



**Dallas  
Area  
Parkinson  
Society**

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



## THE JOURNEY UP INTERSTATE 35

### *A Message from the Executive Director*

I recently purchased a ticket to ride the bus from Austin back up to Dallas. This was no Greyhound bus, either. The Vonlane is a 'luxury' bus with all the perks one might receive if they were traveling first class on an airplane. A friendly attendant, free Wi-Fi, large and extended seats to recline in, televisions to tune into your favorite shows, one of the nicest and cleanest bathrooms I've been in, snacks, drinks, a head pillow, a lap desk for my computer and of course outlets to keep all of one's electronics fully charged.

This was my first time traveling via 'luxury bus' and I must say, it was delightful for all the perks I mentioned above. But above all, the best part of traveling on the Vonlane was that I didn't have to make the

drive up I-35 alone. For those of you who've traveled on I-35, you may recall that construction is constant, drivers can be reckless and road conditions are less than ideal. And did I mention the unpredictable traffic?

I don't mean to complain, but these are just the realities when traveling on I-35. The frustrations, anxieties and delays we experience when traveling down a busy highway are a part of the journey.

Thanks to the Vonlane, my journey back to Dallas from Austin practically alleviated those frustrations, anxieties, and delays that I likely would have encountered had I been traveling alone.

The month of May marks the end of the DAPS 15th annual Non-Event fundraiser campaign. This year's theme: Embark on an Adventure, highlights the various ways we travel to our destinations. When the need or wish to travel presents itself, we want to experience travel safely, comfortably, and well-equipped, regardless of the mode of transportation we opt to use.

However you chose to travel, DAPS is here to help make the unplanned Parkinson's journey as positive as possible. Whether that be equipping you with knowledge from expert speakers, leading and guiding you on your physical exercise routines, or providing emotional support, DAPS offers you the best amenities to embark on your journey safely, comfortably, and well equipped. But most importantly, DAPS is here to be your copilot so that the journey is a little less lonely, a little less scary and lot more hopeful.

Your donation to our Non-Event Fundraiser is more than just a monetary gift. It demonstrates your faith and trust in our mission: improving and impacting the lives of those affected by Parkinson's disease. Thank you for allowing us to travel with you on your journey.

Kind Regards,

*Lisha Phillips*

## UPCOMING EDUCATIONAL SERIES

**Friday, May 5 at 12:00pm**

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

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

**Monday, May 8 at 10:45am**

*"Understanding OFF  
Episodes and Dyskinesia in  
Parkinson's Disease"*

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

**Tuesday, May 16 at 11:30am**

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

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

**Monday, May 22 at 12:00pm**

*"Improve Your Physical Activity  
by Adding the Right Beat"*

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

**INSIDE**

educational series **2**

events **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.*

### Executive Director

Leisha Phipps, MSW

### DAPS Staff

Belyne Bland-Xochihua, *Community Liaison*  
Keisha Hill, *Events Specialist*  
Amber Shovelin, *Admin Office Coordinator*

### Board of Directors

Martha Bonilla, *President*  
Robbie McCullough, *Vice President*  
Chuck Stewart, *Secretary*  
Marcie Salamone, *Treasurer*  
Jim Armington      Joyce Logan  
Mike Braitsch      Steven Markel  
Jared Caplan      Mike Masinelli  
Beth Jacobs      Wanda Wallendorf

### Advisory Council

Sarah Atwood      Charlene Noe  
Charlie Dorshaw-Moe      Sandi Pautler  
Pat Goukler      Joyce Susman  
Shirley Hand      Barbara Taylor

### Community Engagement Consultants

Dr. Charles Sterling      Dr. Susan Sterling

### Medical Advisory Board

Juliana Atem, NP  
Neerja Bhardwaj, M.D., MPH  
Michael Braitsch, PT, DPT  
Shilpa Chitnis, M.D., Ph.D.  
Richard B. Dewey, Jr., M.D.  
Rasheda El-Nazer, M.D.  
Mazen Elkurd, DO  
Richard L. Fulbright, Ph.D.  
Dwight C. German, Ph.D.  
June Levitt, Ph.D.  
Bradley McDaniels, Ph.D., CRC  
Aashoo Mentreddi, M.D.  
Padraig O'Suilleabhain, M.D.  
Nirav Pavaasia, M.D.  
Alexander Peralta, M.D.  
R. Malcolm Stewart, M.D.  
Chad Swank, Ph.D.  
Aanchal Taneja, M.D.  
Gary L. Tunell, M.D.

