



**Dallas  
Area  
Parkinson  
Society**

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



## WHAT REALLY MATTERS

### *A Message from the Executive Director*

*"I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble." - Helen Keller*

Helen Keller may be one of the most recognized names of our time. It is hard to even begin to imagine living without the ability to see. As if that weren't challenging enough, Helen was deaf in addition to being blind. You are probably familiar with her story and the years of frustration she experienced as a young child. Unable to comprehend the world around her must have been terrifying and lonely. Even with her remarkable and patient teacher, Anne Sullivan, we know that teaching Helen was not easy. How did Anne even know how or where to begin teaching a student who was both deaf and blind? Anne

agreed to take on a very large task, and her approach was to start with the small tasks.

Helen and Anne set out on a journey together, knowing that together they would be forced to confront their fears, frustrations, and moments of hopelessness. Their journey was one of perseverance and trust in one another. For Helen, she had to trust Anne with everything. For Anne, she had to believe Helen could communicate and learn. My guess is that neither Helen or Anne dreamed of becoming famous, much less household names for generations to come. Instead, they put their hope in learning how to communicate and interact in a dark and quiet world.

No matter how small the task at hand may appear to be, how trivial or how inconsequential we think it may be, we have a choice. How we choose to tackle the small tasks makes a difference. Can you imagine how different Helen's life would have been if she didn't trust Anne? Or if Anne had given up on teaching Helen how to read? My guess is that we wouldn't know of Helen Keller or Anne Sullivan. Together, Helen and Anne made a commitment to approach the small tasks with perseverance, hope and confidence. Anne and Helen demonstrated how their approach to the small tasks amounted to great and noble deeds.

Interestingly, Helen went on to accomplish several great and noble tasks - she received a degree from Harvard, authored many books, traveled abroad on multiple occasions and advocated for women, the blind and the disabled. Such accomplishments are considered great and noble by anyone's standards. Nevertheless, what we remember and are inspired by is how she accomplished the task - more so than what she accomplished.

As we all grow older and look back on our lives, what we've accomplished or what we still long to accomplish, I hope we can take Helen's message to heart and approach the small tasks as if they were great and noble. Helen reminds us that the small tasks are really what matter the most.

Kind Regards,

## UPCOMING EDUCATIONAL SERIES -Community & Connection-

**Friday, August 4 at 12:00pm**

*"Exercise as Medicine"*

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

**Monday, August 14 at 10:45am**

*"Treating Parkinson's Symptoms  
with Inpatient Rehabilitation"*

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

**Tuesday, August 15 at 11:30am**

*"Technologies and Resources for  
Individuals with Parkinson's  
Disease"*

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

**Monday, August 28 at 12:00pm**

*"Treatment in the Advancement  
of Parkinson's Disease"*

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

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**upcoming 8**



**Dallas  
Area  
Parkinson  
Society**

*Dedicated to impacting and improving  
the lives of those affected by  
Parkinson's disease.*

### Executive Director

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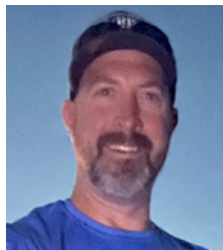
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## AUGUST EDUCATIONAL SERIES



### BJ BREWER, PTA

Select Rehabilitation Hospital of Denton

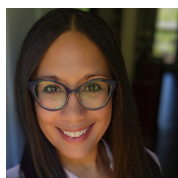
Friday, August 4, 2023

12:00 Lunch / 12:30 Program Begins

**RSVP here**

**TOPIC: "Exercise as Medicine"**

BJ has worked for Select Rehabilitation Hospital of Denton for 16 years. He is not sure how he ended up in Neurology, but Dementia became his second language and he really fell for Parkinson's. He has been LSVT BIG certified and practicing in the Denton area with local neurologists for 7 years.



