



LIVING WELL

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

YOU SPOKE. WE HEARD YOU!

One of the things that makes DAPS special is that our community helps shape the future of our programs. At the end of 2025, we asked for your feedback through our annual participant survey, and one message came through loud and clear: you wanted more services in the Plano and Richardson area.

We listened.

Over the past several months, our team has worked diligently to find welcoming, accessible locations that would make it easier for more people living with Parkinson's to participate in DAPS programs. Today, we're excited to share that those efforts have become a reality!

New Exercise Class

Beginning Wednesday, August 12, DAPS will offer a new weekly exercise class at First United Methodist Church Richardson.

Many of you already know this beautiful church as the home of our annual DAPS Holiday Party. Conveniently located on the west side of Highway 75, the church is easily accessible for our neighbors in Richardson, Plano, and North Dallas. We are incredibly grateful to First United Methodist Church of Richardson for their continued partnership and generosity.

We're also excited to announce Marina McDonald as the instructor for this new class. In less than a year, Marina earned both her Move.Laugh.Connect.™ certification and South Paws Boxing Club™ certification, demonstrating her commitment to serving the Parkinson's community. The new Wednesday class at 11am has been scheduled to complement our existing DAPS programs, giving participants even more opportunities to stay active and avoid scheduling conflicts with current DAPS classes.

Click [here](#) for detailed parking map.

UPCOMING EVENTS

KEEP LIVING WELL ANNUAL SYMPOSIUM



Saturday,
October 3, 2026
8:30 am - 2:30 pm

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

New Support Groups

We're also thrilled to announce a new partnership with SimplyAware, a Richardson wellness clinic dedicated to helping people improve their physical, mental, and emotional well-being through mindful movement and self-awareness. Chris and Fayne Bouguyon have graciously opened their doors to the DAPS community. You can learn more about their passion for serving the Parkinson's community on page 3.

On Friday, August 14, SimplyAware will host an Open House at 9:00 a.m. Chris and Fayne will introduce participants to SimplyAware and share information about their wellness services, including Tai Chi and other evidence-based Eastern approaches that can benefit people living with Parkinson's.

Following the Open House, DAPS will launch two new support groups, offered simultaneously. This opportunity provides participants a safe and confidential space to connect with others, build friendships, and find encouragement:

- [Parkinson's Support Group at 9:30 a.m., facilitated by Harry Cates, LPC](#)
- [Care Partner Support Group at 9:30 am., facilitated by Kaitlyn Grote, LPC](#)

Growing Together

Every new class and support group represents more than another location on a map—it represents another opportunity for someone living with Parkinson's to move, connect, learn, and thrive.

Thank you for sharing your feedback and helping us continue to grow where our community needs us most. We can't wait to welcome you to Richardson!

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Executive Director

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SPOTLIGHT

Sifu Chris Bouguyon, MMQ, AOBTA Certified Practitioner



Chris Bouguyon is a Master Medical Qigong Practitioner, certified by the American Organization for Bodywork Therapies of Asia (AOBTA), and founded SimplyAware with his wife Fayne. His path to teaching began with his own personal journey of healing. After serving in the U.S. Navy and spending years training in martial arts, Chris turned to Tai Chi and Qigong. Today, Chris combines decades of training with his own lived experience to help others improve balance, mobility, and overall well-being. Their innovative Training Mindfully with Qigong Principles™ program has been embraced by the Dallas VA and expanded throughout the Department of Veterans Affairs after demonstrating remarkable improvements in participants' physical and emotional health. Chris is honored to help others discover practical tools that support greater strength, resilience, and hope on their own wellness journey.

Fayne Bouguyon LMT, NBC-HWC

Fayne Bouguyon is a Life and Wellness Coach and co-founder of SimplyAware. Alongside her husband, Chris, Fayne has spent more than two decades introducing Tai Chi and Qigong to the North Texas community, including hosting the annual World Tai Chi & Qigong Day celebration in Dallas. After a successful corporate career, Fayne followed her passion for helping others and co-founded SimplyAware. Since 2003, she and Chris have provided wellness programs for veterans, older adults, behavioral health hospitals, community centers, and private clients throughout North Texas. Her work emphasizes the powerful connection between the mind and body, teaching practical techniques that help people reduce stress, improve balance, manage chronic pain, and cultivate resilience. Fayne is passionate about empowering individuals and believes that even small, mindful changes can lead to meaningful improvements in quality of life.



COMMUNITY CORNER

Young Onset Parkinson's Support Group – We Want Your Input!

Dallas Area Parkinson Society is exploring the launch of a Young Onset Parkinson's Disease (YOPD) support group. Young onset Parkinson's is generally defined as a diagnosis received before the age of 50, and we're seeking input from individuals currently under the age of 55 to help shape this new opportunity. If this describes you, we'd love to hear your thoughts and learn what type of support, connection, and programming would be most meaningful to you.

[CLICK HERE TO COMPLETE A BRIEF SURVEY](#)

AUGUST EDUCATIONAL SERIES

Denton Educational Series

Friday, August 7 at 12:00 PM



Sponsored by:
 BACKHUG

June Levitt, PhD, LDT, CCC-SLP

Professor in the Department of Communication Sciences and Oral Health at Texas Woman’s University

TOPIC - PD 101: Speak Up and Swallow Safely

Dr. Levitt is a Professor at Texas Woman’s University and a consultant at All Speech, LLC. Her research focuses on voice and speech disorders, with an emphasis on Parkinson’s disease. She serves as a mentor and visiting lecturer at universities in Japan, and is an ASHA-certified speech-language pathologist licensed in Texas and California.