## MAY EDUCATIONAL SERIES



Sponsored by

**ACORDA**  
THERAPEUTICS

### ARMAND SLAUGHTER

*Senior Market Development Manager at Acorda*

**Friday, May 5, 2023**

**12:00 Lunch / 12:30 Program Begins**

**RSVP here**

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



Sponsored by

**Supernus**  
Pharmaceuticals

### NIRAV PAVASIA, MD

*Movement Disorder Specialist at Neurology*

*Consultants of Dallas*

**Monday, May 8, 2023**

**10:45 Light Snacks / 11:00 Program Begins**

**RSVP here**

**TOPIC: "Understanding OFF Episodes and Dyskinesia in Parkinson's Disease"**

Dr. Nirav Pavaasia is a Certified Movement Disorders Specialist and a Board-Certified General Neurologist. Dr. Pavaasia found his passion in movement disorders through the challenges of treating Parkinson's disease and other movement disorders. He manages patients with Deep Brain Stimulation (DBS) for initial programming and subsequent follow up care.



Sponsored by

**ACORDA**  
THERAPEUTICS

### AASHOO MENTREDDI, MD

*Movement Disorder Specialist at Neurology*

*Consultants of Dallas*

**Tuesday, May 16, 2023**

**11:30 Lunch / 12:00 Program Begins**

**RSVP here**

**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.



### CAROLYN A. DOBSON, AAP-BC, MT-BC

*Neurologic Music Therapy Fellow*

**Monday, May 22, 2023**

**12:00 Lunch / 12:30 Program Begins**

**RSVP here**

**TOPIC: "Improve Your Physical Activity by Adding the Right Beat"**

Carolyn Dobson has been a Board Certified Music Therapist for over 20 years. Her clinical experience spans from childbirth to palliative care. The last 16 years as a Neurologic Music Therapist focused primarily with older adults in the rehab setting, successful aging in long term care, and those aging with neurodegenerative diseases.

