



**Dallas
Area
Parkinson
Society**

**6310 LBJ Freeway
Suite 213
Dallas, TX 75240
(972) 620-7600
www.daps.org**

DECEMBER 2021

A Brief Flyby

Message from Executive Director Mike Miles



WOW!

It doesn't seem possible that December 1, 2021 marks my seventh year anniversary with DAPS. With my plans to retire, it also marks the beginning of my last month with DAPS and the beginning of a new chapter in my life.

I can remember the interview, the breakfast with Cindy Weatherall to explore if this might be a fit, and the call offering me the opportunity to become the Executive Director of DAPS. So much has happened in the last seven years.

While DAPS was looking at and considering me, I was looking at and considering DAPS. I wanted to see firsthand what DAPS was about. Cindy arranged for me to visit one of the DAPS locations. It was there that I fell in love with the people and the mission of DAPS. At that time, I didn't know much about Parkinson's disease. I was surprised and inspired by what I saw that day. I saw people who were not letting Parkinson's define who they were. I believe it was there that I first heard someone say, "I have Parkinson's, it does not have me." I later told Cindy, that with that visit, it was settled for me, I wanted to be a part of the DAPS team.

My father-in-law, Lefty Gardner, was a pilot. He owned and flew a P-38 in aerobatic air shows and races. I was privileged to get a very exciting ride in that plane. As soon as we were in the air, the tower asked if Lefty would do a flyby. He circled the plane back and as we approached the tower, he quickly turned the plane so that the wings were perpendicular to the ground and we flew by the tower very low. In that position, those in the tower could definitely see us through the canopy as we flew by. I want to do a flyby of my seven years with DAPS.

MESSAGE continues on Page 3

DECEMBER HOLIDAY LUNCHEON



Wednesday,

December 8, 2021

12:00 p.m.

ENTERTAINMENT BY

**Woodrow Wilson
High School**

Variations Show Choir

In-person at

Fretz Recreation Center

6994 Belt Line Rd.

Dallas, Texas 75240

More info on Page 2.

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**Dallas
Area
Parkinson
Society**

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

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Mike Miles

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**Community Engagement
Consultants**

Drs. Charles & Susan Sterling

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Andrea Carter, Office Manager

Sheila Flynn, Events & Social Media Mgr

Newsletter

Pam Michel, Production Editor

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



**Dallas Area Parkinson Society
Holiday Luncheon**

YOU'RE INVITED

Join DAPS as we close out the year together with food,
entertainment and fun. We are also saying farewell to our
Executive Director, Mike Miles, who is retiring at the end of December.

**Meet us on Wednesday, December 8 at 12 PM at
Fretz Recreation Center**

6994 Belt Line Rd. Dallas, Texas 75240

Masks should be worn regardless of vaccination status.
Donations of \$10 per person are appreciated to help cover expenses.

Please RSVP at <https://bit.ly/DAPSHOLIDAYPARTY>

(FYI - NO Google login is required on this form)

We look forward to seeing you there!

Event sponsored by



Thank You
to our sponsor for the
November Education Series

abbvie

MESSAGE continued from Front Page

I came to serve DAPS, but very early, it was DAPS that served me and my family. On my birthday, May 5, 2015, six months after I started with DAPS, our oldest son, Kevin, suddenly passed away. DAPS was there for us. We felt the love and the prayers of many. We were lifted and comforted when a number of the DAPS members attended the memorial service and many others expressed their condolences. I already felt that DAPS was family, but that confirmed it. Over the years, I continue to hear that sentiment. DAPS is like family.

Let's continue with the flyby and take a very quick look at some things that, for me, have been highlights of the past seven years.

- We have seen more. More groups. More services. More support. More volunteers.
- A dream of an annual symposium became reality with the annual KEEP MOVING! SYMPOSIUM.
- We have had seven very fun and successful Non-Event Fundraisers that have helped us continue the free services that DAPS provides.
- The Medical Advisory Board has begun to meet annually for the Medical Advisory Board Round Table where we explore how we together can better serve the Parkinson's community.
- DAPS has made some great new friends who are also helping us to better serve the Parkinson's community: Cooper Aerobics Center, Vizient, Tribe Wellness, AIRPO, Parkinson's Foundation, Davis Phinney Foundation, and Skypass.
- We met and became quick friends with Charles and Susan Sterling and learned about a program for people with movement disorders that they developed called **MOVE.LAUGH.CONNECT.** (MLC) We began offering MLC in several of the DAPS locations. We have also just recently certified many of our exercise leaders in MLC.
- We started the Kenneth H. Cooper, MD, MPH Lifetime Achievement Award.
- We expanded our on-going educational opportunities with our Educational Series.

