



# LIVING WELL

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

## LET'S TALK ABOUT THE NEW YEAR

Clarice Dougherty’s husband Brook was diagnosed with Parkinson’s and she couldn’t find the resources she needed. It took ten years before they came across the Houston Area Parkinson Society, and Clarice thought “If Houston can do it, why not Dallas?”

46 years later, Dallas Area Parkinson Society is making plans to reach more people with Parkinson’s disease in Dallas, Denton and Collin County. DAPS is in process of hiring a new Program Manager and we have three new board members who will be introduced in the Spotlight section (on page 4) over the next few months. We are growing to meet the changing needs of our Dallas Parkinson’s community.

DAPS offers classes, support groups and educational series across the metroplex. We have eight locations with twenty one weekly classes and six you can connect to in your living room. We invite you to join in and engage with this community for better health and wellness in 2024!

<p>UPCOMING EVENTS</p>	<p>GARLAND EDUCATIONAL SERIES COMING SOON</p> <p>PHOTO CONTEST JANUARY 2024</p>
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# A Message from the Executive Director



## SWEET TOOTH

As I finish up the leftover decadent treats from the holidays, I am abundantly aware of how much sugar I've consumed since Thanksgiving. Although diets are one of the most common New Year's Resolutions, it might be worth considering some new or enhanced oral hygiene habits.

If you've had a chance to look over the newest edition of the Brain & Life magazine, author Susan Fitzgerald's article on 'Brush for your Brain' offers some new findings. In her article, she references Dr. Cyprien Rivier, MD, MSc, a postdoctoral fellow in neurology at Yale School of Medicine. Dr. Rivier co-authored a study on possible correlations between tooth disease and the loss of volume in the part of the brain involved with memory. More studies and clinical trials are still needed to learn more about the association, but in the meantime, there are a few simple habits we can incorporate to maintain or possibly improve our oral hygiene.

Dr. Sadowsky, DDS a professor at UTHealth School of Dentistry in Houston, offers helpful insights to help and improve oral hygiene habits:

- An electric toothbrush cleans each tooth more effectively than a regular toothbrush.
- Flossing is generally better than a water pick because flossing removes plaque. A water pick is helpful in removing food particles, but to remove plaque, flossing is the best option.
- Crisp and crunchy foods like apples and carrots can help with oral health. Research also indicates that the movement of chewing may help with cognitive function.
- Make sure your dentist is aware of any new diagnosis such as Parkinson's disease, or if your medications have changed, you experience dry mouth or swallowing problems.

For many of us, a visit to the dentist triggers a lot of anxiety and fear of potential pain and the expense associated with dental needs. If you find yourself in this category, you are not alone. A trip to the dentist doesn't have to be as difficult as it once was. Many dental practices now offer a more gentler experience. With the ability to stream your favorite television series, headphones to buffer the harsh sounds and cozy blankets to promote relaxation, a visit to the dentist becomes much more manageable. Starting the new year with healthy oral hygiene habits are a smart investment for all of us. Fortunately, I got a new electric toothbrush for Christmas so I guess now is the best time to break it in and begin my new year's resolution.

*Fitzgerald, Susan. "Brush for Your Brain." Brain & Life, Dec 2023/Jan 2024, brainandlife.org*

Kind Regards,

### Executive Director

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### Staff

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# January Educational Series

Denton Educational Series

Friday, January 5 at 12:00 pm



**BRADLEY MCDANIELS, PHD, CRC**

**Assistant Professor and Rehabilitation Studies Program Coordinator  
University of North Texas**

[RSVP HERE](#)

**TOPIC: Demoralization: An under recognized challenge for people with Parkinson's**

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

Dallas Educational Series

Monday, January 8 at 11:00 am



**FAYE ELAHI, MS, MA**

**Nutritionist and Author of Ready, Set, Eat!**

[RSVP HERE](#)

**TOPIC: How to Prevent Muscle Loss for people with Parkinson's disease**

*Faye Elahi's extensive research and experience in the field of Human Gut Microbiome and its influence on raising the risks for neurodegenerative & Autoimmune diseases such as Celiac, Parkinson's, Lupus, and Multiple Sclerosis, have made her a sought-out speaker.*

