

# JOURNEY

50 YEARS of SERVICE  
COMPASSION  
OPTIMISM  
IMPACT

Houston Area Parkinson Society exists to ensure that no one faces a Parkinson's diagnosis alone.

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Houston Area  
Parkinson Society

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## COMMUNICATION CHALLENGES IN PARKINSON'S DISEASE

By Christina Quinn, BM, BS, Heather Dial, PhD  
and Austin Thompson, PhD, CCC-SLP

Communication is one of the most complex and unique tasks we perform daily. Both speech (the physical aspects of producing or hearing speech) and language (the words and structure which combine to produce meaning) contribute to communication, which involves a series of intricate processes, including:

1. **Conceptualizing and organizing** ideas for a message you want to communicate (e.g., feeling hungry).
2. **Formulating** those ideas into words and sentences (e.g., would-you-like-to-eat-lunch).
3. **Articulating** those words into speech using air from your lungs, voicing from your vocal cords, and shaping the sound with your tongue, lips, and jaw to pronounce your desired message (e.g., "Would you like to eat lunch?").
4. **Hearing** the response of your communication partner, first by processing the different sounds in words (e.g., the sounds in the word sandwich, /s/ /a/ /n/ /d/ /w/ /i/ /ch/)
5. **Understanding** what words mean by connecting the sounds to ideas (e.g., knowing that a sandwich is two pieces of bread with something in the middle)

The first two stages and the last stage involve the language part of communication, while the third and fourth stages involve the speech part. While everyone's experience with Parkinson's disease (PD) is different, it is common for both speech and language components to be disrupted. In fact, about 90% of individuals with PD report



difficulty with communication as a result of PD (1).

### Speech Problems in Parkinson's Disease

Speech-language pathologists (SLPs) refer to the speech difficulties in Parkinson's as hypokinetic dysarthria. The term hypokinetic dysarthria translates to "hypo-" (reduced) and "kinetic" (movement), meaning reduced movement.

One of the most prominent characteristics of hypokinetic dysarthria is hypophonia, or reduced speech volume (1). In speakers with PD, this reduced volume isn't due to issues with the lungs or vocal cords. Instead, it is caused by changes in the basal ganglia that make it more difficult for the brain to regulate and refine movements, resulting in smaller-than-usual movements. Just like people with PD may take smaller steps when they walk (due to impaired control rather than weaker leg muscles), the same under-scaling affects speech production. This is why many treatment programs, such as the Lee Silverman Voice Treatment (LSVT) or SPEAK OUT!, focus on helping PD patients monitor their volume and speak louder (2,3).

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However, speech deficits in PD go beyond low speech volume. People with PD may experience difficulty initiating speech or voice, voice tremors, a monotone quality, faster speech rates, and articulation (pronunciation) difficulties. Because PD is a movement disorder that causes smaller movements, it also affects the movements of the tongue, lips, and jaw. This can make speech sound mumbled and unclear, making it challenging to be understood. These speech deficits can result in reduced communicative engagement, negatively impacting quality of life (4,5). Therefore, for speakers with PD to be understood, they need to speak louder and also use slower and larger speech movements (6).

### Language Problems in Parkinson's Disease

Spoken **language** can be expressive (saying something to express a message, steps 1 and 2 above) or receptive (understanding what someone else said, step 5). Compared to **speech**, there is a lot less known about how PD impacts language. There is also a complex relationship between speech and language, where speech problems can impact language and vice versa. Further, there is a lot of variability in the nature and severity of language problems for people living with PD.

For expressive language, anomia, or difficulty finding the word you want to say when you want to say it, is one of the most common and frustrating communication challenges that people with PD experience (7). Anomia may negatively interfere with social and daily interactions and may inhibit people with PD from participating in social activities. Additionally, conversation may be particularly difficult, as dysarthria symptoms tend to worsen when speaking longer statements.

