



**Dallas
Area
Parkinson
Society**

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



LAUGH IT OFF

A Message from the Executive Director

Are you recuperating from the holidays? Too many people? Too much food? Too much stuff?

If so, you aren't alone. January is that time of year when we often find ourselves purging, cleaning, organizing, resting and tackling some of the less than pleasant responsibilities like taxes. For me, these tasks and associations are often reflected in the grey, cold, and windy days of January.

But I came across these sage words from Victor Hugo that made me rethink my typical outlook on January. "Laughter is the sun that drives winter from the human face." I got to thinking - how often do we really

laugh on a daily basis? What makes us laugh? Can we laugh at ourselves? Do we laugh with others?

Apparently, we are more likely to laugh when we are with others, specifically those that we feel safe and comfortable with. No surprise there - although thanks to silly pet videos, I find myself laughing out loud when I am alone! It turns out that laughing is good for us - it's been shown to improve cardiovascular health by increasing blood flow to the heart. Laughter is also a great stress reliever - pushing us to think about and focus on something other than our worries, struggles and pains. And laughing has been shown to strengthen relationships and increase satisfaction in our relationships. (Kurtz & Algoe, 2015).

What I found interesting was an idea that was published in 1916 that laughter was a form of relaxation. It makes sense when I think through it - the more we laugh, the more comfortable we feel, the less tense our bodies tend to feel, and the more focused we are on feelings that stimulate happiness, joy, or peace versus the stressors that are always going to be a part of our life no matter what stage of life we may be in.

So, I challenge you to laugh a little more, find books or tv shows that you find humor in, and seek out others that can laugh with you. And maybe most importantly, let's not forget to laugh at ourselves.

Kurtz, L. E., & Algoe, S. B. (2015). Putting laughter in context: Shared laughter as behavioral indicator of relationship well-being. *Personal Relationships*, 22(4), 573-590.

Kind Regards,

UPCOMING EDUCATIONAL SERIES -Community & Connection-

Friday, January 6 at 12:00pm

*"Apathy and Demoralization:
The Role of Meaning in Life"*

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

Monday, January 9 at 10:45am

*"How to Fight Back against
Parkinson's Disease!"*

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

Tuesday, January 17 at 11:30am

"BrainSense™ Technology"

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

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**Dallas
Area
Parkinson
Society**

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

Executive Director

Leisha Phipps, MSW

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JANUARY EDUCATIONAL SERIES -COMMUNITY & CONNECTION-

*Join our compassionate community where you'll learn from
experts and connect with others.*



BRADLEY MCDANIELS, PhD, CRC
*Assistant Professor, Department of Rehabilitation
& Health Services at University of North Texas*
Friday, January 6, 2022
12:00 Lunch / 12:30 Program Begins

RSVP here

TOPIC: "Apathy and Demoralization: The Role of Meaning in Life"

Bradley McDaniels is an assistant professor and program coordinator for the Rehabilitation Studies program in the Department of Rehabilitation & Health Services at the University of North Texas. Brad's research interests include apathy, meaning in life, resilience, post-traumatic growth, loneliness, demoralization, psychological flexibility, and intolerance of uncertainty in people with Parkinson's disease.

Sponsored by **KYOWA KIRIN**



DR. MICHAEL BRAITSCH, PT, DPT
Physical Therapist at Tribe Wellness
Monday, January 9, 2022
10:45 Light Snacks / 11:00 Program Begins

RSVP here

TOPIC: "How to Fight Back against Parkinson's Disease!"

Michael Braitsch, PT, DPT is a licensed Doctor of Physical Therapy who specializes in helping people with Parkinson Disease. He founded Tribe Wellness February 2017 to create a place that changes the way physical therapy is structured for people with Parkinson Disease, empowering people to better participate in community wellness. Outside of patient care, research, and group programs, he serves as an advisory board member of the UT Southwestern Adaptive Sports Coalition, a member of the Medical Advisory Board for the Dallas Area Parkinson Society, and as an advocate and presenter for the Davis Phinney Foundation and the Parkinson Foundation.

