



**Dallas
Area
Parkinson
Society**

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



LEARNING TO PAT

A Message from the Executive Director

I love flowers. Any kind, any color, any shape, any scent. Maybe I inherited my love for flowers from my grandfather. He grew up on a farm in Farmersville where his family grew onions and cotton. Years later he and my grandmother moved to Dallas where they raised my mom. I always admired their backyard, filled with tulips, perennials, gardenias, and all beautifully manicured and tenderly maintained.

When my husband and I moved into our first rent house, I wanted flowers. I had no experience whatsoever in planting any type of flower, much less caring for them. I recall my first attempt at planting pansies, realizing I had no idea what I was doing. I called my grandfather, whom we affectionally called ‘Hubby’ for a little advice

and guidance. I’m sure he gave me directions about the type of soil to use, what kind of fertilizer to buy and where to plant my newly purchased pansies. But the one piece of advice I still remember to this day was “Pat the soil, don’t pound it”.

For those of you who know me, I tend to move fast. So, when I heard the words “pat don’t pound” I remember thinking, really? Does it really matter? Are the pansies going to know if they were ‘patted’ versus ‘pounded’ into the soil? The short cut gal in me thought – gosh, it would go a lot quicker if I just pounded in this flat of pansies instead of patting each one of them!

Hubby was a natural horticulturist, but he was also an engineer, so he was methodical, patient, and focused. All skills that I deeply admire – but not necessarily my strongest assets. Nevertheless, I followed his guidance (for the most part) and have become a decent gardener over the years.

We’ve been in our house for over 20 years now, so a lot of the perennials I planted early on are no longer in the same condition they were in originally. The Oklahoma Redbud I planted is no longer a puny 5-foot tree. Now it is easily 20 feet tall, providing a canopy of shade for the first perennials I planted. The shade of the redbud tree forced me to reassess the current conditions. It required transplanting the original perennials and replacing them with those that thrive in shade.

I’ve learned that some of the flowers I plant, might not make it despite my very best attempts. I’ve learned that sometimes my flowers aren’t getting the right type of light – they need less west sun and more east sun. I’ve learned that some really thrive in less water, but some need an abundance of water.

Mostly, I’ve learned that my flower gardens are not terribly predictable. They are not as reliable as the yaupon holly that stays green year-round and is tolerant of most types of light, heat and water. When it comes to flower gardens, it usually means more work, more frustrations, more money, more time and more patting.

Kind Regards,

Lisa J. Phillips

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

Friday, March 3 at 12:00pm

*“Living your Best Life with
DBS Therapy”*

Denton Senior Center - Blue Room
509 N. Bell Ave
Denton, TX 76201

Monday, March 20 at 12:00pm

SAVE THE DATE

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

Tuesday, March 21 at 11:30am

*“Latest Physical Therapy
Evidence of Individuals with
Parkinson’s Disease”*

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

Monday, March 27 at 10:45am

*“Occupational Therapy and
Parkinson’s Disease”*

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

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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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MARCH EDUCATIONAL SERIES -COMMUNITY & CONNECTION-

Join our compassionate community where you'll learn from experts and connect with others.



Sponsored by



MELISSA RYAN

Abbott Brain Therapy Consultant

Friday, March 3, 2023

12:00 Lunch / 12:30 Program Begins

TOPIC: "Living your Best Life with DBS Therapy"

Melissa Ryan is a Patient Advocate with 20 years of Clinical Experience in the Pharmaceutical and Medical Device Industry.

RSVP here



Monday, March 20, 2023

12:00 Lunch / 12:30 Program Begins

SAVE THE DATE - check our website for updates at www.daps.org.

RSVP here



ELYSE CRUMLY PT, DPT

Physical Therapist at Baylor Scott & White

Tuesday, March 21, 2023

11:30 Lunch / 12:00 Program Begins

TOPIC: "Latest Physical Therapy Evidence of Individuals with Parkinson's Disease"

Elyse Crumley PT, DPT is a licensed Physical Therapist who works at Baylor Scott & White Institute for Rehabilitation McKinney as a neuro specialist. She attended Texas Tech and Hardin Simmons University and has furthered her education with certifications in LSVT BIG and AIB Vestibular and Concussion.

