

**Special Interest  
Articles:**

- 2018 Wellness Retreat
- CLE Speaker

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**Denton County Paralegal Association**

## 2018 Wellness Retreat



## Unwind, Relax, De-stress, Recharge, and Renew

**May 18-20, 2018**

### Still Waters Retreat Center

403 CR 3672, Agnes Road North (off Hwy 199)

Springtown, TX 76082

(817) 220-2681

HOSTED BY:

## Denton County Paralegal Association



For more information, see Brochure attached.

## Meeting Notice

### 2018 Officers

Daphina Park, President  
daphina.park@dentoncounty.com

Jennifer Earhart, President-Elect  
jearhart@hbvwlaw.com

Sharron Dowdle,  
Secretary/Parliamentarian  
sd@legalfrisco.com

Lisa Pittman, Treasurer  
lpittman@hbvwlaw.com

Pamela Snavelly, Historian  
psnavelly@hbvwlaw.com

The Denton County Paralegal Association's next Luncheon will be on Thursday, **February 15, 2018** at noon at Oakmont Country Club, 1200 Clubhouse Drive, Corinth, Texas.

## Did you know...

We have streamlined the online registration process! Go to the DCPA website at <http://dentonparalegals.org/>. Under the Upcoming Events blue bar click the Monthly Luncheon & CLE link, then click the Register tab and provide the requested information. When registering online, you must indicate whether you plan to attend the CLE and pay for lunch, or will attend the CLE only. We encourage you to make the buffet lunch payment online. If you prefer to pay at the door, you can choose to receive an invoice during the registration process.

**Online Registration Is Required!** The deadline to register for this month's meeting is **February 13th at 3 p.m.** Be sure to complete the registration sequence to notify us that you will either attend the CLE and purchase lunch, or will attend the CLE only. That will help us ensure Oakmont is prepared for the number of guests who will go through the buffet line, and that we provide adequate seating for those attending CLE only. **Please note we must bill individuals who register for lunch even if they are unable to attend.**

### 2018 Committee Chairs

**CLE, Kimberly Spivey**  
kim.spivey@hotmail.com

**Fundraising, Melissa Boyd**  
assistant@dobsoncrimlaw.com

**Legal Directory, Cheryl Cooper**  
ccooper@dentonlaw.com

**Membership, Julia Christman**  
julia.christman@dentoncounty.com

**Newsletter, Lisa Pittman**  
lpittman@hbvwlaw.com

**Social, Cindy Moon**  
cmoon@reecerlaw.com

**Scholarship, Amy Hoffee**  
ahoffee@hbvwlaw.com

## Directions to Oakmont

Oakmont Country Club is located in Corinth off I-35 East between Lewisville and Denton.

- Exit 461 – Shady Grove Road/Post Oak Drive
- Turn west onto Post Oak Drive
- Turn right (west) onto Robinson Road at stop sign
- Turn left (south) onto Oakmont Drive – you will see an Oakmont sign in the median
- Turn right into Clubhouse Drive (second right)

## **AGENDA FOR MEETING**

Date: February 15, 2018  
Place: Oakmont Country Club  
1200 Clubhouse Drive  
Corinth, Texas 76210  
Time: Noon

### **1. Welcome Members and Guests**

**2. Speaker – Clarke Wilcox**, will give an overview of elder law.

### **3. Old Business**

- a. Approve November Minutes
- b. Approve 2017 Treasurer's Report
- c. Approve January Minutes
- d. Approve January Treasurer's Report

### **4. New Business**

### **5. Announcements**

- Melissa Boyd to give a brief summary of Valentine's Fundraiser
- Explain Participation Drive and what prize participants will be vying for
- Next month's speaker will be Virginia Hammerle to speak about probate/estate planning or guardianship

### **5. Door Prize**

### **6. Adjournment**

## **CLE Speaker**



This month our speaker is James "Clarke" Wilcox. Mr. Wilcox is a partner with the law firm Whatley Wilcox, in Irving, Texas. The attorneys at Whatley Wilcox, PLLC have been assisting elderly clients and their families for nearly 20 years. Mr. Wilcox will be speaking on elder law.

## President's Message

By: Daphina Park

Dear DCPA Members,

February is National Heart Awareness Month, which helps raise attention for heart disease. I find that very appropriate and goes hand-in-hand with the holiday that most people associate February with, Valentine's Day. We all need to be conscious of heart health and keep ourselves healthy for us and for our loved ones. The following are just a few statistics on heart disease in the United States.

