



# Dallas Area Parkinson Society

APRIL 2022

## Parkinson's Awareness

### Message from Executive Director Leisha Phipps



As most of you know, April is Parkinson's Awareness Month. This year we honor our loved ones who demonstrate resilience, patience and hope - despite living with Parkinson's disease. Here are a few ways we recognize the heroes among us this month.

Our newest initiative, The Community Tulip Project, is a chance for anyone to show their support for the Parkinson's community. We welcome you to join us in making red origami tulips for DAPS to display at the annual Lifetime Achievement Award on April 27. Please see [page 4](#) for details on how you can be involved.

For those that work in the health industry such as direct care providers and social workers, DAPS is offering a free Continuing Education (CEU) Workshop, immediately following the Lifetime Achievement Program. I encourage you and your coworkers to join us for an inspiring event, followed by a workshop geared for professionals — *Compassion Fatigue: More than Meets the Eye*, presented by Martha Fiddes, PT, GCS. (See [page 10](#))

In the spirit of our Non-Event theme, Superheroes Unite, you'll find heroes in this month's newsletter who wear a variety of capes. Davis Phinney, our Lifetime Achievement Awardee, Jason Warren, a physical therapist living fully with Parkinson's and of course YOU – *our members who are the strength and spirit behind DAPS*. Already, over 30 individuals have risen to the call and united as Superheroes by donating over \$6,000 to our Non-Event campaign! I am grateful for your generosity and the trust you place in us to be responsible stewards of your donations. I am confident we will reach our \$30,000 goal because with heroes like you, anything is possible.

Kindest regards,

## INSIDE

lifetime achievement award **2**

non-event **3**

community tulip project **4**

unexpected detour **5**

parkinson's disease psychosis **6**

memorials, honors, donations **7**

6310 LBJ Freeway  
Suite 213  
Dallas, TX 75240  
(972) 620-7600  
[www.daps.org](http://www.daps.org)



### DAPS HONORS

## Davis Phinney

WITH THE



**Wednesday,  
April 27, 2022**

**11:00 a.m.**

**LUNCH PROVIDED**

**Register at  
[WWW.DAPS.ORG](http://WWW.DAPS.ORG)**

**Highland Park  
United Methodist Church  
3300 Mockingbird Lane  
Dallas, TX 75205**

**Event sponsors on Page 2**

class schedule **8**

other classes & resources **9**

upcoming event **10**



## Dallas Area Parkinson Society

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

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Leisha Phipps, MSW

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### 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.

## LIFETIME ACHIEVEMENT AWARD



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

This year, DAPS is proud to honor Olympic Cyclist, Davis Phinney, for his leadership within the Davis Phinney Foundation and the global Parkinson's community.



*Lunch will be provided.*

For details and to [register, visit us at:](http://www.DAPS.org)  
[www.DAPS.org](http://www.DAPS.org)

**THANK YOU TO THE SPONSORS  
HELPING MAKE THIS EVENT POSSIBLE.**



# SUPER HEROES UNITE

## GIVING LEVELS

THE HULK.....	\$ 15,000 +
BATMAN.....	\$ 10,000 +
SPIDER-MAN.....	\$ 5,000 +
SUPERMAN.....	\$ 2,500 +
WONDER WOMAN.....	\$ 1,000 +
IRON MAN.....	\$ 500 +
BLACK PANTHER.....	\$ 250 +
CAPTAIN AMERICA...	\$ 100 +
BLACK WIDOW....	up to \$99



Join us for the  
14th Annual Non-Event!

### WHAT IS A NON-EVENT?

The Non-Event is an excursion into our imaginary theme. We ask you to join in the fun of a playful journey; no need to schedule flights, buy tickets, pack a suitcase or clear your calendar. Just jump into your Superhero mindset and enjoy. Non-Event is also the largest single fundraiser that DAPS conducts every year and is critical to meeting our annual needs. This way, DAPS can continue to provide FREE essential services to people impacted by Parkinson's disease.

### HOW TO GIVE:

- Go online to [daps.org](http://daps.org) and use the Non-Event Donation button.
- Call the DAPS office with your credit card info.