### BRANDALYNN GRAHAM & SARIKA GAIKHE

Encompass Health

Monday, August 14, 2023

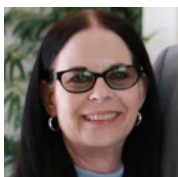
10:45 Snacks / 11:00 Program Begins

**RSVP here**

**TOPIC: "Treating Parkinson's Symptoms with Inpatient Rehabilitation"**

Brandalynn Graham is an Occupational Therapist since 2009 currently working with adults in inpatient rehabilitation at Encompass Health Inpatient Rehabilitation Hospital of Dallas.

Sarika holds a Doctorate degree in Physical Therapy from Utica College, NY and brings more than 13 years of experience as a Physical Therapist across the continuum of care.



### DONNA RICHARDSON & BRIAN HORALAN

Encompass Health

Tuesday, August 15, 2023

11:30 Lunch / 12:00 Program Begins

**RSVP here**

**TOPIC: "Technologies and Resources for Individuals with Parkinson's Disease"**

Donna Richardson is a 49-year physical therapist who served as a National Educator for Encompass Health with a specialty in neurological disorders.

Brian "Moki" Horalan serves as the Lead Occupational Therapist at Encompass Health Rehabilitation Hospital of Plano. Moki is a Certified Neuro Specialist.



### NIRAV PAVASIA, MD

Movement Disorder Specialist at Neurology

Consultants of Dallas

Monday, August 28, 2023

12:00 Lunch / 12:30 Program Begins

**RSVP here**

**TOPIC: "Treatment in the Advancement of Parkinson's Disease"**

Dr. Nirav Pavasia is a Certified Movement Disorders Specialist and a Board-Certified General Neurologist. Dr. Pavasia found his passion in movement disorders through the challenges of treating Parkinson's disease and other movement disorders. He manages patients with Deep Brain Stimulation (DBS) for initial programming and subsequent follow up care.



## A Blood Test for Parkinson's Disease

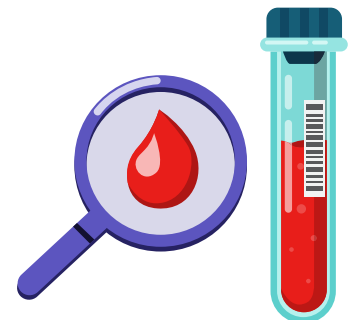
By: Dr. Dwight German

Parkinson's disease (PD) is the second most common neurodegenerative disease affecting over 1% of individuals over the age of 65 in the United States. In 2005, the cost of PD to our society was reported to be \$23 billion annually in the U.S. Given the rapidly growing segment of the elderly population, these costs will continue to increase over the next several decades. The most accurate diagnosis of PD comes from specialty clinics where clinical assessments and advanced neuro-diagnostic procedures are costly, time-consuming, and invasive. In our country, Primary Care clinics serve as the "gatekeeper" to specialty clinics and these frontline primary care practitioners provide the referrals for advanced diagnostic procedures. However, the average duration of primary care visits is around 18 minutes making detailed neurological examinations difficult.

Currently there are no rapid or cost-effective tools for Primary Care providers to use in daily practice to screen patients with possible PD symptoms. Within the Primary Care setting, the purpose of screening tests is to rule out patients who do not require additional medical procedures or diagnostic follow-up, thereby resulting in stress reduction and cost containment. Over the last several decades, the search for biomarkers that have diagnostic and prognostic utility in neurodegenerative diseases has grown exponentially with the majority of work focusing on brain-imaging and cerebrospinal (CSF) methodologies (which require a spinal tap!).

My colleague, Dr. Sid O'Bryant at the University of North Texas Health Sciences Center, and I have developed a blood test for PD, and the research findings were published on several occasions most recently in 2022 (O'Bryant *et al.*, 2022). A blood-test that could serve as a potential first step in a multi-tiered neuro-diagnostic process for ruling out PD in Primary Care settings would be of tremendous value. Our team has conducted a series of studies demonstrating the utility of blood-based biomarkers for detecting PD as well as discriminating PD from other neurodegenerative diseases such as Alzheimer's disease. Here we used blood samples from 846 PD patients and 2,291 volunteer controls without PD. These blood samples were collected from several sites around the country. The results showed that the panel of 18 blood proteins (such as C-Reactive Protein, thrombopoietin,  $\alpha 2$  Macroglobulin, tumor necrosis factor alpha) collectively were 98% accurate in identifying the PD patients. In addition, this protein panel could successfully identify PD when compared to patients with Alzheimer's disease and Lewy Body Dementia.