Over this seven years, I have had the privilege of working with a great team: office staff, Board of Directors, newsletter team, volunteers, group exercise leaders, speech group leaders, and the DAPS location facilitators. Without this team and the various roles they fill, none of this would have been possible. Thank you ALL!

There are so many highlights and good things that I could go on and on; but, I think the time has come to wrap it up.

Before we finish this flyby and land, I want to say thank you for allowing me to be your pilot, your Executive Director. I have known and felt the support of so many and it has been a very rewarding ride. Although my career with DAPS will soon end, I will continue to pray for a cure for Parkinson's and pray for the success of DAPS.

It gives me great joy to know that I am leaving DAPS in good hands. I won't say goodbye. I plan to stay involved and hope to see many of you down the road.

See you later,

Mike Miles



Getting (Back) on Track: 5 Strategies to Move Forward in a Changing World

by Dr. Michael Braitsch, PT, DPT

If you're reading the DAPS newsletter, you certainly know that exercise is medicine. You also know that exercise is even more important for people with Parkinson disease; however, the events of the last couple of years have made it hard for so many to consistently manage their symptoms with exercise. If you think you've lost a step (or two) during this pandemic, you're not alone. Here are a few ideas to get back on track, or to stay on track:

1. Put a time on your calendar – and stick to it!

When picking an ideal time, consider:

- **Weather** — If you are an outdoor enthusiast, it's easy to let weather "rain on your parade." If weather doesn't cooperate, plan a few indoor back-up activities such as: Zoom classes, exercise videos, YouTube workouts, treadmill, stationary bike, or even walking your hallways at home for a set amount of time. Failure to plan is planning to fail.
- **Medication timing** — Exercising during "off-periods" can be a challenge. Plan workouts for optimal "on-periods" with your medication. If needed, speak with your doctor for guidance on schedule adjustment.
- **Managing Energy Levels** — If you experience severe fatigue after exercise, be sure to select a time when you have an open schedule after your session. If there is no other option, give yourself permission to take extra breaks. Consistency has far greater benefits than a single record-setting performance an exercise session could offer.

2. Involve another person or a group of people.

Groups (online or in-person) are crucial for:

- **Accountability & Consistency** — It's so easy to make excuses or to quit despite knowing the benefits of consistent exercise. A workout buddy or group makes it easier to help everyone involved fight the urge to skip sessions and makes it easier to come back after taking time away.
- **Being each other's Cheerleaders** — No one wants to miss out on a good time with

their friends. Cheering on someone for a job well done means new friendships and more fun!

• **Fostering a sense of community** —

Connection is key. If you're online, try asking the meeting organizer to set up time before or after class for people to chat. At in-person classes, see if someone wants to get a coffee, grab a snack, or try another workout with you. You'll try new things, develop new friendships, and will likely find some other resources to live well and fight back against Parkinson disease.

3. Don't wait for the perfect plan. Get moving and modify as needed.

4. Start realistically — In the excitement of getting started, it can be easy to get swept away with enthusiasm. Stay focused. You can still do many of the things you used to, provided you ease your way into it. Over-doing is usually the easiest way to "sideline" a great comeback effort. It's better to start lighter, assess how it went, and gradually increase the intensity or time on task.

5. Set goals — Track your progress (with meaningful measurements), and reward yourself for a job well done.

Hopefully this helps you create an unshakeable foundation to exercise and take charge of your quality of life! After trying this, if you still need help or it seems that you've lost "a little more than a step or two," consider contacting a physical therapist for some individualized attention based on your needs.



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About the Author: Dr. Michael Braitsch PT, DPT is an LSVT BIG-certified physical therapist who specializes in treating patients with Parkinson Disease. In partnership with UTSW, he studies Parkinson Disease in research efforts for the Parkinson Foundation. In addition to treating patients and running groups at Tribe Wellness, he serves on the DAPS Medical Advisory Board. More info at www.tribewellness.org.



