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[www.daps.us](http://www.daps.us)

**JULY 2021**

## Calling All Hooligans

### Message from Executive Director Mike Miles



I hoped to get your attention with that title. If you're still reading, I guess it worked. I grew up hearing my dad talk about "painting the town." Eventually I learned that the whole phrase was "painting the town red." Legend has it, the phrase may have originated back in 1837 when a notorious hooligan in the town of Leicestershire, England, gathered some of his friends together and ran wild through the town, painting several buildings red. For us growing up, it was not about mischievousness but about getting out and having a good time.

After a year and half of living with COVID-19 restrictions, I'm ready to get out and have a good time. But, I have to admit that the first ventures out for anything more exciting than grocery shopping, made me a bit nervous.

Here at DAPS, we have been cautiously waiting, watching, and looking forward to getting out, gathering together, and beginning to have groups and classes in person again. With a reopening committee dedicated to making this as safe as possible, we are ready and excited to announce that DAPS plans to begin "in-person" groups again in July. Meetings have been filled with discussions of protocol and how to reopen safely. On [page 8](#), you will find a statement from the reopening committee that provides some of the details. As we shared and discussed this statement with facilitators and group leaders, there was a very obvious sense of growing comfort around the steps being put in place to ensure everyone's safety.

Over the last year, we have heard about the value of online classes. So, as we roll out the reopening, we will continue some online classes, even as we begin some "in-person" groups. Leisha and Catalina refer

[MESSAGE continues on Page 3](#)

## JULY EDUCATIONAL SERIES



**Thursday, July 15, 2021**

**5:30 p.m.**

TOPIC:

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

PRESENTED BY

**Aashoo Mentreddi, MD**

Meeting sponsored by



**Monday, July 26, 2021**

**6:00 p.m.**

TOPIC:

**Moving ON with RYTARY  
A Community-Based Conversation**

PRESENTED BY

**Nirav Pavasia, MD**

Accompanied by a SPARK Ambassador

Meeting sponsored by



[Speaker bios and webinar links  
on Page 2.](#)

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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.

## JULY EDUCATIONAL SERIES SPEAKERS & WEBINAR INFORMATION



### Managing the Return of PD Symptoms PRESENTED BY

**Aashoo Mentreddi, MD**

Neurology Consultants of Dallas

Experiencing a return of your Parkinson's symptoms? You're not alone. Hear from Dr. Mentreddi 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.

**July 15, 2021 at 5:30 PM CST**

Please click the link below to join the webinar:

<https://us02web.zoom.us/j/86259922234>



### Moving ON with RYTARY

PRESENTED BY

**Nirav Pavasia, MD**

Neurology Consultants of Dallas

Dr. Nirav Pavasia is a Certified Movement Disorders Specialist and a Board Certified General Neurologist. He believes in a multidisciplinary approach to patient care and loves to connect with his patients. He manages patients with Deep Brain Stimulation (DBS) for initial programming and subsequent follow up care. Additionally, he treats dystonia, spasticity, blepharospasm, hemifacial spasm and migraine headaches with botulinum toxin therapy. His additional interests include stroke, Alzheimer's disease, and other forms of neurodegenerative disorders.

A frequent speaker at DAPS, Dr. Pavasia will be conducting an interactive conversation with a Stories in Parkinson's (SPARK) Ambassador. Together, they will share insights about living well with Parkinson's, managing symptoms, and how RYTARY might be able to help. To learn more, go [HERE](#) on the DAPS website.

**July 26, 2021 at 6:00 PM CST**

*Please plan to log in 15 minutes early.*

Please click the link below to join the webinar.

<https://realchemistry.zoom.us/j/97054426038?pwd=QWMrYkNOVDV0VEZlbnBkTVBkdUtVZz09>

**MESSAGE continued from Front Page**

to the difficult task of deciding where, when and how to reopen as solving a Rubik's Cube. (I never could work one of those things.) They are working diligently to avoid overlapping classes while still providing everything that the schedule and budget will allow. I can't thank them enough. They are doing a great job! As hard as we have worked to make this happen, there will still be challenges and we will continue to learn.

I am so looking forward to seeing your faces again, seeing the groups in action, and hearing the buzz of good, fun, safe and healthy fellowship. So, from one hooligan to others, I hope to see you soon for a good time of getting together.

And what a great time to recognize the dedication of our facilitators and exercise, speech and support group leaders. For a while, this will all be new and take commitment and patience on the part of everyone. **But, working together, we can make coming together work!**

**Concluding DAPS 13th Annual Non-Event**

Speaking of coming together, the conclusion of our 13th annual "I Love the 60's!" Non-Event campaign

left us with very "Good Vibrations," as The Beach Boys sang.

