



**Dallas
Area
Parkinson
Society**

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

RANDOM ACTS OF KINDNESS

A Message from the Executive Director

Did you know that November is Care Partner Awareness month? As the incidence of Parkinson's disease grows, making it the fastest growing neurological condition, the impact on care partners can be tremendous. Care partners include, but are not limited to: professionals like nurses, doctors and therapists, neighbors, spouses, children, siblings and friends. One of the remarkable features about care partners is their ability to extend random acts of kindness, regardless of the weight they may be carrying. Within the last 6 days of writing this article, I've encountered several random acts of kindness within our DAPS community that I think are worth sharing.



Many DAPS volunteers are also care partners and I am always in awe of the kindness they extend to others, despite demands on their own time. Recently, several of the DAPS volunteer facilitators have taken the time to follow up and call members' whose attendance has dropped off. It's easy to take such a common courtesy for granted. But when we recognize that sometimes that phone call may be the only call someone has received all day (or longer), the importance of a familiar voice may be the compassion, humor or encouragement that someone needed.

For the board member who drops off cupcakes for the office staff, during a very busy time, your kindness validates the hard work that often goes unnoticed. And for the sponsor who took time out of their workday to stop at the office and help prepare for the annual symposium, you brought a sigh of relief while making the never-ending list of things to do before an event - much more manageable. On the day of the symposium, one particular care partner jumped in to help when he recognized that we had a problem that needed to be fixed immediately. Without hesitation, he made things happen that no one else was able to do, only to run back home so that he could care for his wife who was struggling with a change in her Parkinson's medication.

And the volunteer students from the TWU Occupational Therapy school took it upon themselves to make things a little easier for the symposium attendees. Seeking ways to lighten the load of care givers in the audience, the students picked up trash bags and brought them to each table, alleviating the need for care givers to make trips to the trash cans. Such a small act of kindness allowed for a little more time to rest and catch up with new and old friends.

I could go on, but as I am approaching the maximum number of words that the lead article is permitted, I'll stop for now. However, I sincerely hope that you'll look for, recognize and express your appreciation for the care givers in your world whether it be big or small acts of kindness. After all, it's not the size of the act that really matters.

Kind Regards,

**UPCOMING
EDUCATIONAL SERIES
-Community & Connection-**

Friday, November 3 at 12:00pm

"Molecular Imaging in Movement Disorders"

Denton Senior Center - Blue Room
509 N. Bell Ave
Denton, TX 76209

Monday, November 13 at 10:45am

*"Deep Brain Stimulation:
The Who and Why"*

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

Monday, November 27 at 12:00pm

"More Days with GOOD ON Time"

First United Methodist Church
403 S. Main Street
Duncanville, TX 75116

Tuesday, November 28 at 11:30am

*"Treatment in the Advancement
of Parkinson's Disease"*

St. Michael the Archangel Church
411 Paula Road
McKinney, TX 75069

INSIDE

educational series 2

events 3

pd experts 4

community corner 5

memorials, donations 6

class information 7

class locations 8

upcoming 9



**Dallas
Area
Parkinson
Society**

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

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**NOVEMBER EDUCATIONAL SERIES
-COMMUNITY & CONNECTION-**



MADHAVI THOMAS, MD
*President of the North Texas Movement
Disorders Institute, Inc.*

Friday, November 3, 2023

12:00 Lunch / 12:30 Program Begins

TOPIC: "Molecular Imaging in Movement Disorders"
Dr. Madhavi Thomas is the President of the North Texas Movement Disorders Institute, Inc., a dedicated center for clinical care and research located in Flower Mound, TX. She has specialized training in botulinum toxin injections, deep brain stimulation, and treatment of various movement disorders, with a focus on Parkinson's disease.

[RSVP HERE](#)

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Medtronic



MORGAN FRIEDE
DBS Therapy Consultant for Abbott

Monday, November 13, 2023

10:45 Snacks / 11:00 Program Begins

TOPIC: "Deep Brain Stimulation: The Who and Why"
Morgan is a DBS therapy consultant for Abbott Labs. She has worked in the medical field for 7 years. She graduated with her BSN and worked for multiple years as an RN around the country. The last 4 years she has worked for Abbott Neuromodulation.

[RSVP HERE](#)

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NIRAV PAVASIA, MD
*Movement Disorder Specialist at Neurology
Consultants of Dallas*

Monday, November 27, 2023

12:00 Lunch / 12:30 Program Begins

TOPIC: "More Days with GOOD ON Time"
Dr. Nirav PAVASIA is a Certified Movement Disorders Specialist and a Board-Certified General Neurologist. Dr. PAVASIA found his passion in movement disorders through the challenges of treating Parkinson's disease and other movement disorders.