Memorials • Honors • Donations

OCTOBER 2021



In memory of Gene Burson

From: Freddie Cassidy
Daniel & Maureen Dahling
MarcaSue Delacerda
Joe & Cathy Hollingsworth
Kim & Larry Lykins
Ellis & Miriam Moren
Gloria Sanchez

In memory of Sonya Stenzel Fitzgerald

From: Annabelle Catterall

In memory of Ron Gardner

From: Wayne, Evelyn, Harold & Anita Kellogg

In memory of Renee Goldblatt

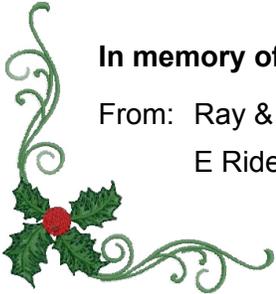
From: Cindy Cowhig

In memory of Thomas Randall Matthews

From: Steven & Susan Haley

In memory of Justin Ries Mayer

From: Ray & Lorie Mosman
E Ridenour



In memory of Adrienne Keen McFarland

From: Tina & Leonard Epstein

In memory of Judith A Williamson

From: Sienna Nolet

In honor of Misty Owens

From: Paul Molina

Facebook Fundraisers

From: Mark Chaney
Mark Grimes
Frank Laporte
Zee Mannsur
Mark Schacherer
Mark Stahl

Donations to DAPS

From: Ann Heidger
Laurie Jackson
Randy Matthews
Donna Miles
Barbara Osborne
Darlene Rough



DAPS
GEM

Due to space limitations this month,
our list of **GEMs** is only available online.

Please go to <http://bit.ly/dapsgems>

to see the list of precious

GEMs who are **G**iving **E**very **M**onth to DAPS.



A huge thank you to all who donated to DAPS,
either publicly or anonymously*,
for North Texas Giving Day!

Your support helps DAPS provide classes
throughout the metroplex to those impacted by Parkinson's disease.

**Please note that anonymous donors or those who requested
not to be publicly recognized are not listed.*

Anonymous donors

Anonymous donor in honor of Linus Miller

Anonymous donor in memory of Eugene Hervey, Jr

Bob Almond

Roland A in honor of Misty Owens

Sarah Atwood

Betty S Baird

Martha Bonilla

Brenda F Brand

Shelley Broyles

Beth Bryson

John & Wanda Call

Sue & Ben Casey

Stephanie Chandler

Patricia Clifton

Patty Crow

Janet Cuevas

Scott Daneman in honor of Steven Markel

Chris & Dick Dobson

Jill Dominguez

Raul Dominguez

Firouzeh Forouhar

Bentley Foster

Carol Franzen

Cecilio Garcia

Carla Gaylor

Dwight German

Barbara Glass



Barry & Pat Goukler

Ellen & Mark Grishman in memory of David Grishman

Laura Jo Halverson

Kent Hanneman in memory of my wife, Susie

Colette Reed Harmon

Suzanne A Harned in memory of James M Harned

Ann Heidger

Beth & Dennis Jacobs

Barbara Johnson

Gladys Jones

Jay Jordan in honor of Bill Jordan

Harold & Geri Kellogg

Beth LaCaze

Ginny Melara

Pam & Matt Michel

Mike Miles

Danny Miles

Daniel Mitchell

Sandra Nelson

Tamra & Dan Novak

Susan Odom

John Olsson

Kelley Pettit in honor of Bill Jordan

Leisha Scott Phipps in honor of DAPS instructors

Wayne Rich

Willie & Sheila Robertson

Breezy Rock in memory of Ronald Rock



[NTGD donations continue on Page 7](#)

NTGD donations continued from Page 6

Diane Rogers

Salvatore & Marcie Salamone

Cheryl Salmon in memory of Ernie Martin

Family of Paul Salzberger

The Schrader's in memory of Kevin Miles

Paul Scott

Chuck Stewart

Marilyn Stewart

Joyce Susman

Esther Thomas



David Thomas

Nancy Toffer

Dennis & Gloria Verbeek

The Waters Family

Cindy Weatherall

Diana Winkelmann in honor of Jo Beth Dobbins

Alpha Graphics #52

DAPS @ Hunters Glen

DAPS @ McKinney

Home Care Assistance of Dallas & Park Cities



Introducing:

Sheila Flynn

Events & Social Media Manager



Hello all. My name is Sheila Flynn and I'm the new Events and Social Media Manager for DAPS. I'll take over many of Leisha's responsibilities as Mike retires, like the Keep Moving! Symposium, Educational Series planning, Newsletters, posts on Social Media, and other marketing and class activities.