It is of importance to note that this blood test is not diagnostic, but rather is a screening tool to rule out PD within Primary Care settings. If the person tests positive for the PD blood test, they would be referred to a PD-specialist for further testing and in the future for therapeutic intervention to stop disease from progressing. The availability of the PD blood test for Primary Care holds tremendous benefit. First, this is a rapidly scalable technology that can be implemented globally as a Laboratory Developed Test. The blood test would provide Primary Care providers with actionable and objective information that is supported by several studies and with many patients. Additionally, it is thought that the earlier therapeutics can be administered, the more beneficial they are to patients. The availability of the PD blood test in Primary Care settings would provide a tool for rapid referrals. Finally, for clinical trials, the PD blood test would provide a means of drastically expanding access to screening procedures well beyond specialty clinics. Overall, this work strongly supports the utility of the PD blood test for the screening out of PD in Primary Care settings.



Reference: SE O'Bryant, M Petersen, F Zhang, L Johnson, DC German, and J Hall. Parkinson's Disease Blood Test for Primary Care. *J Alzheimers Disease & Parkinsonism*, 2022;12(4):545. Epub 2022 Jul 22.

**Dr. Dwight German joined the faculty at the University of Texas Southwestern Medical Center in 1975. His research deals with the underlying neuronal mechanisms responsible for neurodegenerative diseases such as Parkinson's disease and Alzheimer's disease.**

## SPOTLIGHT



*Cindy Minton*

Cindy Minton is a volunteer at the DAPS McKinney location, where she serves as a facilitator. Her role includes providing information for new members with resources, follow up, support and communication with the DAPS office. Cindy's husband, Gary was diagnosed with Parkinson's disease in 2022 and they recently moved to McKinney from New Mexico. Together, the two have traveled throughout North America, making their way to many national parks including Denali National Park and Yellowstone, where they love to hike.

*"I had to volunteer especially after seeing the dedication of the participants and instructors. DAPS makes it possible for us to come together twice weekly to exercise bodies and voices, socialize, and support one another on our journey. Once I saw the dedication of the instructors and participants, I couldn't resist wanting to help. I love telling newcomers of the services and making them feel welcome and part of the DAPS family."*

As a retired ER nurse and a family nurse practitioner, Cindy believes one of the most important parts of life is connection with others.

## COMMUNITY CORNER

### HELP FOR VETERANS



The mission of the Dallas County Veteran Services Office is to assist veterans and their eligible survivors in obtaining benefits from the Department of Veteran Affairs (VA) and the State of Texas.

To learn more about Dallas County Veteran Services visit their website at [www.dallascounty.org/veterans](http://www.dallascounty.org/veterans) or call (214) 819-6521.



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**DAPS Youtube Channel**



[@dapsociety](https://instagram.com/dapsociety)

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*June & July 2023*

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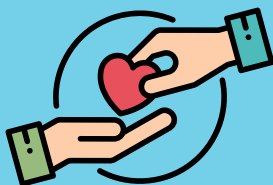
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Linda & Mike Swanson  
John Walker  
Carole Ann Watson



This critical funding allows DAPS to provide FREE

- Exercise, speech, and dance classes
- Support groups led by professionals
- Monthly Educational series and more!

Interested in becoming a GEM? [CLICK HERE](#) to visit our website

# CLASS INFORMATION

## WHAT TO KNOW



We can help you stay active and connected with our exercise, speech, and support groups.

Here is the schedule of classes Dallas Area Parkinson Society (DAPS) offers each week in-person and via Zoom. For more details, visit our calendar at [www.daps.org/calendar](http://www.daps.org/calendar). See class locations on the next page.

