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FEBRUARY 2021

We Asked, You Responded, We Listened
Message from Executive Director Mike Miles



We are always looking for ways to improve the services that DAPS provides. With the challenges of the pandemic, we have been especially trying to take a good hard look in the mirror to see if there are ways we can improve. We conducted a survey at the end of 2020 to gather your feedback on everything from classes to Educational Series. We were pleased with both the number of responses and the feedback that we got. Overall, the feedback was very positive. But, we learned of some areas where we can improve.

One thing you said and we heard was the need to improve the accessibility to our classes. We responded by creating a calendar that is more user-friendly on our website. You'll find a description of the class which includes the types of exercise provided and for whom it is suitable, along with a picture of the instructor and a link to access the class. Also, we have made improvements to the weekly emails providing information on the Educational Series, classes, groups, and other special opportunities. We hope the new look, improved website calendar, and access to up-to-date Covid-19 information on our website will be helpful. If you have yet to join a Zoom class, we hope this will help you find one or maybe several that are convenient for you. It is so important that we all continue to stay active.

Regarding the Educational Series and the DAPS Newsletter, feedback reflected the need to keep focusing on Parkinson's disease, research, advances in treatment, symptoms, etc. We've responded by engaging more actively with our Medical Advisory Board for articles to be featured in the DAPS Newsletter. The article for the March Newsletter will be written by Dr. Chitnis on PD and sleep.

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**FEBRUARY
EDUCATIONAL
SERIES**



**Thursday, February 11
1:00 p.m.**

TOPIC:

**Movement Disorder Expert
Panel Discussion**

**Wednesday, February 17
1:00 p.m.**

TOPIC:

**Prosperity: 3 Questions that
Predict Your Quality of Life**

PRESENTED BY:

Jeff Kort

**Wednesday, February 24
1:00 p.m.**

TOPIC:

Equine Assisted Therapy for PD

PRESENTED BY:

B. Rhett Rigby, PhD

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Dallas Area Parkinsonism Society

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

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The DAPS newsletter is published monthly as an information guide only, and does not serve as legal or medical advice.

WE ASKED continued from front page

We hope that these improvements will continue to help DAPS stay on the cutting edge of serving the Parkinson's community in the Dallas area. There are many national organizations that encourage research and provide great opportunities to learn more about Parkinson's disease. DAPS uses its social media sites to share upcoming webinars from such organizations and we encourage you to explore those.

I want to finish this article with a reminder of how very proud all of us in the office are of the work DAPS does in the Dallas area. We are neighbors, we are local, and we are working hard to bring services and expertise to Dallas and make those things easily accessible to everyone. We couldn't do all that we do without your help.

Thank you to everyone who responded to the survey. You have helped us take a good look in the mirror.

Kindest regards,



FEBRUARY EDUCATIONAL SERIES SPEAKERS

Movement Disorder Expert Panel February 11, 2021



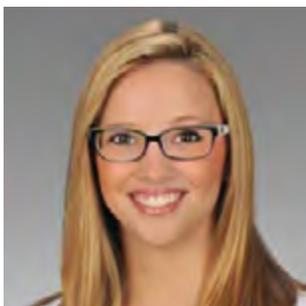
Shilpa Chitnis, MD, PhD

Professor of Neurology at UT Southwestern Medical Center



Mike Braitsch, PT, DPT

Owner and Lead Therapist at Tribe Wellness, LLC



Lauren Landsford, MSPAS, PA-C

*Board Certified Physician Assistant at UTSW Medical Center
Department of Neurology's Movement Disorders Clinic*

Join our panel of experts from the movement disorder field as we discuss and explore the impacts of PD on mental health and COVID-19. This Educational Series will encourage questions and engagement from both the audience and panelists as they pertain to the unique aspects of mental health and PD, in addition to information as it relates to PD, COVID-19, and vaccines. Bring your questions or comments (or email them to daps@daps.org).