**WHY:**  
Help DAPS reach the  
\$30,000 goal!



## Thank You

to our sponsors for the March Educational Series.



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# DAPS Community Tulip Project



The red tulip is the international symbol for Parkinson's disease (PD). In honor of Parkinson's Awareness Month in April, DAPS is launching the Community Tulip Project in order to increase outreach and spread awareness.

Individuals and groups are invited to participate by creating origami tulips. The goal is to create 164 red tulips with green stems that will be collected and assembled to display at the Kenneth H. Cooper, MD Lifetime Achievement Award in April. **164 tulips represents the number of people in the U.S. that are diagnosed with PD daily.**

The idea for origami tulips originated from a young DAPS volunteer and his family. Nikhil's grandfather in India was diagnosed with PD. While communicating with his grandfather online, Nikhil and his parents noticed how his grandfather would become more engaged and interested when Nikhil created origami art. Origami is known to provide a way for people with PD to improve dexterity, a common issue that many PD patients experience. Nikhil and his mother brought the idea to DAPS and the project was born.

To participate, watch the guided tutorial here:

<https://www.youtube.com/c/dallasareaparkinsonsociety>

OR

Print instructions here:

[https://docs.google.com/document/d/1iW2OSrChx9kNBtjiTL\\_OA0JNtmeoLojE1ab1bsja7QI/edit?usp=sharing](https://docs.google.com/document/d/1iW2OSrChx9kNBtjiTL_OA0JNtmeoLojE1ab1bsja7QI/edit?usp=sharing)

Please email us at [daps@daps.org](mailto:daps@daps.org) any photos of you and/or your groups holding up your completed projects so we can share them on social media! If you would like your origami tulip to be displayed at the Lifetime Achievement Award luncheon, please mail or drop it off at the DAPS office (Mon-Thurs 9-3): 6310 LBJ Fwy, #213, Dallas, TX 75240. Or if you are in the Dallas area, we can arrange to collect your origami tulips. The deadline for collecting tulips is April 15.

## PHOTOS FROM LAST MONTH'S TULIP WORKSHOP



# Unexpected Detour in my Prime

by Jason Warren, PT



It all started about four years ago with a little nagging "twitch" in my right foot. Being a Physical Therapist for the last 23 years, I "self-diagnosed" my problem as lumbar radiculopathy. I had an MRI which confirmed problems in my lumbar area. Whew, that was a relief! I thought I might really have

something serious! A few weeks later, the twitch became more intense and then started in my right hand. "Okay," I thought, "this is not related to my back." My initial relief returned to concern, so I felt it was time to see a neurologist. I had a consult and was told that I had benign essential tremor. Again, I thought, "Okay, at least it is not Parkinson's!" Treatment for essential tremor was unsuccessful, thus my level of concern heightened. I chose to change to another local neurologist. After one visit he said the words I never thought I would hear, "I feel that you have Parkinson's disease."

I heard his words, and my entire body went numb. Parkinson's? Really? I was the picture of health and worked out daily. I have treated many Parkinson's patients over my years of practice; I can NOT have Parkinson's! The neurologist recommended a DaT Scan which confirmed my worst fear. I was now a 46-year-old Parkinson's patient! After a very brief pity party, I told myself, "Hey, get it together, this is not a death sentence! This could have been something much worse." So there my journey began. Being a person of faith, I sought God's guidance and peace. It was a humbling experience. The once "invincible man" now had a battle to fight, and I could choose to either win or lose. I chose to win! Still, my symptoms progressed over the next couple of years with increased tremors and dystonia in my foot, which at times prevented me from walking.

I am an alumnus of University of Texas Medical at Dallas, so I chose to make a trip to Dallas to be evaluated by a Movement Disorder Specialist. As the months progressed, and more medications were required to allow me to function and work, I

chose to undergo Deep Brain Stimulation at UTSW. After 6 months of pre-testing to determine if I was a candidate, I was given an "all clear" and I had the procedure in November of 2021. I cannot express enough the huge difference it has made in my life. I was able to reduce medications approximately 75%. I experienced 90% reduction in tremor with no further dystonia in my foot!

