



**Dallas
Area
Parkinson
Society**

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



TEAM DAPS

A Message from the Executive Director

"The whole is greater than the sum of its parts" - Aristotle

As we eagerly anticipate the arrival of fall, we also usher in the much-awaited football season. Fans of high school, college, and NFL teams are gearing up to passionately support their chosen team. The reasons for our allegiance to a team are as diverse as they come. Whether it's pride for your city, your alma mater, or the joy of cheering on a grandchild, these factors create connection and community.

Fans show up with painted faces, loud horns and jerseys to express their team passion, regardless of the ups and downs of the season. They stand apart from the fair weathered fans. When the new player

is called on by the coach to make the extra point, we cheer him on because we know how nervous he must be when hundreds of fans are watching and depending on him. And when a player demonstrates exceptional sportsmanlike conduct under a difficult situation, our pride swells. A loyal fan base loves the game, despite the final numbers on the scoreboard.

I like to refer to DAPS as a team. Our "coaches" (or instructors) bring specific exercises to enhance balance, strength and coordination. Coaches incorporate cognitive exercises to keep us sharp, while leading and modifying the physical exercises. "Players" are challenged, taught and encouraged after an injury.

Dedicated volunteers, or "cheerleaders," step in to lift our spirits during challenging times. Not only do they offer encouragement, but they also hold us accountable, extending a helping hand when we face setbacks.

Whether you are a walk-on at Team DAPS, a seasoned player or sidelined for the time being, the strength of DAPS's first, second and third string is unrivaled. Coaches, players, cheerleaders, and fans each fulfill a crucial role in optimizing the potential at DAPS. Regardless of your relationship to DAPS, you help our team flourish and grow.

Thursday, September 21 is the championship gameday for local nonprofits in the metroplex, otherwise known as North Texas Giving Day (NTGD). It is the largest collaborative fundraiser of the year where thousands of nonprofits participate in revving up their fan base. As one of DAPS's biggest fans, I will be showing my support with a donation while cheering us on to reach our \$15,000 goal and I hope you'll consider showing your support for DAPS on gameday. If you need help making an online donation, please give us a shout at the office or feel free to send DAPS a check. However you choose to participate, your role matters and makes a difference in strengthening DAPS.

Kind Regards,

Leisha J. Phillips

UPCOMING EDUCATIONAL SERIES

-Community & Connection-

Friday, September 1 at 12:00pm

*"How Does Parkinson's Disease
Affect My Voice, Swallowing,
and Cognition?"*

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

Monday, September 11 at 10:45am

*"Deep Brain Stimulation:
A Custom Program to Meet
Your Needs"*

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

Tuesday, September 19 at 11:30am

"More Days with GOOD ON Time"

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

Monday, September 25 at 12:00pm

*"DBS: DON'T BE SILENT. Be
heard, This is your journey!"*

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

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

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SEPTEMBER EDUCATIONAL SERIES -COMMUNITY & CONNECTION-



Sponsored by
Medtronic

LESLIE WEGNER, M.S., CCC-SLP

North Texas Voice and Speech

Friday, September 1, 2023

12:00 Lunch / 12:30 Program Begins

TOPIC: "How Does Parkinson's Disease Affect My Voice, Swallowing, and Cognition?"

Leslie Wegner is a certified Speech Language Pathologist who has over 15 years of working with professional voices. She is a member of the American Speech Language Hearing Association and the Texas Speech Language Hearing Association.

RSVP here



Sponsored by
Boston Scientific

LINDA LEE

Clinical Specialist at Boston Scientific

Monday, September 11, 2023

10:45 Snacks / 11:00 Program Begins

TOPIC: "Deep Brain Stimulation: A Custom Program to Meet Your Needs"

Linda Lee is a Clinical Specialist and patient advocate with Boston Scientific's Deep Brain Stimulation (DBS) division. She was previously a TV news reporter and non-profit fundraising director, whose previous skill sets directly correlate into her successful journey as a patient advocate.

RSVP here



Sponsored by
Supernus Pharmaceuticals

SALIMA BRILLMAN, MD

Neurologist at Parkinson's Disease and Movement Disorder Center of Palo Alto

Tuesday, September 19, 2023

11:30 Lunch / 12:00 Program Begins

TOPIC: "More Days with GOOD ON Time"

Dr. Salima Brillman is a board-certified neurologist with a fellowship in movement disorders. She has extensive experience in diagnosing and treating all forms of movement disorders and is proficient in DBS, Duopa and Neurotoxin therapies.

RSVP here



Sponsored by
Abbott

MELISSA RYAN

Brain Therapy Consultant for Abbott

Monday, September 25, 2023

12:00 Lunch / 12:30 Program Begins

TOPIC: "DBS: DON'T BE SILENT. Be heard, This is your journey!"

Melissa Ryan is a Patient Advocate with 20 years of Clinical Experience in the Pharmaceutical and Medical Device Industry.

RSVP here

COMMUNITIES FOUNDATION *of* TEXAS

— NTX —

GIVING DAY

9.21.23 *presented by* **amazon**



Donate to DAPS at NorthTexasGivingDay.org



Click here to donate!



