



**Dallas
Area
Parkinson
Society**

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



LUCK OF THE IRISH

A Message from the Executive Director

Five years ago, my son, Wes got a black Labrador retriever puppy. 'Stevie' (Nicks) is close to perfect. She is very well behaved, obedient, lazy, adorable and will do almost anything for food. But Stevie is Wes's dog - she sleeps with him, follows him, prefers him, and goes wherever he goes. So, I wanted another dog - (specifically one that would prefer me to Wes!). After a year of pleading with my family, my husband J.B. reluctantly agreed to consider another dog. J.B. grew up reading a series of books about an Irish Setter so had been drawn to the breed. None of us wanted a puppy, so we began to look into rescue organizations. As 'luck' would have it, there was an Irish Setter Rescue organization in the Dallas area. We were taken aback by the lengthy application process that involved several home visits, interviews, and references. After a few months, we were introduced to Andy, a rambunctious one and half year-old male Irish Setter. J.B. was concerned with his high energy, risk of jumping the fence, lack of obedience and stubborn personality. Nevertheless, he conceded to my wishes and agreed to bring Andy into our home. I'm not gonna sugar coat it - the first three months weren't easy. Our focus was solely on training Andy to be a tolerable pet. This required intensive training, consistency, exercise, and a lot of dog-proofing.

Amid this excruciating, exhausting and aggravating time, we began to see something we had never expected. Despite Andy's out of control behavior, he consistently demonstrated a respect for Stevie. He never went after her food, her toys, or her bed. He seemed to understand that Stevie had her own style that was opposite from him in every way. Stevie is short, stocky, fat, lazy and driven by food. Andy is long, athletic, busy, and indifferent to food. One day I heard some interaction between the two that surprised me. Very delicately, Andy began to initiate contact with Stevie. She was not just entertaining his efforts - she was actually playing with Andy! Our shock and surprise continue 6 months later as they play, chase, explore, run, and on occasion - cuddle together.

The beauty of this unexpected bond between Andy and Stevie delights us daily. At almost 6 years old, we are discovering a side to Stevie that we never knew existed. She is playful, fun, and enjoys being outside. My hunch is that Stevie was not too excited when we introduced a new family member to our home. She had her boy, all the toys, all the attention, all the beds. What more could she want? Turns out - canine companionship. I longed for a canine companion that I could take on a nice peaceful walk, sit at my desk while working and one that didn't bark most of the day. Instead, my new companion has made me laugh a lot and scream often. He challenges me to be more consistent, more attentive and more flexible, all of which are actually good for me.

If the old saying "luck of the Irish" has any merit to it, Andy is a prime example of it. But from the Phipps' perspective, his luck may have rubbed off on Stevie, more than anyone.

Kind Regards,

Leisha J. Phipps

**UPCOMING
EDUCATIONAL SERIES**

Friday, June 2 at 12:00pm

"Managing Off Episodes in Parkinson's Disease"

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

Monday, June 12 at 10:45am

"Managing the Return of Parkinson's Symptoms with a Unique Treatment"

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

Tuesday, June 20 at 11:30am

"Learn why Abbott Neuromodulation won TIME magazine's Best Innovations Award"

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

Monday, June 26 at 12:00pm

"Managing the Return of Parkinson's Symptoms With a Unique Treatment"

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

INSIDE

educational series 2
pd experts 3
fundraiser 4

community corner 5
memorials, donations 6
class information 7

class locations 8
sponsors 9



**Dallas
Area
Parkinson
Society**

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

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**JUNE EDUCATIONAL SERIES
-COMMUNITY & CONNECTION-**



SALIMA BRILLMAN, MD

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

Friday, June 2, 2023

12:00 Lunch / 12:30 Program Begins

TOPIC: "Managing Off Episodes in Parkinson's Disease"

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



ARMAND SLAUGHTER

Senior Market Development Manager at Acorda

Monday, June 12, 2023

10:45 Snacks / 11:00 Program Begins

TOPIC: "Managing the Return of Parkinson's Symptoms with a Unique Treatment"

RSVP here



MORGAN FRIEDE, BSN, RN

DBS Therapy Consultant for Abbott

Tuesday, June 20, 2023

11:30 Lunch / 12:00 Program Begins

TOPIC: "Learn why Abbott Neuromodulation won TIME magazine's Best Innovations Award"

Morgan is a DBS therapy consultant for Abbott Labs. She has worked in the medical field for 7 years. She graduated with her BSN and worked for multiple years as an RN around the country. The last 4 years she has worked for Abbott Neuromodulation.

