



LIVING WELL

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

A NEW SEASON – AND A NEW STAFF MEMBER

As we anticipate the arrival of fall and its fresh sense of renewal, we at DAPS are excited to usher in a new chapter of our own. With the change in seasons comes a meaningful addition to our team — and we are thrilled to introduce Amanda Mahan as our new Member & Volunteer Coordinator.

Amanda joins us with a wealth of experience in nonprofit program management, training, and community collaboration. In her new role, she will be working closely with our Volunteer Facilitators at each DAPS location to provide ongoing support, training, and resources. Her expertise will ensure our facilitators are equipped to deliver the exceptional programming that DAPS is known for.

Amanda's impact won't stop there. She will also serve as the primary contact for member needs, offering support to both new and longtime participants. From sharing helpful resources to making referrals, Amanda is here to help every member feel seen, supported, and empowered.

In her part-time role, Amanda will divide her time between the office and on-site visits to our DAPS locations. This allows her to stay closely connected with our community, better understand local needs, and implement enhancements in our processes, protocols, and communications.

Together with Keisha, Maylinn, and myself, we are thrilled to welcome Amanda into the DAPS family. Her passion for community-driven work and her collaborative spirit align perfectly with our mission to serve those impacted by Parkinson's disease. We look forward to introducing Amanda to many of you at our Annual Symposium on Saturday, October 4.

You can read more about Amanda on page 3. Please join us in giving Amanda a warm DAPS welcome!

In Partnership,

Leisha Phipps, MSW
Executive Director

UPCOMING EVENTS

ASK THE NUTRITIONIST
with Faye Elahi

Friday, October 10
2:00 PM on ZOOM

Essential Vitamins and
Nutrients for
Parkinson's disease



Meeting ID: 556-087-4938
Password: LOUD

For more information,
please click [HERE](#).



KEEP LIVING WELL

Call DAPS at
972.620.7600 to RSVP.

SATURDAY, OCTOBER 4, 2025 | 8:30 AM - 3:00 PM
Lovers Lane United Methodist Church | 9200 Inwood Rd, Dallas, TX 75220

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FALL FUNDRAISER AND SILENT AUCTION

SUNDAY, NOVEMBER 9 | 10AM - 1PM
CHICKEN N PICKLE
1221 JOHNSON RD, ALLEN, TX 75013

- ✓ Bid on silent auction items
- ✓ Play a round of Pickleball
- ✓ Enter our raffle drawing
- ✓ Enjoy Sunday Brunch with family and friends



For more information, please contact us at:
daps@daps.org or
972-620-7600

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Community Consultant

Dr. Susan Sterling

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SPOTLIGHT

AMANDA MAHAN

Member & Volunteer Coordinator



Amanda brings over a decade of experience in education, advising, and program management. She holds a Master of Science in Educational Psychology from the University of North Texas and a Bachelor of Science in Human Development and Family Studies from Texas Tech University. Amanda is passionate about supporting individuals in achieving their goals and has dedicated her career to fostering growth through mentorship, engagement, and personalized guidance. Her two daughters keep her busy, but she spends her free time reading and attending concerts with her husband.

COMMUNITY CORNER

-SAVE *the* **DATE-**

HOLIDAY LUNCHEON

Join us for lunch, volunteer recognition,
and entertainment!



Wednesday, December 3
11AM - 1PM



First United Methodist Church Richardson
503 N Central Expy
Richardson, TX 75080

EXERCISE & SPEECH CLASSES

New to DAPS? Contact us at daps@daps.org or 972-620-7600

Monday		Wednesday	
9:30am	EXERCISE W/ BARB SOUTH GARLAND BAPTIST	10:00am	ZOOM EXERCISE W/ DIANA
10:00am	ZOOM EXERCISE W/ ANGIE	11:15am	SPEECH W/ LYNN (HYBRID) GRACE LUTHERAN CARROLLTON
10:30am	SPEECH W/ TAMI SOUTH GARLAND BAPTIST	12:15pm	EXERCISE W/ MARINA GRACE LUTHERAN CARROLLTON
12:30pm	DANCE FOR PD W/ DOMINGO WESTMINISTER PRESBYTERIAN	2:30pm	NONCONTACT BOXING W/ AMANDA PRESTON HOLLOW CHURCH
1:00pm	SPEECH W/ ROSY FIRST UMC DUNCANVILLE		
2:00pm	EXERCISE W/ JONATHAN FIRST UMC DUNCANVILLE		
Tuesday		Thursday	
9:15am	ZOOM EXERCISE W/ BARB	9:30am	EXERCISE & VOICE W/ BARB SOUTH GARLAND BAPTIST
10:15am	EXERCISE W/ AMANDA ST. MICHAEL MCKINNEY	9:45am	EXERCISE W/ ERIKA SETON FAITH FORMATION CENTER
10:30am	EXERCISE W/ BARB PRESTON HOLLOW CHURCH	10:30am	EXERCISE W/ BARB SOUTH GARLAND BAPTIST
11:30am	SPEECH W/ LYNN (HYBRID) PRESTON HOLLOW CHURCH	12:30pm	EXERCISE W/ BARB SEMONES YMCA
12:30pm	EXERCISE W/ BARB & AMANDA (ALTERNATE) SEMONES YMCA	2:00pm	EXERCISE W/ JONATHAN FIRST UMC DUNCANVILLE
1:00pm	ZOOM SPEECH W/ PAT		
Friday			
10:00am	ZOOM EXERCISE W/ ANGIE	11:00am	SPEECH W/ TAMI ST. MICHAEL MCKINNEY <i>Class canceled on October 10</i>
10:00am	EXERCISE W/ AMANDA ST. MICHAEL MCKINNEY <i>Class canceled on October 10</i>		