McKinney Educational Series

Tuesday, January 16 at 11:30 am



**ELYSE CRUMLEY, PT, DPT**

**Baylor Scott & White Institute for Rehabilitation McKinney**

[RSVP HERE](#)

**TOPIC: Latest Physical Therapy Evidence of Individual's with Parkinson's**

*Elyse Crumley PT, DPT is a licensed Physical Therapist who works as a neuro specialist. She attended Texas Tech and Hardin Simmons University and has furthered her education with certifications in LSVT BIG and AIB Vestibular and Concussion.*

Duncanville Educational Series

Monday, January 29 at 12:00 pm



**PAUL SCHULZ, MD**

**UTHealth Houston Neurosciences Neurocognitive Disorders Center**

[RSVP HERE](#)

**TOPIC: Parkinson's Disease: More Than Motor Symptoms**

*Paul Schulz, M.D., is the Rick McCord Professor of Neurology, the Umphrey Family Professor of Neurodegenerative Disorders, the Director of the Neurocognitive Disorders Center, and the Director of the Neuropsychiatry and Behavioral Neurology Fellowship at the McGovern Medical School of UTHealth Houston. He leads an active clinical and research group that focuses on neurodegenerative disorders, especially Alzheimer disease (AD) and Parkinson's disease (PD). including genetic, infectious, metabolomic, and others. His team has more than 15 active clinical trials investigating new medications and methods to treat these disorders.*

Sponsored by:





# Holiday Luncheon Photos



HOLIDAY Music Bingo			
Paul McCartney WONDERFUL CHRISTMASTIME	Elvis Presley BLUE CHRISTMAS	Gene Autry HERE COMES SANTA CLAUS (SING ALONG WITH US)	Donny Osmond LET IT SNOW! (SING ALONG WITH US)
Eveready COLD AS ICE	Kelly Clarkson MY FAVORITE THINGS	Jacqui Barber MISTLETOE	Oliver ICE BOX
John Lennon, Yoko Ono HAPPY XMAS (SING ALONG)	Tina Turner CHRISTMAS EVE / SAKAJEVO	Perry Como & The Fontane Sisters IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS	Oliver ICE BOX
Mary THE CHRISTMAS (SING ALONG)	THE MC MERRY CHRISTMAS, HAPPY HOLIDAYS	Band Aid DO THEY KNOW IT'S CHRISTMAS?	Chuck Berry RUN RUDOLPH RUN
Kevin McArthur		Andy Williams	Walt King Cole O COME ALL YE FAITHFUL





## Spotlight



**Bryan Jewell**

### New 2024 Board Member

Bryan comes to The Dallas Area Parkinson's Society with over 20 years of business experience, most recently as a member of the executive team at MatchGroup.

His background in finance, operations and strategy provides a well rounded perspective in supporting and elevating an organization.

Originally from Canada, Bryan with his wife and two daughters are regularly traveling north of the border to escape the Texas summer heat.

## Community Corner

### Enter our Photo Contest and you could win!

Take Photos at any DAPS Class, Support Group, or Educational Series

Include instructors, participants, staff, friends, and selfies

**Winners will be announced in February's Newsletter and prizes awarded!**



Email photos to  
[amber.shoevlin@daps.org](mailto:amber.shoevlin@daps.org)  
by Monday, January 29th



# Memorials | Honors | Donations

November & December

**Gifts**

**Pamela Dunbar  
 Craig Bush  
 Kathleen Wandsell  
 Marcia Finn  
 William & Judy Basham  
 RG Ransdell  
 Keith & Kyle Ely  
 Terence & Mary Alice Binion  
 Stephanie Sadowski  
 Melissa Barrow  
 Willie Mae Tenison  
 Marcia Finn  
 Robert Lydecker  
 Robert & Sally Woodward  
 Jim & Ann Grandstaff  
 Harry & Vikki McBrierty  
 John & Jena Caddell  
 Cindy Minton  
 Dee Maxey  
 Carl & Kathy Mayhall  
 Carla Gaylor  
 Robin Gilliam  
 Mazen Elkurd  
 Danielle Ranson**