[RSVP HERE](#)

Sponsored by
**Supernus
Pharmaceuticals**



NIRAV PAVASIA, MD
*Movement Disorder Specialist at Neurology
Consultants of Dallas*

Tuesday, November 28, 2023

11:30 Lunch / 12:00 Program Begins

TOPIC: "Treatment in the Advancement of Parkinson's Disease"
Dr. Nirav PAVASIA is a Certified Movement Disorders Specialist and a Board-Certified General Neurologist. Dr. PAVASIA found his passion in movement disorders through the challenges of treating Parkinson's disease and other movement disorders.

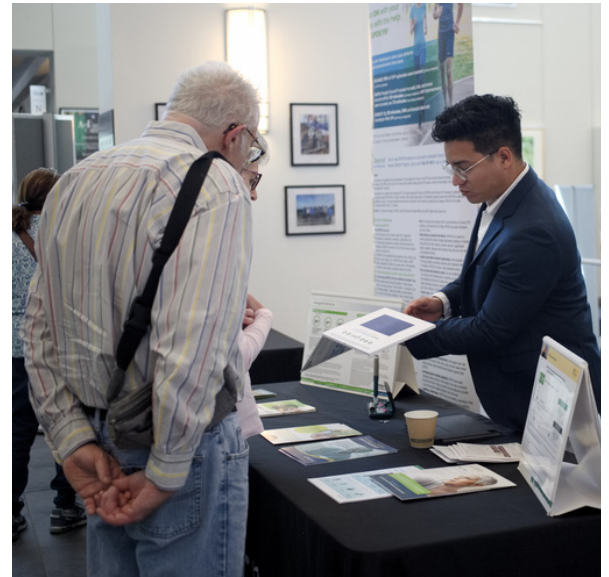
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2023 Keep Moving! Symposium PHOTOS

To watch symposium sessions [CLICK HERE](#)



Save
THE
Date

The Holiday Luncheon
Wednesday, December 6 at 11:00 am

First United Methodist Church
503 N. Central Expy
Richardson, TX 75080

Come ring in the Holiday Season with us

[RSVP HERE](#)



Family Caregiver Burnout

By: Katharine Rubenstein

Caregiving can be both immensely rewarding and incredibly exhausting. Those who are overworked can end up facing a great deal of stress. It's important for caregivers to take regular breaks and manage their own stress levels. Why? Because stress could end up affecting their own physical and mental health, negatively influencing their senior loved one's wellbeing in the following ways:

Reduced Emotional Support - Stressed caregivers don't have the time and patience to quietly sit and chat with their loved ones. Caregivers may provide the only social interactions for seniors in their care. Since seniors have a high risk of developing depression, the inability to socialize could be unhealthy for your loved one.

Less Effective Care - Constantly feeling overwhelmed and worn out can make it difficult to concentrate, impacting a caregiver's ability to perform his or her normal duties. Caregivers who are stressed out and tired may forget important things like medications, doctor appointments, or bills, which could end up leading to accidental lapses in care.

More Tension in the Household - Many people find stress shows up as grumpiness and irritability. When you spend all day with your loved one, the stress may cause you to lash out, which could lead to arguments that make your loved one's daily life tense and unpleasant. Being able to maintain a loving and supportive relationship with your loved one can become quite challenging if you are always stressed.

Longer Response Times - A stressed caregiver may not notice small changes in his or her loved one's wellbeing. For instance, you may not pay attention to changes like weight loss or sleep issues that could signal something that requires medical attention. When it takes longer to respond to your loved one's needs, relatively minor problems may develop into more concerning health issues.

So how can you avoid burnout and resentment? Negative thoughts are hard to banish when life gets challenging, but remember you bring many strengths to your caregiving role that make it possible to help your senior loved one to live his or her best life. Here are some tools:

Finding what brings you joy may lead you directly to where your greatest strengths lie. Start focusing on which parts of your caregiving routine make you the happiest. For instance, some people love to cook, and you may relish the time you spend in the kitchen with your loved one.

The next time someone compliments you on how sweet you are to your loved one or how you somehow manage to make everything look easy, acknowledge the praise and internalize it. Let the words offer inspiration about what makes you so strong.

Start working on a plan to help you remember your strengths by simply writing them down. These notes can serve as a reminder of how great you are as a caregiver.

