



Dallas Area Parkinson Society

March 2024 Newsletter

LIVING WELL

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

BUILDING CONNECTIONS

facilitate weekly classes, we've learned the value of identifying and implementing key approaches to help us build resilient foundations. This year, DAPS has expanded its team to include two new members who will be instrumental in building our local communities.

Mylik Jupiter, M.S. is the new DAPS Program Manager. He is working closely with instructors, volunteer facilitators and members at each location, to better understand how DAPS can most effectively meet the various needs related to Parkinson's disease in North Texas. Mylik has fearlessly jumped into his new role, assisting instructors with a new and more efficient method for documenting classes taught, while learning the value of community at each of our eight DAPS locations. As a professor at West Coast University, Mylik is well-versed in the importance of collecting data, statistics and other metrics. Such experiences and skills will help DAPS in gathering relevant and accurate information to assist us in increasing our reach to the estimated 15,000 people in North Texas, who live with Parkinson's disease. Most importantly, Mylik's compassion to serve others can be seen in his gentle presence and ability to listen wholeheartedly to others.

Evelyn Wong is our new Occupational Therapy intern. Evelyn comes to DAPS from the TWU School of Occupational Therapy, where she chose DAPS to create and implement her capstone project: A curriculum that will be used for recruiting, training, and supporting volunteers at DAPS. Evelyn's enthusiasm in conjunction with her occupational therapy skills will be essential components to building a sustainable volunteer program. Together, Mylik and Evelyn are visiting each location, learning from members, volunteers, and instructors, to establish a comprehensive volunteer program that can be implemented at each DAPS location.

I hope you'll take the time to connect with Evelyn and Mylik. They are eager and committed to serving the DAPS community and your feedback will help them do so.

Leisha Phipps, MSW
Executive Director

I talk a lot about the DAPS community; what makes it unique, what makes it strong and what we can do to enhance and build communities for you and your loved ones. Since the pandemic, the importance of face-to-face connection has been emphasized across the world. We've recognized the challenges in building and in some cases rebuilding communities. We've also discovered new ways to engage with one another. Thanks to the many DAPS volunteers who

UPCOMING EVENTS

Garland Educational Series
Beginning March 28

PLEASE JOIN US

Kenneth H. Cooper, MD, MPH
Lifetime Achievement Award
honoring
Rev. Paul Rasmussen



April 10, 11AM at
Highland Park
United Methodist Church

Please see Page 8
for more information.



OCCUPATIONAL THERAPY & PARKINSON'S DISEASE

Evelyn Wong

When examining occupational therapy (OT) in comparison to physical therapy and speech therapy, it becomes evident that each discipline possesses distinctive focuses, contributing uniquely to the overall well-being of individuals. Occupational therapy, often abbreviated as OT, distinguishes itself by employing everyday activities, referred to as occupations, to assist individuals in engaging in desired and necessary activities. These occupations extend beyond traditional jobs, encompassing various aspects of daily life such as self-care, managing health, education, work, play/leisure, and socializing.

Occupational therapists play a pivotal role in evaluating a person's abilities, limitations, and environmental factors. This comprehensive assessment forms the basis for creating personalized interventions that foster independence, functional ability, and an improved quality of life. The primary aim of occupational therapy is to assist individuals in pursuing meaningful activities and maintaining maximum independence in their daily lives.

In contrast, physical therapy primarily concentrates on enhancing mobility, strength, and physical function. Physical therapists work diligently to improve overall physical abilities, addressing issues such as muscle strength, joint flexibility, and coordination. The emphasis is on facilitating movement and alleviating pain or limitations associated with physical conditions. While physical therapy has a specific focus on the physical aspects of an individual's well-being, it complements occupational therapy by contributing to the overall improvement of an individual's functional capabilities.

Conversely, speech therapy has a distinct focus on communication and swallowing disorders. Speech therapists, also known as speech-language pathologists, aid individuals in developing or recovering speech and language skills. They address challenges related to swallowing difficulties and cognitive-communication disorders, collaborating with individuals of varying ages to enhance communication and ensure safe and effective swallowing. The scope of speech therapy complements both occupational and physical therapy, addressing crucial aspects of an individual's functional abilities.

In the realm of healthcare, occupational therapy, physical therapy, and speech therapy collaboratively contribute to comprehensive treatment plans, synergistically addressing the diverse needs of individuals. This holistic approach aims at promoting overall well-being. In the case of Parkinson's disease (PD), individuals may incorporate all three therapies into their treatment plans, with each person tailoring their goals based on specific circumstances.

Evelyn Wong is an Occupational Therapy doctoral student from Texas Women's University. She is completing her Capstone Project at DAPS, which includes the development of a comprehensive volunteer curriculum.

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Evelyn Wong
Occupational Therapy Intern

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MARCH EDUCATIONAL SERIES

Denton Educational Series

Friday, March 1 at 12:00 PM



NIRAV PAVASIA, MD

Movement Disorder Specialist at Neurology Consultants of Dallas

[RSVP HERE](#)

TOPIC - More Days with Good On Time

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. Sponsored by Supernus.