RSVP here



AASHOO MENTREDDI, MD

Movement Disorder Specialist at Neurology Consultants of Dallas

Monday, June 26, 2023

12:00 Lunch / 12:30 Program Begins

TOPIC: "Managing the Return of Parkinson's Symptoms with a Unique Treatment"

Dr. Aashoo Mentreddi is a fellowship trained movement disorder specialist at Neurology Consultants of Dallas. She specializes in Parkinson's disease and other movement disorders including dystonia, chorea, tics and tremors. Dr. Mentreddi manages patients with Deep Brain Stimulation (DBS) for initial programming and subsequent follow up care.

RSVP here



How Palliative Care Specialists Improve Quality of Life

By: Dr. Neerja Bhardwaj

Parkinson's disease is a progressive neurological disorder that affects movement and can lead to various other symptoms. As the disease progresses, it can significantly impact a patient's quality of life, making it essential to address both motor and non-motor symptoms. Palliative care is a specialized medical approach that focuses on providing relief from the symptoms and suffering associated with serious illnesses like Parkinson's. This article explores the ways in which palliative care specialists can improve the quality of life for Parkinson's patients.

Symptom Management and Personalized Care

Palliative care specialists work closely with patients and their families to assess individual needs and preferences, creating a personalized care plan. This tailored approach ensures that treatments are specifically targeted to address motor symptoms such as tremors, stiffness, and balance issues. Additionally, palliative care specialists employ strategies to manage non-motor symptoms like depression, anxiety, and sleep disturbances. By addressing the unique needs of each patient, palliative care specialists help improve their overall quality of life.

Emotional and Psychological Support

The emotional and psychological burden of Parkinson's disease can be immense. Palliative care specialists recognize the importance of addressing these aspects of the patient's well-being. They provide counseling and psychological support to help patients cope with the emotional challenges of their condition. Additionally, palliative care specialists facilitate open communication between patients, families, and healthcare providers, ensuring that everyone is informed and working together to provide the best possible care.

Caregiver Support and Education

Caring for a loved one with Parkinson's disease can be a challenging experience for family members and caregivers. Palliative care specialists play a vital role in providing support and education to these individuals. They offer resources and guidance to help caregivers better understand the disease and its progression, as well as strategies for managing day-to-day challenges. By fostering open communication and providing essential support, palliative care specialists help prevent caregiver burnout and ensure a better quality of life for the patient and their loved ones.

Advance Care Planning and End-of-Life Care

As Parkinson's disease progresses, it becomes increasingly important for patients to consider their future care needs and preferences. Palliative care specialists assist patients in making informed decisions about their care, facilitating discussions about end-of-life preferences and goals. This process helps ensure that patients receive compassionate and appropriate care in the later stages of their illness. By addressing these difficult topics, palliative care specialists ensure that the patient's wishes are respected and that they receive the best possible care throughout the course of their disease.



In conclusion, palliative care specialists play a crucial role in improving the quality of life for Parkinson's patients by addressing their unique needs and preferences. Through personalized care, emotional support, caregiver education, and advance care planning, these specialists help patients and their families navigate the challenges of Parkinson's disease with dignity and compassion.

Dr. Neerja Bhardwaj is Founder and President of Specialists in Geriatric and Palliative Care Medicine PLLC, a practice that focuses on helping seniors or patients with serious illness with specialty evaluation and treatment.

Thank you to everyone who participated in the 15th Annual Non-Event Fundraiser!

Donations made after 5/30 will be recognized in the July newsletter

AIRPLANE \$1,000+

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\$250 + FERRY

🚢

TROLLEY
UP TO \$100 +

★

SPOTLIGHT



Dr. Neerja Bhardwaj

We welcome Dr. Neerja Bhardwaj as the newest member of the DAPS Medical Advisory Board.