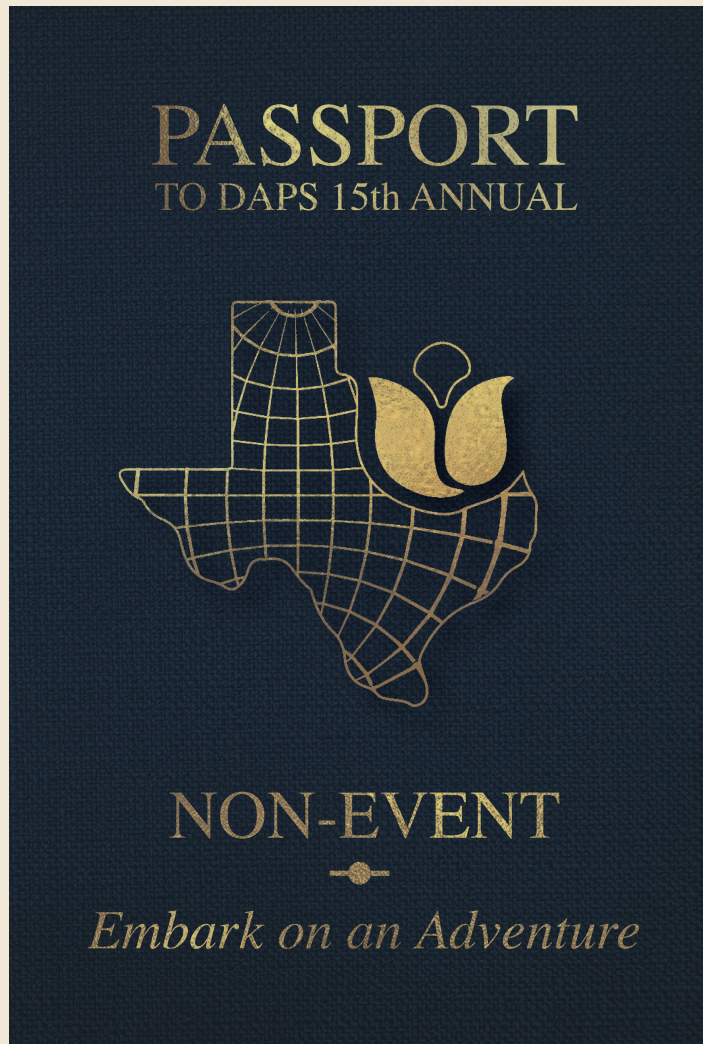


KENNETH H. COOPER, MD, MPH  
LIFETIME ACHIEVEMENT  
AWARD LUNCHEON

This year we honored Susan Sterling, Ed.D.  
She spoke about her incredible journey as a  
care partner and how important this role is in  
the Parkinson's Community.







### What is a Non-Event?

The Non-Event is an excursion into a fictional theme. Come aboard and take a trip with us!

This is DAPS largest single fundraiser each year. It allows us to continue providing FREE essential services to those impacted by Parkinson's disease.



**Click here to donate!**





## SPOTLIGHT



*Sameera Kassam*

Sameera Kassam is a Quality Assurance Engineer at Vizient Inc. She loves to help the community in any way she can and believes helping people is the key to success in life. In her spare time, Sameera loves to travel around the world, most recently to Paris! When not traveling, you'll find her cooking for family and friends, which she describes as 'an act of kindness that never gets old'.

Sameera started volunteering for DAPS during the pandemic, through her company Vizient's program called Vizient Cares. The program offers employees several paid days off each year to volunteer at local nonprofits. In addition to Vizient's generous allowance of paid time away from work, Vizient also helps support nonprofits like DAPS, by paying nonprofits for each hour the employee volunteers.

In the midst of the pandemic, Sameera's flexibility and willingness to work from home was exactly what DAPS needed during a difficult time. Although Sameera has only had the opportunity to volunteer in person on a handful of occasions, her commitment to DAPS has remained strong. Sameera has been instrumental in collecting attendance records for all of the DAPS classes. The support from Sameera and the Vizient team are a part of the DAPS volunteer base that often goes unseen but are important services that help DAPS continue to provide free services to the community.

## COMMUNITY CORNER



- WHAT:** Informational Support Group Meeting
- WHO:** People with Parkinson's AND their care partners interested in a support group
- WHERE:** Preston Hollow United Methodist Church
- WHEN:** Monday, May 8 at 10:00 am  
(prior to the 11:00 am Educational Series)



[daps.org](https://daps.org)



[facebook.com/dapsociety](https://facebook.com/dapsociety)



[linkedin.com/company/daps-org/](https://linkedin.com/company/daps-org/)



**DAPS Youtube Channel**



**@dapsociety**

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

**Thank you to our  
Parkinson's Comprehensive  
Care Initiative Sponsors**



## Memorials | Honors | Donations March & April 2023

### Donations

Helene Morris  
Cecilio Garcia  
Gary Mallon  
Michael McPherson  
Fred Diaz  
Charles Smith  
Andy Schoeneberger  
Mary Betton  
Kay & Steve Head  
DAPS McKinney Class  
DAPS Duncanville Class  
DAPS Plano Class

**In Honor of Mike Masinelli**  
Edward (Duke) Nicolian II

### In Memory of Barbara Ann Rutledge

Stephanie Rigby & Pam Verner  
Tim Peters & Lou Ann Lane  
Janice Johnson

### In Memory of Beth Williamson

Lady Cougars of Lee

### In Memory of Marilyn Gump Stewart

Jonathan Lee  
Edwin & Vanna Pierce  
Don & Gretchen Reed

### In Memory of Charles Boyce

Chevron Texaco Retirement Assoc.  
Pat Branson



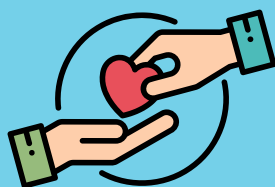
A GEM is a donor that  
"Gives Every Month"