PAUL LEBOEUF & AISSA FOYT
Therapy Representatives

Deep Brain Stimulation
Tuesday, January 17, 2022
11:30 Lunch / 12:00 Program Begins

RSVP here

TOPIC: "BrainSense™ Technology"

Sponsored by **Medtronic**

Holiday Luncheon Photos

A decorative banner with a light blue background. It features a red string with various holiday-themed items hanging from it: a green holly leaf, a red and white striped stocking, a green gift box with a red bow, another red and white striped stocking, a green holly leaf, a red and white striped stocking, and a green and white striped candy cane.

Advances in Diagnosing Parkinson's Disease?

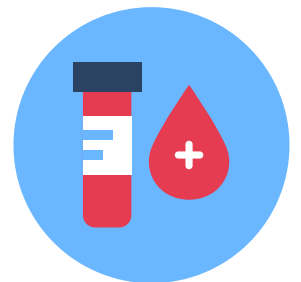
By: Dr. Padraig O'Suilleabhain

All cells including brain neurons are continuously building and utilizing and breaking down and recycling thousands of different types of proteins, and each has an important function for the neuron health and activity. The neuron's housekeeping operations necessary for this normal turnover need to be in good condition, because if one part of these operations fail, then molecules can back up in the neuron and have a domino effect on other operations. Over time it can lead to death of a neuron. There are probably many causes for why housekeeping operations might break down: rarely there are genetic differences coding a particular protein and it becomes too hard to recycle; commonly with age there is declining efficiency of the housekeeping; and there are any number of ways that an environmental factor can also contribute to the problem.

Possibly the neurologic degenerative disease of aging, including Alzheimer and Parkinson and many others, have a disease process of this nature at the core, where normal molecule turnover deteriorates, crud backs up, neurons fail. The affected molecules we know most about are beta-amyloid, tau, and synuclein; but there are dozens more already known about. The different symptoms (for example memory loss or tremor) depend on which sets of neurons are most affected, and what these neurons' roles are; and it so happens that some neurons are more susceptible to one molecule over another. For example, substantia nigra neurons are prone to synuclein turnover failure and backup, and these neurons are important for movement, so we can see these people look "parkinsonian", and if we look for synuclein accumulation we can find it. In the past the synuclein detection could only be done reliably by looking at brain neurons under microscope (which is not a useful diagnostic test for people who want to keep their brain neurons!).

The recent developments have been with new techniques that are sensitive enough to pick up the small amounts of synuclein that accumulate outside the brain for example in the neurons of the gut wall, or saliva glands, or small neurons in the skin. And there are improving ways to detect synuclein in spinal fluid, presumably it has accumulated in neurons and then spilled out. The most recent advance is a blood test, a high-tech way to detect the tiny amounts that spill out into the general circulation. It may be that this blood test will hold up with further testing to be reliable enough to diagnose PD, and possibly to distinguish PD from similar conditions such as MSA and PSP, because the shape and type of molecule seems to be different in these. One problem is that a significant number of non-PD "control" test participants (especially senior citizens who volunteer) still show up positive on the tests, especially the most sensitive tests.

Questions could arise if these might be heading into PD and just not showing the signs yet. Or perhaps a low grade accumulation and spillage of these molecules is universal. Another problem is some people who clearly have PD don't test positive. In order to be as useful as everyone wants, a test would need to be accurate. For example, if a test was good enough that 90% of people with positive blood synuclein test will experience a usual course of PD, and 90% of people with clear tests have normal age effects without PD, that test would be good enough for what most users would want. None of the tests have established that accuracy (outside of small numbers of people, followed for short amount of time, so that the accuracy more generally is not known). Larger longer studies will likely be undertaken in the years ahead, and if one of these tests shows this level of accuracy and is cost-efficient, it will become widely used for diagnosing PD. 100% accurate would be nice, but more accurate than 90% may not be attainable in the medium term for various technical reasons.



Padraig O'Suilleabhain, M.D., is a Professor in the Department of Neurology at UT Southwestern Medical Center. He specializes in the treatment of movement disorders. He also serves as Director of Ambulatory Neurology Services.