For receptive language, the most common difficulty for people with PD is trouble understanding long, complex sentences. Grammar may not be directly impacted, but other cognitive processes, like working memory (the ability to remember and use small amounts of information for short periods of time), can make it hard to keep track of more complicated sentences. This can also lead to shorter sentences in expressive language, which, given the complex interaction of speech and language, can be made even worse by dysarthria symptoms (8).

Language problems may be more common in people with PD who have been diagnosed with cognitive impairment (about 40% of people with PD (9), although language problems can exist without cognitive impairment. Unfortunately, language difficulties have, for the most part, not been studied to the extent necessary to provide better treatment options and outcomes to people with PD.

### Communication Tips

SLPs can be invaluable resources for those living with PD. SLPs can help individuals with PD communicate more effectively and also support their family and friends. Below are some communication tips, but please note that these should not replace professional SLP services.

Here are some communication tips for individuals with PD:

- + **Focus on Communication:** Avoid multitasking while communicating. Implementing speech strategies requires attention and cognitive energy, and multitasking can make it even more challenging.
- + **Communicate Face-to-Face:** Whenever possible, communicate face-to-face with your conversational partner to improve understanding.
- + **Minimize Background Noise:** Reduce or eliminate background noise, such as television or radio, to help both the speaker and listener focus on the conversation.
- + **Create a Situational Hierarchy:** Note when communication is most challenging. Are there certain times of the day or specific contexts that are more difficult? In these situations, be extra mindful of using your communication strategies.
- + **Monitor Hearing Health:** Communication with PD can be challenging, and it can be even more difficult if there are additional hearing problems. The World Health Organization (WHO) recommends that adults over 50 have their hearing checked every five years until they are 65, and then every one to three years after that.
- + **For People Living with PD**
  - + **Repair Strategies:** If someone doesn't understand you, try repeating yourself using a speech strategy such as speaking louder, slower, and with exaggerated speech movements.
  - + **Word-Finding Strategies:** If you have trouble finding a word, try thinking of the first letter or sound, or see if you can describe the word.
- + **For Communication Partners:**
  - + **Simplify:** It may make comprehension easier if sentences are short and simple.

### Parkinson's Communication Research in Houston

Christina Quinn is a master's student currently pursuing speech-language pathology in the Communication Sciences and Disorders department at the University of Houston. Her eventual goal is to focus on research and treatment of clients who have communication disorders due to neurodegeneration, specifically Parkinson's disease.

Dr. Austin Thompson, a speech scientist and SLP at the University of Houston, is studying how to best improve speech therapy practices for individuals with PD. For more information about his work, visit [www.speak-lab.com](http://www.speak-lab.com) or contact [thespeaklab@gmail.com](mailto:thespeaklab@gmail.com).

Dr. Heather Dial, a cognitive neuroscientist at the University of Houston, is studying how language comprehension is impacted in individuals with PD. For more information about her work, visit <https://uh.edu/class/comd/research/slab/>. Email [slablab@central.uh.edu](mailto:slablab@central.uh.edu) if you are interested in participating.

### University of Houston Speech-Language Hearing Clinic (UHSLHC)

Over the next year, the UHSLHC is working to expand the services it provides to the Parkinson's community. To determine how we can best serve the Parkinson's community, we want to gauge interest in participating in speech-language therapy at the UHSLHC. If you or your loved one are interested, please email [mlnorton@central.uh.edu](mailto:mlnorton@central.uh.edu) to let us know!

#### References:

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# No FALLS Festival 2024

open house  
10 am - 12 pm



## Saturday, October 26<sup>th</sup>

### Interactive stations for:

Balance Screening  
Fall Prevention Tips and Tools  
Strength Testing  
Home Safety Information  
Freezing of Gait  
Orthostatic Blood Pressure

### plus...

Exercises Snacks  
Games and More!

