

**JUNE 2018**

## **DAPS 2018 Lifetime Achievement Award Presentation**



l-r: Dr. Tyler Cooper, 2017 Lifetime Achievement Award Winner Dr. Charles Sterling, Mike Miles, 2018 Lifetime Achievement Award Winner Orville Rogers, Dr. Kenneth Cooper

On Monday, May 18, close to 200 people gathered to witness the presentation of the Kenneth H. Cooper, MD, MPH Lifetime Achievement Award to a remarkable individual, Orville Rogers. Orville is a pilot, fitness enthusiast and world champion runner. Now 100 years young, Rogers began running at age 50 and ran his first marathon six years later. He holds 15 world records and continues to compete.

Rogers served as a bomber pilot in World War II and the Korean War, flying on numerous missions. He also volunteered as a Baptist missionary in Tanzania, and has been a generous supporter of Dallas Baptist University and the Frontiers of Flight Museum.

On hand to start off our event was Tyler Cooper, MD, son of Kenneth Cooper, MD, MPH, Chairman and Founder of Cooper Aerobics Center in Dallas. Dr. Tyler Cooper spoke eloquently of the good that DAPS does to help people with Parkinson's live their best lives. Then he introduced the keynote speaker, Dr. Kenneth Cooper.

**AWARD** continues on pg 3

## **JUNE**

### **General Membership Meeting**

**Monday, June 18, 2018  
1:00 PM**

Speaker:

**Dr. Nirav Pavaia**

See Page 2 for bio

Topic:

### **Diagnosis & Management of Hallucinations & Delusions in Parkinson's Disease**

As always, light refreshments will be served after the presentation.

We look forward to seeing you!

University Park  
United Methodist Church  
4024 Caruth Blvd (at Preston)  
Dallas, TX 75225

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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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### Newsletter

Jill Dominguez, Managing Editor

Pam Michel, Production Editor

The DAPS newsletter is published monthly as an information guide only, and does not serve as legal or medical advice. We welcome your feedback, contributions or requests. Please send to or contact:

Jill Dominguez  
Phone: 972-620-7600  
jill@daps.us

All submissions must be received by the first of the month preceding publication date and are subject to editing.

## JUNE SPEAKER

### Nirav Pavasia, M.D.



Dr. Nirav Pavasia specializes in movement disorders at Neurology Consultants of Dallas' Merit Drive location. He sees patients with Parkinson's disease and other movement disorders including essential tremor and dystonia. Dr. Pavasia has a particular interest in programming DBS treatment and helping patients lead a healthy, educated life while living with a movement disorder.

When not sporting his white coat, he enjoys spending time with his lovely wife and trying new restaurants in the area.

## Thank you to the wonderful sponsors of our May 2018 Lifetime Achievement Award Presentation!



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Further, Together

AWARD continued from front page

Dr. Kenneth Cooper spoke on the history of aerobics and the latest research on what it takes to live a long, healthy life.

Dr. Cooper then introduced Orville Rogers, who he personally treated after Orville suffered a heart attack. Orville found himself ready to take on the challenge

of eating well and exercising. Orville's story is truly inspirational. He is living proof of the effects of daily exercise, a healthy diet, and a positive attitude.

We want to thank all of the volunteers, sponsors, and the Cooper Hotel staff for making this event a wonderful experience for all of us.

# **Movement Matters**

Information on exercise  
for Parkinsonism

by Dr. Michael Braitsch

## **Training vs. Exercise**

As a physical therapist who treats many people with Parkinson's disease (PD), I often see people drastically improve during their time in therapy. To some degree, it's likely due to being more active overall. We all hear that exercise is medicine. When it comes to PD, research certainly supports that claim. Exercise helps nearly every system in your body to function better. Exercise helps you to feel better. It even helps people to feel more energized.

