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MAY 2021

Six Years at DAPS

Message from Executive Director Mike Miles



A lot has happened in 6 years. I started with DAPS in December of 2014. Some of you may recall that six months after I began with DAPS, on my birthday, May 5th, 2015, our son Kevin died of a stroke. Having been in the DAPS family for only six months, the outpouring of support for my family and me was overwhelming, appreciated, and very meaningful. That kind of familial support is a significant part of the DAPS DNA. Many of you have had losses and challenges over the last six years as well.

At a glance, anyone can see that DAPS helps people with Parkinson's and their loved ones live active and fulfilling lives by providing exercise, speech, support groups, and educational opportunities. But what runs deeper and more profound is the family part. I experienced your love and support first hand with the loss of our son. Many of you were able to attend his memorial service. So many more sent cards and expressed condolences. Words cannot convey how much that meant to my family. Since then, I have, with great awe and pride, watched as you have supported each other! Spend any time with your DAPS group, and you sense that we are a family who cares about and supports each other. You make me proud!

I began with, "A lot has happened in 6 years." Here are some snapshots of DAPS from 2014, 2019, 2020, and today.

In 2014 DAPS touched the lives of people with Parkinson's 15,000 times according to our social media statistics. We were in 9 locations reaching, on average, 165 people a week. We had one General Meeting each month.

Fast forward to 2019 when DAPS touched the lives of people with Parkinson's 53,000 times. We were in 23 locations reaching 360 people

[SIX YEARS continues on Page 2](#)

MAY EDUCATIONAL SERIES



Tuesday, May 4

1:00 p.m.

TOPIC

Improv for Caregivers

Thursday, May 6

1:00 p.m.

TOPIC

Travelin' with Chitnis

Thursday, May 13

1:00 p.m.

TOPIC:

**Managing the Return of
Parkinson's Symptoms**

PRESENTED BY

Aashoo Mentreddi, MD

Meeting sponsored by

ACORDA[®]
THERAPEUTICS

[Speaker bios and webinar links
on Page 3](#)

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

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Newsletter

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

SIX YEARS continued from Front Page

a week. We added **Move.Laugh.Connect.** to our exercise programs. We added signature events including KEEP MOVING! SYMPOSIUM, Vizient Day, and the Dr. Kenneth H. Cooper Lifetime Achievement Award. We expanded the DAPS Educational Series. We added a Program Director position, with Leisha Phipps joining the DAPS team. We increased the size of our Medical Advisory Board and became more involved with them.

In 2020, the world was faced with a pandemic. DAPS quickly went virtual and continued to offer exercise, speech, support groups, and educational series. Despite the pandemic, we moved forward successfully by providing our signature events virtually.

Today, we are busy working with key leaders as we are optimistic that we will safely return to some in-person programs this year. At the same time, we have learned that virtual opportunities meet the needs of many people, and we will continue some of those even when we resume in-person groups.

Six years have flown by and what DAPS has done with your help is incredible. I can hardly wait for us to meet in person and see each other again! Let me wrap up with a reminder that if you have not yet given to this year's "I Love the 60s" Non-Event, please consider giving a gift as you are able. You will continue investing in the life of DAPS, helping us to resume in-person events, and keep touching the lives of many.

We are looking forward to better treatments, better programs, and even the cure for Parkinson's – but until then, DAPS will KEEP MOVING to serve the Parkinson's community.

Respectfully,



THANK YOU
to our
APRIL Educational Series sponsor!



MAY EDUCATIONAL SERIES SPEAKERS & WEBINAR INFORMATION



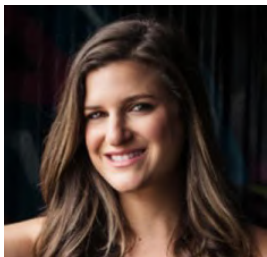
Improv for Caregivers

May 4, 2021 - 1:00 p.m. CDT

Try something new! This interactive and experiential workshop for caregivers offers innovative communication skills using improv! The concepts and techniques taught are beneficial to both the caregiver and their loved one. Funded by The AWARE Fund of The Dallas Foundation and The Hagen Family Foundation, caregivers will learn:

- New nonverbal and verbal ways to communicate with loved ones.
- How to listen and respond to difficult behaviors like confusion, outbursts and agitation.
- How to step into your loved one's new world and respond appropriately.
- Mindfulness techniques for you and your loved one to cope with stress.