I did a lot of online research. Asking Dr. Internet can scare a person to death! The one thing I consistently found is that exercise is essential in the treatment of Parkinson's. I was used to working out, lifting heavy weights, etc. WRONG!!! This was not going to work. I had to rethink things. I needed to work on strength, posture, coordination, balance...things that I rarely ever incorporated into my regimen. Then, I stumbled upon non-contact boxing.

Studies of over 60 sports have shown that boxing is the most demanding, intense, and whole-body involved sport. Now, I have never been a boxer. I knew nothing about it and have never liked the idea of being punched in the face! But I read on and began to see the logistics of the boxing concept. The group classes are fun, challenging, and different. They also foster camaraderie between participants. While there is no contact between patients and instructors, boxing provides a constructive way to fight Parkinson's by taking out aggressions toward the disease using speed bags and heavy bags, among other things. Drills for improving coordination and balance are incorporated as well as voice enhancement activities to battle the low tone of speech that is sometimes an issue. As a PT, I saw the benefits of this program and decided to train to become a boxing affiliate.

I cannot tell you enough how the program is helping my patients and MYSELF! I would recommend this class to anyone who is interested and at any stage of Parkinson's. There are different classes based upon each patient's function. Non-contact boxing is offered throughout the country and my clinic, Kinetic Physical Therapy in Paris, TX, is an official site. We also have a Parkinson's Support Group that meets at the clinic.

Now with that being said, non-contact boxing is not the ONLY treatment. We as Parkinson's patients must stay in communication with our doctors, take meds as directed and adjust diet as needed. But we especially need the right attitude to fight back and stay positive. I am fortunate to have great family support and am determined to continue with FAITH not FEAR!

## Help for Parkinson's Disease Psychosis



**Parkinson's disease psychosis (PDP)** is defined as a disorder of thinking that causes a person to lose touch with reality and is a common non-motor symptom of the disease. PDP is considered a neuropsychiatric condition, since it deals with mental health symptoms (hallucinations and delusions) caused by a disease of the nervous system. The two most common symptoms of PDP are hallucinations and delusions. Hallucinations are typically visual, meaning patients see things that are not real such as people or objects. Delusions are false beliefs not based in reality, such as thinking that someone is stealing from them when they are not. These symptoms can be mild, particularly at first, but can progress and become troublesome for the patient and family members/care partners.

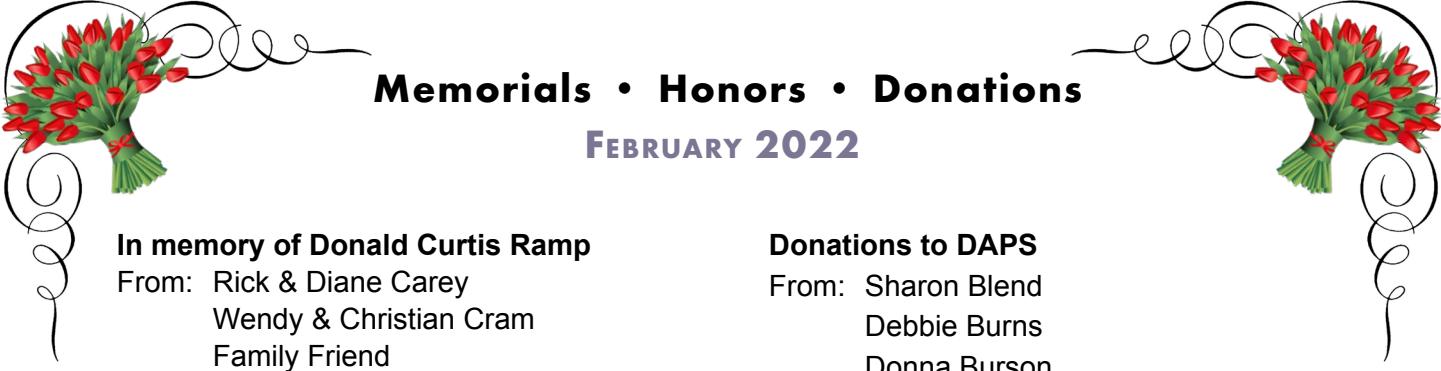
The exact cause of this in Parkinson's disease (PD) is not fully understood, but certain brain chemicals and receptors (dopamine and serotonin) are thought to play a role. Like most symptoms in PD, there is no way to predict which patients will develop any particular symptom, however there are certain risk factors for PDP such as age, duration and severity of PD, and taking dopaminergic medications (particularly at high doses). It is estimated that up to 40% of the one million Americans living with PD will develop symptoms of PDP at some point in their disease and often progress over time unless treated, so it is important to monitor and recognize symptoms to discuss with your provider.