Scan the QR Code to register

or go to [hps.org](https://hps.org) or  
contact the HAPS office  
at 713.626.7114



United Way 50 Waugh Drive

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## LEAVE A LASTING LEGACY

From its inception, Houston Area Parkinson Society has always been a group effort. The seed for HAPS took root 50 years ago when a group of Houston family members searched for resources for their loved ones with Parkinson's. Their discovery that such programming was not readily available led to the founding of HAPS. The fruits of their legacies continue today in the form of HAPS' ongoing mission to serve the local Parkinson's community by providing engaging and robust educational events, therapeutic programs, and supportive services completely free of charge.

HAPS continues to rely on the greater community for support. The organization wouldn't exist if it were not for generous and thoughtful donations and legacy gifts. Named after former HAPS Board members who tirelessly devoted themselves to those affected by Parkinson's disease, the HAPS *Nina and Joe Brown Legacy Circle* was formed to thank and honor those who have added HAPS to their estate plans. Legacy Circle members have made a commitment to ensure HAPS will be able to continue helping thousands of people affected by Parkinson's in our local community.

From support groups for the newly diagnosed, to home visits with a licensed social worker, to the biennial ENGAGE. EDUCATE. EMPOWER. Symposium, and much more, adding HAPS to your estate plans can provide critical resources and encouragement for the local Parkinson's community today and in the years ahead.

Including HAPS in your legacy plan not only impacts those affected by Parkinson's, but with wise planning it can reduce estate, gift, and income taxes, maximizing the benefits of your gift to your family and to HAPS. Consult your attorney or tax advisor for the option that works best for you.

Members receive a small token of our appreciation signifying their enrollment into HAPS' Nina and Joe Brown Legacy Circle and recognition on the HAPS website. Legacy Circle members also receive exclusive invitations to special events each year, such as the 2024 Leaders and Legends luncheon, as well as other select events. Most importantly, members gain the benefit of knowing their gift will have a lasting impact on our local Parkinson's community for generations to come. Legacy Circle members may also elect to remain anonymous.

We invite you to add your own branch to the HAPS community story by making the support of HAPS part of your legacy. Regardless of the amount or type of giving you choose, you can help individuals with Parkinson's and their families by ensuring they are supported by programs, empowered through education, and embraced by a network of people who will be with them throughout their Parkinson's journey.

For more information about adding HAPS to your estate plans by becoming a Nina and Joe Brown Legacy Circle member, please contact Annette Pieniazek at [annette@haps.org](mailto:annette@haps.org) or 713-313-1669.



## Ways to Include Houston Area Parkinson Society in Your Estate Planning

Including HAPS in your will, naming the organization as a beneficiary of a life insurance policy, or donating to the organization can provide invaluable support and make a significant impact on our mission.

**THE SIMPLEST FORM OF A BEQUEST IS AN OUTRIGHT BEQUEST AND CAN TAKE THE FOLLOWING POSSIBLE FORMS:**

### General Bequest

*This specifies a fixed amount to be given to HAPS. Typical wording is: "I give, devise, and bequeath to Houston Area Parkinson Society \$XXXX."*

### Percentage Bequest

*In this case the bequest is expressed as a percentage of an estate or residuary estate. Typical wording might be: "I give, devise, and bequeath to Houston Area Parkinson Society XX% of my estate."*

### Contingent Bequest

*You can name HAPS as an alternate beneficiary to provide for a situation where the primary beneficiary dies before you or disclaims the property. This will ensure that the estate will be distributed to beneficiaries you select rather than unintended recipients.*

### Residual Bequest

*It is also possible to give HAPS the property that remains after other specific bequests have been made. A typical residual bequest might state for example: "All the residue of my estate, including real and personal property, I give, devise, and bequeath to Houston Area Parkinson Society."*

**A COUPLE OF WAYS TO MAKE HAPS THE BENEFICIARY OF LIFE INSURANCE POLICY ARE EXPLAINED BELOW:**

### Name a Charity as a Beneficiary

*By naming HAPS as a beneficiary of your life insurance policy, the charity will receive the proceeds of your policy upon your death. You don't receive an income tax deduction, yet, your taxable estate is reduced.*

### Donate a Life Insurance Policy

*You can also choose to donate full ownership of a life insurance policy to HAPS by contributing a modest annual premium on the policy that can eventually lead to a considerable payout to the charity after your death. You receive tax deductions because the charity owns the policy.*

Note: The language and information above is for illustrative purposes only and is not intended to be interpreted as legal advice. Always consult an attorney when considering any legal matter.