Dr. Bhardwaj is the Founder and President of Specialists in Geriatric and Palliative Care Medicine PLLC, a practice dedicated to providing specialized evaluation and treatment for seniors and patients with serious illnesses.

Dr. Bhardwaj is triple board certified in Internal Medicine, Geriatrics, and Palliative Care Medicine and was formerly an Assistant Professor of Medicine at Columbia University in New York City, New York, and at the University of Texas Southwestern Medical Center in Dallas, Texas.

She completed her education at Emory University, earning a Bachelor's degree in Biology and Anthropology, followed by a Master's in Public Health with a focus on Maternal and Child Healthcare and International Medicine at the University of Texas School of Public Health. Dr. Bhardwaj obtained her Doctor of Medicine degree from SABA University School of Medicine, and completed her residency in Internal Medicine at Louisiana State University, followed by a Fellowship in Geriatrics at the University of Texas Southwestern.

COMMUNITY CORNER



NEW PARKINSON & CARE PARTNER SUPPORT GROUPS!

Wednesday, June 7 at 10:30 am

Lakepointe Church at White Rock
9150 Garland Road
Dallas, TX 75218

1st & 3rd Wednesday of the Month

Monday, June 12 at 10:00 am

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

2nd Monday of the Month



All Are Welcome!

A NEW EXERCISE CLASS WITH AMANDA!

Move. Laugh. Connect.

Thursday, June 15 at 1:00 pm

MacArthur Hills
1295 Kinwest Parkway
Irving, TX 75063



What I Didn't Say A Journey Through Parkinson's

Based on actual interviews, this compelling performance gives you a front-row seat to the highs and lows of Paul and Marty's journey through Parkinson's Disease

Friday, June 23 at 2:00 pm

The Heights Chapel - Creekside Campus
1105 N. Waterview Drive
Richardson, TX 75080

Memorials | Honors | Donations

April & May 2023

Donations

John Garner
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DAPS Dallas Class
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In Memory of Alvin Solomon Newberg

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Eleanor Czajka
Melanie & Fred Schwartz
The Zaners
Lawrence Stern

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Irving Women's Club
William Randell

The Greenberg Girls & Families
Texas Rangers Baseball Operations



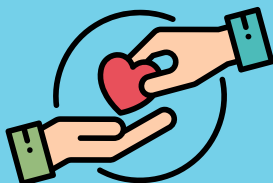
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your continued
support!*

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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
- 10:30 AM EXERCISE W/ TAMMY
South Garland Baptist Church
- 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/ BELYNE
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/ BELYNE 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
- 12:30 PM EXERCISE W/ BARB
Semones YMCA 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
Please 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>

WEDNESDAY (cont)

- 10:30 AM PARKINSON & CARE PARTNER SUPPORT
Lakepointe Church at White Rock in Dallas
1ST AND 3RD WEDNESDAY OF THE MONTH
- 11:00 AM SPEECH W/ LYNN (HYBRID)
Grace Lutheran Church in Carrollton
- 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
- 9:40 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
- 1:00 PM EXERCISE W/ AMANDA
MacArthur Hills Senior Living
- 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
St. Michael the Archangel Church in McKinney
1ST FRIDAY OF THE MONTH
- 2:00 PM ASK THE NUTRITIONIST W/ FAYE
<https://us02web.zoom.us/j/5560874938>
2ND FRIDAY OF THE MONTH

SATURDAY

- 10:00 AM EXERCISE W/ DIANA via ZOOM
<https://us02web.zoom.us/j/5560874938>



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

IRVING:

MacArthur Hills Senior Living
1295 Kinwest Parkway
(469) 521-1123

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

Support Group with BELYNE:

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

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Educational Series Sponsors**






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!

MEDICATION NOTIFICATION



KYNMOBI (apomorphine sublingual film)

As of June 30, 2023 Kynmobi will be withdrawn from the market and prescriptions will not be filled or refilled after this date. This is related to limited use, not any sort of side effect or issue with the drug. If you are taking Kynmobi, please contact your Parkinson's physician to discuss alternate treatment options.

ASK THE NUTRITIONIST

Friday, June 9 at 2:00 pm



As a person living with Young Onset Parkinson's for 13 years, and a trained nutritionist in private practice, Faye Elahi is in a unique position to share what diet and nutrition supplements work best.

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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