

DAPS

DALLAS AREA PARKINSONISM SOCIETY



3003 LBJ FREEWAY • SUITE 125-E • DALLAS, TX 75234 • 972-620-7600

FEBRUARY, 2008



for better or worse

by Sandra Gordon,
a loving wife
and PD patient

**February is
all hearts and
valentines and
romantic love.**

**Here is another
take on love.**

When Paul and I exchanged wedding vows fifteen years ago, it was easy to utter “for better, for worse...in sickness and in health.” We hardly considered the meaning of those powerful promises. We were young, healthy, in love and full of dreams. Perhaps, it’s just as well that we didn’t know that Parkinson’s disease would be barging into our lives seven years later.

The tremendous strain of PD on a marriage is rarely addressed. Yet there are countless couples feeling helpless as their love, once strongly present, becomes buried under the burdens of PD. The only thread holding many of these marriages together is commitment. While their commitment is impressive, is commitment without love the best we can hope for? I struggled with this disturbing question when PD jeopardized the love in my own marriage by chiseling away at our patience and energy. Realizing that I couldn’t easily settle for the emptiness of a marriage strong in commitment but lacking in love, I fought to break the pattern.

My pleas to Paul that “we” work on our relationship went over as well as asking a drowning man to grab hold of an anchor. With four young children and a wife with PD, Paul was suffering “burn-out,” the #1 threat to every well spouse. Yet, without Paul’s help, how could our love survive? Nevertheless, I made a silent vow: one day, I would do MY part and love Paul UNCONDITIONALLY.

I didn’t realize, until I put my whole self into this goal, how I had slipped over time, expressing my love. PD had been my excuse. I had been too busy coping to dote on Paul.

PD sufferers have an understandable tendency to be self-centered. They expel so much time and energy at coping, many feel pardoned from contributing to the love in the marriage. This leaves the well spouse to assume his partner’s love, which often leads to “burnout” and a fading love.

At first it wasn’t easy to love Paul without expecting anything in return. It required lots of patience and selflessness. But isn’t this how
(continued on page 4)



feb 2008 general membership meeting

speaker

**Dr. Matthew
Goldberg, Ph.D.**

UTSW Researcher

Bring your questions, and
join us for refreshments
after the presentation.

**Monday,
February 11, 2008
1:00 p.m.**

University Park
United Methodist Church
4024 Caruth at Preston

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Dallas Area Parkinsonism Society

Dedicated to impacting and improving the quality of life for Parkinson's patients and their families

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NEWSLETTER

Ann Staton, Editor

The DAPS newsletter is published monthly as an information guide only, and does not serve as legal or medical advice. We welcome your feedback, contributions or requests. Please send to or contact:

Ann Staton
DAPS
3003 LBJ Suite 125-E
Dallas, TX 75234
Phone: 972-620-7600
Fax: 972-620-7612
Email: daps125@sbcglobal.net
www.daps.us



from the president building on accomplishments

by Jean Blomquist, DAPS President

In these opening weeks of 2008, the Dallas Area Parkinsonism Society eagerly looks forward to the New Year. We look to the future with great enthusiasm and confidence. In 2008, we will continue to build upon a number of important achievements.

1. DAPS' Monthly Programs. The continuing high quality of our monthly programs has informed and inspired us all. We will make every effort to ensure the continuing quality of our programs.

2. DAPS' No Charge Therapy Groups. Our very successful twenty-

nine no charge therapy groups continue to meet various important needs. We also have five caregiver groups.

3. Parkinson's Education. Efforts to advance the cause of Parkinson's education has increased.

4. Funding. Memorial contributions and individual gifts to DAPS increased in 2007. For instance, a sizeable donation by Sandy Dabney in honor of her husband, Bill, will fund the DAPS' newsletter for a full year! The growing reality that DAPS is a family of persons linked together in a great cause inspires us all.

acts of kindness

by Bill Davidson, former DAPS chaplain

It is reported that St. Francis of Assisi, who's life was an example of dedication to God, once said, "Preach always, if necessary use words."