## HONORING ALL WHO SERVED

NOVEMBER 11, 2024

### VETERAN'S DAY

HAPS wants to pay tribute to all Veterans within our community, both clients and caregivers, who have served in the U.S. Military. Submit an old photo wearing your military uniform for inclusion in the November newsletter and social media postings.

Include the following:  
Name  
Branch of service  
Number of years served

Email to Carrie at  
[carrie@haps.org](mailto:carrie@haps.org) by  
October 15th.



# HAPS HAPPENINGS

## OCTOBER 2024

HAPS OFFERS FREE VIRTUAL AND IN-PERSON EXERCISE CLASSES. TO REGISTER FOR VIRTUAL CLASSES GO TO HAPS.ORG AND CLICK TO ACCESS THE CALENDAR. TO REGISTER AND CONFIRM GROUP TIME AND LOCATION OF IN-PERSON CLASSES,

### VIRTUAL CLASSES

#### + MONDAYS +

##### BRAIN BOOST CARDIO-BOXING

9:00-9:45 am  
with Andrea and Angelica

##### EXERCISE AND SPEECH

1:15-2:45 pm  
with Laura, Tiffany, Kimberly & Brianne

##### HAND STRENGTH & DEXTERITY

5:00-6:00 pm  
with Kaitlyn

#### + TUESDAYS +

##### YOGA

10:00-11:00 am  
with Rita

##### SPEECH

1:45-2:45 pm  
with Gail

##### SPEECH AND EXERCISE

4:45-6:15 pm  
with Gilda and Lis

#### + WEDNESDAYS +

##### TAI CHI

9:00-10:00 am  
with Geeta

##### RHYTHM AND STRENGTH

5:15-6:00 pm  
with Piper and Cassandra

#### + THURSDAYS +

##### BRAIN BOOST CARDIO-BOXING

9:00-9:45 am  
with Andrea and Angelica

##### SPEECH

10:30-11:30 am  
with Susan

##### YOGA

2:00-3:00 pm  
with Katie

##### FULL BODY AEROBICS

4:00-5:00 pm  
with Jeffrey

#### + FRIDAYS +

##### ENDURANCE & STRENGTH

9:30-10:30 am  
with Hilary

#### + SATURDAYS +

##### PWR!MOVES

10:00-11:00 am  
with Andrea

### IN-PERSON CLASSES

#### + SOUTHWEST +

##### EXERCISE

Mondays 10:00-11:00 am  
First United Methodist Missouri City  
3900 Lexington Blvd.—Choir Room  
Missouri City, TX 77459

##### BOXING

Tuesdays 10:00-11:00 am  
The PARC  
402 Eldridge Road—Gym  
Sugar Land, TX 77479  
*medical release required  
class size is limited—please call*

##### EXERCISE

Fridays 10:00-11:00 am  
Sugar Land Baptist Church  
16755 Southwest Freeway—Room 107  
Sugar Land, TX 77479

## + CENTRAL +

### WATER

Mondays  
10:30-11:30 am  
Metropolitan Multi-Service Center  
1475 W. Gray Street–Pool  
Houston, TX 77019  
*medical release required  
class size is limited–please call*

### DANCE

Mondays 10:30-11:30 am  
601 Preston–3<sup>rd</sup> floor studio  
Houston, TX 77002  
*presented in partnership with  
Houston Ballet*