Andrea Baum, M.Ed., LPC, is the Co-Founder and Improv for Life Director. Based on her clinical expertise in psychotherapy, she has designed and created *Improv for Life*, a series of therapeutic improv classes and workshops for several unique needs populations.



Lindsay Goldapp is Co-Founder and Artistic Director of Stomping Ground Comedy. Lindsay holds a B.S. in Acting/Directing from Texas A&M University-Commerce and is a graduate of Chicago's Second City Improv Conservatory. She has over 15 years of experience performing and teaching improv, sketch writing, comedic songwriting, team building, and musical theatre.



Please register early:

<https://stompinggroundcomedy.org/enrolling/improv-for-caregivers-with-daps/>

Travelin' with Chitnis

May 6, 2021 - 1:00 p.m. CDT

Preparing to take a vacation or travel?
Have questions and concerns?
Prefer to daydream or imagine your next destination?

Regardless of where you are in terms of your comfort level with traveling, this Educational Series is for everyone. DAPS Medical Advisory Board member, **Shilpa Chitnis MD, Ph.D.**, will share some of her favorite travel destinations, stories and photos, while addressing the issues around travel for people with PD. Dr. Chitnis is engaging, fun and informative at the same time. Bring your questions, concerns and photos from your favorite destinations.



Please click the link below to join the webinar:
<https://us02web.zoom.us/j/82996683196>

Managing the Return of PD Symptoms

May 13, 2021 - 1:00 p.m. CDT



Experiencing a return of your Parkinson's symptoms? You're not alone. Hear from **Aashoo Mentreddi, M.D.** about a unique inhaled treatment.

Dr. Mentreddi specializes in Parkinson's Disease and other movement disorders including dystonia, chorea, tics and tremors. She also manages patients with Deep Brain Stimulation (DBS) for initial programming and subsequent follow up care.

Please click the link below to join the webinar:
<https://us02web.zoom.us/j/87856698075>

High-Intensity Focused Ultrasound for PD: Hope or Hype?

by Mazen Elkurd, DO

Treatment for Parkinson disease has remained largely unchanged for decades. Conventional treatment has remained restricted to two main avenues: symptomatic medications and the use of deep brain stimulation for those who qualify. In recent years, a new therapy has been introduced which has the potential to radically change the landscape of Parkinson disease treatment. Like other therapies, focused ultrasound is still a symptomatic therapy – not a cure, and like other therapies it has its advantages and disadvantages. In this article, we will try to answer some of the most common questions and dispel some rumors and hype surrounding this new and promising therapy.

What is High-Intensity Focused Ultrasound?

High-Intensity Focused Ultrasound (HiFU), which is also sometimes called MR-guided Focused Ultrasound (MRgFUS), is a relatively new non-invasive medical technology which uses beams of ultrasound waves to deliver therapies to various tissues in the body.

How does HiFU work?

Focused ultrasound uses an array of over 1,000 transducers to produce ultrasound that are focused on a single point to create a lesion. In movement disorders such as Parkinson disease, the targeted point is within the brain, where the transducers are focused on a specific area to create heat leading to an ablative lesion. In other words, HiFU uses very high energy sound waves to heat up a tiny portion of the brain involved in the disease in order to disrupt its activity. Individually, the ultrasound beams do no damage to the tissues they pass through, and heat is only created at the tiny point where all the beams converge.

How is HiFU used in the treatment of Parkinson Disease?