That statement challenges all of us. We seek to do that as individuals and as a society of Parkinsonians and family members. No one can measure the acts of kindness done by those involved in DAPS. Kindness displayed by Ann Staton, our executive director, members of our board, and all who

keep our therapy groups and our general meetings going. Acts of kindness and words of encouragement are part of our mission, our ministry, and all of it makes a marvelous difference!

Bill Davidson joined DAPS in 2001 and was DAPS Chaplain until his resignation in September 2007.



fundraiser for DAPS

Tuesday, February 5

11:00 a.m. until 10:00 p.m.

10720 Preston Road at Royal

(Southeast corner next to Borders Bookstore)

Dallas, Texas 75230

Enjoy some great food and make money for DAPS at the same time!

Fish City Grill has chosen DAPS for their monthly benefit in February. DAPS will receive 15% of all sales for the entire day.

Please make it a point to dine at the Fish City Grill for lunch or dinner on Tuesday, February 5, 2008.





member's profile

charlie shuffield

by Donald A. Shannon
DAPS Board Member

bit about himself, he immediately validated his credentials as a Texan. Only a native would begin by saying "I was born in Erath County". (For any of you who might not be up to snuff on Texas counties, that's Stephenville).

Charlie and Kathryn were married for 51 years before she died four years ago. She loved to dance. They raised three daughters. Two live in the Dallas area and one in San Angelo. Charlie has three grandchildren, one from each child.

At age 81, Charlie walks a couple of miles every day. As we talked about his favorite activities, he kept coming back to the same quote, "I like being with friends".

The DAPS' Newsletter is always looking for interesting people to

feature in the profiles.

If you think of someone who might be a good subject, please pass your idea to Don Shannon at (214) 692-8927 or donalex@swbell.net.



Again this month, the Newsletter is "introducing" someone whom many of you know already. Charlie Shuffield has been working for DAPS since 1996.

He's one of the few people in our DAPS community who does not have a direct family connection to Parkinson's disease. Neither he nor anyone in his family has the disease. His good friend, Stella Novit was president of DAPS and caregiver for her husband Morris. When she tried to recruit Charlie, he said the work at his employment agency didn't leave him enough time. In 1996, when he retired, his phone rang and Stella signed him up.

Charlie was president of DAPS from 1998 to 2001. During that time lots of volunteers put effort into fund raising to put the finances on a sound basis.

When I asked Charlie to talk a

getting treatment for sleep disorders

by Sunil Mathews, M.D., a neurologist /clinical neurophysiologist on the medical staff at Baylor Medical Center at Irving

Do your eyelids start to droop as soon as you crack open the latest best-seller? Are you literally snoring or kicking your partner out of bed? If so, here's a wake-up call: You may have a sleep disorder, which can lead to not only extreme fatigue, but also high blood pressure, stroke and heart problems.

A medical history and lifestyle evaluation are important to determine what could be affecting someone's sleep quality. However, not all people require a sleep study. Often making a few lifestyle changes is sufficient to improve the situation.

The most common sleep disorders are obstructive sleep apnea, followed by periodic leg movement disorders and various insomnias. Occasionally we see idiopathic hypersomnolence syndrome and narcolepsy.

For sleep apnea, a CPAP (continuous positive airway pressure) mask, surgery to remove excessive tissue in the throat, and/or weight loss. Leg movement disorders usually respond well to medication. Stress management and improving sleep hygiene can help with insomnia.

To catch that elusive good night's rest:

1. Go to bed and get up at the same time each day, including weekends.
2. If you can't fall or stay asleep, get out of bed and do something else. Don't stay in bed tossing and turning.
3. No naps!
4. Avoid large meals, caffeine, alcohol and exercise just before bedtime.
5. When you go to bed, go to sleep. Don't watch TV, listen to music or mentally plan tomorrow's activities.

This issue of DAPS newsletter is funded by a donation in loving memory of

William Dabney, Jr.

by his wife, Sandy Dabney,

to inform and educate people about the concerns of this disease, its effects on loved ones and families, and the resources available to help.

