



**Dallas
Area
Parkinson
Society**

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

NOVEMBER 2021

Holidays Are Already Upon Us

Message from Executive Director Mike Miles



“My how fun time is when you’re having flies!”
- *Kermit the Frog*

What happened? It is already November and thus begins the holiday season for most people. Much like the year, these last two months will fly by, despite the fact that November 7th we will set our clocks back one hour. We will see temperatures and leaves drop. We will focus more on gratefulness and giving. We will eat more and then resolve to lose weight. We will look back and dream forward. It really is a wonderful and busy time of year.

When writing, I usually work hard to stay focused and on topic, but putting that aside for a moment, here are some rambling and random thoughts as I think about the holiday season and the days ahead.

- In all the hustle and bustle, I hope we will all find time to truly pause and give thanks.
- Have fun, eat your fill, and save room for dessert.
- Laugh, love, and linger in the good moments.
- As you cram so much activity into the last days of this year, don't forget your own health and wellbeing. In between the times of hustle and bustle and feasting, eat healthy, exercise, get some rest, and give yourself some “me time” to reflect and rejuvenate.

I could go on with random thoughts but let me finish by focusing on two things that always come to my mind at the end of the year – giving thanks and giving back.

The end of the year is a time when I especially give thanks for all that DAPS does and give thanks for all the people who help to make that possible. I am thankful for the DAPS staff, DAPS Board of Directors,

MESSAGE continues on Page 2

NOVEMBER EDUCATIONAL SERIES



**Monday,
November 29, 2021**

11:00 a.m.

TOPIC

Moving Forward

PRESENTED BY

Kimberly Berry, FNP-C

LOCATION

**In-person at
Preston Hollow
United Methodist Church
6315 Walnut Hill Lane
Dallas, TX 75230**

Event sponsored by

abbvie

Speaker bio on Page 2.

INSIDE

speaker bio	2	daps gems	4	other classes & resources	7
thank you	2	memorials, honors, donations	5	keep moving on you tube	8
care partner awareness month	3-4	class schedule	6	connect with daps	8



**Dallas
Area
Parkinson
Society**

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

Executive Director

Mike Miles

Board of Directors

Bentley Foster, President
Jo Klein, Vice President
Barbara Glass, Secretary
Marcie Salamone, Treasurer

Martha Bonilla	Steven Markel
Mike Braitsch	Robbie McCullough
Jared Caplan	Greg Rector
Stephen Holman	Chuck Stewart
Harold Kellogg	

Advisory Council

Sarah Atwood	Charlene Noe
Ben Casey	Sandi Pautler
Carlie Dorshaw-Moe	Joyce Susman
Pat Goukler	Barbara Taylor
Shirley Hand	

Medical Advisory Board

Michael Braitsch, PT, DPT
Shilpa Chitnis, M.D., Ph.D.
Richard B. Dewey, Jr., M.D.
Mazen Elkurd, D.O.
Rasheda El-Nazer, M.D.
Thomas D. Franklin, Jr., Ph.D.
Richard L. Fulbright, Ph.D.
Dwight C. German, Ph.D.
June Levitt, Ph.D., LDT, CCC-SLP
Aashoo Mentreddi, M.D.
Brad McDaniels, Ph.D., CRC
Padraig O'Suilleabhain, M.D.
Nirav Pavasia, M.D.
Alexander Peralta, M.D.
R. Malcolm Stewart, M.D.
Aanchal Taneja, M.D..
Gary L. Tunell, M.D.

DAPS Staff

Leisha Phipps, Program Director
Andrea Carter, Office Manager

Newsletter

Pam Michel, Production Editor

The DAPS newsletter is published monthly as an information guide only, and does not serve as legal or medical advice.

