

DAPS

DALLAS AREA PARKINSONISM SOCIETY



6370 LBJ FREEWAY • SUITE 176 • DALLAS, TX 75240 • 972-620-7600

MARCH 2010



in movement disorders, a classification that includes Parkinson's. These doctors offer the highest available level of knowledge and experience in Parkinson's and the complexities of mid-stage PD.

If you live near a medical center that has a movement disorders program, an MDS may be your regular PD doctor. For those who live in an area where one is not available, it may be well worth the time and expense to travel to such a center once or twice a year. That doctor can assess your current condition and make recommendations that can then be carried out from day to day under the guidance of your local neurologist. Most neurologists are happy to engage in this collegial approach, so long as you discuss it with them first.

The Speech-Language Pathologist

Some people will experience speech problems in the early stages of PD. By mid-stage, speech issues are much more common. While people with Parkinson's may not *perceive* themselves as talking too quietly or unclearly, many may find themselves being told by others to "speak up." A speech-language pathologist (S-LP) may actually be able to help you get your voice back. One popular technique is the Lee Silverman Voice Treatment (LSVT® LOUD). It is the only therapeutic method clinically proven to improve PD speech problems and maintain those improvements over time. In addition to helping with speech difficulties, an S-LP can also provide coping strategies to those who have trouble swallowing.

The Physical Therapist

Problems with such functions as walking,

Continued on page 6

mid-stage pd:

building your health care team

by Paula McFeely Wiener,
M.S.W., L.C.S.W.

Community Outreach Manager at
The Parkinson's Disease Foundation

A comprehensive approach to health care - taking advantage of the expertise of a team of professionals - can be very beneficial for a person living with mid-stage Parkinson's disease (PD). It serves to effectively manage the symptoms and side effects of mid-stage PD and to maximize quality of life. While some people can find all of their specialists in one practice, in most cases, the person with PD will have to build his or her own team. How can you build your team?

The Movement Disorders Specialist

The quarterback of the team is the movement disorders specialist (MDS), a neurologist who has subspecialty training

march 2010 general membership meeting

speaker

**Matthew S.
Goldberg, Ph.D.**

Assistant Professor
Departments of
Neurology and Psychiatry
UTSW Medical Center
at Dallas

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

**Monday,
March 8, 2010
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:

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www.daps.us

january meeting report
reducing stress

by Annabelle Catterall, DAPS Program Chairperson

On January 12, at our first General Meeting of 2010, Dr. Joyzelle McCreary, Clinical Psychologist, gave DAPS members excellent advice for reducing the effects of stress in their lives. Her very practical approach to the subject began with explaining the different functions of the Central Nervous System, which controls muscles and their voluntary action, and the Autonomic Nervous System, producing involuntary sympathetic responses to external stimulate, such as stress. In her practice, helping patient's responses under control begins with electronically measuring psycho-physical signals from the Autonomic System, somewhat akin to measuring such signals in a lie-detector test.

She explained that ordinarily these symptoms are reactions to perceived danger/fear heightens our awareness, induces rapid heart rate, shallow breathing, perspiring and the release of certain enzymes and other chemicals. Our response to the stress is immediate and unconscious. As we act to avoid the danger, these effects are dispelled and our systems return to normal.

Stress can, however, be a sort of "paper tiger" of inferred or anticipated difficulties; and various levels of sympathetic response occur more gradually. Without realizing it, we build up an accumulation of feelings: anxiety, strain, discouragement, fatigue, etc. Long-term chronic stress can result in a hunched-shoulder posture, grinding of teeth, frowning, and impatience even

digestive problems. Our nerves and muscles become habituated to these conditions, and our stamina is depleted.

We can't remove the stress, but can learn how to deal with it, by using methods of "biofeedback" that invoke Para-sympathetic responses, enabling us to lower heart rates, relax breathing, reduce muscle spasms and generally raise our spirits. Some of the techniques Dr. McCreary employs include deep, slow breathing, inhaling and exhaling every 8 to 10 seconds. Counting 1,2,3,4 in and 1,2,3,4 out is very helpful. Another technique is visualizing a pleasant scene or memory and meditating on that for positive feelings, even clearing the mind by repeating a word or sound. Additional methods of relaxation include letting muscles go still and do nothing for a few minutes. Also, regular exercise helps work off anger and tension; finding humor and laughter relieves anxiety; taking breaks from routine and managing time for yourself refreshes perspectives and renews energy for helping others.