Watch pre-recorded videos on our YouTube channel 24/7!

<https://bit.ly/DAPSYoutubeChannel>.

### MONDAY

9:30 AM	EXERCISE & VOICE SUPPORT W/ TAMMY <i>South Garland Baptist Church</i>
9:45 AM	EXERCISE W/ ANGIE via ZOOM <a href="https://us02web.zoom.us/j/5560874938">https://us02web.zoom.us/j/5560874938</a>
10:00 AM	PARKINSON & CARE PARTNER SUPPORT <i>Preston Hollow United Methodist Church in Dallas</i> 2ND MONDAY OF THE MONTH
10:30 AM	EXERCISE W/ TAMMY <i>South Garland Baptist Church</i>
2:00 PM	EXERCISE W/ JONATHAN <i>First United Methodist Church in Duncanville</i>
3:00 PM	SPEECH W/ DANIELLE <i>First United Methodist Church in Duncanville</i>
3:00 PM	*CARE PARTNER SUPPORT <i>First United Methodist Church in Duncanville</i> 1ST AND 3RD MONDAY OF THE MONTH

### TUESDAY

9:15 AM	EXERCISE W/ BARB via ZOOM <a href="https://us02web.zoom.us/j/5560874938">https://us02web.zoom.us/j/5560874938</a>
10:15 AM	EXERCISE W/ AMANDA <i>St. Michael the Archangel Church in McKinney</i>
10:30 AM	EXERCISE W/ TAMMY <i>Preston Hollow United Methodist Church in Dallas</i>
10:30 AM	*PARKINSONS SUPPORT via ZOOM <a href="https://us02web.zoom.us/j/5560874938">https://us02web.zoom.us/j/5560874938</a> 1ST TUESDAY OF THE MONTH
11:15 AM	PARKINSONS SUPPORT GROUP <i>St. Michael the Archangel Church in McKinney</i> 1ST TUESDAY OF THE MONTH
11:30 AM	SPEECH W/ LYNN (HYBRID) <i>Preston Hollow United Methodist Church in Dallas</i>
12:30 PM	EXERCISE W/ BARB <i>Semones YMCA in Dallas</i>
1:00 PM	SPEECH W/ PAT via ZOOM <a href="https://us04web.zoom.us/j/7408505274">https://us04web.zoom.us/j/7408505274</a>
2:00 PM	DANCE FOR PD W/ MISTY via ZOOM <i>Email Misty danceforpd.dallas@gmail.com</i>

### WEDNESDAY

9:30 AM	EXERCISE W/ TAMMY <i>Lakepointe Church at White Rock in Dallas</i>
10:00 AM	EXERCISE W/ DIANA via ZOOM <a href="https://us02web.zoom.us/j/5560874938">https://us02web.zoom.us/j/5560874938</a>

### WEDNESDAY (cont)

10:30 AM	PARKINSON & CARE PARTNER SUPPORT <i>Lakepointe Church at White Rock in Dallas</i> 1ST AND *3RD WEDNESDAY OF THE MONTH
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11:15 AM	SPEECH W/ LYNN (HYBRID) <i>Grace Lutheran Church in Carrollton</i>
1:00 PM	EXERCISE W/ TAMMY via ZOOM <a href="https://us02web.zoom.us/j/5560874938">https://us02web.zoom.us/j/5560874938</a>

### THURSDAY

9:30 AM	EXERCISE & VOICE SUPPORT W/ BARB <i>South Garland Baptist Church</i>
9:45 AM	EXERCISE W/ ERIKA <i>Hunters Glen Baptist Church in Plano</i>
10:30 AM	EXERCISE W/ BARB <i>South Garland Baptist Church</i>
10:30 AM	CARE PARTNER SUPPORT W/ ZEE <i>South Garland Baptist Church</i>
12:30 PM	EXERCISE W/ BARB <i>Semones YMCA in Dallas</i>
2:00 PM	DANCE FOR PD W/ MISTY via ZOOM <i>Email Misty danceforpd.dallas@gmail.com</i>
2:00 PM	EXERCISE W/ JONATHAN <i>First United Methodist Church in Duncanville</i>