Please click the link below to join the webinar:
<https://us02web.zoom.us/j/82541207020>

Jeff Kort — Certified Financial Planner February 17, 2021



This engaging seminar will help you plan for a financially secure retirement by considering these three questions: Who will...? How will...? When will...?

Jeff Kort is a Certified Financial Planner™ professional helping his

clients plan for each of life's transitions, from family growth (and shrinking) to career changes, college planning, retirement preparation, and more.

Born in Kansas City and an adopted native of Dallas for 25+ years, Jeff graduated from Indiana University with an accounting degree and earned his CPA while with Coopers & Lybrand. Jeff also earned both a Master of Business Administration and the SMU Certificate Program in Financial Planning.

Please click the link below to join the webinar:
<https://us02web.zoom.us/j/87656695291>

B. Rhett Rigby, PhD

Associate Professor, Kinesiology, Texas Woman's University

February 24, 2021



How does 8 weeks of equine-assisted therapy affect older adults diagnosed with Parkinson's disease (PD)?

Dr. Rigby will explain an upcoming clinical study on equine-assisted therapy that could be beneficial to older

adults affected by PD. His presentation will explain the study in detail and describe who might be eligible to participate in the study.

Dr. Rigby currently serves as the Co-Director of the Institute for Women's Health at Texas Woman's University, and he has been a member of the American College of Sports Medicine and the Texas chapter of the American College of Sports Medicine since 2011.

Please click the link below to join the webinar:
<https://us02web.zoom.us/j/89139251158>



Memorials • Honors • Donations

DECEMBER 2020



In memory of Loy Baird

From: Betty Baird

In memory of Frederick Joseph Berling

From: Joan Alpaugh
The Andersons: Mark, Penny, Jennifer, Mike,
Maverick, Melissa, Maddelyn
Susan Brach
Paul M Drennan
Fred & Melissa Harvey
Mary Love & Catherine Thuman
Bob Mader, Jr & Family
John Mader
Maztech
Mihm-Howk Family
Mike Miles
Marilyn Parenzan
Steve Peterson
David & Joyce Richey
Tom & Colleen Scheitz
Jenny Scheitz
Dave & Kim Scheitz
Mary Scheitz
Maureen & Michael Scheitz
John Howard Sosbee
Barbara Vines

In memory of Jerry Cockes

From: Brenda Cockes

In memory of Don Coleman

From: William Calvin Coleman

In memory of Norman Falconer

From: Carla Gaylor

In memory of Jenny Miles

From: Mike & Donna Miles

In memory of Kevin Miles

From: Mike & Donna Miles

In memory of Robert Rubio

From: Brent & Denise Barton
Joanne & Carlos Cortez

In memory of Barbara Seymour

From: Richard & Linda Gately



In memory of our fathers, Ben Spurgin and Bill DeWitt

From: Sally & Bob Spurgin

In memory of Marie Thorpe

From: Churchill Capital

In memory of Jerry Tidmore

From: Gene & Donna Burson

In memory of Jerry Tidwell

From: Mildred Dooley

In memory of Doyle Wayne Traylor

From: Darrin & Sue Traylor Brown
Marsha & Thomas Mucks

In memory of Maurice Uptmor

From: The Tower Place

In memory of Don Waddington

From: Peggy Martin

In honor of Paul Berling & Family

From: Steve Peterson
John Howard Sosbee

In honor of Shirley Brouillette

From: Tony Brouillette

In honor of Tina Epstein

From: Lee Herman

In honor of our siblings, children & grandchildren Elbert & Eleanor Hartless, Patrick & Madeline Ryan, Rita Fries, Jeanne Bentz

From: Scott & Kathleen Hartless

In honor of Rev Paul Rasmussen

From: Robin Y Gilliam

In honor of Michele White & family

From: Debbie & Bob Cox

In honor of DAPS Staff & Board of Directors

From: Raul & Jill Dominguez

[DONATIONS continue on Page 5](#)

DONATIONS continued from Page 4

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Lieselotte Beene
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Nordstrom
Pepsico Employee Giving Program



DAPS GEM

Giving Every Month

GEMs are donors who

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Our **GEMs** are very valuable!