So, with evidence about benefits of exercise pouring in from a variety of studies and journals, what's the best kind of exercise for PD? It may sound obvious, but the "best kind" of exercise you can do is the kind you will do regularly and safely. There is a great deal of research available regarding the neuroprotective benefits of exercise and the ways in which it could be helpful to people with PD. However, if it isn't something you will stick with, and it isn't something in which you find value, then even the best-laid plans will be ineffective.

Since so many forms of exercise—from walking, to raking leaves, to boxing, Pilates, cycling, Yoga, Tai Chi and more—can be helpful for people with Parkinson's, the bigger question is, "Are you TRAINING, or are you just working out?" I ask because there is a valuable distinction. Any exercise could be helpful; however, training is more involved.

Recently, at a PD event, I heard a speaker mention that he "trains to his impairments." It really got me thinking. I've had conversations on this very topic with amateur and professional athletes. I've known athletes who say that on their off day, they like to exercise, for example going for a jog rather than

training for his sport. This sets a nice distinction for me. Training is targeted. Training may be related to acquiring or improving a skill. "Training" likely has a performance or task-related goal (for example, improving consistency with a 3-point shot...or in more real-life terms, being able to walk 150 feet from the car to the grocery store independently). In other words, training is a way to improve on specific tasks.

So for PD, should you train or should you exercise? I think both! Consider this:

- **Exercise** can be done to stay active, feel good, and to maintain health.
- **Training** could be a way to minimize the impact of symptoms in activities of daily living or to maximize function.

In light of this new way of looking at things, I'd like to issue a challenge. Take some time to think about what physical tasks you would like to improve upon. Think about who could help you with them. Then, come up with a training plan to address those items. If you need help, consider asking a DAPS exercise group leader or your neighborhood physical therapist. Train hard to minimize your "PD Problem List," and exercise for fun and for activity!

Here's another challenge for you: Share your training goals with someone else, and keep them updated about the results. Along those lines, next time I will focus on improving consistency. Until then, keep up the hard work!



*About the author:*  
Michael Braitsch PT, DPT,  
is a physical therapist, a  
champion martial artist,  
former fighter, strength &  
conditioning coach to world  
champions, and an instructor  
in programs for DAPS and  
other organizations.  
Feel free to contact  
Dr. Braitsch at  
TribeWellnessLLC@gmail.com.



# INTRODUCING:



**Mary Ellen  
Malone**

*by Fred Ransdell*

Mary Ellen was diagnosed with Parkinson's disease in 2011. Interestingly, she heard about DAPS while reading an article in the newspaper about Misty Owens and her Dance for Movement Disorders® classes. She joined DAPS soon thereafter.

Mary Ellen is retired now, but prior to retirement, she owned and managed three women's clothing stores for 25 years.

Currently, Mary Ellen serves on the DAPS Board of Directors and solicits others to join in as "we need the help!"

When time permits, Mary Ellen enjoys decorating and house staging. She's proud of raising 6 children who are all into fitness of some kind — marathons, triathlons, Pilates, and Yoga. Although now a widow, Mary Ellen is proud that she was married for 50 years to the same man.

Something most people don't know about Mary Ellen is that she has a mantra, "I am so grateful for the gift of Parkinson's. It won't kill me and we are all going to face something as we age."

Parkinson's makes her exercise and she says she probably wouldn't if she did not have to do so. Exercise classes give her a focus each day and has given her a whole new group of friends that she wouldn't otherwise know.

I know this for certain about Mary Ellen — her laughter is a magnet for friendships and her friendships are the best medicine for dealing with Parkinson's!



## **Volunteers are the heart and soul of DAPS!**

We are always looking for people to help with a variety of volunteer tasks. Volunteering is also a great way to meet new people and make friends! These are just a few of the types of things needed:

- Administrative tasks
- Writing news articles
- Photography
- Decorating for meetings/events
- Helping with thank you letters
- Assisting/greeting at events

**Please consider filling out a Volunteer Information form at [bit.ly/daps-volunteer](http://bit.ly/daps-volunteer) or contact our Volunteer Coordinator, Debbie Cox, at 972-620-7600 or [Debbie@daps.us](mailto:Debbie@daps.us).**



Thanks to the generosity of our supporters, we ended the month of May with enough donations to our 2018 "Happy Birthday to DAPS" Non-Event to earn the full matching amount of \$20,000 from our anonymous donor. That brings the total to more than \$42,000, which is 84% of the way to our 1st-tier goal of \$50,000!