SPOTLIGHT



Joyce Logan

New 2023 Board Member

Joyce Logan has spent most of her life in Texas but was originally born and raised in Ohio. Her heartfelt compassion for others began at a young age. This was made evident when she earned a BS degree at The Ohio State University and began her career in Social Work.

Joyce spent several years in Business Development before Ruby Care became her vision, which was inspired during the time she spent caring for her mother-in-law Ruby, beginning in 2011. Now she enjoys helping seniors and their families navigate the complicated choices they face when deciding their future living plans. She currently is a Certified Senior Living Advisor (CSA), Certified Dementia Practitioner (CDP) as well as a Board Member of DFW chapter of the National Placement Referral Alliance (NPRA).

With great compassion and love for people, Joyce never stops serving. She is actively involved in her community including AWARE, the Alzheimer's Association, Women's Auxiliary to Children's Medical Center, Junior League of Collin County and now serving as a board member of Dallas Area Parkinson Society.

COMMUNITY CORNER



The Davis Phinney Foundation (DPF) aims to support community leaders with the resources they need to be strong community connectors, educators, and advocates. DPF works with the National Engagement Advisory Team (NEAT) and many other partners to specifically support wellness professionals in their pursuit of making their Parkinson's communities healthier. If you are a wellness professional, such as an Exercise Leader, Speech Therapist or other service provider for people with Parkinson's disease, please consider taking this short survey, to help identify needs within your local PD community.

<https://healthyparkinsonscommunities.org/parkinsons-wellness-professionals-needs-assessment/>



daps.org



facebook.com/dapsociety



linkedin.com/company/daps-org/



DAPS Youtube Channel



[@dapsociety](https://instagram.com/dapsociety)

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

**Thank you to our December
Educational Series Sponsors**



Memorials | Honors | Donations November & December 2022

Donations

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Mazen Elkurd
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Baron Lane
Dwight German
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Dee Maxey
DAPS Plano Class
DAPS Duncanville Class

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In Memory of Linus M. Miller
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Hanney Dao
Donna Burson



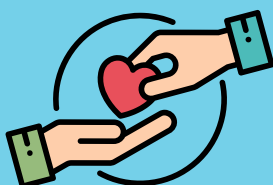
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"Gives Every Month"

*Thank you for
your continued
support!*

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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.

Below is a general schedule of classes DAPS offers each week in-person and via Zoom. For the most up-to-date list, please visit our website calendar at <https://www.daps.org/calendar>. See list of class locations on pg. 8!

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 Duncanville
- 3:00 PM SPEECH W/ DANIELLE
First United Methodist Church Duncanville
- 3:00 PM CARE PARTNER SUPPORT W/ BELYNE
First United Methodist Church 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 (HYBRID)
Five Star Premier Residences of Dallas
- 10:30 AM PARKINSONS SUPPORT W/ BELYNE via ZOOM
<https://us05web.zoom.us/j/6897783351?pwd=c1hJOXdsMXB6ZnhhU242cE5lU3Y0QT09>
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)
Five Star Premier Residences of 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>
- 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
- 2:00 PM EXERCISE W/ JONATHAN
First United Methodist Church 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 Pkwy
(972) 492-4474

DALLAS:

Five Star Premier Residences
5455 La Sierra Dr
(214) 691-1001

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

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: 689-778-3351
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**

HOLIDAY LUNCHEON SPONSORS

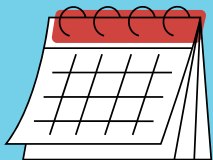


Thank you to our Holiday Luncheon Sponsors!



**In the event of inclement weather,
please check the DAPS website for
class changes or closures
www.daps.org**

JANUARY SCHEDULE CHANGES



Care Partner Support
w/ Belyne will be
Monday, January 9
Monday, January 23

Duncanville Classes cancelled
Monday, January 2

TRIBE WELLNESS GROUP CLASSES



**Non-contact boxing classes are supported
in part by Acadia's Parkinson's
Comprehensive Care Initiative.**

To see class schedule online click [here!](#)

Contact tribewellnessllc@gmail.com for more info

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.