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

New to DAPS? Contact us at daps@daps.org or 972-620-7600

Monday		Thursday	
10:00am	PARKINSON'S SUPPORT NORTH DALLAS BANK & TRUST Monday, October 13	10:30am	CARE PARTNER SUPPORT W/ ZEE SOUTH GARLAND BAPTIST Weekly
10:00am	CARE PARTNER SUPPORT NORTH DALLAS BANK & TRUST Monday, October 13	1:00pm	PARKINSON'S SUPPORT W/ ANGELA FIRST UMC DUNCANVILLE Thursday, October 2
1:00pm	CARE PARTNER SUPPORT W/ ANGELA FIRST UMC DUNCANVILLE Monday, October 6 Monday, October 20		
Tuesday		Friday	
10:30am	ZOOM PARKINSON'S SUPPORT W/ GAIL Tuesday, October 7	11:00am	CARE PARTNER SUPPORT W/ GAIL ST. MICHAEL MCKINNEY Friday, October 17

Locations

CARROLLTON Grace Lutheran 1200 E Hebron Parkway 972.492.4474	DALLAS Semones YMCA 4332 Northaven Road 214.357.8431	DUNCANVILLE First UMC 427 Avenue C 972.298.6121
DALLAS Preston Hollow UMC 6315 Walnut Hill Lane 214.363.4393	DALLAS Westminster Presbyterian 8200 Devonshire Drive 214.351.3251	GARLAND South Garland Baptist 1330 E Centerville Road 972.271.5428
DALLAS North Dallas Bank & Trust Tower 12900 Preston Rd. Suite 210 972.620.7600	DENTON Denton Senior Center 509 N Bell Ave 940.349.8720	MCKINNEY* St. Michael the Archangel 411 Paula Road 972.542.4667
PLANO* Seton Faith Formation Center 3100 W Spring Creek Pkwy 972.596.5505		

*Click [here](#) for detailed instructions on where to park/enter.

OUR COMMUNITY OF DONORS

(Received before September 29)

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Memorials

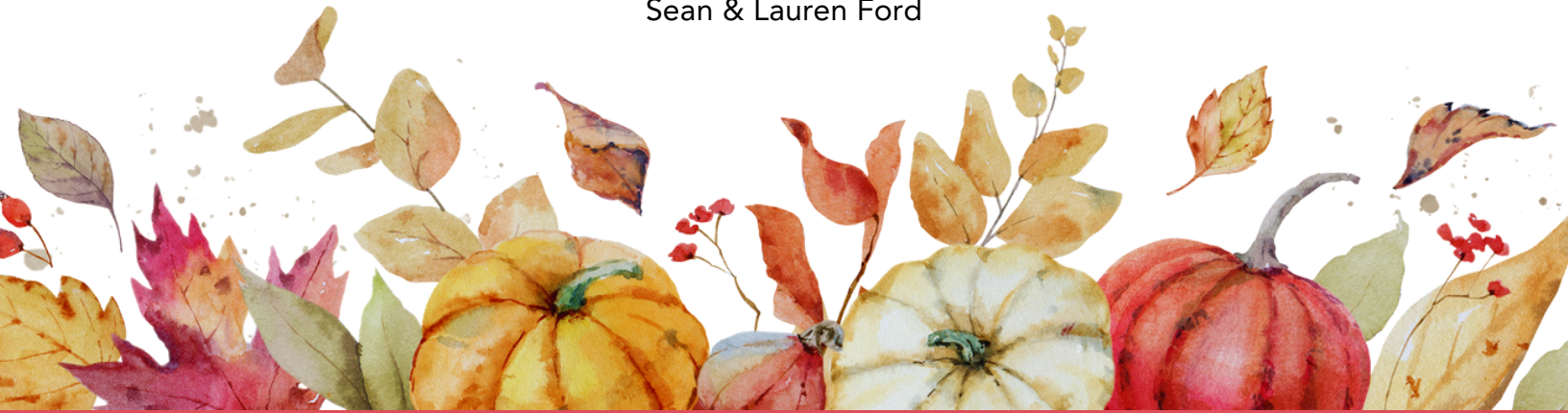
In Memory of Betty J. Schneider In Memory of Robert Scott Hartless
Alpha Delta Kappa Zeta Sorority E. Marie Hartless

In Memory of Edward McAllister
Elisabeth & Robert Reynoldson

In Memory of Linda and Frank Spina
Jo Beth Moody Walthall

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In Honor of Hunter Montgomery
Sean & Lauren Ford



GEM



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at any level that
fits your budget

DAPS has recently transitioned to a new credit card processing system to enhance security.

To continue your generous monthly support without interruption, please update your payment details by clicking [here](#), or feel free to call our office.

Thank you for being a vital part of the DAPS community!

- | | | |
|-----------------------|-----------------------|----------------------|
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In Memory of Sue Almond Robert Almond	In Memory of Linus Miller Melissa Barrow	In Memory of Larry Killian Cindy Richmond
In Memory of Misty Owens Faye Elahi	In Memory of Ed McAllister Patricia Goukler Connie Lee	

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In honor of Carter & Janet Scott	Leisha Phipps
In honor of all those touched by this disease	Zee Richard Clark
In honor of Garland DAPS	Cindy Richmond
In honor of the patients and clients that we work with every day	Karen Sholander

thank you to all our NTX GIVING DAY donors!

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daps@daps.org 972.620.7600



In observance of Indigenous People’s Day, our office will be closed on Monday, October 13.

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 physician for any medical concerns or issues.