Employing techniques such as these gives us increased strength for dealing with stress and avoids depleting our physical, mental and emotional stamina. DAPS members are indebted to Dr. Joyzelle McCreary for sharing her empathy, understanding and common sense in helping others cope with the challenges of Parkinsonism and its attendant difficulties.

spread the word

April is parkinson's awareness month

At the April 12, 2010 General Meeting, DAPS will honor several people and groups who provided DAPS with exceptional service in 2009. We will present awards in the following categories: Professional, Media, Volunteer of the Year, and Community Support. So put on your thinking caps and nominate someone who has

made a difference in the lives of Parkinsonians. Please submit your nominations to the DAPS office by April 1, 2010.

Ann Staton at DAPS
6370 LBJ, Suite 176
Dallas, Texas 75240
Phone: 972-620-7600
Fax: 972-620-7612
Email: daps125@sbcglobal.net



Jenny Witt at the 9 mile mark of the Houston Half Marathon 2010.

running for parkinson's

Jennifer Witt ran the Houston Half Marathon 2010 in memory of her grandmother, Mary Wick. Jenny's goal for the Houston Area Parkinson's Society was to raise \$500.00. At last count, she raised \$730.00!



The Dallas Area Parkinsonism Society (DAPS) is hosting its Second Annual April Non-Event

A Parkinson's Awareness Tour of Holland

Invitations will be in the mail soon!



A planned tour of Holland to see the fields of the "Doctor James Parkinson" tulips, the Dutch windmills, art museums, and chocolate and Delft china factories will NOT take place. This disappointing turn of events opens the door of opportunity for you. Instead of spending money on airfare, lodging, art, Delft china, chocolate, wooden shoes, and "Doctor James Parkinson" tulip bulbs, we hope you will make a donation to DAPS.

These plans will help DAPS continue its thirty-one year tradition of providing FREE programs for those with Parkinson's Disease and their families. Your donation to DAPS will be used for therapists' salaries, the DAPS newsletter, mailings, our meeting space, and to educate families about Parkinson's Disease.

DAPS is a local support group that can buffer the realities of living with Parkinson's Disease and support those families in need. Our services are free and include 28 sessions of exercise, speech therapy, water therapy and partners-in-care support plus educational materials and monthly educational and entertaining meetings.

100% of every contribution will go to support DAPS, and because there is no gala, each contribution is fully tax deductible.

The funding of the invitation is provided in memory of Newt Mohn.

march speaker

Matthew S. Goldberg, Ph.D.
researcher at UTSW

Matthew Goldberg is an Assistant Professor in the Department of Neurology and Psychiatry at The University of Texas Southwestern Medical Center at Dallas. He graduated with a bachelor's degree in physics from the University of Michigan and he earned his Ph.D. in molecular biophysics and biochemistry from Yale University. He received his post doctoral training at Harvard Medical School and Brigham and Women's Hospital in Boston.

Dr. Goldberg's research is focused on identifying the mechanisms of neuronal degeneration in Parkinson's disease. While he was a post doctoral fellow and an instructor at Harvard Medical School, he worked with mouse embryonic stem cells to generate mice with the same mutations that cause inherited forms of Parkinson's disease. His studies of these mice have been published in major biomedical research journals.

His laboratory at UT Southwestern is using these and other mutant strains of laboratory mice to discover why these mutations cause Parkinson's disease, perhaps in combination with environmental factors or antioxidant deficiency. The goal of Dr. Goldberg's laboratory research is to understand the root cause of Parkinson's disease in order to develop treatments that will slow down, halt or reverse the course of Parkinson's disease.

Dr. Goldberg has been awarded research grants from the Parkinson's Disease Foundation, the American Parkinson Disease Association, and the Michael J. Fox Foundation for Parkinson's Research in collaboration with Dr. Malu Tansey.

march general meeting share your opinons

by Jean Blomquist, President of DAPS

Have you ever felt that your opinion does not matter? I hope that is not true about your feelings about DAPS! Your opinion always matters to us.

At the March General meeting you will have a special opportunity to have your opinions made known to the DAPS board. You will have an opportunity to share your opinion about General Meeting programs as well as other things that are important to you by completing a survey. If you can not attend, you still can share your opinion. Please complete the form then mail or fax it to the DAPS office.

*I look forward to seeing you there.
Jean*

volunteer corner many thanks to our daps volunteers!

Jan Horswell and Kathryn Meek helped label the January Newsletters on Tuesday, January 26 in the office. **Sandi Pautler** opened her home to add seals to the Newsletter along with **Ann** and **Bob Staton** on Wednesday, January 27.

Our President, **Jean Blomquist** offered to staff a table for DAPS at an Elder Care Fair held in Downtown Dallas on Wednesday, February 24 from 1:00 pm to 4:00 pm.