NOVEMBER EDUCATIONAL SERIES SPEAKER

Kimberly Berry, FNP-C



Moving Forward: Learning more about Parkinson's disease and how it advances

PRESENTED BY

Kimberly Berry, MSN, APRN, FNP-C
Southwest Neurology

Learn more about Parkinson's disease and a treatment option to discuss with your doctor.

Kimberly Berry is an AANP board certified Family Nurse Practitioner at Southwest Neurology, where she treats multiple neurological concerns with a particular emphasis in Movement Disorders. Kimberly has worked primarily in Neurology for the last seven years. She has a particular interest in Parkinson disease, which likely originated from seeing her grandfather tackle this diagnosis. She is passionate about providing Parkinson disease education and overall support to her patients and their family members. She desires to be a true patient advocate who enables individuals to live full, productive lives despite their diagnosis.

November 29, 2021 at 11:00 AM CST
Preston Hollow United Methodist Church
6315 Walnut Hill Lane
Dallas, TX 75230

Thank You
**to our sponsors for the
Lifetime Achievement Award
luncheon in October.**






MESSAGE continued from Front Page

Advisory Council, Medical Advisory Board, and Newsletter Team. As members of DAPS, you get to see and enjoy the benefit of the commitment and behind the scenes work of these people. I am thankful for the facilitators at all of our locations. I am thankful for our exercise, speech, and support group leaders. I am thankful for our volunteers. I am thankful for all those who support the work of DAPS with their donations. Here at DAPS, we have much to be thankful for!

The second thing that always comes to mind is giving back. More than just a job, DAPS for me is a chance to serve others with my own time, talents, and treasures. Like so many, I give to DAPS throughout the year. But, at the end of the year, I always want to give an end of the year gift. I am not alone in this.

Many of you make a special end of the year donation. These end of the year gifts contribute greatly to DAPS budgeting and DAPS being able to provide all the free services that help change lives in amazing and significant ways. I hope you will consider joining me with a special end of the year gift for DAPS.

You can mail a gift to the DAPS office at the address found at the top of [page 1](#) of this newsletter or you can donate on the home page of the DAPS website, www.daps.org.

Yes, it is November already and it really does seem like time flies.

Kindest regards,



Celebrating Care Partner Awareness Month

by Zee Clark, RN MS-Neuroscience

November is a month set aside to recognize and honor family caregivers and care partners who selflessly provide needed personal care, as well as physical and emotional support. Theirs is a quiet act of selflessness that is a story of love and devotion.

Being Care Partners is an agreement between the person with a chronic condition and their loved one to be “partners in care” who help each other with health, wellness, life’s needs and caring for each other as best they can. This journey of living well as a care partner involves the same things as your loved one with Parkinson’s needs: taking action, staying connected, being involved and recognizing the importance of maintaining individual identities which helps support a better quality of life for you both.

This care partner journey is not always easy or smooth but hopefully each of you will obtain the knowledge, support and compassion needed to cope as best you can. Take care of yourselves. Take time out to renew your energy to stay healthy and support your resilience to be emotionally strong.

I find it is very important to honor all these, often unsung heroes that give of themselves every day, all day, year after year with unwavering love and caring. They work hard to make sure their loved one keeps their independence and understands their worth and value. This is often exhausting work but there are seldom any complaints, and they often take time to be part of a support group with others who are on this same journey. The support that care partners, both family member and the one with Parkinson’s, give to others that walk the same path is the most amazing act of kindness, unselfishness, and compassion that we can witness. These are the ones who run toward someone in need willing to give whatever they can to be of help.

These partners in care deserve parades, fireworks, medals, epic sagas written about them, and their names written in the heavens. But if we can’t do that, then be sure to let them know how very special they are and that they are a shining example of “how people should be.” Send them a card; give them a “safe hug.” Give them a day of rest, an outing, a good book, a nice walk, a back rub or just a warm thank you with a smile!!