*Thank you for  
your continued  
support!*

Lamar Anderson  
Jim & Colleen Armington  
Sarah Atwood  
Laura Boyle  
Shirley Brouillette  
Florence J. Brumley  
John & Wanda Call  
Malinda Cannon  
Jared Caplan  
Larry Christensen  
Mitzi Clark  
Christian Clausen  
Bruce & Janiece Crozier  
Kim Dague  
John Davis  
Christine Dobson  
Richard & Rita Doelling  
Raul & Jill Dominguez  
Betty Dorsey  
Bentley Foster  
James Foy

Carla Gaylor  
Karen George  
Bruce & Connie Gibbs  
Barry & Pat Goukler  
Lisa Henderson  
Steven Holman  
David Hudson  
Beth Jacobs  
Barbara Johnson  
Harold Kellogg  
Jo & Bert Klein  
Leon & Marilyn Levin  
Joyce Logan  
John & Lynne Marty  
Mike Masinelli  
Robbie McCullough  
Eric McNeil  
Pam & Matt Michel  
Mike & Donna Miles  
Carlie Moe  
Barbara Myers

Micheline Gaudin & Rod Myers  
Susan Norvell  
Cecilia & Thomas Pajda  
Ned Peirron  
Ann Heidger Pequeno  
Leisha S. Phipps  
John Rapier  
Greg Rector  
Marguerite Riccardi  
Yolanda Russell  
Salvatore & Marcie Salamone  
Nancy Scaramella  
Chuck Stewart  
Joyce Susman  
Linda & Mike Swanson  
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](http://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>
- 10:30 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](mailto: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>
- 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*
- 2:00 PM DANCE FOR PD W/ MISTY via ZOOM  
Email [Misty.danceforpd.dallas@gmail.com](mailto: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

### SATURDAY

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



## CLASS LOCATIONS

### CARROLLTON:

Grace Lutheran Church  
1200 E Hebron Pkwy  
(972) 492-4474

### DALLAS:

Lakepointe Church at White Rock  
9150 Garland Rd  
(214) 324-1425

Preston Hollow United Methodist Church  
6315 Walnut Hill Ln  
(214) 363-4393

Semones Family YMCA (Town North)  
4332 Northaven Rd Rm 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 Rd  
(972) 271-5428

### MCKINNEY:

St. Michael the Archangel Church  
411 Paula Road  
(972) 542-4667

### PLANO:

Hunters Glen Baptist Church  
4001 Custer Rd  
(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

**The Young Onset PD Support Group meets virtually  
every Tuesday at 6:30pm. For details contact  
[yopd.dfw@gmail.com](mailto:yopd.dfw@gmail.com)**



# Do you live with Parkinson's Disease?

## The study activities for this 2-year study occur twice

### Time 1, and one year later at Time 2:

- Consent & screening (20 minutes)
- Answer survey questions (1 hour)
- Interview (1 hour)
- Follow-up (10 minutes)

### Between Times 1 & 2:

- 3 or 4 check-ins (5 minutes each)

DR. JOEL B. GOODIN  
NATIONAL UNIVERSITY



EVERYTHING CAN BE DONE  
ONLINE OR BY PHONE



## VOLUNTEERS NEEDED CONNECT WITH US

585.210.9113

[www.parcogproject.com](http://www.parcogproject.com)

[parcogproject@gmail.com](mailto:parcogproject@gmail.com)

ALL FAITH AND VALUE SYSTEMS ARE  
ENCOURAGED TO PARTICIPATE



*Earn \$150*



## Thank you Pilates214 for your Pilates in the Park Fundraiser!

**Donations:**  
Cynthia Rodegast

Lauren Pierce  
Melissa Ginder

Meredith Gary  
Molly Ferris

Anna Beek  
Erin Fenstermaker

## ASK THE NUTRITIONIST

### Resumes Friday, June 9



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](#)

**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.