There are several things to keep in mind if symptoms of PDP develop. As the disease progresses, some patients become more sensitive to developing certain medication side effects, such as PDP. PDP can occur even if medications and doses have been stable for months or even years. The fact that essentially all medications used to treat the motor symptoms of PD can cause or exacerbate psychotic symptoms makes it a complicated issue to manage that requires a thorough evaluation and treatment approach that is individualized based on various patient factors. There is a delicate balance when treating PD motor symptoms, and finding this balance can become more difficult over time. Keep in mind that it might not be just one medication but a combination of them that

could be the problem. Lastly, other medications (such as narcotic pain medications or medications used for overactive bladder) and infections (particularly UTIs or pneumonia) can cause or worsen symptoms of PDP, so it is important that patients review symptoms with their neurologist and PCP to identify any of these external factors that may require alternative or separate treatment.

Some studies indicate that only 20% of patients actually report their symptoms of PDP to their neurology specialist and/or care partners. PDP can have a negative impact on quality of life and cause significant distress for the patient and family and even lead to ER visits or hospitalizations if it is left untreated. For these reasons, patient education and regular follow-up visits with a movement neurologist are vital so that symptoms of PDP can be addressed as soon as possible. As with all treatment decisions for PD, there is not an algorithm or "one-size-fits-all" approach. But typically, once external factors (infections, non-PD medications) are ruled out and it is determined that PD medications cannot be lowered/discontinued safely, there are medications that can be added on to your regimen that specifically target and treat symptoms of PDP. Nuplazid (pimavanserin) is the only FDA-approved treatment for hallucinations and delusions associated with PDP and is typically the first line treatment of choice. For many patients, Nuplazid is very effective and generally well-tolerated, however individual responses can vary and potential side effects should be discussed.

PDP is a common non-motor symptom that can occur in PD due to the disease itself and/or medication side effects. Patients and care partners should monitor and understand the symptoms of PDP and feel comfortable discussing them with their provider. Most importantly, there is something that can be done to help them if symptoms of PDP develop which may include medication changes (e.g. adjustments in PD medications or treatment with medication such as Nuplazid) in addition to resources and support. Living with PD can be challenging, so it is always important to remember that patients and care partners are not alone and their care team can help navigate their disease every step of the way.



## Memorials • Honors • Donations

### FEBRUARY 2022

#### In memory of Donald Curtis Ramp

From: Rick & Diane Carey  
Wendy & Christian Cram  
Family Friend  
Friend  
Dean & Trish Jacot  
Jeanne & Stephen Lask  
Liz & Peter Myles  
Cindy Pearce  
Kathleen Rortvedt  
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Mark & Marlene Searle  
Susan A Uebel  
Jeri Ziglar

#### In memory of Larry Wilsey

From: Don & Debby Bailey  
Barbara Ramp  
Wellauer's...Ann & Jack,  
Eric's family, Leslie's family

#### In honor of Julie Alexander

From: Friend

#### In honor of Julie & Ken Alexander

From: Nancy Diane Lovell

#### In honor of Mike Miles

From: Marcia Finn

#### Donations to DAPS

From: Sharon Blend  
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DAPS @ McKinney  
Joseph & Helen Swiff Memorial Fund  
of the Dallas Community  
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Parkinson Association of the Rockies  
Renaissance Charitable Foundation, Inc



Due to space limitations this month,  
our list of **GEMs** is only available online.  
Please go to <http://bit.ly/dapsgems>  
to see the list of precious  
**GEMs** who are **Giving Every Month**  
to DAPS.



