



Dallas Area Parkinson Society

February 2024 Newsletter

LIVING WELL

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

TRUST IN YOUR COMMUNITY

When DAPS was formed in 1978, the small community formed with a desire to understand how to best live well with Parkinson's disease. The group relations grew and strengthened as each member vetted and contributed more trusted information. Today, 48 years later, Dallas Area Parkinson Society is still the trusted community for people with Parkinson's, their care partners, family and friends.

Building on the cornerstones of trust and community has been the foundation of success to help people live well with Parkinson's disease throughout Dallas and surrounding communities. We know today that Parkinson's symptoms present in many ways and at different stages in life. We've learned that exercise has been shown to help slow the progression of the disease. DAPS classes incorporate both physical and cognitive exercise to enhance fitness. DAPS Exercise Instructors have received certification in the Move. Laugh. Connect. (MLC) program, designed by Drs. Charles and Susan Sterling. DAPS MLC classes integrate brain health, movement activities and socialization in a fun group environment. DAPS also offers speech and swallowing classes, led by Speech Language Pathologists with specific training geared to help those with Parkinson's, such as the Lee Silverman Voice Training (LSVT), which was developed by research-based evidence to help people with Parkinson's and related neurological disorders.

The Dallas Area Parkinson Society Medical Advisory Board (MAB) is comprised of leading doctors and medical professionals specializing in Parkinson's disease. The MAB provides recommendations, input and guidance for services and programs delivered by DAPS while identifying unmet needs within the PD community. Members of the MAB contribute to DAPS through newsletter articles, monthly programs and presentations at our annual symposium.

Regardless of what part of the Parkinson's journey one is on, DAPS welcomes you. Our community consists of all ages, backgrounds and professions. We seek camaraderie, information, guidance and encouragement from one another. In doing so, DAPS builds compassionate communities where connections grow, and friendships are sparked.

In solidarity,

Chuck Stewart

2024 President of the Board of Directors

UPCOMING EVENTS

Garland Educational Series
Beginning March 28

SAVE THE DATE

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



April 10, 11AM at
Highland Park United
Methodist Church



A PRESCRIPTION FOR WELLNESS

By, Leisha Phipps, MSW
Executive Director

Last month, one of our DAPS members made a comment that resonated for me:

"If I had to choose between the physical symptoms or the mental and emotional symptoms of Parkinson's disease, I'd choose the physical symptoms. My doctor can prescribe me with the correct medication to help with a lot of my physical symptoms, but it's not so straightforward when it comes to the nonmotor symptoms."

DAPS Medical Advisory Board member, Brad McDaniels, PhD and his colleagues recently published an article that takes a deeper dive into the nonmotor symptoms of Parkinson's disease that are often overlooked, minimized or misunderstood. Dr. McDaniels identifies the importance of a comprehensive approach to managing and treating Parkinson's disease, especially symptoms that may impact one's mental wellbeing. The article addresses both the challenges of living with a chronic illness, while providing tools and strategies to better manage some of the complicated symptoms of the disease.

"Coping with the challenges of a chronic illness is not a straightforward process and requires some effort on the part of the patient to develop strategies that facilitate positive psychological adjustment..."

The article goes on to explain important components that can help with the mental and emotional stressors related to Parkinson's disease:

- **Resiliency** - the ability to resume healthy functioning and thinking, after a stressful situation.
- **Social Support** - refers to the network of individuals that offer support, resources, information and encouragement.
- **Psychological Flexibility** - is the ability to confront difficult feelings or situations, knowing that one is capable of adapting and able to get through a stressful moment.
- **Formal Interventions** - may include meditation, cognitive-behavioral therapy, support groups and education.

Although sometimes misunderstood, nonmotor symptoms of Parkinson's disease are not uncommon. You can gain a deeper understanding of some of the nonmotor symptoms by clicking [here](#).

*McDaniels B, Pontone GM, Keener AM, Subramanian I. A Prescription for Wellness in Early PD: Just What the Doctor Ordered. Journal of Geriatric Psychiatry and Neurology. 2023;36(6):461-469.
doi:10.1177/08919887231164358*

Executive Director

Leisha Phipps, MSW
leisha.phipps@daps.org

Staff

Keisha Hill
Event Manager
keisha.hill@daps.org

Mylik Jupiter
Program Manager
mylik.jupiter@daps.org

Evelyn Wong
Occupational Therapy Intern

Board of Directors

Chuck Stewart, President
Robbie McCullough, Vice President
Marcie Salamone, Treasurer
Wanda Wallendorf, Secretary
Jim Armington
Melissa Barrow
Beth Jacobs
Bryan Jewell
Jennifer Levy
Joyce Logan
Mike Masinelli

Community Consultants

Drs. Charles & Susan Sterling

Medical Advisory Board

Juliana Atem, NP
Neerja Bhardwaj, MD, MPH
Michael Braitsch, PT, DPT
Shilpa Chitnis, MD, PhD
Rasheda El-Nazer, MD
Mazen Elkurd, DO
Richard L. Fulbright, PhD
Dwight C. German, PhD
June Levitt, PhD, LDT, CCC-SLP
Jerome Lisk, MD
Bradley McDaniels, PhD, CRC
Aashoo Mentreddi, MD
Padraig O'Suilleabhain, MD
Nirav Pvasia, MD
Nader Pouratian, MD, PhD
Chad Swank, PhD
Aanchal Taneja, MD

FEBRUARY EDUCATIONAL SERIES

Denton Educational Series

Friday, February 2 at 12:00 PM



Sponsored by:



MELISSA RYAN

Brain Therapy Consultant for Abbott Neuromodulation

TOPIC - DBS - Don't Be Silent. Get Control, Get Loud!