RSVP here



Sponsored by



CARLY LASSETER, OTS

Occupational Therapy Student at TWU

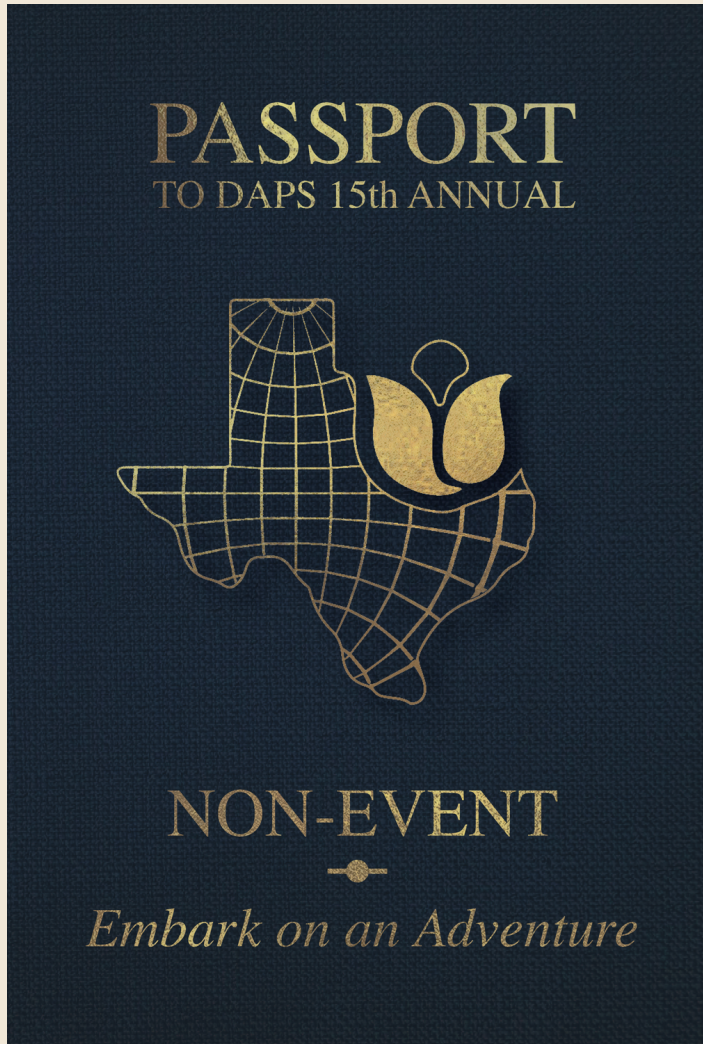
Monday, March 27, 2023

10:45 Light Snacks / 11:00 Program Begins

TOPIC: "Occupational Therapy and Parkinson's Disease"

Carly Lasseter is a graduate student at Texas Woman's University in the entry-level Doctor of Occupational Therapy program. She is working with Dallas Area Parkinson Society this semester to complete her Capstone project focusing on program development for Parkinson's disease. She will graduate from the program this May!

RSVP here



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



Samantha Miller

Samantha Miller is a graphic designer and EMT currently living in the Dallas area. She enjoys using her 8 years of design experience to raise awareness for issues in healthcare. After graduating with her B.S. in Biology from Pepperdine University in 2022, Samantha is continuing her passion for medicine by pursuing a career as a Physician Associate.

In 2021, she was awarded Best Editorial Cartoon by the American Collegiate Press for her illustration work as Art Editor of the Pepperdine Graphic Newspaper. As an intern at 'This Is Our Shot' from 2020 through 2021, she created weekly social media posts combating COVID misinformation that— distributed through a new national network of hundreds of healthcare providers— reached an audience of millions.

Her graphic design work has also been featured by the Dallas Symphony Orchestra, the Kimbell Art Museum, Let's Argue (an elementary school debate and advocacy group), and Brigham Young University. Samantha is now honored to work with DAPS in their Non-Event fundraiser to help improve the lives of those affected by Parkinson's disease.

COMMUNITY CORNER



What do you REALLY think?

We want to hear from you! Your voice matters and it helps us serve you and all of those in the Parkinson's community. Please help us better understand what your needs are, by taking this short survey.

[CLICK HERE](#) to take the survey



daps.org



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

Thank you to our February Educational Series Sponsors



Memorials | Honors | Donations
January & February 2023

Donations

Stacy Coker
Angela Werner
Paul Miller
Barry & Bev Vuckovich
DAPS Duncanville Class

In Memory of Shirley Hand

Gary & Angie Werner
Doug & Jo Ann Morris
Gerald Patrick
Cynthia Carter

In Memory of Nancy Gay Lytal

Robyn Cohlmeier-Wolters



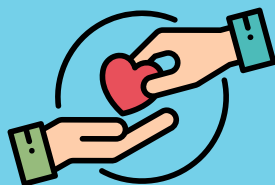
A GEM is a donor that
"Gives Every Month"

*Thank you for
your continued
support!*

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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 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/DAPSTubeChannel>.

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 (HYBRID)
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

**The Young Onset PD Support Group meets virtually
every Tuesday at 6:30pm. For details contact
yopd.dfw@gmail.com**

Save the Date

**Kenneth H. Cooper, MD, MPH
Lifetime Achievement Award**

Honoring Susan Sterling, Ed.D.

Wednesday, April 26, 2023

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

NEWSLETTER SPONSOR

Avion
PHARMACEUTICALS

Thank you Avion for sponsoring this month's newsletter!

[CLICK HERE](#) to visit the website

LOCATION CHANGE

**Tuesday Classes with
Tammy and Lynn**



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

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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