[Click here to sign up on
the DAPS website.](#)

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Resolved to Get Your Estate Plan Done This Year?

Questions to Consider Before Putting Pen to Paper

by Steven C. Holman

My wife often tells me that my career as an estate planning and elder law attorney is similar to that of an auto mechanic. Like an auto mechanic, customers know they need to see me about something important—it is just that this important something is not on the top of their list of things they want to be doing at any point in time. I do not blame them. In the case of the auto mechanic, we all know we need to make sure our brakes work, and, in most cases, we only go in to have our brakes checked when they start to squeak. That squeaking mechanism is built-in by design as a safety feature so you do not pull out of your driveway one morning with no brakes.

Unfortunately, other aspects of our life do not always begin to “squeak” when something needs attending to, and so it may be difficult to set aside time to give your life planning some meaningful attention. Whatever your catalyst may be—a new year, a birth or death in the family, even reading this article—I hope it spurs even one step of forward action.

Many folks think about estate planning with an idea that “I need a will or trust and I will be all set.” Instead of thinking about estate planning as choosing documents off a menu list, consider first what value you want those documents to provide. In conversations with my clients, we spend a good deal of time digging into the reasons they came to see me in the first place. What prompted them to decide at that time that they needed to put together estate planning documents? Remember, I am like the auto mechanic. People come to see me when they feel something needs addressing. Peeling back those reasons and feelings allows a client to make good decisions about what documents to have in place for their specific circumstances.

While every individual and family present unique goals, hopes, and concerns, here are some common questions that should be reflected upon:

1. How long do I believe I (or my spouse and I) can live independently?

All of us will need help at some point no matter how hard we resist. Ideally this transition is gradual and smooth with a trusted individual

who is informed of circumstances before their assistance is needed. During typical holiday seasons our office sees an uptick in calls with family members who have recently visited loved ones only to realize that since the last holidays their independence has become severely diminished and their quality of life has significantly deteriorated.

2. Who would I want to help me if I am no longer able to live independently?

This is a two-pronged question. First, who do I trust to act in my best interest? Second, is that person available? Consider that individuals we name in our estate planning documents have lives of their own, so care should be given to how efficient you can make this process for them. This efficiency reduces the likelihood of caregiver/fiduciary burnout and trickles down as a benefit to the quality of your care.

3. Do I know what assets I own and how do they help me maintain my quality of life today as well as in the future?

Can you list the assets and income sources you and your spouse own? Can your income sources support both of you if one spouse needs long-term care or your monthly expenses increase significantly? If not, how quickly will your assets have to be spent down to cover your monthly expenses? The AARP’s website has some useful calculators to run scenarios and stress test your assets and income against a long-term care scenario. It is worth taking a few minutes to understand where you currently stand.

4. Is it important to me that my assets are preserved to provide meaningful benefits for someone close to me?

We receive great joy in seeing the fruits of our labors and with accomplishment comes the privilege to decide how and when we can make a meaningful impact on others. These plans may include making a gift during our lifetime or

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leaving something in our wills or trusts to pay for a grandchild's education.

5. Do I truly understand the risks of how I can lose these assets?

If you were in a car accident and the damages exceeded your insurance limits, do you know which of your assets could be taken and which ones would be protected? How would a sudden loss of an asset or income stream impact your life today and your future plans? It is important to visit with your CPA, financial advisor, or attorney to understand what protective steps you might take. Many times, these steps are inexpensive and simple relative to the protection they provide.