The members of DAPS gratefully thank Sandy for her generous support.

managing the stress of being a caregiver

by Kelli Grant

If your child, spouse, or parent got sick and you became their caregiver, would you be prepared for the task? No matter how much you love someone, becoming their caregiver can be very stressful. And people under chronic stress are at risk of depression and other illnesses. **Now, a Mayo Clinic program is geared at managing that stress.**

Carlita Judge has had Parkinson's disease for 20 years. Her husband, Jim, has been by her side as primary caregiver the entire time. Jim Judge says, "To me she's still the beautiful girl I married 44 years ago." But their journey hasn't been easy. Judge says, "Quite honestly it's 24-7. I can never really relax because Carlita might need me." The constant demands of helping Carlita with basic tasks such as standing, walking, dressing and even cutting food can be very stressful for both of them. But it's particularly stressful for Jim--the caregiver. Dr. Jennifer Bortz, a Mayo Clinic psychologist, says, "Untreated stress takes its toll on your mind and your body. Stress is linked to six of the major causes of mortality, including cardiovascular disease, stroke, cancer, cellular aging and depression. You see, stress weakens your immune system. And caregivers often don't take care of themselves because they put the needs of their loved ones first." So to better understand how caregiver stress affects the body and to help caregivers cope, researchers at Mayo Clinic are studying the effects of a stress education program on biological aging. Bortz says, "The program itself is referred to as mindfulness based stress reduction." **It teaches meditation -- how to stay focused on the present not on what may have happened in the past or could happen in the future. The program also emphasizes time away from caregiving and the benefits of joining a support group.** Jim and Carlita know that caregiving is stressful. But managing that stress makes their journey easier.

Reprinted from keloland.com website, 12/14/07.

love should be given...as a gift without cost? Strangely though, it is difficult to receive love without being affected by it. Once I actively showed my love, Paul did not have to change...Paul WAS changed! His patience grew immensely; his sense of humor returned; his love reemerged.

The following list provides concrete ways of showing unconditional love. The suggestions are geared to persons with PD since I believe they often need to be the initiators of change.

- Tell your spouse several times each day that you love him/her. Communicate your love nonverbally as well - a hug, kiss, squeeze of the hand. Although these simple acts may be difficult due to rigidity, touch is SO vital to a relationship.
- Be as undemanding as possible. Resist the temptation to ask your spouse to do things for you, even if it takes you twice as long to accomplish the task. These little gifts of time can greatly reduce the likelihood of "burn-out" for the well spouse.
- Encourage your spouse to maintain favorite hobbies or sports that bring pleasure or provide an important outlet for stress.
- Compliment your spouse often. Everyone enjoys a kind word. Pointing out the positive qualities also serve as a reminder for you of those attributes that you most admire and respect.
- Take an interest in things that interest your spouse. This communicates that you care about the things that are important to him/her. And people love to talk on their favorite subjects.
- Plan dates regularly. See a movie, have dinner out or attend a concert. On occasion treat your spouse to his/her favorite restaurant or activity, even if it's not one you would choose.
- If your goals exceed your capabilities due to the limitations

of PD, resist the urge to push them on your spouse. Even though it's frustrating to want a task completed, exercise patience, or rely on someone other than your spouse.

- Plan surprises. Flowers, a card, concert tickets, or breakfast in bed, send messages of love, especially on a day other than a birthday, an anniversary or Valentine's day.
- Arrange your medical schedule with your doctor to include quality time each day with your spouse for visiting, playing a game, cuddling in front of the TV. Don't use all your optimal time for work or errands, and then "crash" once you're home.
- Always express your appreciation for the thoughtful actions of your spouse. No matter how small.
- Although marriage should foster honest sharing, rely on someone other than your spouse to share many fears and frustrations. Spouses have their own share of worries, and often aren't capable of providing their partner with emotional strength as well. Keep positive thoughts central in your relationship.
- Don't neglect to say "I'm sorry," when you err. Especially seek forgiveness when you lash out in anger over PD unfairly at your spouse. Also learn to forgive your spouse's wrong doing, even when no apology is offered. Remember that to love unconditionally means to love no matter what, with no strings attached. Don't make your "love" for your spouse contingent on his/her ability to reciprocate. Chances are that if watered generously with love, in time the seed that was planted when your spouse vowed, "For better, for worse..." will once again take root, sprout and blossom forth in love.

