

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

BUILDING CONNECTIONS 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

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

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.

6310 LBJ Frwy, Ste 213 Dallas, TX 75240 972.620.7600 www.daps.org

occupational therapy & parkinson's disease **2** educational series **3** spotlight **4** memorials, donations 5 class schedule 6 support groups **7** lifetime achievement 8 sponsors **9**



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 compliments 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



Sponsored by: Supernus

NIRAV PAVASIA, MD

MEREDITH POWELL



RSVP HERE

Movement Disorder Specialist at Neurology Consultants of Dallas

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.

Dallas Educational Series

Monday, March 4 at 11:00 AM



abbvie

Neurology Regional Account Executive **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.

McKinney Educational Series

Tuesday, March 19 at 11:30 AM

Monday, March 25 at 12:00 PM

Thursday, March 28 at 11:30 AM



BRADLEY MCDANIELS, PHD, CRC

Assistant Professor & Rehabilitation Studies Program Coordinator University of North Texas

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



BRADLEY MCDANIELS, PHD, CRC

Assistant Professor & Rehabilitation Studies Program Coordinator University of North Texas

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

MORGAN FRIEDE

Territory Manager

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.



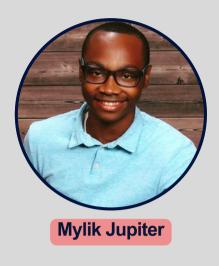
RSVP HERE

RSVP HERE

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SPOTLIGHT



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 GameStop. including, 7-ELEVEN, organizations 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.

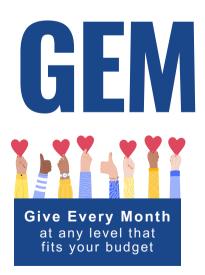


Email us at daps@daps.org to learn how you can help.

MEMORIALS | HONORS | DONATIONS February



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



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 Daque 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

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EXERCISE & SPEECH CLASSES

Monday		Wednesday	
9:30am	EXERCISE & VOICE W/ TAMMY SOUTH GARLAND BAPTIST	9:30am	EXERCISE W/ TAMMY LAKEPOINTE AT WHITE ROCK
9:45am	ZOOM EXERCISE W/ ANGIE	10:00am	ZOOM EXERCISE W/ DIANA
10:30am	EXERCISE W/ TAMMY SOUTH GARLAND BAPTIST	11:15am	SPEECH W/ LYNN (HYBRID) GRACE LUTHERAN CARROLLTON
2:00pm	EXERCISE W/ JONATHAN FIRST UMC DUNCANVILLE	1:00pm	ZOOM EXERCISE W/ TAMMY
3:00pm	SPEECH W/ DANIELLE FIRST UMC DUNCANVILLE		

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



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

11:00am

CARE PARTNER SUPPORT W/ ZEE SOUTH GARLAND BAPTIST Weekly

Tuesday

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



Friday

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

DALLAS

Lakepointe at White Rock 9150 Garland Road 214.324.1425

DENTON

Denton Senior Center 509 N Bell Ave 940.349.8720

DALLAS

Preston Hollow UMC 6315 Walnut Hill Lane 214.363.4393

DUNCANVILLE

First UMC 427 Avenue C 972.298.6121

GARLAND

South Garland Baptist 1330 E Centerville Road 972.271.5428

MCKINNEY

St. Michael the Archangel 411 Paula Road 972.542.4667

PLANO

Hunters Glen Baptist 4001 Custer Road 972.867.1610

Please click on this link for directions.



CLICK HERE FOR MORE INFO AND TO RSVP.

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