As these questions and others are carefully considered, priorities of the individual and family become more clear and a strategy the client can feel

confident about is put into place. With the abundance of information on the internet, it may be easy to identify the features of a will, trust, and power of attorney, but crafting these documents to fit specific wishes and goals takes a concerted effort. A simple conversation with a family member or trusted advisor can get the ball rolling.

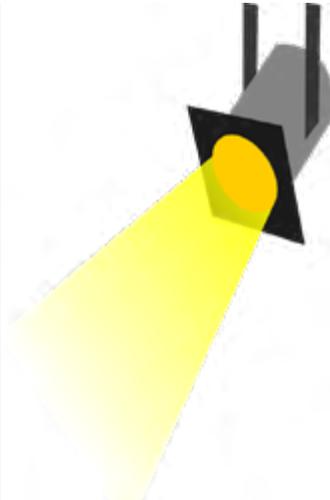


About the Author

Steven C. Holman is an Estate Planning and Elder Law Attorney and DAPS Board Member. In addition to his law practice, Steven is a legal service provider for the Dallas Area Agency on Aging. He is licensed to practice

law in both California and Texas. He writes often on Estate Planning and Elder Law topics and was most recently featured in *The Dallas Morning News*.

Spotlight on Carol Franzen



Carol has worked as an elder care consultant/care manager in the Dallas area for the past 20+ years. She has a Master's degree in Gerontology and is a Licensed Master Level Social Worker-Advanced Practitioner. She also received her Care Manager Certification and has been a member of a national care management association, Aging Life Care Association, since 2000. Carol established a care

management company in 1990 and has been actively assisting the elderly and disabled in the Dallas area by providing individuals and families guidance in navigating the difficult transitions in life. Carol is an advocate for the patient, and serves as a liaison to family members, helping them through challenges in life. She coordinates and attends medical appointments, helps find resources, and sets up and monitors services for clients.

Carol served for many years on the board of the Dallas Area Gerontological Society and the boards of Senior Adult Services and Metrocrest Services. She speaks regularly to groups on aging-related topics, sharing stories, resources, and advice gained from her experience. Carol facilitates several support groups for caregivers, including the care partner support group for DAPS in Plano. Currently, her group meets weekly on Zoom and she welcomes care partners who may be spouses, adult children, or friends.

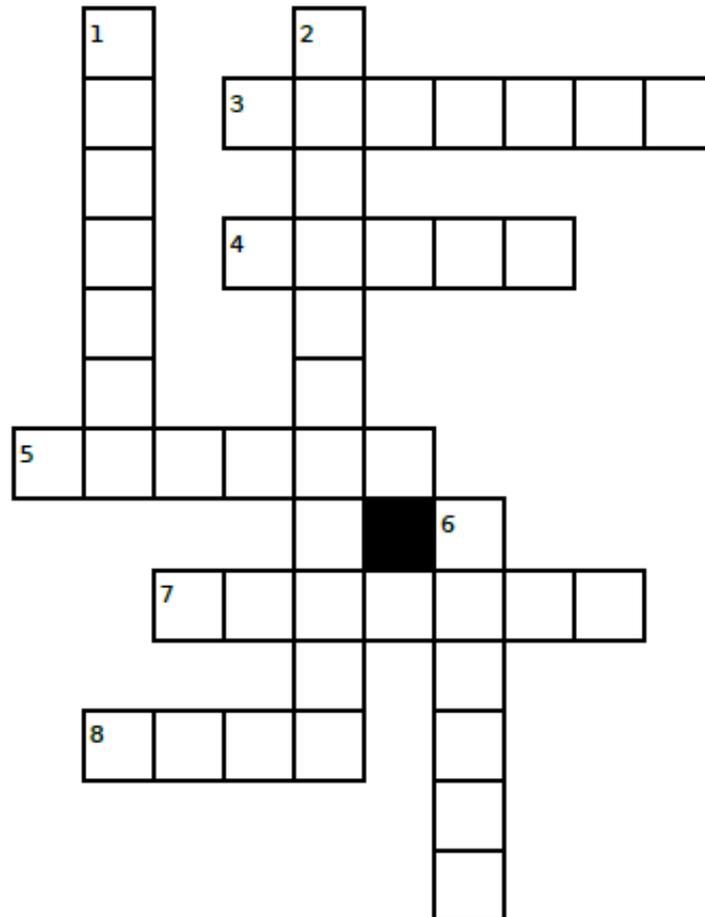
CROSSWORD CONTEST

We all know the importance of good nutrition in managing PD.