**The total amount raised was \$53,984.**

Even though we have all gone through some tough times during the pandemic, our supporters have shown that "There Ain't No Mountain High Enough" to keep them from expressing love for DAPS. Please take a look at [pages 4-5](#) where we have recognized this year's donors. We hope you will remember The Beatles and "Twist and Shout" with us over the money raised that helps DAPS continue to be on the forefront of serving the Parkinson's community in the Dallas area and beyond.

With "R-E-S-P-E-C-T" for Aretha Franklin and especially all of YOU,

*Mike Miles*





# I LOVE THE 60s!

## DONATIONS TO THE 13TH ANNUAL NON-EVENT

*Thank you does not begin to express the amount of gratitude we have for your support during our annual Non-Event Fundraiser. We have all weathered some difficult months during the pandemic. Your donations will help as we "Come Together," like the Beatles sang, and resume "in-person classes."*



**\$ 10,000 +** *Twist and Shout*  
by The Beatles

Anonymous Donor  
Allan & Kerry Gillan



**\$ 1,000 +** *R-E-S-P-E-C-T*  
by Aretha Franklin

Donna Burson  
Thomas Franklin  
Pam Michel  
in honor of Jill Dominguez  
Marcie Salomone



**\$ 500 +** *Good Vibrations*  
by The Beach Boys

Aldeen Bem  
Rita & Richard Doelling  
Raul & Jill Dominguez  
Dick Flunker  
Steven Markel  
Robert McCullough  
Mike Miles  
Mary Stewart Ramsey  
Carter Scott  
Nancy Toffer  
in honor of Hans



**\$ 250 +** *Ain't No Mountain High Enough*  
by Marvin Gaye and Tammi Terrell

Sarah Atwood  
Betty Baird  
John & Wanda Call  
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Charles Martin  
William McNeill  
Leisha Phipps  
in honor of DAPS Instructors, Group Leaders  
and Volunteers  
Mike & Linda Swanson







**\$ 100 +**

***I Can't Get No Satisfaction*  
by The Rolling Stones**

**Jon Atwood**  
**William Basham**  
**Martha Bonilla**  
**Shelley Broyles**

in honor of Mike Miles

**Maureen Brunnler**  
**Jared L Caplan**

in memory of Benson Caplan  
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in memory of Jerry Ragsdale

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**Lou Neeb**  
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in honor of John Bergner

**Joyce Susman**  
**Chad Swank**  
**Gloria Verbeek**  
**Dorothy Vlach**

**Maryann Walsh**  
**Lori Wick**



**up to \$ 99**

***Fly Me to the Moon*  
by Frank Sinatra**

**The Adays**

in honor of Gregg Holbert

**Lieselotte Beene**  
**Sharon Blend**  
**Abigail Crockett**  
**Firouzeh Forouhar**  
**Carla Gaylor**  
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in honor of Caroline Caplan

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**Anne Shannon**

in honor of Pam Michel

**Jim Struble**  
in honor of Misty Owens  
**Dorothy Watts**  
**Susan Wilder**  
in honor of Misty Owens  
**Hugh Wood**





## Local Student's PD Research: An Update



My name is Anushka Sridhar and I am a 15-year-old freshman in the International Baccalaureate (IB) program at Plano East Senior High School. I live in Richardson with my parents, older sister and 2 dogs. I am grateful for the opportunity to share my research

and prototype with DAPS e-newsletter subscribers.

**SPARKS** – Smart **PARK**inson's Strap is my innovation that uses vibrational therapy to mitigate the hand tremors of people with Parkinson's disease (PD).

My first experience with PD was through my great aunt. I saw firsthand how she was experiencing more difficulty in carrying out her day-to-day activities as the disease progressively worsened. I wanted to learn more, and that inspired my research interest.

I learned that there is no known cure for PD, and the few accessible medical treatments available only target the physical symptoms of the disease. However, I read that whole-body vibrational therapy is becoming a heavily researched topic, as it is believed to help mitigate the tremors in Parkinson's patients. Research shows that tremors result from a negative sensory feedback loop in the brain to overcompensate for Parkinson's disease. Vibrational therapy is believed to be effective as it acts as "white noise" in the brain, blocking that sensory feedback loop to mitigate the impact tremors have on the body. But although vibrational therapy has shown promising results, it is expensive and not easily accessible.