**Gifts**

**Sheryl Van Haren  
 Dwight German  
 Lone Star Corvette Classic Inc.**

**In Memory of Kevin Miles  
 Mike Miles**

**In Memory of Lawrence Duane Knoll  
 Alan & Jane Massey  
 Thomas & Dorothy Germino  
 Miles & Kelli Blair  
 Johnny & Kathy Blecher  
 Jimmy & Joan Doyle  
 Carol & David Adams  
 David & Beverly Knoll**

**In Memory of Stan Jones  
 Kimball Smith**

**In Memory of Larry Christensen  
 Cindy Weatherall**

**In Memory of Connie Scott  
 Kay Whitney**

**In Memory of William Armstrong  
 Willie Mae Tenison**



**In Honor of Zee Clark  
 Jackie, Scott & Vicky**

**Special Thanks to  
 Dallas, Duncanville, Garland & Plano  
 Dallas Area Parkinson  
 Society Classes**

# GEM



**Give Every Month**  
 at any level that  
 fits your budget

Lamar Anderson  
 Jim & Colleen Armington  
 Sarah Atwood  
 Laura Boyle  
 Shirley Brouillette

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  
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 Yolanda Russell  
 Salvatore & Marcie  
 Salamone  
 David Saller  
 Sharon Saller  
 Nancy Scaramella  
 Chuck Stewart  
 Joyce Susman  
 Linda & Mike Swanson  
 John Walker  
 Carole Ann Watson

# Exercise & Speech Classes

## Monday

- 9:30am EXERCISE & VOICE W/ TAMMY**  
SOUTH GARLAND BAPTIST
- 9:45am ZOOM EXERCISE W/ ANGIE**
- 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**
- 10:30am SPEECH W/ LYNN (ZOOM)**  
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 (ZOOM)**  
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/ TAMMY**  
ST. MICHAEL MCKINNEY
- 11:00am SPEECH W/ LESLIE**  
ST. MICHAEL MCKINNEY

## Zoom Meeting ID's



### 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		Thursday	
10:00am	<b>PARKINSON'S SUPPORT</b> PRESTON HOLLOW UMC 2nd Monday of the Month	10:30am	<b>CARE PARTNER SUPPORT</b> W/ ZEE SOUTH GARLAND BAPTIST Weekly
10:00am	<b>CARE PARTNER SUPPORT</b> PRESTON HOLLOW UMC 2nd Monday of the Month		
3:00pm	<b>CARE PARTNER SUPPORT</b> FIRST UMC DUNCANVILLE 1st & 3rd Monday of the Month		
Tuesday		Friday	
10:30am	<b>ZOOM PARKINSON'S SUPPORT</b> W/ GAIL 1st Tuesday of the Month	10:30am	<b>CARE PARTNER SUPPORT</b> W/ GAIL ST. MICHAEL MCKINNEY 1st & 3rd Friday of the Month
11:15am	<b>PARKINSON'S SUPPORT</b> ST. MICHAEL MCKINNEY 1st Tuesday 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



## Thank you to our Holiday Luncheon Sponsors!



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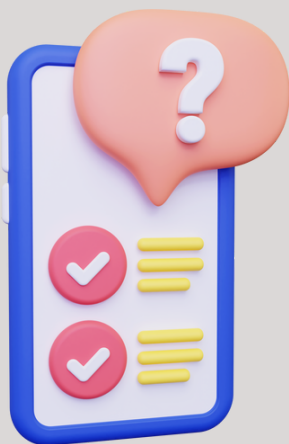
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## We Need Your Opinion



Would you enjoy more DAPS Social Events?

Yes or No

Would you be interested in -

A) Care Partner Potluck B) Discussion geared to Adult Children with a Parkinson's Parent C) Weekend Family Get Together

Do you find out about DAPS events from -

A) Social Media B) Website C) Newsletter D) Word of Mouth

**Email [amber.shoevlin@daps.org](mailto:amber.shoevlin@daps.org) with your answers**



**In the event of inclement weather, check our website for class changes or closures**

**[www.daps.org/calendar](http://www.daps.org/calendar)**

### 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.