HiFU was approved for the treatment of tremor-predominant Parkinson disease in 2018. Focused ultrasound is used to create a lesion in the specific

brain circuit which is responsible for producing tremor. There are clinical trials currently underway to investigate the use of HiFU for other symptoms of PD, but today the treatment is only available for tremor.

Not all patients are candidates for this therapy, and there are very important considerations that patients must discuss with their physicians. Individuals with cognitive difficulties, balance problems, or high skull density ratios may not be considered good candidates.

What are the Pros and Cons of HiFU?

One of the greatest advantages of this new technology is that it does not require any surgical incisions, and does not involve any hardware being

implanted in the body. The ultrasound waves which create the lesion do no damage as they enter the body, and only at the targeted point of convergence do they create a lesion in the brain. This procedure can be done within a few hours, and patients are typically able to be home and enjoy its benefits the same evening.

Like all medical treatments, it's important to consider not only the benefits, but also the potential risks

and drawbacks. While HiFU can be very effective for treatment of tremor, its current approved use falls short of treating any other PD symptoms such as rigidity, slowness or dyskinesia. Another very important consideration is that HiFU is currently only approved to be performed safely on one side, due to the risk of side effects if both sides of the brain are treated. This means that symptoms on only one side of the body can be treated using HiFU. In addition, since HiFU is a one-time procedure, its effects cannot be modified or adjusted as the disease progresses and symptoms change. Finally, since HiFU is a fairly new technology, it's unclear exactly how long patients can expect to retain the benefits from the procedure.

High-Intensity Focused Ultrasound is a relatively new medical technology with potential to radically change the landscape of treatment for Parkinson disease.

[HiFU continues on Page 5](#)

Summary

- High-intensity focused ultrasound is a real and exciting new medical technology.
- Focused ultrasound waves are used to create a lesion without any surgical incisions or hardware implants.
- HiFU is currently only approved for treatment of tremor in PD and does not treat any other PD symptoms, although clinical trials are currently under way to expand its use.
- Focused ultrasound treatment can only be applied to one side of the brain currently, thus leaving the other side untreated.
- Like all treatments, HiFU is not right for everyone. Patients should discuss the risks and benefits with their doctor.



About the author:

Mazen Elkurd, DO

is an instructor of Neurology at UT Southwestern Medical Center in Dallas, Texas.

Dr. Elkurd is a Dallas native who graduated from the University of Texas at Arlington, then went on to complete

medical school at A.T. Still University in Mesa, Arizona. He completed neurology residency training at Georgetown University Medical Center in Washington, D.C. where he served in his final year as academic chief resident. Following residency, Dr. Elkurd returned to Dallas to complete a clinical fellowship in movement disorders at UT Southwestern Medical Center. He is now a diplomate of the American Board of Psychiatry and Neurology and a practicing movement disorder neurologist, caring for patients with various movement disorders including Parkinsonism, tremor, ataxia, myoclonus, dystonia, chorea, functional neurological disorders and gait disorders.

He has been author of several scientific publications in the field of movement disorders and has research interests in the field of Parkinson disease with a number of ongoing projects. Dr. Elkurd is also active in the teaching of residents and medical students, giving lectures to rotating medical students and supervising residents in the delivery of care to patients at the Ron J Anderson Ambulatory Clinic at Parkland. DAPS is excited to have Mazen as one of its newest members to the Medical Advisory Board.