Of course, our special board member and membership chairman, **Lewis Sheriff**, always provides the current and updated labels for the mailing. Lew takes wonderful pictures at General Meetings and we have used several of his photos in the newsletter. This is a great gift to DAPS!

What would we do without our wonderful volunteers?

dallas area parkinsonism society general meeting survey

DAPS Office: 972-620-7600
Email: daps125@sbcglobal.net
FAX: 972-620-7612

Date: _____

1. Suggestion for a specific person to speak at a monthly meeting

2. Suggestion for a topic to be addressed at a monthly meeting

3. Do you regularly attend DAPS monthly meetings? _____ How Often? _____
4. What do you find most informative about the monthly meetings?

5. Do you have a suggestion for any additional activities for the monthly meetings?

6. Do you have a suggestion for a fund raising event?

7. Do you have any suggestions for the monthly newsletter?

8. Do you typically read the monthly newsletter? YES NO
9. Would you prefer to receive the monthly newsletter by email? YES NO
10. Do you use email regularly? YES NO
11. Do you attend exercise/speech classes? YES NO
How Often? _____
12. Do you have any suggestions to help encourage members to attend classes?

If you prefer to speak to a Board Member or Ann Staton, please provide your Name and Phone Number here: _____

Please put any additional Comments or Suggestions below

Wii computer games an effective form of physical therapy

by Dr. David Williams

With all the technological advances we've seen in the last few years, one of the most interesting aspects is observing how a technology eventually gets utilized. A good example is computer games, which have just recently been recognized as an effective form of physical therapy.

Nintendo has a game console called the Wii (pronounced "Wee") that plugs into your television and allows you to physically play fairly realistic sports games like tennis, bowling, and others using a handheld wand (called a "Wiimote") that detects movement and gestures.

I don't have a lot of research data to back up any claims, nor have there been any large-scale clinical trials on the use of these game consoles. But my conversations with patients and physical therapists have convinced me this type of therapy can make a world of difference.

Some patients suffering from Parkinson's disease have seen dramatic improvements in their symptoms after just a month from playing the tennis game for only three hours a week. They report experiencing fewer tremors and also being able to move and walk better with increased coordination.

In one small 20-patient study, Dr. Ben Herz, an occupational therapist at the Medical College of Georgia, found that when Parkinson's patients regularly played Wii games like tennis, bowling and baseball, their physical conditions improved significantly. As a result, many showed improvement in their mental health as well. (*Paper presented at the 5th Annual Games for Health Conference, Boston, MA, June 12, 2009.*)

Parkinson's results from low levels of dopamine in the brain. Preliminary data suggest that both exercise and these computer games can increase dopamine levels. No one is suggesting playing these interactive video games

will cure Parkinson's, but it certainly seems reasonable that it could slow the progression of the disease.

I can also see how the Nintendo Wii games could be of great benefit to recovering stroke patients and others undergoing various rehabilitation therapies. Their use overcomes many of the problems associated with conventional therapy. For one, the difficulty level of the games can be set so they are challenging but not overtly difficult - so anyone, without any prior experience, can enjoy playing. Secondly, this is a therapy that can be utilized in the comfort of one's living room without the hassles and the possible embarrassment sometimes associated with undergoing therapy in a public facility.

This summer Microsoft demonstrated an advanced gaming device they call the Natal. It reportedly doesn't require any remote, but, rather, through the use of cameras, monitors the player's movements and maps them on the screen. There has been no release date as yet on this product, but it would obviously have the potential to be very useful in physical therapy. Like most computer and technological items, you can expect to see advances at an almost breakneck speed. When it comes to therapy, however, generally the sooner one starts the better. In this case, it doesn't pay to wait for the "latest and greatest."

I noticed lately that Costco now carries the Nintendo Wii and the newest remote called the Wii MotionPlus. It contains a gyroscope that detects slight rotations and twists of the wrist and arm, adding more precision to the various games. Nintendo has also recently discounted the Wii due to a slowdown of sales in this economy.

Excerpts reprinted from the newsletter Alternatives, November 2009, Healthy Directions LLC. Visit the Alternatives Subscriber Center at drdavidwilliams.com for more in-depth information about this topic.

study: exercise may limit effects of Parkinson's

A small group of patients in Chicago is finding the tremors and impaired muscle coordination of Parkinson's disease can be minimized without medication.

David Berveiler's workouts with a trainer are about much more than getting in shape. Berveiler has Parkinson's disease and moving his muscles has been a challenge for decades, reports CBS station WBBM-TV in Chicago.