We will continue to accept Non-Event donations through the end of the year. Donations will not be matched, but will still help us accomplish our mission of impacting and improving the lives of those affected by Parkinson's disease, empowering them to live active and fulfilling lives.

Thank you to all who have donated! You have made our birthday wish come true!

## Memorials • Honors • Donations

April 2018



### In memory of Donald Allen Oldiges

From: 'Tis the Season

### In memory of Walter Lloyd "Butch" Preuninger

From: Stacey Brownlee & The Brownlee Law Firm  
Susan Martin & Melinda McCaw

### In memory of John Edward Demlow

From: The David Crowe Family  
Jean & Dale Fuller

### In memory of Phil Rolan

From: Richard & Rita Doelling  
Peggy & Timothy Rolan  
South Oak Cliff Men's Luncheon

### In memory of Fred Kalberer, Jr.

From: Richard & Rita Doelling  
The Footprints Life Group sisters  
Leah & John Leonard  
Janette Steinheimer

### In memory of Dorothea McKeever

From: First Baptist Church of Dallas

### In memory of Ann Simmons

From: Angela Thomas, Caring With Grace

### Donation to DAPS

From: Belmont Village Senior Living  
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DAPS @ Hunters Glen (Plano)  
DAPS McKinney



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<http://bit.ly/DAPSGEM>

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**A message from  
Mike Miles**

Executive Director

Here are just a few of the things I heard while visiting this group:

*“Thank you for everything that you do for DAPS.”*

*“Be sure to thank Jill for all that she does for DAPS.”*

*“I don’t know what we would do without DAPS.”*

There was so much more. There are always those who approach me to talk about the tremendous difference that DAPS is making in their lives. But this time, there was a young man who came over to where I was sitting and introduced himself. He was the pastor of the church where the group meets. Try as I might to thank him for the church’s graciousness, he outdid me in his thanks for “allowing” them to host our group. He spoke about the great group of folks who meet together there and the privilege it is for their church to be a part of the good things happening because of the work being done by DAPS leaders. DAPS and what we do matters and makes a difference.

Please join me in thanking our group leaders for all that they do! And if you have a chance, thank the church or facility staff that is hosting our meetings. It really does take a village.

**How Can I Say Thanks?**

I visited one of the DAPS exercise locations recently. Without fail, these visits are always a great source of inspiration for me.

DAPS is blessed to have outstanding facilitators, exercise leaders, and group leaders at each of our locations. Week after week they are there to lead and encourage. Their commitment shows in many ways, not the least of which is the reception that I receive when visiting one of our groups.



**DATE: Saturday, October 27, 2018**

**NEW LOCATION:  
Lone Star Park in Grand Prairie, TX**

*Teams are forming now and volunteers are needed.*

This celebration of movement features a family friendly walk course, a kids area, a caregivers relaxation area and a Movement Pavilion featuring yoga, dance, Tai Chi, boxing, and more.