### BOXING

Wednesdays  
9:45-10:45 am  
11:00 am-12:00 pm  
Metropolitan Multi-Service Center  
1475 W. Gray Street–Gym  
Houston, TX 77019  
*medical release required  
class size is limited–please call*

### BALANCE BOOT CAMP

Thursdays 10:00-11:00 am  
American Red Cross  
2700 Southwest Freeway  
Houston, TX 77098

## + SOUTHEAST +

### EXERCISE

Wednesdays 10:30-11:30 am  
First Baptist Friendswood  
111 E. Heritage–FLC/Gym  
Friendswood, TX 77546

## + NORTHEAST +

### EXERCISE

Mondays 1:00-2:00 pm  
Strawbridge United Methodist Church  
5629 Kingwood Drive–Gym  
Kingwood, TX 77345

## + NORTHWEST +

### EXERCISE

Mondays 10:00-11:00 am  
Lakewood Methodist Church  
11330 Louetta Road–Gym  
Houston, TX 77070

### EXERCISE

Tuesdays 2:00-3:00 pm  
Encompass Rehab Hospital  
of Cypress  
13031 Wortham Center Drive  
Houston, TX 77065  
*class size limited–please call*

### YOGA

Fridays 10:00-11:00 am  
Richard and Meg Weekley  
Community Center  
8440 Greenhouse Road  
Cypress, TX 77433

## + NORTH +

### EXERCISE

Wednesdays 10:30-11:30 am  
Woodlands Methodist Church  
2200 Lake Woodlands Drive–  
Aldersgate Hall  
The Woodlands, TX 77380

### YOGA

Mondays 2:30-3:30pm  
First Baptist Conroe  
600 North Main Street–  
Herrington Hall  
Conroe, TX 77301

## + EAST +

### JOIN NOW! WATER EXERCISE

Tuesdays and Thursdays 1:00-2:00 pm  
Bay Area Rehabilitation Center  
5313 Decker Drive  
Baytown, TX 77520  
*paperwork required*

## + WEST +

### EXERCISE

Mondays 10:00-11:00 am  
Living Word Lutheran Church  
3700 S. Mason Road–Life Center  
Katy, TX 77450

### EXERCISE

Tuesdays 11:00 am-12:00 pm  
Memorial Drive Presbyterian  
11612 Memorial Drive–Room 102  
Houston, TX 77024

### SPEECH

Wednesdays 2:30-3:30 pm  
Memorial Drive Presbyterian  
11612 Memorial Drive–Room 102  
Houston, TX 77024

### PING PONG

Thursdays 10:30-11:30 am  
Thomas A. Glazier Senior Center  
16600 Pine Forest Lane  
Houston, TX 77084  
*class size is limited–please call*

### EXERCISE

Thursdays 5:00-6:00 pm  
Living Word Lutheran Church  
3700 S. Mason Road–Life Center  
Katy, TX 77450

## + SOUTH +

### EXERCISE

Tuesdays 5:30-6:30 pm  
Trinity Episcopal Church  
2216 Avenue H–Eaton Hall  
Galveston, TX 77550

# HAPS SUPPORT GROUPS

HAPS OFFERS MONTHLY PROFESSIONALLY-LED SUPPORT GROUPS. TO HELP YOU FIND THE MOST APPROPRIATE SUPPORT GROUP, CONTACT A HAPS SOCIAL WORKER PRIOR TO JOINING AT 713.626.7114 OR HARRIS@HAPS.ORG.