"I suddenly found that for large portions of the day I couldn't move and for a week I was just scared," said Berveiler, recalling the early days when the disease began to effect him. Now after two years of these workout sessions, Berveiler is obviously feeling differently both physically and mentally. "I believe I can virtually credit my survival to it," he said. Berveiler gets a second workout of sorts as part of a study at Rush University Medical Center and the University of Illinois at Chicago. There researchers are gauging the impact of stretching and weight training on muscle control of Parkinson's patients when they aren't taking medication. Initial results are promising.

"We're finding people when they come in, they couldn't stand on one leg for one second and six months after the exercise program they are standing on a leg 20 seconds, 40 seconds, some people up to a minute," said Julie Robichaud, one of the study's researchers.

In Robichaud's lab, patients rest their arm on a bar and push it as best as possible while their muscle speed and exertion are recorded nearby. While a healthy patient could push the bar with one smooth muscle movement, Parkinson's patients require a series of muscle bursts. But after six months of training, for some patients, five muscle bursts have been reduced to just two.

"This is new. I think your average neurologist, when they take care of a Parkinson's patient, they mention drugs they don't mention exercise," said Dr. Cynthia Camilla with Rush University Medical Center - who is part of the team running the study.

Physicians in the study say these first results indicate exercise can partially liberate patients from the drowsiness and motor complications that can be side effects of Parkinson's medication.

Berveiler knows he will never be medication free, but he sure likes how he's feeling now.

"The difference is between living like I am 85 or 90 all the time or having lots of time when I feel like I'm 30-years-old," he said.

Forty-eight patients are taking part in the study, working out at least twice a week. Doctors say their muscle movements will never return to normal, but all are showing sign of improvement.

equipment for sale

by Elsie Hayes

My husband (Robert Hayes) and I have been members of DAPS for several years. It is with a heavy heart that I let you know that he passed away on Christmas Eve.

If you know of someone who would benefit from a Merry Walker, we have one which was used very little. It is the large size, for people 5' 8" to 6 feet. If you aren't familiar with it, you can read more at: www.merrywalker.com/ambulation.html. The walker is listed on the internet for around \$800; I would like to have \$600 for it.

I also have an almost-new Poilly Fly wheelchair, a wonderful Drive Products wheelchair which can be used as a regular wheelchair or the large wheels can be removed to convert to a transport chair.

Unless someone asks for it soon, I also have an opened box of Hydra-Aid packets to thicken liquid to a nectar consistency. I would like to give this \$78 box to someone in DAPS who could use it.

I have some other items, including bed rails for an adjustable bed.

Also, if anyone needs an excellent male caregiver, I can HIGHLY recommend a man who is a Certified Nurses Assistant. He came to our home daily for the past 3-1/2 years to help get Bob up, showered, and dressed and stayed most of the day weekdays. I firmly believe that we had my husband longer and in better health because of this man's excellent care. As one of our daughters said, "It is not too hard to find caregivers, but it IS hard to find a caregiver who cares."

I can be contacted by the email: elsie.bob@gmail.com or by phone at 972-479-0495.

Thank you,
Elsie Hayes

building your health care team

Continued from page 1

balance, posture, flexibility and strength can all become more pronounced in mid-stage Parkinson's. A physical therapist (PT) is trained to work with you to regain and maintain your mobility. A PT can also develop customized exercise programs that may improve mobility, strength, flexibility and will address both freezing and falls prevention. One treatment approach developed specifically for people with PD, LSVT® BIG, shows promise in preliminary studies in improving quality of life.

The Occupational Therapist

An occupational therapist (OT) can help you to meet the challenges that PD presents at home and in the workplace, by showing you ways to modify your environment, your approach to tasks and even the tasks themselves. An OT can also help you determine whether a particular assistive device - from a swivel seat for your car to a specialized computer mouse - will be useful for you. Many OTs maintain a lending closet of these devices so you can try them yourself before buying.

The Social Worker

Trained to help with a variety of life problems, the social worker (SW) usually offers counseling services to individuals, to couples and to families. Many SWs are also trained in techniques to reduce stress, depression and anxiety. They can link you to federal, state and local services and other resources. If you have children living at home, an SW at their school or in private practice may be able to help them adjust

to having a parent with a chronic disease.

Conclusions

In addition to the "team members" listed above, some people with Parkinson's disease will also seek the assistance of nutritionists, psychologists or psychiatrists. With the exception of those services that are provided by an SW, you will need a doctor's order to ensure the services provided by these professionals are covered by your insurance. At your initial visit, make sure the provider understands the problem for which you would like assistance and request that your health care team members communicate with one another so that you receive truly comprehensive care.