Fill in the puzzle with nutritious foods you should include in your diet.

Be the first to submit correct answers at daps@daps.org and win a \$25 gift card from Target!

Last month's Word Scramble winner was Bobbi Myers.



DOWN

1. Technically a fruit and a healthy fat that's good for the brain
2. Great in smoothies, cereal, oatmeal, or just by itself
6. Swims in the Atlantic or Alaskan waters and is good for your heart

ACROSS

3. A type of nut that is considered an anti-inflammatory
4. A healthy snack sometimes used in green salads
5. Creamy probiotic that is available in many flavors
7. Popeye loved this one
8. Can be eaten hard-boiled, scrambled, or fried

Virtual Classes & Resources



DAPS Zoom Classes

We can help you stay active and connected with our live exercise, speech, and support groups. Let us know if you need help getting set up and ready to Zoom by contacting us at daps@daps.org. Please note that the best response times to receive login information are during office hours: Monday–Thursday, 9:00 am to 2:00 pm.

Below is a general schedule of live classes DAPS offers each week via Zoom. For the most up-to-date list, descriptions, and links to our virtual classes, please visit our website and view the calendar at <https://daps.us/events>.

Join us for recorded EXERCISE class any time at <https://bit.ly/DAPSYoutubeChannel>.

All times are Central Standard Time

MONDAYS

9:45 am EXERCISE
10:45 am SUPPORT GROUP
1:00 pm SPEECH
4:00 pm GENTLE YOGA

TUESDAYS

9:00 am SPEECH
10:00 am EXERCISE
11:30 am SPEECH
2:00 pm DANCE

WEDNESDAYS

9:45 am EXERCISE
11:00 am SPEECH
12:30 pm EXERCISE

THURSDAYS

10:00 am EXERCISE
2:00 pm SPEECH
2:00 pm DANCE

FRIDAYS

9:45 am EXERCISE
12:30 pm EXERCISE

SATURDAYS

1:00 pm EXERCISE

SUNDAYS

1:00 pm EXERCISE
2:30 pm EXERCISE



Tribe Wellness Group Classes (boxing, tai chi, and yoga groups) are available every day online with **discounted pricing for DAPS members**.

See the full class calendar at www.tribewellness.org/calendar.
For more information, please contact tribewellnessllc@gmail.com.

YOPD Support Group

The Young Onset Parkinson's Disease (YOPD) support group meets virtually every Tuesday at 6:30 pm.

For details, contact yopd.dfw@gmail.com



UPCOMING MEETINGS



ALL PROGRAMS ARE CURRENTLY ONLINE ONLY

Please check the DAPS website at <https://daps.us> for schedule changes. For assistance, contact the DAPS office Monday–Thursday, 9am–2pm at 972-620-7600 or daps@daps.org

FEBRUARY VIRTUAL EDUCATIONAL SERIES

THURSDAY, FEBRUARY 11, 2021, 1:00 P.M.

<https://us02web.zoom.us/j/82541207020>

Topic: Movement Disorder Expert Panel Discussion

WEDNESDAY, FEBRUARY 17, 2021, 1:00 P.M.

<https://us02web.zoom.us/j/87656695291>

Topic: Prosperity: 3 Questions that Predict Your Quality of Life

WEDNESDAY, FEBRUARY 24, 2021, 1:00 P.M.

<https://us02web.zoom.us/j/89139251158>

Topic: Equine Assisted Therapy for PD



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