Reprinted from the Saint Louis Parkinson Newsletter Number 3, 1994.

medical updates

scientists identify chemical that triggers PD

Researchers at the Saint Louis University School of Medicine have discovered the key brain chemical that causes Parkinson's disease - a breakthrough finding that could pave the way for new, far more effective therapies to treat one of the most common and debilitating neurological disorders. Currently, the main approach for treating Parkinson's disease, which afflicts more than 1.5 million Americans, is to replace dopamine that's lost when the cells that produce it die off and cause the disorder. With this new research, however, scientists can better work toward 'neuroprotective' therapies - those that actually block dopamine cells from dying off in the first place. "We believe this work represents a very significant breakthrough

in understanding the complicated chemical process that results in Parkinson's disease," said William J. Burke, M.D., Ph.D., professor of neurology at the Saint Louis University School of Medicine and the study's lead author. "For the first time, we've identified the chemical that triggers the events in the brain that causes this disorder," Burke added. "We believe these findings can be used to develop therapies that can actually stop or slow this process." The scientists' findings are published in an early online edition of the journal "Acta Neuropathologica" www.springerlink.com. Parkinson's disease occurs when some nerve cells in a part of the brain called the substantia nigra die or become impaired. Normally,

these cells produce dopamine - a vital chemical that allows smooth, coordinated function of the body's muscles and movements. When about 80% of these dopamine-producing cells die or are damaged, the symptoms of Parkinson's disease begin to appear. These include tremors and shaking, slowness of movement, rigidity and stiffness, and difficulty with balance. Scientists have long known that a key protein called alpha-synuclein plays a role in the development of PD. Alpha-synuclein is found throughout the brain - but in some people, the protein clumps together. This causes the death of the dopamine-producing cells, which in turn causes Parkinson's to develop. The SLU researchers discovered that dopamine itself actually plays a role in destroying the cells that produce it. In the process that leads to Parkinson's disease, dopamine is converted into a highly toxic chemical called DOPAL. Using test-tube, cell-culture and animal models, the researchers found that it is DOPAL that causes alpha-synuclein protein in the brain to clump together, which in turn triggers the death of dopamine-producing cells and leads to Parkinson's. "This is very exciting," Burke said. "This is the first time that anyone has ever established that it is a naturally occurring by product of dopamine that causes alpha-synuclein to aggregate, or clump together. It's actually DOPAL that kicks this whole process off and results in PD." The research was supported by grants from the Missouri ADRDA Program, the Nestle Foundation, the St. Louis Veterans Administration Medical Center, the National Institutes of Health, the American Federation on Aging Research, the Alan A. and Edith Wolff Charitable Trust and the Blue Gator Foundation. *Reprinted from Yahoo website, Dec. 19, 2007*

merck serono to fund research on PD

Merck Serono, a Merck KGAA affiliate said it will fund a \$2 million initiative to drive treatments for PD-related cognitive dysfunction and mood disorders with the Michael J. Fox Foundation. "Most people think of PD as a motor disorder, but time and again, patients tell us that the cognitive and mood-related symptoms of PD, including depression, anxiety and executive dysfunction, are some of the most disabling aspects of the disease," said Katie Hood, interim CEO of the Foundation. "These symptoms frequently affect patients early in their disease and don't respond to dopamine replacement therapy. With the Cognitive Deficits and Mood Disorders in PD's initiative, we hope to invigorate research and therapeutic development in this very important area." "While treatments for classic forms of depression or anxiety have been developed, little evidence exists that they are optimal when used in PD patients," said Todd Sherer, PhD, the Foundation's vice president, research programs. "Additionally, while information from other fields must be leveraged in pursuing treatments for PD's cognitive and psychiatric symptoms, simple extrapolation of this knowledge to Parkinson's is not possible - perhaps due to the pathology of PD and its treatments." The Michael J. Fox Foundation and Merck Serono hope, through their innovative partnership, to encourage Parkinson's scientists to collaborate with researchers from other areas, including psychiatry, in order to capitalize on work already done and to obtain different perspectives on cognitive and psychiatric disorders in Parkinson's disease. The Michael J. Fox Foundation is dedicated to ensuring the development of a cure for PD through an aggressively funded research agenda. To date, the Foundation had funded \$100 million in research directly or through partnerships.