# Dallas Area Parkinson Society

exercise • speech • support groups

6310 LBJ Fwy Ste 213  
Dallas, TX 75240-6400  
972-620-7600  
[daps@daps.org](mailto:daps@daps.org)

For 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](http://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  
\* 1st & 3rd Monday of the month

## **TUESDAY**

- 9:15 **Exercise with Barb via Zoom**  
(For the link, see [www.daps.us](http://www.daps.us))  
10:15 **Exercise with Amanda**  
St. Gabriel the Archangel Church, McKinney  
\*10:30 **People with PD Support Group with Belyne via Zoom**  
\* 2nd & 4th Tuesday of the month  
11:30 **Speech with Lynn HYBRID**  
Preston Hollow United Methodist Church, Dallas  
12:30 **Exercise with Barb**  
Semones YMCA, Dallas  
1:00 **Speech with Pat via Zoom**  
(For the link, see [www.daps.us](http://www.daps.us))  
2:00 **Dance for PD with Misty via Zoom**  
(For the link, see [www.daps.us](http://www.daps.us))

## **WEDNESDAY**

- 9:30 **Exercise with Tammy**  
Lakepointe Church at White Rock, Dallas  
10:00 **Exercise with Diana via Zoom**  
11:00 **Speech with Lynn HYBRID**  
Grace Lutheran Church, Carrollton

- 1:00 **Exercise with Tammy via Zoom**  
(For the link, see [www.daps.us](http://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  
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](http://www.daps.us))

**DUE TO COVID,**  
please check  
the website for  
latest schedule  
changes.

## **FRIDAY**

- 10:00 **Exercise with Tammy**  
St. Gabriel the Archangel Church, McKinney  
11:15 **Speech**  
St. Gabriel the Archangel Church, McKinney  
11:15 **Care Partner Support Group**  
St. Gabriel the Archangel Church, McKinney  
\*2:00 **NEW! Speech/Swallowing FAQs with June via Zoom**  
\* 2nd Friday of the month between 2-4PM

## **SATURDAY**

- 10:00 **Exercise with Diana via Zoom**  
(For the link, see [www.daps.us](http://www.daps.us))

# CLASS LOCATIONS

### 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

### New Class!



THE PRESTON  
OF THE PARK CITIES

Join us for a new  
**Move. Laugh. Connect.** class  
on Tuesdays at 2:30 p.m.



Do you have questions about how speech and swallowing are impacted by PD? DAPS Medical Advisory Board member and speech pathologist, June Levitt, is available via Zoom on the 2nd Friday of each month, from 2-4 PM. Join at any time to ask questions and learn more about when or if a speech assessment might be helpful for you or your loved one:

**Friday, April 8, 2:00-4:00  
Meeting ID: 556 087 4938  
PW: LOUD**



### 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

**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](http://www.tribewellness.org/calendar).

For more information, please contact  
[tribewellnessllc@gmail.com](mailto:tribewellnessllc@gmail.com).

## Updated Protocol for “In-Person” Groups

The health and safety of DAPS members, instructors and staff and service providers has always been at the forefront of our mission. Procedures and policies have been revised according to guidelines for the Center for Disease Control (CDC).

**DAPS new guidelines highly recommend individuals to wear masks due to the higher risk population that we serve, but masks are not required.**



**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](http://www.moretoparkinsons.com).**



**THANK YOU  
for sponsoring the  
Dallas and Plano  
Exercise and Speech  
classes.**



## WORKSHOP FOR SOCIAL WORKERS

### Compassion Fatigue: More Than Meets the Eye

*Martha Fiddes, PT, GCS, CQM*

Social workers earn 1 FREE CEU when joining DAPS at the annual Lifetime Achievement Award luncheon followed by a workshop geared for those providing direct services to people living with Parkinson's disease.

**Wednesday, April 27, 2022  
11:00 am - 1:30 pm**

**Location:** Highland Park United Methodist Church  
3300 Mockingbird Lane  
Dallas, Texas 75205

Please **RSVP** by Friday, April 22  
[www.DAPS.org](http://www.DAPS.org)



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**IS**

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**Please see their article  
on Page 6.**

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**NEWSLETTER**

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