Sponsored by:



Dallas Educational Series

Monday, March 4 at 11:00 AM



MEREDITH POWELL

Neurology Regional Account Executive

[RSVP HERE](#)

TOPIC - Treatment Option When Pills Aren't Working Like They Used To

Meredith has been working within the Neuroscience sector for the past 5 years and is excited to share education through support groups about possible treatment options for the PD community. Sponsored by Abbvie.

Sponsored by:



McKinney Educational Series

Tuesday, March 19 at 11:30 AM



BRADLEY MCDANIELS, PHD, CRC

Assistant Professor & Rehabilitation Studies Program Coordinator
University of North Texas

[RSVP HERE](#)

TOPIC - Emotional Health & Wellness with Parkinson's Disease

Bradley McDaniel's research interests include apathy, meaning in life, resilience, loneliness, and demoralization.



Duncanville Educational Series

Monday, March 25 at 12:00 PM



BRADLEY MCDANIELS, PHD, CRC

Assistant Professor & Rehabilitation Studies Program Coordinator
University of North Texas

[RSVP HERE](#)

TOPIC - Emotional Health & Wellness with Parkinson's Disease

Bradley McDaniel's research interests include apathy, meaning in life, resilience, loneliness, and demoralization.



Garland Educational Series

Thursday, March 28 at 11:30 AM



MORGAN FRIEDE

Territory Manager

[RSVP HERE](#)

TOPIC - Take Control of Your Symptoms with DBS Therapy

Morgan is a DBS therapy consultant for Abbott Labs. 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. Sponsored by Abbott.

Sponsored by:



SPOTLIGHT



Mylik Jupiter

New Program Manager

Mylik comes to Dallas Area Parkinson Society with years of scientific research in microbial biotechnology and teaching biological sciences. Currently a doctoral student in Healthcare Administration, he holds a M.S. in Medical Biotechnology. He serves as a professor at West Coast University teaching nursing students. Mylik focuses on teaching and training individuals on disease progression, maintenance, and restoration. His holistic approach has inspired him to serve the DAPS Parkinson's community.

New Board Member

Melissa Barrow has been involved with the Dallas Area Parkinson's Society since 2017. It was when her father was diagnosed with Parkinsonism that she began researching and learning everything she could about the disease to help as a caregiver, daughter, and advocate on her father's behalf. A researcher by trade, Ms. Barrow holds a Bachelor of Arts in Sociology from the University of Texas at Austin. She has held successive roles focused on consumer insights within several organizations including, 7-ELEVEN, GameStop, Texas Health Resources, and Texas Instruments, among others. She recalls the biggest gift DAPS (Duncanville group) gave her, was knowing she was a part of a compassionate community. DAPS was able to support Melissa in her journey with her father. Since his passing Melissa has continued to support DAPS through her time, talent, and treasure.



Melissa Barrow

COMMUNITY CORNER

Looking for ways to give back?



DAPS is looking for a volunteer to help in the office 1-2 hours weekly with administrative tasks.



Email us at daps@daps.org to learn how you can help.

MEMORIALS | HONORS | DONATIONS

February

Gifts

Sarajeen King
Carter and Janet Scott
John Fitzpatrick
Marcia Finn
Dorothy Kilpatrick
DAPS Duncanville
DAPS McKinney
DAPS Dallas



In Memory of Kay Croft
John Croft

Special thanks to the Duncanville and Preston Hollow DAPS groups for their donations.

GEM



Give Every Month
at any level that
fits your budget

Lamar Anderson
Jim & Colleen Armington
Sarah Atwood
Laura Boyle
Florence J. Brumley
Susan Bucklin
John & Wanda Call
Malinda Cannon
Jared Caplan
Mitzi Clark
Christian Clausen
Bruce & Janiece Crozier
Kim Dague
John Davis
Gerald Deats
Christine Dobson
Richard & Rita Doelling
Raul & Jill Dominguez
Betty Dorsey
Bentley Foster
James Foy
Carla Gaylor
Karen George
Bruce & Connie Gibbs
Barry & Pat Goukler

Brooks & Linda Gould
Lisa Henderson
Shannon Hollandsworth
Steven Holman
David Hudson
Beth Jacobs
Bryan Jewell
Barbara Johnson
Harold Kellogg
Jo & Bert Klein
George Knight
Leon & Marilyn Levin
Joyce Logan
John & Lynne Marty
Mike Masinelli
Robbie McCullough
Denise McMinn
Eric McNeil
Pam & Matt Michel
Carlie Moe
Bobbi & John Myers
Rod & Micheline Myers
Susan Norvell
Cecilia & Thomas Pajda
Ned Pierron

Susan Pence
Ann Heidger Pequeno
Leisha S. Phipps
John Rapier
Marguerite Riccardi
Howard & Jan Robins
Yolanda Russell
Salvatore & Marcie
Salamone
David Saller
Sharon Saller
Nancy Scaramella
Chuck Stewart
Joyce Susman
Linda & Mike Swanson
John Walker
Carole Ann Watson
Brian White