Volunteer Spotlight

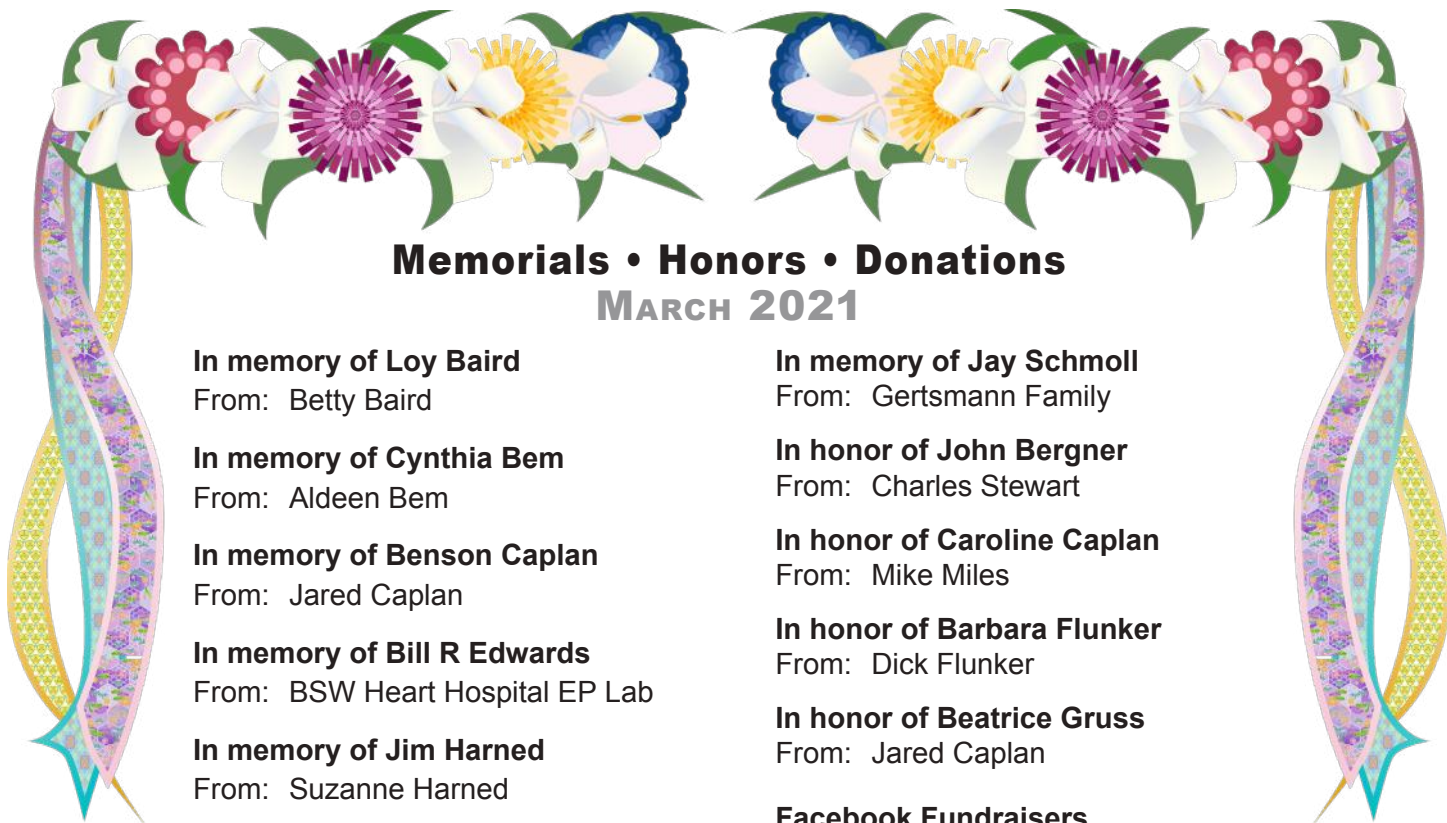


Phillip & Cynthia Shinoda



Phillip and Cynthia Shinoda have been active members of the Preston Hollow and South Garland DAPS locations since 2018. When Phillip was diagnosed with PD, they made exercise, webinars and activities with others in the PD community a priority. Phillip's active involvement in the Dallas community included everything from a University Professor of Economics at Oregon State and Wake Forest, nonprofit consulting, grassroots development, fundraising, United Way Board Member and wholesale florist.

This dynamic and enthusiastic couple are looking forward to returning to DAPS classes, movies, dinner with friends, concerts and the opera. And now that they are fully vaccinated, DAPS is very grateful for their volunteer help in the office.



