



Dallas Area Parkinson Society

January 2025 Newsletter

LIVING WELL

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

A NEW YEAR AND A NEW CLASS!

2025 marks the first quarter of this century. Some of us remember how we rang in the new century on December 31, 1999. Or maybe you recall the anticipated fear of our technology devices imploding at the stroke of midnight on January 1, 2000.

25 years later, DAPS is welcoming a new year with a new class to the PD community, our first Noncontact Boxing class! When DAPS Medical Advisory Board member, Dr. Mike Braitsch, announced the closure of his physical therapy clinic in the summer of 2024, a new opportunity presented itself. DAPS and Dr. Mike began working together closely to create, design and implement a Noncontact Boxing certification workshop to train DAPS instructors on how to lead these specific classes.

Dr. Mike is highly regarded for his research-backed services he has provided to the Parkinson's disease community for almost a decade. One of these services, Noncontact Boxing for people with PD, became a popular and highly sought-after service. Dr. Mike's clinical and research studies on the benefits of Noncontact Boxing for people with PD are internationally recognized by those in the movement disorder field. Improvements in balance, stamina and coordination are just a few of the benefits to participating in Noncontact Boxing.



Thanks to a generous donation, DAPS was able to cover all costs of the training workshop, with no cost to instructors. Six DAPS instructors completed the 6-hour in-person workshop in December, taught by Dr. Mike. With help from nine of his former patients, instructors gained more hands-on experience to learn and better understand Noncontact Boxing for PD.



DAPS instructors will receive their certification to begin teaching Noncontact Boxing after completing their final assignment in January. Look for an email with a short survey about your interest and availability in participating in the new Noncontact Boxing class. The class will be offered weekly at Preston Hollow United Methodist Church in Dallas, in early 2025.

DAPS is excited to offer a new Noncontact Boxing class, created, designed and taught by an esteemed and accomplished expert - at no-cost to attendees. 2025 is off to an exciting start at DAPS, filled with new opportunities, gifts and hope for a brighter tomorrow.

SPOTLIGHT

Social Work Intern - BK Farley



DAPS is excited to welcome our new Master of Social Work Intern from The University of Texas at Arlington. BK graduated from Louisiana State University with a B.A. in Political Science in 2020. Graduating during the height of the pandemic led her to explore massage therapy, where she quickly received her massage therapy certification. While practicing as a masseuse, she returned to school and is now completing her Master of Social Work from UTA, which blends both her interpersonal strengths and academic background. Outside of work and studies, she enjoys podcasting, walking her dog Ghost, playing with her cat Mel, and having game nights with friends.

COMMUNITY CORNER



If you would like to participate in a voluntary survey for those living alone with Parkinson's, please click [HERE](#).



The DAPS office will reopen on Monday, January 6. If you have an urgent message, please leave a message at 972-620-7600 and someone will return your call as soon as possible.



The DAPS office will be closed on Monday, January 20 in observance of MLK Day.

Executive Director

Leisha Phipps, MSW
leisha.phipps@daps.org

Staff

Keisha Hill
Events Manager
keisha.hill@daps.org

Mylik Jupiter
Program Manager
mylik.jupiter@daps.org

Maylinn Martinez
Administrative Assistant
maylinn.martinez@daps.org

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2024 HOLIDAY LUNCHEON



**CONGRATULATIONS
TO MIKE MASINELLI**



**RECIPIENT OF THE
MIKE MILES
LEADERSHIP
AWARD**



THANK YOU TO OUR 2024 HOLIDAY LUNCHEON SPONSORS

To learn more, please click on the logo.

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JANUARY EDUCATIONAL SERIES

Denton Educational Series

Friday, January 3 at 12:00 PM



MEGAN E. WARE, MS, PHD

[RSVP HERE](#)

Assistant Professor of Kinesiology, Health Promotion, and Recreation at University of North Texas

TOPIC - Power through Parkinson's: Exercise for People with Parkinson's Disease

Dr. Ware will discuss the physical and mental benefits of exercise for people with PD, current recommendations for exercise for people with PD, and provide real-world application of exercise research in PD.