EXERCISE & SPEECH CLASSES

Monday

- 9:30am **EXERCISE & VOICE W/ TAMMY**
SOUTH GARLAND BAPTIST
- 9:45am **ZOOM EXERCISE W/ ANGIE**
- 10:30am **EXERCISE W/ TAMMY**
SOUTH GARLAND BAPTIST
- 2:00pm **EXERCISE W/ JONATHAN**
FIRST UMC DUNCANVILLE
- 3:00pm **SPEECH W/ DANIELLE**
FIRST UMC DUNCANVILLE

Wednesday

- 9:30am **EXERCISE W/ TAMMY**
LAKEPOINTE AT WHITE ROCK
- 10:00am **ZOOM EXERCISE W/ DIANA**
- 11:15am **SPEECH W/ LYNN (HYBRID)**
GRACE LUTHERAN CARROLLTON
- 1:00pm **ZOOM EXERCISE W/ TAMMY**

Tuesday

- 9:15am **ZOOM EXERCISE W/ BARB**
- 10:15am **EXERCISE W/ AMANDA**
ST. MICHAEL MCKINNEY
- 10:30am **EXERCISE W/ TAMMY**
PRESTON HOLLOW UMC
- 11:30am **SPEECH W/ LYNN (HYBRID)**
PRESTON HOLLOW UMC
- 1:00pm **ZOOM SPEECH W/ PAT**



Thursday

- 9:30am **EXERCISE & VOICE W/ BARB**
SOUTH GARLAND BAPTIST
- 9:45am **EXERCISE W/ ERIKA**
HUNTER'S GLEN PLANO
- 10:30am **EXERCISE W/ BARB**
SOUTH GARLAND BAPTIST
- 12:30pm **EXERCISE W/ BARB**
SEMONES YMCA
- 2:00pm **EXERCISE W/ JONATHAN**
FIRST UMC DUNCANVILLE

Friday

- 10:00am **EXERCISE W/ SKILA**
ST. MICHAEL MCKINNEY
- 11:00am **SPEECH W/ LESLIE**
ST. MICHAEL MCKINNEY

Zoom Meeting IDs



EXERCISE W/ ANGIE

Meeting ID: 556-087-4938

EXERCISE W/ BARB

Meeting ID: 556-087-4938

EXERCISE W/ DIANA

Meeting ID: 556-087-4938

SPEECH W/ LYNN

Meeting ID: 783-578-3790

SPEECH W/ PAT

Meeting ID: 740-850-5274

EXERCISE W/ TAMMY

Meeting ID: 556-087-4938

NUTRITION W/ FAYE

Meeting ID: 556-087-4938

SUPPORT GROUP W/ GAIL

Meeting ID: 556-087-4938



**PASSWORD
LOUD**

SUPPORT GROUPS

Monday

- 10:00am** **PARKINSON'S SUPPORT**
PRESTON HOLLOW UMC
1st Monday of the Month
- 10:00am** **CARE PARTNER SUPPORT**
PRESTON HOLLOW UMC
1st Monday of the Month
- 3:00pm** **CARE PARTNER SUPPORT**
FIRST UMC DUNCANVILLE
1st & 3rd Monday of the Month

Thursday

- 10:30am** **CARE PARTNER SUPPORT**
W/ ZEE
SOUTH GARLAND BAPTIST
Weekly

Tuesday

- 10:30am** **ZOOM PARKINSON'S SUPPORT**
W/ GAIL
1st Tuesday of the Month

Friday

- 11:00am** **CARE PARTNER SUPPORT**
W/ GAIL
ST. MICHAEL MCKINNEY
1st & 3rd Friday of the Month



Locations

CARROLLTON

Grace Lutheran
1200 E Hebron Parkway
972.492.4474

DALLAS

Semones YMCA
4332 Northaven Road
214.357.8431

GARLAND

South Garland Baptist
1330 E Centerville Road
972.271.5428

DALLAS

Lakepointe at White Rock
9150 Garland Road
214.324.1425

DENTON

Denton Senior Center
509 N Bell Ave
940.349.8720

MCKINNEY

St. Michael the Archangel
411 Paula Road
972.542.4667

DALLAS

Preston Hollow UMC
6315 Walnut Hill Lane
214.363.4393

DUNCANVILLE

First UMC
427 Avenue C
972.298.6121

PLANO

Hunters Glen Baptist
4001 Custer Road
972.867.1610

Please click on [this link](#) for directions.



JOIN US FOR OUR ANNUAL



KENNETH H. COOPER, MD, MPH
LIFETIME ACHIEVEMENT AWARD
LUNCHEON



This year, DAPS is proud to honor Reverend Paul Rasmussen. As the Senior Minister at Highland Park United Methodist Church, Rev. Rasmussen is dedicated to serving through his compassion for outreach. He courageously announced his Parkinson's diagnosis to his congregation in 2020 and has continued to lead the way of service and perseverance.

APRIL

10

11:00 AM

HIGHLAND PARK UNITED METHODIST CHURCH
3300 MOCKINGBIRD LANE
DALLAS, TX 75205

RSVP at www.daps.org

CLICK [HERE](#) FOR MORE INFO AND TO RSVP.

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