### Primary Function of the Device:

My goal was to build an inexpensive, easily portable, non-invasive, and wearable device that could use the principles of vibrational therapy to mitigate hand tremors in PD patients. I built my initial prototype with a Velcro strap, battery, and switch but I needed to test the device. I contacted DAPS, and Mr. Mike Miles and Ms. Leisha Phipps were supportive and

allowed me to pitch my request to test my device with some of their support groups. The volunteers wrote the sentence "The Quick Brown Fox Jumps Over the Lazy Dog," and the reason for that is because this phrase uses all 26 letters of the alphabet. Through my test data collection, I was able to show that vibrational therapy did have a positive impact on mitigating the physical symptoms of the disease, revealing that higher levels of vibration were more effective in improving the physical symptoms.

### Covid-19 Impact & Enhancements:

Since then, I have continued enhancing my device with a detection system that automatically detects the onset of tremors and mitigates them using vibrational therapy. The device works by using a sensor called an accelerometer to detect the tremors of the hand. I calculated a threshold to differentiate tremors from normal activities for the device to turn on automatically. The device also detects the onset of tremors every 0.2 seconds and ten consecutive times before deciding whether the band should turn on to ensure the device is detecting tremors rather than daily activity. Unfortunately, due to the pandemic, I could not get volunteers to conduct testing, but I did test the device successfully on a couple of family members with PD. I hope that this device can be a temporary solution for Parkinson's patients to alleviate the physical symptoms of the disease, such as hand tremors.

### What is Next?

As a freshman in High School Engineering, I've found that prototyping is one of many things I am most passionate about, and I still have much to navigate through. I am incredibly grateful for the DAPS support, as none of this would be possible without it. I am also thankful for all the Parkinson's volunteers who participated in my test data collection. I recently competed in the International Science and Engineering Fair and was awarded 2nd place in my category for this work. I am motivated to continue my research on Parkinson's disease and even develop other inventions to help solve problems our world faces. The intersections between service, entrepreneurship, and engineering are where my passions lie. I hope to use that as a platform to develop technology for good that can help the world.

## Memorials • Honors • Donations

### MAY 2021

#### In memory of Robert Rubio

From: Dorene Fernandez

#### In memory of Paul Salzberger

From: Karen, Greg & Casey Bantuveris

Liz Fannin

Sandy Nachman

Geoff, Gail, Carrie & Steven Rich

Charles & Susan Sterling

Brenda Truitt

#### In honor of Jerry Ragsdale

From: Charles & Susan Sterling

#### In honor of Donna & Mike Miles

From: Cynthia Weatherall

#### Donations to DAPS

From: William Basham

Marcia Finn

Donna Miles

Abbass Sekhavat

Chuck Stewart



GEMs are donors who Give Every Month.

Our GEMs are very valuable!

To become a DAPS GEM,  
sign up [HERE](#) on the DAPS website.

Anonymous  
Sarah Atwood  
Laura Boyle  
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## Reopening 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.*

**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.

- Participants must pass the standard CDC screening questions for recent possible exposure to Covid-19.
- Names and contact details for each participant will be kept for follow up tracking if needed.

- Participants will be asked to sign a waiver if they want help in the form of physical contact in the unlikely event of a fall during the event.
- Participants will be asked to use the provided hand sanitizer before entering the event.
- Participants that are not vaccinated should wear a mask.
- All instructors regardless of vaccination status will be wearing a face guard or mask.

**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.

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## Upcoming Events

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**SAVE THE DATE!**

**4TH ANNUAL  
KEEP MOVING!  
SYMPOSIUM**

**Saturday,  
September 25, 2021**

**DAPS**

**KEEP MOVING!**



# Virtual Classes & Resources



## DAPS Online Classes

Below is a general schedule of 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>. Let us know if you need help getting set up and ready to Zoom by contacting us at [daps@daps.org](mailto: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.



## DAPS “In-person” Classes

Details will be provided soon regarding the schedule for “in-person” classes.

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](http://www.tribewellness.org/calendar).  
For more information, please contact [tribewellnessllc@gmail.com](mailto: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](mailto:yopd.dfw@gmail.com).



## UPCOMING MEETINGS



### THE EDUCATIONAL SERIES IS CURRENTLY ONLINE ONLY

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

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

### JULY VIRTUAL EDUCATIONAL SERIES

**THURSDAY, JULY 15, 2021, 5:30 P.M.**

<https://us02web.zoom.us/j/86259922234>

**Speaker:** Aashoo Mentreddi, M.D.

**Topic:** Managing the Return of PD Symptoms

Meeting sponsored by



**MONDAY, JULY 26, 2021, 6:00 P.M.**

**Speaker:** Nirav Pavaasia, M.D.

Accompanied by a SPARK Ambassador

**Topic:** Moving ON with RYTARY

Please log in 15 minutes early.

<https://realchemistry.zoom.us/j/97054426038?pwd=QWMrYkNOVDV0VEZlbnHQxTVBKdUtVZz09>

Meeting sponsored by



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