I come with experience holding several upper management marketing and public relations positions, including Turner Broadcasting, The Discovery Channel and Ogilvy Worldwide Advertising. This background will help me continue to increase and expand upon awareness of DAPS and its offerings. I have an extensive international background and speak Spanish (albeit rusty!). I work for, and have volunteered with, various philanthropic organizations over the years. I hold a Bachelor's degree from SMU and a Master's degree from Thunderbird.

I'm so excited to be here, and hope to be a huge help to everyone!

Drs. Charles & Susan Sterling

Community Engagement Consultants



DAPS has enjoyed a very special relationship with Drs. Charles and Susan Sterling. Charles was the first Dr. Kenneth H. Cooper

Lifetime Achievement Award recipient. They have both been very involved with the planning of the Lifetime Achievement Event since then. With their backgrounds, entrepreneurship and insights, they have been an invaluable asset as we have engaged with the Parkinson's community in many ways. We are excited to announce that we are making this unique relationship an official position. As Community Engagement Consultants, they will serve as volunteers who are available for us to reach out to and involve, not only as we plan Lifetime Achievement Award events, but also in other ways as DAPS continues to explore new ways and new opportunities of serving the PD community.

Charles and Susan, thank you both for always being available to volunteer in any way you can.



Dallas Area Parkinson Society

exercise • speech • support groups

6310 LBJ Fwy Ste 213
Dallas, TX 75240-6400
972-620-7600
daps@daps.org

For the best of both worlds, check out our **HYBRID** classes where you can attend in person or virtually.

MONDAY

- 9:30 **Exercise with Tammy**
South Garland Baptist Church
- 9:45 **Exercise with Angie via Zoom**
(For the link, see www.daps.us)
- 10:30 **Exercise & Voice Support with Tammy**
South Garland Baptist Church
- 2:00 **Exercise with Jonathan**
First United Methodist Church of Duncanville
- 3:00 **Speech with Danielle**
First United Methodist Church of Duncanville
- *3:00 **Care Partner Support Group with Belyne**
First United Methodist Church of Duncanville
* 2nd Monday of the month

TUESDAY

- 9:15 **Exercise with Barb via Zoom**
(For the link, see www.daps.us)
- 10:15 **Exercise with Amanda**
St. Gabriel the Archangel Church, McKinney
- *10:30 **People with PD Support Group with Denise** **NEW!**
*1st & 3rd Tuesday of the month (Online only via ZOOM)
- 10:30 **Exercise with Barb**
Preston Hollow United Methodist Church, Dallas
- 10:30 **Exercise with Diana**
Arapaho United Methodist Church, Richardson
- 11:30 **Speech with Lynn HYBRID**
Preston Hollow United Methodist Church, Dallas
- *11:30 **Care Partner Support Group with Frances**
Preston Hollow United Methodist Church, Dallas
*October 5th & 19th
- 12:30 **Exercise with Barb**
Semones YMCA, Dallas
- 1:00 **Speech with Pat via Zoom**
(For the link, see www.daps.us)
- 2:00 **Dance for PD with Misty via Zoom**
(For the link, see www.daps.us)

WEDNESDAY

- 9:30 **Exercise with Tammy**
Lakepointe Church at White Rock, Dallas
- 10:00 **Exercise with Diana HYBRID**
Grace Lutheran Church, Carrollton
- 11:00 **Speech with Lynn HYBRID**
Grace Lutheran Church, Carrollton
- 1:00 **Exercise with Tammy via Zoom**
(For the link, see www.daps.us)

THURSDAY

- 9:30 **Exercise & Voice Support with Barb**
South Garland Baptist Church
- 9:40 **Exercise with Erika**
Hunters Glen Baptist Church, Plano
- *9:45 **Care Partner Support Group with Carol**
Hunters Glen Baptist Church, Plano
*1st & 3rd Thursday of the month
- 10:30 **Exercise with Barb**
South Garland Baptist Church
- 10:30 **Care Partner Support Group with Zee**
South Garland Baptist Church
- 10:30 **Exercise with Tammy HYBRID**
Preston Hollow United Methodist Church, Dallas
- 10:45 **Speech with Pat HYBRID**
Hunters Glen Baptist Church, Plano
- 12:30 **Exercise with Barb**
Semones YMCA, Dallas
- 2:00 **Exercise with Jonathan**
First United Methodist Church of Duncanville
- 2:00 **Dance for PD with Misty via Zoom**
(For the link, see www.daps.us)