RSVP HERE

Dallas Educational Series

Monday, August 10 at 11:00 AM



Sponsored by:


Juan Ramirez-Castaneda, MD

Board-certified Movement Disorder Specialist

TOPIC - Vyalev - A Different Approach

Juan Ramirez-Castaneda, MD is a bilingual, board-certified Neurologist and Movement Disorder Specialist who practices with Methodist Physicians Neurosurgery and Neurology Specialists in San Antonio, Texas.

RSVP HERE

McKinney Educational Series

Tuesday, August 18 at 11:30 AM



Sponsored by:


Juan Ramirez-Castaneda, MD

Board-certified Movement Disorder Specialist

TOPIC - Onapgo: Help Make Your Days with Parkinson's More Predictable

Juan Ramirez-Castaneda, MD is a bilingual, board-certified Neurologist and Movement Disorder Specialist who practices with Methodist Physicians Neurosurgery and Neurology Specialists in San Antonio, Texas.

RSVP HERE

Garland Educational Series

Thursday, August 27 at 11:30 AM



Sponsored by:


Cherian Karunapuzha, M.D. (Dr. K)

Board-certified Movement Disorder Specialist

TOPIC - Innovation in “On” Time is Here: CREXONT® Extended-Release Capsules

Dr. K is a board-certified Movement Disorder Neurologist who will explain how OFF time can interfere with daily life and how ONAPGO™ may improve GOOD ON time, reducing OFF time each day.

RSVP HERE

Duncanville Educational Series

Monday, August 31 at 11:30 AM



Sponsored by:


Dakota Schumacher, M.D.

Board-certified Movement Disorder Specialist at Texas Institute for Neurological Disorders

TOPIC - Parkinson’s Q&A with a Movement Specialist: A Rambling Raucous Affair - Part 2

Dr. Dakota Schumacher is a board-certified neurologist and movement disorder specialist at Texas Institute for Neurological Disorders, in the Arlington and Grapevine areas. He specializes in Parkinson’s disease, tremors, dystonia, spasticity, ataxia, MS, and more.

RSVP HERE

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	11:00am	EXERCISE W/ MARINA FIRST UMC RICHARDSON
10:30am	SPEECH W/ DOUBLE TALK THERAPY SOUTH GARLAND BAPTIST	11:15am	SPEECH W/ LYNN (HYBRID) GRACE LUTHERAN CARROLLTON
12:30pm	DANCE FOR PD W/ DOMINGO WESTMINISTER PRESBYTERIAN <i>Canceled August 3</i>	2:30pm	NONCONTACT BOXING W/ AMANDA PRESTON HOLLOW CHURCH
1:00pm	SPEECH W/ DANA E 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 <i>Canceled August 6</i>
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
10:00am	EXERCISE W/ AMANDA 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

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 PRESTON HOLLOW CHURCH <i>August 10</i>	10:30am	CARE PARTNER SUPPORT W/ ZEE SOUTH GARLAND BAPTIST <i>Weekly</i>
10:00am	CARE PARTNER SUPPORT PRESTON HOLLOW CHURCH <i>August 10</i>	1:00pm	MEN'S PARKINSON'S SUPPORT W/ ANGELA FIRST UMC DUNCANVILLE <i>August 6</i>
1:00pm	CARE PARTNER SUPPORT W/ ANGELA FIRST UMC DUNCANVILLE <i>August 3 & 17</i>	1:00pm	WOMEN'S PARKINSON'S SUPPORT W/ ANGELA FIRST UMC DUNCANVILLE <i>August 13</i>
Tuesday		Friday	
10:30am	PARKINSON'S SUPPORT W/ GAIL (ZOOM) <i>August 4</i>	9:30am	PARKINSON'S SUPPORT W/ HARRY SIMPLYAWARE RICHARDSON <i>August 14</i>
		9:30am	CARE PARTNER SUPPORT W/ KAITLYN SIMPLYAWARE RICHARDSON <i>August 14</i>
		11:00am	CARE PARTNER SUPPORT W/ GAIL ST. MICHAEL MCKINNEY <i>August 21</i>

Locations

CARROLLTON Grace Lutheran 1200 E Hebron Parkway 972.492.4474	DALLAS Westminster Presbyterian 8200 Devonshire Drive 214.351.3251	MCKINNEY* St. Michael the Archangel 411 Paula Road 972.542.4667
DALLAS Preston Hollow UMC 6315 Walnut Hill Lane 214.363.4393	DENTON Denton Senior Center 509 N Bell Ave 940.349.8720	PLANO* Seton Faith Formation Center 3100 W Spring Creek Pkwy 972.596.5505
DALLAS North Dallas Bank & Trust Tower 12900 Preston Rd. Suite 210 972.620.7600	DUNCANVILLE First UMC 427 Avenue C 972.298.6121	RICHARDSON* SimplyAware 1719 Analog Drive 214.476.1719
DALLAS Semones YMCA 4332 Northaven Road 214.357.8431	GARLAND South Garland Baptist 1330 E Centerville Road 972.271.5428	RICHARDSON* First UMC Richardson 503 N Central Expy 972.235.8385

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

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"After a 40-minute session with BackHug, I noticed improvements in my balance and alignment, and I look forward to continued use that I believe will bring even longer-lasting benefits." — a longtime DAPS Member

FOLLOW US



CONTACT US



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