## PD SUPPORT GROUP NORTHWEST

**IN-PERSON**

**2<sup>ND</sup> WEDNESDAY IN OCTOBER**

4:00-5:30 pm

Lakewood Methodist Church  
11330 Louetta Road – Room 108  
Houston, TX 77070

## ATYPICAL PARKINSONISM SUPPORT GROUP-MSA, PSP, CBD

**VIRTUAL**

1<sup>ST</sup> Thursday

10:00-11:00 am

*presented in partnership with  
CurePSP*

## CAREGIVER SUPPORT GROUP

**VIRTUAL**

2<sup>ND</sup> Monday

1:00-2:30 pm

## PD SUPPORT GROUP SUGAR LAND

**IN-PERSON**

2<sup>ND</sup> Tuesday

4:30-6:00 pm

Sugar Land Baptist Church  
16755 SW Freeway – Room 107  
Sugar Land, TX 77479

## CAREGIVER SUPPORT GROUP FRIENDSWOOD

**IN-PERSON**

2<sup>ND</sup> Wednesday

10:30-11:30 am

First Baptist Friendswood  
111 E. Heritage  
Friendswood, TX 77546

## EARLY-STAGE CARE PARTNER SUPPORT GROUP

**VIRTUAL**

2<sup>ND</sup> Wednesday of the even months

5:00-6:00 pm

## NEWLY DIAGNOSED SUPPORT GROUP

**IN-PERSON AND VIRTUAL HYBRID**

For those diagnosed with PD  
within the last three years.  
*please call for details.*

## PD SUPPORT GROUP

**VIRTUAL**

3<sup>RD</sup> Tuesday

10:00-11:30 am

## PD SUPPORT GROUP THE WOODLANDS

**IN-PERSON**

3<sup>RD</sup> Wednesday

10:30-11:30 am

Woodlands Methodist Church  
2200 Lake Woodlands Drive  
The Woodlands, TX 77380

## PD SUPPORT GROUP KINGWOOD

**IN-PERSON**

3<sup>RD</sup> Thursday

1:00-2:30 pm

Strawbridge United Methodist Church  
5629 Kingwood Drive – Great Hall  
Kingwood, TX 77345

## CAREGIVER SUPPORT SUGAR LAND

**IN-PERSON**

3<sup>RD</sup> Friday

10:00-11:00 am

Sugar Land Baptist Church  
16755 SW Freeway – Room 107  
Sugar Land, TX 77479

## PD & DEMENTIA/LEWY BODY CAREGIVER SUPPORT GROUP

**VIRTUAL**

4<sup>TH</sup> Monday

10:00-11:30 am

For caregivers of those with PD  
and dementia or Dementia with  
Lewy Bodies.  
*please call for details.*

## PD SUPPORT GROUP CONROE

**IN-PERSON**

4<sup>TH</sup> Monday

1:15-2:15 pm

First Baptist Church Conroe  
600 North Main St.  
Conroe, TX 77301

## PD SUPPORT GROUP CENTRAL PM

**IN-PERSON AND VIRTUAL HYBRID**

4<sup>TH</sup> Monday

6:00-7:30 pm

American Red Cross  
2700 SW Freeway—3<sup>RD</sup> floor  
conference room  
Houston, TX 77098

## PD SUPPORT GROUP GALVESTON

**IN-PERSON**

4<sup>TH</sup> Tuesday

11:00 am-12:00 pm

OLLI at UTMB

1200 Market Street  
Galveston, TX 77550

## FRIENDS IN HEALING SUPPORT GROUP

**VIRTUAL**

4<sup>TH</sup> Wednesday

10:00-11:30 am

*please call for details*



# HAPS ENRICHMENT ACTIVITIES

HAPS OFFERS SOCIAL OPPORTUNITIES TO CONNECT WITH OTHER INDIVIDUALS WITH PD AND THEIR CARE PARTNERS. TO LEARN MORE ABOUT THESE AND OTHER ENRICHMENT ACTIVITIES, CALL 713.626.7114.