Reprinted from Yahoo website, Dec. 18, 2007

DPS clarifies roadside assistance hotline

The public needs to be aware that an erroneous e-mail is being circulated about the Texas Department of Public Safety Roadside Assistance Hotline. The toll-free line has been operated by DPS since 1989 for motorists to use when reporting non-life-threatening situations on Texas roads and highways. DPS then passes the information along to the appropriate local police agency or DPS office.

If a tow truck is ultimately dispatched, the motorist is responsible for any costs incurred. Some cities and agencies do have courtesy patrols and roadside trucks to provide non-towing services and they may be dispatched by the local agencies when appropriate. These two points are misrepresented in the widely-circulated e-mail that has led to an increase in inquiries to the Roadside Assistance Hotline.

The number, **1-800-525-5555**, is printed on the back of virtually all Texas driver licenses and identification cards. Customers of participating wireless companies - ALLTEL, Nextel, Cingular Wireless, Houston Cellular and Verizon Wireless - can dial ***DPS (*377)** free of airtime charges anywhere in Texas. Examples of when a motorist should call the Roadside Assistance Hotline include: stranded with car problems, hazardous road conditions, debris in the roadway, suspicious activity at a rest area, and obviously intoxicated or dangerous drivers.

The Roadside Assistance Hotline is not intended to replace 911 as an emergency number; 911 should still be the first option for emergency situations.

To better assist our communications operators please have the following information ready:

Your name, cell phone number (and vehicle description if applicable); Highway location (mile marker would be helpful); and County location, or City location if inside city limits.

memorials/honors/donations

JANUARY 1 thru JANUARY 31, 2008

In memory of **Kathryn Allison**
From: Emilia & Sostenez Reyna

In memory of **Gene Carmack**
From: Tammie J. Engels
Robert & Andrea Neuhoff

In memory of **Fred Catterall**
From: Nancy & Spencer Relyea

In memory of **Corrine Coleman**
From: Margie & Sylvan Landau

In memory of **Samuel Dobbs**
From: Sharon & Stephen Blend

In memory of **Robert Given**
From: Margie & Sylvan Landau

In memory of **Bill Greene**
From: Margie & Sylvan Landau

In memory of **Milton Greene**
From: Rita & Alan Kahn

In memory of **Harold Jacks**
From: Sharon Blend

In memory of **Monte Jones**
From: Mitch & Sharon Baddour

In memory of **Joshua Kahn**
From: Margie & Sylvan Landau

In memory of **Joe Kanewske**
From: John & Carolyn
Kanewske

In memory of **Dr. Harry Levy**
From: Margie & Sylvan Landau

In memory of **Ross McLarty**
From: Jean Jenner
Tyce & Linda McLarty

In memory of **Hugh Moody**
From: Marjorie T. Walthall
Perpetual Charitable Trust

In memory of **Jerry O'Connor**
From: Dee Maxey

In memory of **James Pride**
From: His Family

In memory of **Bernie Rose**
From: Sharon & Stephen Blend

In memory of **Janie Rosenthal**
From: Margie & Sylvan Landau

In memory of **Jack Vine's Mother**
From: Debbie & Howard Freed

In memory of **Arthur Weiner**
From: Margie & Sylvan Landau

In memory of **Carl Worthington**
From: Janet & Paul Beeler

Donation to DAPS

From: Arapaho Exercise Group
Carrollton Exercise Group
Farmers Branch Exercise Group
Herbert C. Hale, Jr.
Irving Exercise Group
Plano Caregivers Group
Plano Exercise Group
Preston Hollow Caregivers
Group
Preston Hollow Exercise Group
Bill & Linda Smith
Mrs. Ben O. Spurgin
J. W. Vandevor Foundation, Inc.