Memorials • Honors • Donations

MARCH 2021

In memory of Loy Baird

From: Betty Baird

In memory of Cynthia Bem

From: Aldeen Bem

In memory of Benson Caplan

From: Jared Caplan

In memory of Bill R Edwards

From: BSW Heart Hospital EP Lab

In memory of Jim Harned

From: Suzanne Harned

In memory of George Kilpatrick

From: Dorothy Kilpatrick

In memory of Jacob Kreitman

From: Marsha Kreitman

In memory of Jerry Ragsdale

From: Harold Kellogg
Bob & Dottie Vlach

In memory of Jay Schmoll

From: Gertsman Family

In honor of John Bergner

From: Charles Stewart

In honor of Caroline Caplan

From: Mike Miles

In honor of Barbara Flunker

From: Dick Flunker

In honor of Beatrice Gruss

From: Jared Caplan

Facebook Fundraisers

From: Anonymous Individuals
Margaret Clench

Donations to DAPS

From: Ann Heidger
Diana Winkelmann
Bright Funds
Pepsico Employee Giving Program
United Way of Metropolitan Dallas



Giving Every Month

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.

*Happy
Mother's
Day!
May 9, 2021*



I LOVE THE 60s!

Final MONTH OF non-event!

Let's all "Come Together" as the Beatles sang in the '60s and support the important work that DAPS provides to those impacted by PD.

HELP US RAISE \$60,000 AS WE REMEMBER THE 60s

The campaign continues through May 31, 2021.
All donors will be recognized after that time.

Thank you to all who have already given!



GIVING LEVELS

	\$ 10,000 +	<i>Twist and Shout</i> by The Beatles
	\$ 5,000 +	<i>Sweet Caroline</i> by Neil Diamond
	\$ 2,500 +	<i>Jailhouse Rock</i> by Elvis Presley
	\$ 1,000 +	<i>Respect</i> by Aretha Franklin
	\$ 500 +	<i>Good Vibrations</i> by The Beach Boys
	\$ 250 +	<i>Ain't No Mountain High Enough</i> by Marvin Gaye and Tammi Terrell
	\$ 100 +	<i>I Can't Get No Satisfaction</i> by The Rolling Stones
	up to \$ 99	<i>Fly Me to the Moon</i> by Frank Sinatra

HOW DO I GIVE?

Go online to <https://daps.us> and use the Non-Event Donation button; or call the DAPS office at 972-620-7600.

SAVE THE DATE!

4TH ANNUAL KEEP MOVING! SYMPOSIUM

Saturday,
September 25, 2021



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 Daylight 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.

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.



UPCOMING MEETINGS



ALL PROGRAMS ARE CURRENTLY ONLINE ONLY

Please check the DAPS website at
<https://daps.us> for schedule changes and
for additional options to join Zoom meetings.

For assistance, contact the DAPS office
Monday–Thursday, 9am–2pm at
972-620-7600 or daps@daps.org

MAY VIRTUAL EDUCATIONAL SERIES

TUESDAY, MAY 4, 2021, 1:00 P.M.

Speaker: Andrea Baum, M.Ed., LPC
Lindsay Goldapp

Topic: Improv for Caregivers

Please register prior to the meeting.

[https://stompinggroundcomedy.org/enrolling/
improv-for-caregivers-with-daps/](https://stompinggroundcomedy.org/enrolling/improv-for-caregivers-with-daps/)

THURSDAY, MAY 6, 2021, 1:00 P.M.

<https://us02web.zoom.us/j/82996683196>

Speaker: Shilpa Chitnis, M.D., Ph.D.

Topic: Travelin' with Chitnis

THURSDAY, MAY 13, 2021, 1:00 P.M.

<https://us02web.zoom.us/j/87856698075>

Speaker: Aashoo Mentreddi, M.D.

Topic: Managing the Return of PD Symptoms

Meeting sponsored by
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and previously
recorded seminars.**

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NEWSLETTER

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and do not constitute an endorsement or approval by DAPS staff.
Please consult your personal physician
regarding your individual medical problems.