Dallas
Area
Parkinson
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SPOTLIGHT



Gail Martin

Opportunities come to us in many ways. I have been blessed over the years to be at the right place at the right time or to know someone who reaches out to offer me an opportunity I never thought of before.

I have been in the mental health field since 1980 in a variety of capacities. I received my LCSW in 1987 and have worked in Psychiatric Hospitals, Community Mental Health Agencies, Private Practice, a Child/Adolescent Residential Treatment Center, and a Foster Care Agency. The past 14 years I have worked with an agency that provides behavioral health services to a broad spectrum of individuals. Several of the individuals I have worked with have chronic medical conditions such as Parkinson's, Multiple Sclerosis, Cancer, Cancer Survivors, chronic pain, and a multitude of other chronic medical conditions. Often the issues include grief & loss, depression and anxiety as a symptom associated with their medical condition.

I have come to appreciate the courage it takes to manage and deal with progressive medical conditions whether you are the patient or a loved one providing care and support. Now I have been offered the opportunity to join DAPS in a supportive capacity. I look forward to this new opportunity and hope in some small way I can be of service.

COMMUNITY CORNER



In 2019, Anushka Sridhar approached DAPS with her innovative SPARKS wristband, that she created in middle school to help mitigate tremors in people with Parkinson's disease as her Girl Scout Gold Project.

This summer, SPARKS was one of three projects selected for the Mary Anne Cree Young Women of Distinction award, out of hundreds of other national projects. DAPS is proud of our young volunteers, like Anushka and we congratulate her on such a successful accomplishment!



daps.org



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DAPS Youtube Channel



@dapsociety

Donations may be mailed to:
6310 LBJ Freeway, Suite 213
Dallas, TX 75240

Thank you to our August Educational Series Sponsors



Memorials | Honors | Donations

July & August 2023

Donations

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James & Stephanie Sadowski

In Memory of Adele Wallace

South Garland Baptist Church DAPS Family
DAPS Garland Class

Donations

Zee Clark
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DAPS Plano Class
DAPS Duncanville Class
DAPS McKinney Class
DAPS Garland Class



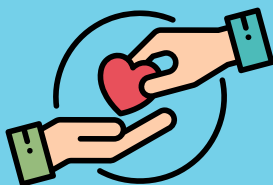
A GEM is a donor that
"Gives Every Month"

*Thank you for
your continued
support!*

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

TUESDAY

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

WEDNESDAY

- 9:30 AM EXERCISE W/ TAMMY
Lakepointe Church at White Rock in Dallas
- 10:00 AM EXERCISE W/ DIANA via ZOOM
<https://us02web.zoom.us/j/5560874938>
- 10:30 AM PARKINSON & CARE PARTNER SUPPORT
Lakepointe Church at White Rock in Dallas
1ST AND 3RD WEDNESDAY OF THE MONTH
- 11:15 AM SPEECH W/ LYNN (HYBRID)
Grace Lutheran Church in Carrollton

WEDNESDAY (cont)

- 1:00 PM EXERCISE W/ TAMMY via ZOOM
<https://us02web.zoom.us/j/5560874938>

THURSDAY

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

FRIDAY

- 10:00 AM EXERCISE W/ TAMMY
St. Michael the Archangel Church in McKinney
- 11:15 AM SPEECH W/ LESLIE
St. Michael the Archangel Church in McKinney
- 11:15 AM CARE PARTNER SUPPORT W/ GAIL
St. Michael the Archangel Church in McKinney
1ST AND 3RD FRIDAY OF THE MONTH
- 2:00 PM ASK THE NUTRITIONIST W/ FAYE
<https://us02web.zoom.us/j/5560874938>
2ND FRIDAY OF THE MONTH



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

Support Group with GAIL:

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



Check our online calendar for September
cancellations at daps.org/calendar





SYED HUSSAIN

Movement Disorder Specialist

817-267-6290

Bedford, TX and Keller, TX

www.kanehallbarry.com

[Click Here](#)

Thank you Kane Hall Barry Neurology for sponsoring this month's newsletter!



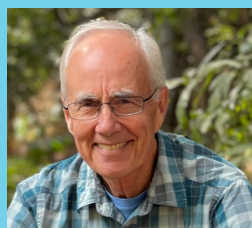
Saturday, October 14 at 8:30 am

Keep Moving Symposium

Lovers Lane United Methodist Church
9200 Inwood Road
Dallas, TX 75220

[RSVP HERE](#)

We are proud to Announce our National Speakers



Dave Iverson is an author, documentary film producer/director and retired broadcast journalist. His new memoir, *Winter Stars: An Elderly Mother, an Aging Son and Life's Final Journey*, tells the story of the 10 year caregiving odyssey he shared with his mom.



Mason Zeagler is a Government Relations Officer at The Michael J. Fox Foundation for Parkinson's Research, where he leads federal lobbying efforts on behalf of access to care policy priorities and the National Plan to End Parkinson's Act.

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.