Take time out for yourself so you can be well rested and capable of responding to your loved one's needs as your best self. Talking to a counselor, researching caregiving strategies, and taking classes are all ways to add to your list of caregiving strengths.



Caring for senior loved ones can be challenging but it doesn't have to be faced alone. If you're caring for an aging loved one and are feeling overwhelmed, consider a professional caregiver to provide respite care. When researching agencies that provide senior care, families are usually looking for flexible care plans, compassionate and highly trained caregivers, and 24/7 availability. Professional caregivers can assist your loved one at home while you take a nap, go to work, run errands, or go on vacation. To learn more about Home Care Assistance of Dallas and the Park Cities, call 214-363-3400.

Katharine Rubenstein is the General Manager at Home Care Assistance of Dallas and the Park Cities.

SPOTLIGHT



Dr. Jerome Lisk

Dr. Jerome Lisk is a dual board-certified Neurologist with a subspecialty in Movement Disorders practicing at MD Neurology in Denton and Flower Mound, Texas. He is also an adjunct Clinical Assistant Professor at The University of North Texas Fort Worth, while pursuing an Executive Health Care MS/MBA combination degree at the University of Texas at Dallas Naveen Jindal School of Management. Dr. Lisk has been a Principal Site Investigator in several national clinical research trials in Parkinson’s disease.

Dr. Lisk is an Alumni of the University of Michigan in Ann Arbor, where he did research on immunotoxin therapy in the Department of Pediatric Neurosurgery. He received his medical degree at the Medical College of Virginia and completed an internship at The University of California, Los Angeles. Dr. Lisk fulfilled his Neurology Residency and Movement Disorders fellowship at the University of Texas at Houston.

Dr. Lisk is a 2013 Graduate of the American Academy of Neurology Palatucci Advocacy Leadership Forum and a 2016 Graduate of the American Academy of Neurology Diversity Leadership Program.

Dr. Lisk is a member of The International Parkinson’s Disease and Movement Disorder Society and The American Academy of Neurology.

COMMUNITY CORNER

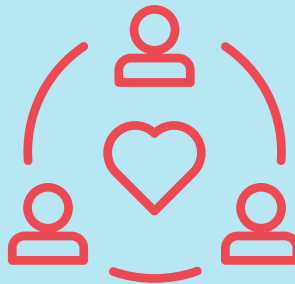
We offer Care Partner Support Groups

DALLAS

Monday at 10:00 am
Preston Hollow United Methodist Church
2nd Monday of the month

DUNCANVILLE

Monday at 3:00 pm
First United Methodist Church
1st & 3rd Monday of the month



GARLAND

Thursday at 10:30 am
South Garland Baptist Church
Weekly

MCKINNEY

Friday at 11:00 am
St. Michael the Archangel Church
1st & 3rd Friday of the month



daps.org



facebook.com/dapsociety



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DAPS Youtube Channel



@dapsociety

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

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September & October

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November is National Family Caregivers Month

Celebrate the caregivers in your life



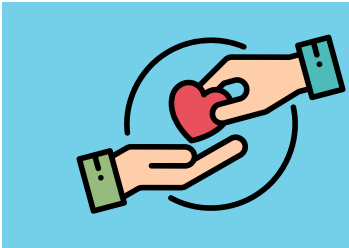
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This critical funding allows DAPS to provide FREE

- 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/ RECHELLE
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 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
- 9:45 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
- 11:00 AM SPEECH W/ LESLIE
St. Michael the Archangel Church in McKinney
- 11:00 AM CARE PARTNER SUPPORT W/ GAIL
St. Michael the Archangel Church in McKinney
1ST AND 3RD FRIDAY OF THE MONTH
- 2:00 PM ASK THE NUTRITIONIST W/ FAYE
<https://us02web.zoom.us/j/5560874938>
2ND 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 November cancellations, please visit our
calendar at www.daps.org/calendar

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Thank you Acadia for sponsoring this month's newsletter!

CLICK HERE to visit the website



Medicare

**Open Enrollment for Medicare is October 15 - December 7
You can Join, Switch or Drop a Plan**

**SCHEDULE
CHANGES**



**For classes that are
cancelled due to the
Holiday Season,
please visit**

www.daps.org/calendar

**ASK THE
NUTRITIONIST**

Friday, November 10 at 2:00 pm



Faye Elahi was diagnosed with Young Onset Parkinson's disease 13 years ago. Her extensive knowledge in the field of nutrition has helped her develop a Parkinson's friendly diet.

For this month's topic **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.