Dallas Educational Series

Monday, January 13 at 11:00 AM



LAWRENCE SCHILLER, MD

[RSVP HERE](#)

Clinical Professor of Medicine, Texas A&M College of Medicine, Dallas Campus

TOPIC - Parkinson's Disease: Not Just a Brain Disease - Getting to the Guts of It

Dr. Schiller is a board-certified Gastroenterologist and Clinical Professor of Medicine at Texas A&M College of Medicine, Dallas Campus. Dr. Schiller will review the concepts of Parkinson's disease and discuss the growing evidence that Parkinson's may begin in the gut.

McKinney Educational Series

Tuesday, January 21 at 11:30 AM



HARRY CATES, MA, LPC

[RSVP HERE](#)

Director of Professional Compliance & Ethics with Lifeologie Counseling

TOPIC - Hard Conversations Between Care Partners

With over 32 years of experience, Harry will discuss how Parkinson's and other neurological diagnoses may place a unique burden on the caregiver as well as the one being cared for.

Garland Educational Series

Thursday, January 23 at 11:30 AM



HEATHER M. REY, LMSW, NASW, CCTS-I

[RSVP HERE](#)

Licensed Master Social Worker, Hospice Volunteer Coordinator, Clinical Trauma Specialist

TOPIC - Identifying & Treating Caregiver Burnout

Heather Rey is a licensed master social worker and clinical trauma specialist who has worked in the nonprofit sector for over 15 years. Heather has led numerous workshops in the community to provide psychoeducation on caregiver burnout and ways to mitigate symptoms. She also cofacilitates both support and bereavement groups as well as anticipatory grief and ambiguous loss.

Duncanville Educational Series

Monday, January 27 at 11:30 AM



TAMI EL HABACHI, MS, CCC-SLP

[RSVP HERE](#)


Owner & Director of Double Talk Therapy, PLLC

TOPIC - PD: The Effects of a Weak Voice & the Havoc on the Ability to Swallow Safely

As the owner and director of Double Talk Therapy, Tami has been a practicing Speech-Language Pathology with her Certificate of Clinical Competence (CCC) since 1999. She also has specialized training and certification in Simon Says Myofunctional remediation and LSVT Think Loud Voice therapy for Parkinson's Disorders.

EXERCISE & SPEECH CLASSES

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

Monday		Wednesday	
9:30am	EXERCISE & VOICE W/ TAMMY SOUTH GARLAND BAPTIST	9:30am	EXERCISE W/ TAMMY LAKEPOINTE AT WHITE ROCK
9:45 am	ZOOM EXERCISE W/ ANGIE	10:00am	ZOOM EXERCISE W/ DIANA
10:30am	EXERCISE W/ TAMMY SOUTH GARLAND BAPTIST	11:15am	SPEECH W/ LYNN (HYBRID) GRACE LUTHERAN CARROLLTON
12:30pm	DANCE FOR PD WESTMINISTER PRESBYTERIAN	12:15pm	EXERCISE W/ SKILA GRACE LUTHERAN CARROLLTON
2:00pm	EXERCISE W/ JONATHAN FIRST UMC DUNCANVILLE	1:00pm	ZOOM EXERCISE W/ TAMMY
3:00pm	SPEECH W/ DANIELLE (*BEG. JAN 20 – SPEECH MOVES TO 1PM) 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 HUNTER'S GLEN PLANO
10:30am	EXERCISE W/ TAMMY PRESTON HOLLOW UMC	10:30am	EXERCISE W/ BARB SOUTH GARLAND BAPTIST
11:30am	SPEECH W/ LYNN (HYBRID) PRESTON HOLLOW UMC	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	EXERCISE W/ SKILA ST. MICHAEL MCKINNEY
11:00am	SPEECH W/ TAMI ST. MICHAEL MCKINNEY

Zoom Meeting IDs



EXERCISE W/ ANGIE Meeting ID: 556-087-4938	SPEECH W/ LYNN Meeting ID: 783-578-3790	NUTRITION W/ FAYE Meeting ID: 556-087-4938
EXERCISE W/ BARB Meeting ID: 556-087-4938	SPEECH W/ PAT Meeting ID: 740-850-5274	SUPPORT GROUP W/ GAIL Meeting ID: 556-087-4938
EXERCISE W/ DIANA Meeting ID: 556-087-4938	EXERCISE W/ TAMMY Meeting ID: 556-087-4938	