CARE PARTNERS continues on Page 4

I want to say to all care partners, on this month and every month, you are appreciated. Please consider new ways to make life less stressful:

- Learn to ask for help AND to accept it.
- Find ways to care for yourself to stay strong for your loved one.
- Shift your thinking into new patterns of family celebrations in a way that make room for the reality of your caregiving needs.
- Pat yourself on the back – or do something kind for yourself as a reward **because you deserve it.**

And consider this quote that should speak to all of you:

We need to continue engaging in our lives from a place of worthiness. It means cultivating courage, compassion and connections to wake up in the morning and think, no matter what gets done and how much is left undone, I am enough!! (Brene Brown)

As a Care Manager and facilitator for a DAPS Care Partners support group, I not only learn so much from each of you, but I am in constant awe of how amazing all of *you* are. Please remember, “life is not about waiting for the storm to pass, its about learning to *Dance in the Rain.*” And y’all dance so well!

References and resources:

- <https://davisphinneyfoundation.org/what-is-a-parkinsons-care-partner/>
- <https://davisphinneyfoundation.org/parkinsons-care-partners-digital-toolbox/>
- <https://parkinsonsdisease.net/caregiver/care-partner-and-caregiver-differences>
- <https://www.michaeljfox.org/news/care-partners>



ABOUT THE AUTHOR

Zee Clark has over 40 years of experience as an RN & holds a MS in Neuroscience. She has over 15 years of expertise in assisting seniors and their families in life management as an Aging Life Care Manager & Consultant

in the private sector and in the nonprofit sector with The Senior Source. Currently she is owner of Partners in Care Management, LLC, serving clients & families with a goal for the client to continue to have as much independence as possible while maintaining a high quality of life & keeping the joy in the journey.



GEMs are donors who Give Every Month. Our GEMs are very valuable!

To become a DAPS GEM, sign up [HERE](#) on the DAPS website.

- | | |
|-------------------------|-----------------------------|
| Anonymous | Chip & Ginny Melara |
| James Armington | Pam & Matt Michel |
| Sarah Atwood | Donna Miles |
| Laura Boyle | Mike Miles |
| Shirley Brouillette | Bobbi & John Myers |
| Scott Buzzell | Rod Myers |
| John & Wanda Call | Susan Norvell |
| Jared Caplan | Tom & Cecilia Pajda |
| Larry Christensen | Sandi Pautler |
| Mitzi Clark | Leisha Phipps |
| CNC Homecare | Fred Ransdell |
| Bruce & Janiece Crozier | John Rapier |
| Kim Dague | Greg Rector |
| John Davis | Marguerite Riccardi |
| Christine Dobson | David & Beverly Rivers |
| Richard & Rita Doelling | Yolanda Russell |
| Raul & Jill Dominguez | Salvatore & Marcie Salamone |
| Betty Dorsey | Adana & Samuel Sanford |
| Carlie Dorshaw-Moe | Nancy Scaramella |
| Dr. Lee & Kay Egbert | Charles Schlinke |
| Bentley & Iris Foster | Shelby Smith |
| James Foy | Charles Stewart |
| Karen George | Joyce Susman |
| Bruce Gibbs | Dr. Chad Swank |
| Barbara Glass | Linda & Mike Swanson |
| Barry & Pat Goukler | Randy Visser |
| Steven Holman | John & Ruth Walker |
| Michael Jones | Carole Ann Watson |
| Geri & Harold Kellogg | Michele White |
| Jo & Bert Klein | Diana Winkelmann |
| Leon & Marilyn Levin | Sharon & Greg Wood |
| Scott MacPherson | |
| John Marty | |

If we have unintentionally omitted or neglected to correctly identify a GEM donor, please contact us at daps@daps.org so that we can make immediate corrections. Thank you for your cooperation and understanding.