FRIDAY

- 10:15 **Speech with Sally**
St. Gabriel the Archangel Church, McKinney
- *10:15 **Care Partner Support Group with Denise**
St. Gabriel the Archangel Church, McKinney
*1st & 3rd Friday of the month
- 11:15 **Exercise with Tammy**
St. Gabriel the Archangel Church, McKinney

CLASS LOCATIONS

Arapaho United Methodist Church

1400 W Arapaho Rd, Richardson (972-231-1005)

Preston Hollow UMC

6315 Walnut Hill Ln, Dallas (214-363-4393)

First United Methodist Church of Duncanville

403 S Main St, Duncanville (972-298-6121)

Enter on Ave. C, Aldersgate Building

Semones Family YMCA (Town North)

4332 Northaven Rd, Dallas, Rm MP2 (214-357-8431)

Lakepointe Church at White Rock

9150 Garland Rd, Dallas (214-324-1425)

Grace Lutheran Church

1200 E Hebron Pkwy, Carrollton (972-492-4474)

South Garland Baptist Church

1330 E Centerville Rd, Garland (972-271-5428)

St. Gabriel the Archangel Church

110 St. Gabriel Way, McKinney (214-548-4357)

Hunters Glen Baptist Church

4001 Custer Rd, Plano (972-867-1610)

Other Classes & Resources

Young Onset Parkinson's Disease (YOPD) Support Group

The YOPD Support Group meets virtually every Tuesday at 6:30 pm.

For details, contact yopd.dfw@gmail.com.



Tribe Wellness Group Classes

Boxing, tai chi, and yoga groups are available online and in-person with **discounted pricing for DAPS members**.

***In-person classes have resumed on
Wednesdays at 1:30 pm at
Preston Hollow United Methodist Church.
Class size is limited to 15; please reserve your spot.***

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



Thanks to a generous grant from our friends at Acadia, DAPS is now able to provide additional classes at our Preston Hollow and McKinney locations, through the Parkinson's Comprehensive Care Initiative! In addition, the Initiative helps support noncontact boxing through Tribe Wellness at Preston Hollow. Learn more at www.moretoparkinsons.com.

New Classes Coming Soon!

Keep an eye out for more information on classes at these locations.

Clear Sky Rehabilitation Hospital
of Flower Mound
3100 Peters Colony Rd.
Flower Mound, TX 76022

The Preston at the Park Cities
5917 Sherry Ln.
Dallas, TX 75225

Protocol for "In-Person" Groups

*The health and safety of DAPS members, instructors, staff and service providers has always been at the forefront of our mission and duty. Additional procedures are now being taken to provide protection from the spread of Covid-19. These procedures and policy have been implemented following the guidelines of the Center for Disease Control (CDC) and the DAPS reopening committee. These guidelines include **everyone wearing a mask regardless of vaccination status**.*

Registration: Registration for a DAPS event will open 30 minutes prior to the event.

Check-In: A defined safety check-in will be stringently followed for each event. For a detailed list of protocols for check-in, please review Covid-19 Updates on our website at daps.us/pd-facts.

Social Distancing: Social distancing protocol will be encouraged according to the current CDC guidelines for participants that are not vaccinated. Chairs will be placed at least six feet apart where movement is required.

Sanitation: Wipes will be provided for participants to wipe down chairs in advance of each event.



Thank you!

This year's Medical Advisory Board roundtable dinner was held in November. Once a year our Medical Advisory Board meets with DAPS to assess and identify how we can be more effective at reaching the Parkinson's community.

We are thankful for the generosity of the 2021 Medical Advisory Board Roundtable sponsors.



Happy Holidays to everyone in the DAPS family!



Check out the DAPS YouTube channel

for videos from last September's *Keep Moving! Symposium.*

<https://bit.ly/DAPSYoutubeChannel>

Connect with DAPS!



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NEWSLETTER 

Sign up for DAPS monthly e-news!

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