### FRIDAY

10:00 AM	EXERCISE W/ TAMMY <i>St. Michael the Archangel Church in McKinney</i>
11:15 AM	SPEECH W/ LESLIE <i>St. Michael the Archangel Church in McKinney</i>
11:15 AM	*CARE PARTNER SUPPORT <i>St. Michael the Archangel Church in McKinney</i> 1ST FRIDAY OF THE MONTH
2:00 PM	*ASK THE NUTRITIONIST W/ FAYE <a href="https://us02web.zoom.us/j/5560874938">https://us02web.zoom.us/j/5560874938</a> 2ND FRIDAY OF THE MONTH

### SATURDAY

10:00 AM	EXERCISE W/ DIANA via ZOOM <a href="https://us02web.zoom.us/j/5560874938">https://us02web.zoom.us/j/5560874938</a>
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\*RESUMING IN SEPTEMBER

# CLASS LOCATIONS

## CARROLLTON:

Grace Lutheran Church  
1200 E Hebron Parkway  
(972) 492-4474

## DALLAS:

Lakepointe Church at White Rock  
9150 Garland Road  
(214) 324-1425

Preston Hollow United Methodist Church  
6315 Walnut Hill Lane  
(214) 363-4393

Semones Family YMCA (Town North)  
4332 Northaven Road - Room MP2  
(214) 357-8431

## DUNCANVILLE:

First United Methodist Church  
403 S Main St (Enter on Ave. C, Aldersgate Bldg)  
(972) 298-6121

## GARLAND:

South Garland Baptist Church  
1330 E Centerville Road  
(972) 271-5428

## MCKINNEY:

St. Michael the Archangel Church  
411 Paula Road  
(972) 542-4667

## PLANO:

Hunters Glen Baptist Church  
4001 Custer Road  
(972) 867-1610

## ZOOM MEETING IDS:

### Exercise with ANGIE:

Meeting ID: 556-087-4938  
Password: LOUD

### Exercise with BARB:

Meeting ID: 556-087-4938  
Password: LOUD

### Exercise with DIANA:

Meeting ID: 556-087-4938  
Password: LOUD

### Nutrition with FAYE:

Meeting ID: 556-087-4938  
Password: LOUD

### Speech with LYNN:

Meeting ID: 783-578-3790  
Password: LOUD

### Speech with PAT:

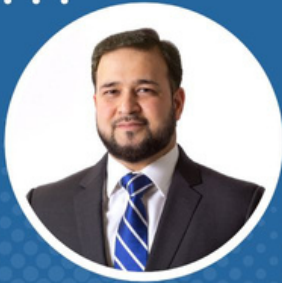
Meeting ID: 740-850-5274  
Password: LOUD

### Exercise with TAMMY:

Meeting ID: 556-087-4938  
Password: LOUD



**See page 8 for August Schedule Changes**  
**To see our full schedule visit [www.daps.org/calendar](http://www.daps.org/calendar)**



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HUSSAIN**

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SAVE THE  
date

COMMUNITIES FOUNDATION of TEXAS

— **NTX** —  
**GIVING DAY**

**9.21.23** presented by **amazon**

### AUGUST SCHEDULE CHANGES



#### **Tuesday, August 1**

Zoom Support Group Cancelled

#### **Friday, August 4**

McKinney Support Group Cancelled

#### **Monday, August 7 & 21**

Duncanville Support Group Cancelled

#### **Friday, August 11**

Ask the Nutritionist Cancelled

#### **Wednesday, August 16**

Dallas Support Group Cancelled

### TRIBE WELLNESS GROUP CLASSES



Non-contact boxing classes are supported in part by DAPS. To see the complete Tribe Wellness calendar - click [here!](#)

**DAPS members receive discounted pricing at Tribe Wellness.**

**To become a member**

[CLICK HERE](#)

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