Memorials • Honors • Donations
SEPTEMBER 2021



In memory of Renee Goldblatt

From: Hunt PTA & FHS PTSA

In memory of Randy Matthews

From: Mike & Ginny Amis
Melissa & Paul Stewart

In honor of Barbara Glass

From: Preston Ridge Chapter,
Daughters of the American
Revolution

Facebook Fundraisers

From: Lindsay Davis
Trish Devylder
Cherie Goukler
Linda Goukler
Linda Heaney
Barb Kieffer
Shannon Lancaster
Bonnie Luhman
Mike Miles
Anne Prodoti

Caren Roelands
Sandy Scafidi

Donations to DAPS

From: Marcia Finn
Barbara Grooms
Robert Hartless
Ann Heidger
Bill & Anne Jordan
Abbass Sekhavat
Shelby Smith
Diana Winkelmann



REMEMBERING THOSE WHO SERVED



NOVEMBER 25, 2021



Dallas Area Parkinson Society

exercise • speech • support groups

6310 LBJ Fwy Ste 213
Dallas, TX 75240-6400
972-620-7600
daps@daps.org

**Want the best of both worlds?
Check out our **HYBRID** classes where you can attend in person or virtually.**

MONDAY

- 9:30 Exercise with Tammy**
South Garland Baptist Church
- 9:45 Exercise with Angie via Zoom**
(For the link, see www.daps.us)
- 10:30 Exercise & Voice Support with Tammy**
South Garland Baptist Church
- 2:00 Exercise with Jonathan**
First United Methodist Church of Duncanville
- 3:00 Speech with Danielle**
First United Methodist Church of Duncanville
- *3:00 Care Partner Support Group with Belyne**
First United Methodist Church of Duncanville
* 2nd Monday of the month

TUESDAY

- 9:15 Exercise with Barb via Zoom**
(For the link, see www.daps.us)
- 10:15 Exercise with Amanda**
St. Gabriel the Archangel Church, McKinney
- 10:30 Exercise with Barb**
Preston Hollow United Methodist Church, Dallas
- 10:30 Exercise with Diana**
Arapaho United Methodist Church, Richardson
- 11:30 Speech with Lynn **HYBRID****
Preston Hollow United Methodist Church, Dallas
- *11:30 Care Partner Support Group with Frances**
Preston Hollow United Methodist Church, Dallas
*October 5th & 19th
- 12:30 Exercise with Barb**
Semones YMCA, Dallas
- 1:00 Speech with Pat via Zoom**
(For the link, see www.daps.us)
- 2:00 Dance for PD with Misty via Zoom**
(For the link, see www.daps.us)

WEDNESDAY

- 9:30 Exercise with Tammy**
Lakepointe Church at White Rock, Dallas

- 10:00 Exercise with Diana **HYBRID****
Grace Lutheran Church, Carrollton
- 11:00 Speech with Lynn **HYBRID****
Grace Lutheran Church, Carrollton
- 1:00 Exercise with Tammy via Zoom**
(For the link, see www.daps.us)

THURSDAY

- 9:30 Exercise & Voice Support with Barb**
South Garland Baptist Church
- 9:40 Exercise with Erika**
Hunters Glen Baptist Church, Plano
- *9:45 Care Partner Support Group with Carol**
Hunters Glen Baptist Church, Plano
*1st & 3rd Thursday of the month
- 10:30 Exercise with Barb**
South Garland Baptist Church
- 10:30 Care Partner Support Group with Zee**
South Garland Baptist Church
- 10:30 Exercise with Tammy **HYBRID****
Preston Hollow United Methodist Church, Dallas
- 10:45 Speech with Pat **HYBRID****
Hunters Glen Baptist Church, Plano
- 12:30 Exercise with Barb**
Semones YMCA, Dallas
- 2:00 Exercise with Jonathan**
First United Methodist Church of Duncanville
- 2:00 Dance for PD with Misty via Zoom**
(For the link, see www.daps.us)