## COMMON GROUNDS

### IN-PERSON

Saturdays 9:30-11:00 am  
Coffee and community with friends  
around town.  
October 5<sup>th</sup>—Sugar Land

## FRIDAY GAME NIGHT

### IN-PERSON

Ping pong, corn-hole, trivia, board  
games, pizza, and fun!  
5:30-7:30 PM  
October 18<sup>th</sup>  
November 22<sup>nd</sup>

American Red Cross  
2700 SW Freeway  
Houston, TX 77098  
Contact Angelica Rodriguez at  
[rodriguez@haps.org](mailto:rodriguez@haps.org) or 713.313.1652  
for more information

## WOMEN AND PD

### VIRTUAL

4<sup>th</sup> Wednesday  
6:00-7:00 PM

In-person events are scheduled  
throughout the year.  
Contact Celeste Harris for additional  
details at [harris@haps.org](mailto:harris@haps.org) or  
713.313.1706

## BOOK CLUB

### VIRTUAL

2<sup>nd</sup> Friday of the even months  
12:00-1:00 PM  
October 11<sup>th</sup>  
December 13<sup>th</sup>



## COMMON GROUNDS

coffee connection community

See you there!

Contact Celeste Harris at 713.313.1706 or  
[harris@haps.org](mailto:harris@haps.org) and let her know you'll be  
there!

## SUGAR LAND AREA

Gather with friends and make  
new ones! Meet others in  
the Parkinson's community  
for coffee, pastries, and  
camaraderie.

Saturday, October 5<sup>th</sup>

9:30 am  
The PARC  
402 Eldridge Rd.  
Sugar Land, TX

## KERR/THORP CHALLENGE UPDATE

THANKS TO MANY AMAZING DONORS, this year's Kerr/Thorp Matching Gift Challenge was met with overwhelming success! Rob Kerr/Kerrco Inc. and Jim Thorp/Thorp Petroleum generously doubled the impact by matching donations up to \$15,000 during the summer months of June, July, and August. The 2024 Challenge raised an extraordinary \$57,132 in gifts bringing the summer Kerr/Thorp Challenge giving campaign to a staggering total of \$72,132!



We are especially grateful to all who helped us meet this year's Challenge and make it one for the record books. These funds support HAPS programs and services throughout the eight-county area that include exercise classes, support groups, educational programs, enrichment activities, and a variety of social services. HAPS is the only resource for families affected by Parkinson's that offers comprehensive services in the greater Houston area, all free of charge. We sincerely appreciate the steadfast commitment and ongoing generosity of Rob Kerr, Jim Thorp, and their companies, as well as this tremendous show of support from the many friends who believe in the work we do.

## WELCOME CRISTINA



Cristina Smith is a first-year Masters-Level Social Work student at the University of Houston Graduate College of Social Work and HAPS newest social work intern. She has an undergraduate degree in History from Dartmouth College and a law degree from The University of Texas School of Law. Cristina is beginning a second career in social work after sending the last of her four children off to college this fall. In her free time, she enjoys cooking, reading mysteries, and gardening. HAPS is excited to welcome Cristina as our intern through the spring of 2025—look for her at groups and programs in the future!

## HAPS IS NOW A COMBINED FEDERAL CAMPAIGN CHARITY

Are you a Federal employee or retiree? Then GIVE HAPPY to Houston Area Parkinson Society through the CFC using charity code 32381.



Through January 15, 2025, all Federal employees and retirees can pledge to give to HAPS through payroll deductions or through retiree annuities, giving a little each pay period to support the Parkinson's community all year long.

Scan the QR code and select charity code 32381 to support HAPS.



**GIVE HAPPY**



Special thanks to Movement Disorder Specialist and HAPS Medical Advisory Board member Andrew Billnitzer, MD, MPH with Houston Methodist who led the Newly Diagnosed PD 101 Program on September 14<sup>th</sup>. We appreciate his time and expertise.

THANK YOU +

# CONTRIBUTIONS

*We are extremely grateful to the following individuals for their generous support of HAPS. Without the continued support of our donors, none of our programs or services would be possible.*

## IN MEMORY

### **Anne Thomson**

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