In honor of **Sarah Atwood**
From: Dave & Mary Wick

In honor of **Marilyn Gordon**
From: Deborah Sayah

In honor of **Chester Maxey**
From: Dee Maxey

In honor of **Silvan E. McAlpin**
From: Janet, Paul & Hannah
Beeler

In honor of **Charlotte Webberman**
From: Loy & Betty Baird

In honor of **Caroline Kaye's**
65th Birthday
From: Sharon & Stephen Blend

Your donations are tax deductible.

use your cards to benefit DAPS!

By using the Reward Card and Kroger Cares card you are effortlessly donating money for DAPS many free therapy groups.

• **TOM THUMB REWARD CARD.**
Use your Reward Card to earn a donation every time you shop at Tom Thumb stores. Register at your local Tom Thumb store using the number 3071.

• **KROGER CARE CARD.** Kroger donates a percentage of the sale each time you show your Care Card at check-out. Kroger Care Cards are available at the DAPS office.

Once you have the cards, simply present them to the cashier when you check out, and DAPS will receive an amount equal to a percentage of your total bill each time you shop! It's that easy!

NO CHARGE

speech therapy and group exercise

CARROLLTON
ST. ANDREWS CHRISTIAN CHURCH
 3945 N. Josey Lane
Group Exercise
 Wednesday 10:00 a.m. to 11:00 a.m.

DALLAS
BAYLOR REHAB CENTER
 3505 Gaston Avenue
Water Therapy
 Wednesday 11:00 a.m. to 12:00 p.m.

LAKESIDE BAPTIST CHURCH
 9150 Garland Road
Group Exercise
 Wednesday 9:30 a.m. to 10:30 a.m.

Speech Therapy
 Wednesday 10:30 a.m. to 11:15 a.m.
Partners in Care Group
 2nd Wed. 10:30 a.m. to 11:30 a.m. each month

PRESTON HOLLOW UNITED METHODIST CHURCH
 6315 Walnut Hill Lane
Speech Therapy
 Tuesday 11:30 a.m. to 12:15 p.m.

Group Exercise
 Tuesday 10:30 a.m. to 11:30 a.m.
 Thursday 10:30 a.m. to 11:30 a.m.
 Friday 10:30 a.m. to 11:30 a.m.

Partners in Care Group
 Tuesday 10:30 a.m. to 11:30 a.m.

SKILLMAN CHURCH OF CHRIST
 3120 Skillman St., FLC Building
Group Exercise
 Monday 9:30 a.m. to 10:30 a.m.

METHODIST HOSPITAL CENTRAL
 1441 North Beckley
Group Exercise
 Monday 10:00 a.m. to 11:00 a.m.

FARMERS BRANCH
WEBB CHAPEL UNITED METHODIST CHURCH
 2536 Valley View Lane
Group Exercise
 Monday 10:00 a.m. to 11:00 a.m.
Speech Therapy
 Monday 11:00 a.m. to 11:45 a.m.

GARLAND
SOUTH GARLAND BAPTIST CHURCH
 1330 E. Centerville Road
Speech Therapy
 Thursday 9:30 a.m. to 10:15 a.m.

Group Exercise
 Monday 10:30 a.m. to 11:30 a.m.
 Thursday 10:30 a.m. to 11:30 a.m.
Partners-in-Care Group
 Thursday 10:30 a.m. to 11:30 a.m.

Discussion Group
 Monday 9:30 a.m. to 10:30 a.m.

IRVING
FIRST UNITED METHODIST CHURCH
 211 W. Third Street
Group Exercise
 Tuesday 10:00 a.m. to 11:00 a.m.
 Thursday 10:00 a.m. to 11:00 a.m.