SUPPORT GROUPS

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

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 W/ ANGELA**
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

Friday

- 11:00am **ZOOM CARE PARTNER SUPPORT W/ GAIL**
1st & 3rd Friday of the Month

HOLIDAY CLASSES CANCELED

Carrollton
Wed. Jan 1

Duncanville
Thurs. Jan 2

Hunters Glen
Thurs. Jan 2

McKinney
Fri. Jan 3

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

Lakepointe at White Rock
9150 Garland Road
214.324.1425

DALLAS

Westminster Presbyterian
8200 Devonshire Drive
214.351.3251

GARLAND

South Garland Baptist
1330 E Centerville Road
972.271.5428

DALLAS

Preston Hollow UMC
6315 Walnut Hill Lane
214.363.4393

DENTON

Denton Senior Center
509 N Bell Ave
940.349.8720

MCKINNEY

St. Michael the Archangel
411 Paula Road
972.542.4667

PLANO

Hunters Glen Baptist
4001 Custer Road
972.867.1610

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

DECEMBER DONATIONS

(Donations received before December 19)

Maureen Brunner	Laurence Immerman	Greg McKinney	John & Yan Regal	Ann Ellen Smith
Vincent Falsetta	Dee Maxey	Patricia Patton	Thomas & Shari Rotherham	Charles Stewart &
Theodore Houston	Kathy & Carl Mayhall	Leah Piassick	Peter Schaar	John Bergner
				Carol Teplick

Special thanks to DAPS Preston Hollow and DAPS Duncanville for their donations!

Memorials

In Memory of Constance "Connie" Scott

Dawn Houseal

In Memory of Ernie Martin

J. Meyers

In Memory of Dr. David Bennett Campbell

Cynthia & Phillip Shinoda
 Jim & Sandy Dykes
 Steve & Mary Ann Campbell
 Patti & David Rhynders
 Penny Helfrich

In Memory of Lucille Martin

Nancy and David Womack

In Memory of Larry Killian

Cynthia & Phillip Shinoda

In Memory of Lynn Rakofsky DeLisse

Anndi & Doug Hogan
 Richard & Judy Robinson
 Ronnie Bergeron
 Susan Bliss



Honorariums

In Honor of Jay Gibson

Kay McKinnon

In Honor of Dennis DeLisse

Ronnie Bergeron

In Honor of Cheryl Salmon's Birthday

J. Suzanne Meyers



GEM



Give Every Month
 at any level that
 fits your budget

Laura Boyle Florence Brumley John & Wanda Call Malinda Cannon Jared Caplan Mitzi Clark Bruce & Janice Crozier Kim Dague John Davis Geral Deats Richard & Rita Doelling Raul & Jill Dominguez Betty Dorsey Donna Egbert James Foy Carla Gaylor Karen George Bruce & Connie Gibbs	Barry & Pat Goukler Brooks & Linda Gould Colette Harmon Ann Heidger Pequeno Lisa A. Henderson, PT, DPT Shannon Hollandsworth Steven Holman David Hudson Beth Jacobs Bryan Jewell Barbara Johnson Harold Kellogg Leon & Marilyn Levin Joyce Logan John & Lynne Marty Mike Masinelli Robbie McCullough Pam & Matt Michel	Bobbi & John Myers Rod & Micheline Myers Cecilia & Thomas Pajda Susan Pence Ned Pierron John Rapier Howard & Jan Robins Yolanda Russell Leisha S. Phipps Salvatore & Marcie Salamone David Saller Chuck Stewart Joyce Susman Linda & Mike Swanson John Walker Monica Yokogawa
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In the event of inclement weather,
please check our website for class changes or closures:

www.daps.org/calendar

or call 972.620.7600

FOLLOW US



CONTACT US

NEW LOCATION!

North Dallas Bank & Trust (NDBT)

12900 Preston Rd., Ste 320, Dallas, TX 75230

 daps@daps.org

 **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 physician for any medical concerns or issues.