website

YOUNG ONSET SUPPORT GROUP

The Young Onset PD Support Group meets virtually every Tuesday at 6:30 pm.

For details contact yopd.dfw@gmail.com

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](#)

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