PLANO
CUSTER ROAD METHODIST CHURCH
 6601 Custer Road
Group Exercise
 Monday 9:45 a.m. to 10:45 a.m.
 Thursday 9:45 a.m. to 10:45 a.m.

Speech Therapy
 Thursday 11:00 a.m. to 11:45 a.m.
Partners-in-Care Group
 Monday 9:45 a.m. to 10:45 a.m.

RICHARDSON
ARAPAHO UNITED METHODIST CHURCH
 1400 W. Arapaho at Coit
Group Exercise
 Monday 10:00 a.m. to 11:00 a.m.
 Wednesday 10:00 a.m. to 11:00 a.m.
 Friday 10:00 a.m. to 11:00 a.m.

Partners-in-Care Group
 1st Wed. 10:00 a.m. to 11:00 a.m. each month

Call DAPS at (972) 620-7600 for more information.

balance problems?

If you feel unstable when you walk or you are avoiding crowds and worrying about falling, you may be having balance problems. Here are a few suggestions to keep in mind.

- 1. Adopt the stance of the boxer.** Never stand with the feet in line with one another. Always have one foot 3 to 4 inches in front of the other and keep the knees slightly bent. Change the weight from one leg to the other with a gentle rocking motion and occasionally change from one foot to the other.
- 2. Think BIG steps** and possibly practice stepping over a small article like a sock.
- 3. Try to remember to land with your heel first,** not on your toes or flat footed.
- 4. Practice standing on one leg for a minute.** Hold onto the chair if you need to for balance.
- 5. Stand and balance while moving your head,** looking up and down and side to side (this is the hardest).

FREE EQUIPMENT

Barbara Dunn is offering at no charge to DAPS' members:
 HOSPITAL BED
 SMALL WHEELCHAIR
 SMALL TRANSPORT CHAIR
 Contact Barbara at 214-327-7064

support & exercise groups the american parkinson disease center

Phone 214-345-4224
Young Parkinson's Information & Educational Group
 8200 Walnut Hill Lane
 Jackson Building, Jackson Cafeteria I&R Center
 Bi monthly, 3rd Thursdays at 7:00 p.m.
DBS Support Group
 Presbyterian Hospital of Dallas
 Fogelson, Room C
 November 4 at 10:00 a.m.
FREE Tai Chi
 Finley Ewing Cardiovascular Center
 5721 Phoenix Drive, Dallas
 2:00 p.m. every Thursday

february 2008

calendar of events

www.daps.us

general meeting

Monday, February 11 - 1:00 p.m.

Speaker: Dr. Matthew Goldberg

UTSW Researcher

University Park United Methodist Church

open board meeting

Monday, February 25 - 1:00 p.m.

(4th Monday)

University Park United Methodist Church

next month

Monday, March 10 - 1:00 p.m.

Speaker: Shad Rowe, local Parkinsonian

affiliated with the Michael J. Fox Foundation

partners-in-care groups

Led by Charlotte Webberman, ACSW, LMSW

Every MONDAY: 9:45 a.m. - 10:45 a.m.

Custer Road Methodist Church

6601 Custer Road, Plano, Texas 75023

Every Tuesday: 10:30 a.m. - 11:30 a.m.

Preston Hollow United Methodist Church

6315 Walnut Hill Lane

Every 2nd WEDNESDAY of each month:

10:30 a.m. - 11:30 a.m.

Lakeside Baptist Church, 9150 Garland Road

Every 1st WEDNESDAY of each month:

10:00 a.m. - 11:00 a.m.

Arapaho United Methodist Church

1400 West Arapaho at Coit

Every THURSDAY: 10:30 a.m. - 11:30 a.m.

South Garland Baptist Church, 1330 East Centerville Road

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.

**For change of address or corrections, please indicate the changes on this page
and send or fax it to DAPS or email: daps125@sbcglobal.net**



Dallas Area Parkinsonism Society

3003 L.B.J. Suite 125-E

Dallas, Texas 75234

(972) 620-7600

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