Understanding DBS + Exercising Your Voice = Living Your Best Life!

Melissa Ryan is a patient advocate with 20 years of clinical experience in the pharmaceutical and medical device industry. Sponsored by Abbott.

[RSVP HERE](#)

Dallas Educational Series

Monday, February 12 at 11:00 AM



MICHAEL BRAITSCH, PT, DPT

Founder of Tribe Wellness, LLC

TOPIC - Stepping into Stability: Addressing Balance Impairments from Parkinson's with Tai Chi

Michael Braitsch, PT, DPT is a licensed Doctor of Physical Therapy, a former amateur fighter, former kinesiology professor, and an internationally certified fight referee.

[RSVP HERE](#)

McKinney Educational Series

Tuesday, February 20 at 11:30 AM



BENJAMIN DAMAZO, MD

Board-Certified Otolaryngologist

TOPIC - Peering into the Voice: Laryngeal Imaging Insights for Parkinson's Patients and Providers

Dr. Benjamin Damazo is a board-certified otolaryngologist specializing in the evaluation and treatment of voice disorders.

[RSVP HERE](#)

Duncanville Educational Series

Monday, February 26 at 12:00 PM



Sponsored by:



MEREDITH POWELL

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.

[RSVP HERE](#)



VETERAN POTLUCK PHOTOS



SPOTLIGHT

New 2024 Board Member



Jennifer Levy

Jennifer Levy is a Human Resources Executive with over 15 years of experience driving people-centric initiatives for companies including UnitedHealth Group, Encompass Health, Texas Health Resources, and Baylor Scott & White. She's a respected thought-leader with extensive experience in full-cycle talent management with a focus on retaining top-performers by ensuring a positive employee experience. Prior to joining DAPS, Jennifer served on a few local non-profit boards focused on children with intellectual and developmental disabilities as well as families with social assistance needs. She received her Bachelor of Business Administration with a concentration in Economics from the University of North Texas and later earned her Master of Business Administration in Healthcare Management and Organizational Development from the University of Dallas. Jennifer is a Senior Professional in Human Resources (SPHR) and Senior Certified Professional (SHRM-SCP). She's located in the North Dallas area and

enjoys traveling and spending time with friends and family. She joined the Dallas Area Parkinson Society's board because of a loved one diagnosed with this disease late in life.

Occupational Therapy Intern

Evelyn Wong holds a bachelor's degree in exercise science. She is currently working towards her doctorate in Occupational Therapy at Texas Woman's University. Her drive to become an Occupational Therapist stems from a passion for positively influencing people's lives, promoting independence, and improving quality of life. Evelyn's passion for serving the Parkinson's community was sparked when a dear friend was diagnosed with PD. DAPS is excited to welcome Evelyn as an Occupational Therapy intern through the spring. During her time at DAPS, she will be creating a comprehensive volunteer curriculum to provide training and supervision to incoming volunteers.



Evelyn Wong

COMMUNITY CORNER

Congratulations

to our Photo Contest Winner,
JOY MOONEYHAM!

Joy took this beautiful photo of our DAPS Garland group.



MEMORIALS | HONORS | DONATIONS

December & January

Gifts

Gerald Dehoney
Faye Elahi
Mattie Killian
Julie Lawhon
Mike Masinelli
Matt & Pam Michel
Joe Mondragon
Martha Phipps
Kathy Ramirez
J.B. & Mary Lou Sandlin
Family Foundation
Brent & Katie Scott
Carol Teplic
Nancy Toffer
Texas Instruments Foundation



In Memory of Harry T. Garland

Gene & Lauri Miller

In Memory of Larry Knoll

Wayland & Barbara Parker

Special thanks to the Duncanville and McKinney classes for their donations.

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
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
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

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**
- 11:15am **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 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
2nd Monday of the Month
- 10:00am** **CARE PARTNER SUPPORT**
PRESTON HOLLOW UMC
2nd 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
- 11:15am** **PARKINSON'S SUPPORT**
ST. MICHAEL MCKINNEY
1st Tuesday of the Month

Friday

- 10:30am** **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

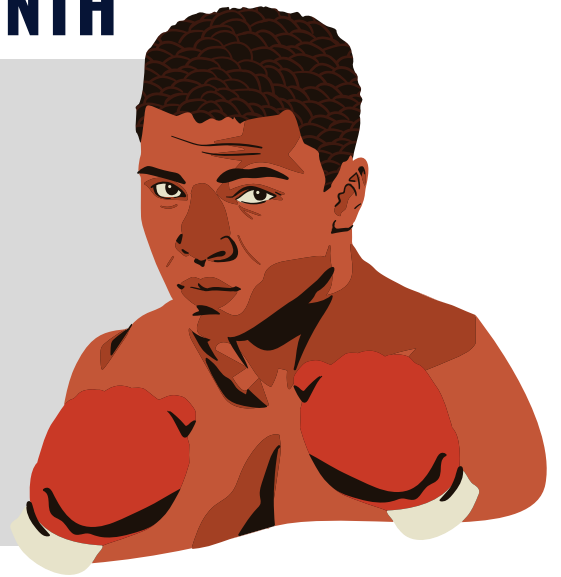
Please click on [this link](#) for directions.

THANK YOU TO OUR JANUARY EDUCATIONAL SERIES SPONSOR



CELEBRATE BLACK HISTORY MONTH

Muhammad Ali announced his diagnosis of Parkinson's disease in 1984. Later, he began actively working to raise awareness and funds for a cure. In 2002, Muhammad Ali and Michael J. Fox appeared before Congress to advocate for more funding towards research on Parkinson's disease.



CONNECT WITH US



daps@daps.org



972.620.7600



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

www.daps.org/calendar

or call 972.620.7600

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.