FRIDAY

- 10:15 Speech with Pat**
St. Gabriel the Archangel Church, McKinney
- *10:15 Care Partner Support Group with Denise**
St. Gabriel the Archangel Church, McKinney
*1st & 3rd Friday of the month
- 11:15 Exercise with Tammy**
St. Gabriel the Archangel Church, McKinney

CLASS LOCATIONS

Arapaho United Methodist Church
1400 W Arapaho Rd, Richardson (972-231-1005)

Preston Hollow UMC
6315 Walnut Hill Ln, Dallas (214-363-4393)

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

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

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

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

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

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

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

Other Classes & Resources

Young Onset Parkinson's Disease (YOPD) Support Group

The YOPD Support Group meets virtually every Tuesday at 6:30 pm.

For details, contact yopd.dfw@gmail.com.



Tribe Wellness Group Classes

Boxing, tai chi, and yoga groups are available online and in-person with **discounted pricing for DAPS members**.

In-person classes have resumed on Wednesdays at 1:30 pm at Preston Hollow United Methodist Church. Class size is limited to 15; please reserve your spot.

See the full class calendar at www.tribewellness.org/calendar.
For more information, please contact tribewellnessllc@gmail.com.



Thanks to a generous grant from our friends at Acadia, DAPS is now able to provide additional classes at our Preston Hollow and McKinney locations, through the Parkinson's Comprehensive Care Initiative! In addition, the Initiative helps support noncontact boxing through Tribe Wellness at Preston Hollow. Learn more at www.moretoparkinsons.com.

Protocol for "In-Person" Groups

The health and safety of DAPS members, instructors, staff and service providers has always been at the forefront of our mission and duty. Additional procedures are now being taken to provide protection from the spread of Covid-19. These procedures and policy have been implemented following the guidelines of the Center for Disease Control (CDC) and the DAPS reopening committee.

Registration: Registration for a DAPS event will open 30 minutes prior to the event.

Check-In: A defined safety check-in will be stringently followed for each event.

- Participants must pass the standard CDC screening questions for recent possible exposure to Covid-19.
- Names and contact details for each participant will be kept for follow up tracking if needed.
- Participants will be asked to sign a waiver if they want help in the form of physical contact in the unlikely event of a fall during the event.
- Participants will be asked to use the provided hand sanitizer before entering the event.
- Participants should wear a mask regardless of vaccination status.*
- All instructors regardless of vaccination status will be wearing a face guard or mask.

Social Distancing: Social distancing protocol will be encouraged according to the current CDC guidelines for participants that are not vaccinated. Chairs will be placed at least six feet apart where movement is required.

Sanitation: Wipes will be provided for participants to wipe down chairs in advance of each event.

* PER THE CDC UPDATED GUIDELINES REGARDING THE IMPORTANCE OF WEARING MASKS INDOORS FOR THOSE IN HIGH RISK AREAS (*regardless of vaccination status*), DAPS IS FOLLOWING THESE GUIDELINES AND APPRECIATES YOUR COOPERATION.



Dallas Area Parkinson Society



THE EDUCATIONAL SERIES WILL NOW INCLUDE SOME IN-PERSON EVENTS

Please check the DAPS website at <https://daps.org> for schedule changes. For assistance with online classes or events, contact the DAPS office Monday–Thursday, 9am–2pm at 972-620-7600 or daps@daps.org

NOVEMBER EDUCATIONAL SERIES

MONDAY, NOVEMBER 29, 2021, 11:00 A.M.

Speaker: Kimberly Berry, FNP-C

Topic: Moving Forward: Learning more about Parkinson’s disease and how it advances

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

Meeting sponsored by



Check out the
DAPS YouTube channel
for newly added videos from
last September’s
Keep Moving! Symposium.

<https://bit.ly/DAPSYoutubeChannel>



Connect with DAPS!



daps.org



[@dapsinfo](https://twitter.com/dapsinfo)



facebook.com/daps.us



instagram.com/daps.us

NEWSLETTER

Sign up for DAPS monthly e-news!

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.