How to Build a Health Care Team

- Talk to support group members and friends who might know of professionals specializing in Parkinson's.
- Call the Parkinson's Disease Foundation's national helpline at (800) 457-6676 to find an MDS in your area.
- Visit www.LSVTGlobal.com or call (888) 438-5788 to locate a speech language pathologist trained in LSVT.
- Visit www.helpstartshere.org to find a social worker.

This article was originally published in the Winter 2010 edition of the Parkinson's Disease Foundation's (PDF) newsletter, News & Review. It is printed, in its entirety, with permission from PDF. For other publications, please visit www.pdf.org.

thank you to daps from pastor larry davis, south garland baptist church

Thank you for your recent check to our church in support of DAPS. This is certainly not necessary but I appreciate your understanding of financial needs these days for every church. We are blessed to have this wonderful group of folks within our church programs. It makes us better to share life with Parkinsonians.

Congratulations on thirty-one years of ministry in Dallas.

NO CHARGE
speech therapy and group exercise

CARROLLTON

**ST. ANDREWS
CHRISTIAN CHURCH**

3945 N. Josey Lane

Group Exercise

Wednesday 9:45 a.m. to 10:45 a.m.

Speech Therapy

Wednesday 10:45 a.m. to 11:30 a.m.

DALLAS

**BAYLOR INSTITUTE
FOR REHABILITATION**

909 North Washington Street

Water Therapy

Wednesday 11:00 a.m. to 12:00 p.m.

DALLAS YOGA CENTER

4525 Lemmon Ave., 3rd Floor

Yoga for Parkinson's

Friday 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.

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 9:15 a.m. to 10:15 a.m.

ST. LUKE COMMUNITY

UNITED METHODIST CHURCH

5710 East R.L. Thornton Freeway

Group Exercise

Monday 10:00 a.m. to 11:00 a.m.

DUNCANVILLE

**TRINITY UNITED
METHODIST CHURCH**

1302 S. Clark Road

Group Exercise

Monday 6:30 p.m. to 7:30 p.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 9:45 a.m. to 10:45 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.

**memorials,
honors,
donations**

January 1, 2010 thru January 31, 2010

In memory of **Ruthie Albert**
From: Margie & Sylvan Landau

In memory of **Loy Baird**
From: Betty Baird

In memory of **Dr. Joe Bussey**
From: Daniel R. Mahoney

In memory of **N. D. Fountain**
From: Gayle & Debbie Brown

In memory of **our deceased
Family Members**
From: Jeana & Eugene Impiccini

In memory of **Gloria Jacobus**
From: Margie & Sylvan Landau

In memory of **Ross McLarty**
From: Jean Jenner

In memory of **Jim McMurrey**
From: Paul & Cindy Weatherall

In memory of **Jack Mushlin**
From: Gene Bock

In memory of
George Nachman's Mother
From: Margie & Sylvan Landau

In memory of Virgil Noe's Mother
From: Jenny & Izell Bankston

In memory of Margaret Powell
From: Don & Barbara Bennett

In memory of George W. Scoggins
From: Merrill & Sally Hartman

Paul & Cindy Weatherall

In memory of Sybil Seidel
From: Margie & Sylvan Landau

In memory of **Charlie Shuffield**
From: Annabelle Catterall
Jenny & Izell Bankston
Barbara & Don Bennett
Seekers Class of
Highland Park UMC
Bob & Ann Staton
Upper Colorado River Authority
Board & Staff
The Zeiden & Malfatti Families

In memory of **Cheri Spier**
From: Margie & Sylvan Landau

In memory of
Koleda Swaithe's Mother
From: Izell & Jenny Bankston

In honor of **Patsy Leffel's 80th
Birthday**

From: Margie & Sylvan Landau

Donation to DAPS
From: Arapaho PAGE

Donna Burson's Friends
Irving PAGE

John E. Larkin
Preston Hollow Caregivers

Preston Hollow PAGE
Skillman PAGE

Your donations are tax deductible.

general meeting**Monday, March 8 - 1:00 p.m.**

Speaker: Matthew S. Goldberg, Ph.D.
Researcher at UTSW Medical Center
at Dallas

University Park United Methodist Church
4024 Caruth at Preston

open board meeting**Monday, March 15 - 1:00 p.m.**

University Park United Methodist Church

next month**Monday, April 12 - 12:30 p.m.****Parkinson's Awareness Luncheon**

Program: Children's Choir from
Stonewall Jackson Elementary School
University Park United Methodist Church

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**

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Dallas, Texas 75240
(972) 620-7600

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