- About 610,000 people die of heart disease in the United States every year, that is 1 in every 4 deaths.
- Heart disease is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2009 were in men.
- Coronary heart disease (CHD) is the most common type of heart disease, killing over 370,000 people annually.
- Every year about 735,000 Americans have a heart attack. Of these, 525,000 are a first heart attack and 210,000 happen in people who have already had a heart attack.

We all need to be aware of signs and symptoms of a heart attack. Heart attacks strike quite differently for different sexes. While men typically suffer suffocating chest pains—women's symptoms are more subtle and are often ignored until it is too late. Women need to be aware of the following symptoms: breathing difficulty especially if it disrupts your sleep; heavy perspiration; exhaustion even if you have gotten adequate sleep and are eating well; stomach cramps; sharp pains in neck or upper arms; jaw pain; rapid heart rate; tightness in chest unlike the 'elephant on the chest' that men experience, and nausea.

On a lighter note, I hope everyone had a chance to purchase their cute Valentine's Grams and make their loved one's heart a bit happier. Stay healthy and remember the above tips for recognizing a heart attack.



## Birthdays

Our members with February Birthdays are:

Toya Brown-Phillips (2/5)  
 Stephanie Bundschuh (2/6)  
 Julia Christman (2/13)  
 Kim Guertler (2/19)  
 Caitlin Harris (2/3)  
 Debbie Mitchell (2/10)  
 Lacey Young (1/5)

Hope each of you will have a **Happy Birthday!**

## Upcoming Events & Important Dates!

### Participation Award

For 2018, we are going to have a Participation Award. You will receive points for activities in which you participate through the contest time.

<u>Activity</u>	<u>Points</u>
Attend monthly meeting	1
Attend special work activities (assemble Valentine Grams, etc)	2
Order Valentine Gram	1
Outside order for Valentine Grams (points for each)	1 (max 5 points)
Attend DCPA social events	3
Bring a (new) potential new member to any event	2
Provide a door prize or auction item	3

Attached is the list of point earning activities, and the points to be given.

This begins February 1, 2018 and will end August 31, 2018. As you can see from the list, there are multiple ways to earn points. **Trust me, the Grand Prize will be worth the effort!**

Points will be kept by the membership committee, and the winner will be announced at the September meeting.



## **Support Our Sustaining Members**

Please help support our Sustaining Members by calling them when you have a project that needs outside support. Remember it is through their continued support and generosity that DCPA is able to provide social events at a low cost.

### **County Process Service Fred Bowles**

159 Sunnyside Lane  
Valley View, Texas 76272  
Phone: 940-390-0914  
Email – [fbowles@ntin.net](mailto:fbowles@ntin.net)

### **Stewart Process Service, Inc. Bruce G. Stewart**

110 Sheraton Place  
Denton, Texas 76209  
*(Retired as of August 31, 2017)*

### **Stoffels & Associates, Inc. Janel M. Stoffels**

207 W. Hickory, Suite 304  
Denton, Texas 76201  
Phone: 940-565-9797  
Fax: 940-565-9197  
Email – [jmstoffels@aol.com](mailto:jmstoffels@aol.com)

### **File & ServeXpress Jesse Guerrero**

500 E. John Carpenter Fwy  
Irving, Texas 75062  
Phone: 972-893-6691  
Fax: 888-529-7587  
Email – [jguerrero@fileandserve.com](mailto:jguerrero@fileandserve.com)



## **Minutes**

1. President Daphina Park called the meeting held on January 18, 2018 to order at 12:14 p.m. at Oakmont Country Club in Denton. President Park welcomed 12 members and 2 guests.

### **OLD BUSINESS**

2. President Park tabled approval of the Treasurer's Report and November Minutes until February meeting to give all an opportunity to review same.
3. President Park announced that the remaining Denton County Legal Directories were for sale, and that the DCPA would not be providing updated directories this year.
4. President Park gave an update on the status of the Bylaw revisions. Sunnie Palmer will have them ready for members to review and vote on in February 2018.

### **NEW BUSINESS**

5. President Park announced the details of the Valentine Gram fundraiser. Order form will be distributed the week of January 22nd. Deadline for order submission is February 9<sup>th</sup>. They will be delivered/ready for pick-up on February 12<sup>th</sup>.
6. President Park announced that the Participation Drive shall begin on February 1, 2018 and end on August 31, 2018. Prize for same has not been confirmed. Each member who purchases a Valentine Gram will receive one entry in the Drive per order.
7. There being no further business, President Park adjourned the meeting at 12:43 pm.