**MovingDayDFW.org**

For information, contact Debbie Nathan:  
214-469-7661 • dnathan@parkinson.org



**DATE: Saturday, November 17, 2018**

**Learn about:**

- Managing PD
- Music Therapy
- Psychological and Emotional Issues with PD
  - PD Exercise and Physical Therapy
- Non-Motor Symptoms: Treatment and Management

**Plus your choice of 3 breakout sessions:**

Newly Diagnosed • Living Well with PD • DBS

**More details coming soon!**





# Dallas Area Parkinsonism Society

**exercise • speech therapy • support groups**



**Title Boxing Club of Allen:**

503 W McDermott Dr #100, Allen

**\*Boxing for PD:**

Tue/Thu...10:30–11:30 am

Wed...8:15–9:15 pm

Sat...10:15–11:15 am

Info: 214-644-2640 or

[FreeMotionPD.com](http://FreeMotionPD.com)



**Grace Lutheran Church**

1200 E Hebron Pkwy, Carrollton

**Group Exercise:**

Wednesday...10:00–11:00 am

**Speech Therapy:**

Wednesday...11:00 am–12:00 noon

**Edgemere**

8523 Thackery St, Dallas

**Move & Stretch:**

2nd & 4th Tuesday...2:00–3:00 pm

**Finley Ewing Cardiovascular & Fitness Center, Studio 3**

5721 Phoenix Dr, Dallas

**Dance for Movement Disorders:**

Tue/Thu...2:00–3:15 pm

**Lake Pointe Church at White Rock**

9150 Garland Rd, Dallas

**Group Exercise:**

Wednesday...9:30–10:30 am

**Speech Therapy:**

Wednesday...10:30–11:15 am

**Partners-in-Care Group:**

Wednesday...10:15–11:15 am

**Preston Hollow UMC**

6315 Walnut Hill Ln, Dallas

**Group Exercise:**

Tue/Thu...10:30–11:30 am

**Speech Therapy:**

Tuesday...11:30 am–12:30 pm

**\*South Paws Boxing:**

Mon/Wed...1:30–2:30 pm

Info: 214-702-6559 or

[TribeWellnessLLC@gmail.com](mailto:TribeWellnessLLC@gmail.com)

**Tribe Wellness Gym**

100 N Cottonwood Dr #108, Richardson

**\*South Paws Boxing:**

Tue/Fri...1:30–2:30 pm

**\*Tai Chi:**

Mon/Fri...10:45–11:45 am

Wed...9:00–10:00 am

Info: 214-702-6559 or

[TribeWellnessLLC@gmail.com](mailto:TribeWellnessLLC@gmail.com)



**Trinity United Methodist Church**

1302 S Clark Rd, Duncanville

**Group Exercise:**

Monday...2:00–3:00 pm

*No class last Monday of the month*

Thursday...2:00–3:00 pm

**Speech Therapy:**

Thursday...1:00–1:45 pm

**Partners-in-Care Group:**

3rd Thursday...1:00–2:00 pm

**Support Meeting:**

Last Monday...6:00–8:00 pm

**South Garland Baptist Church**

1330 E Centerville Rd, Garland

**Group Exercise:**

Mon/Thu...10:30–11:30 am

**Speech Group:**

Mon/Thu... 9:30–10:15 am

**Partners-in-Care Group:**

Thursday...10:30–11:30 am

**MacArthur Hills Sr. Living**

1295 Kinwest Pkwy, Irving/Las Colinas

**Group Exercise:**

Tue/Fri...10:00–11:00 am



**Cyclone Indoor Cycling**

1724 Broad St, Suite 100, Mansfield

**WWAP Spin Class**

Tue/Thu...10:30–11:15 am

\*Cyclone membership required

Info: 817-769-2723 or

[www.cycloneindoorcycling.com](http://www.cycloneindoorcycling.com)

**Mesquite Rehabilitation Institute**

1023 North Belt Line Rd, Mesquite

**Group Exercise:**

Tuesday...10:00–11:00 am

**Speech Therapy:**

Tuesday...9:30–10:00 am

**Hunters Glen Baptist Church**

4001 Custer Rd, Plano

**Group Exercise:**

Mon/Thu...9:45–10:45 am

**Speech Therapy:**

Thursday...11:00–11:45 am

**Partners-in-Care Group:**

Monday...9:45–10:45 am

**Arapaho United Methodist Church**

1400 W Arapaho Rd, Richardson

**Group Exercise:**

Tuesday...10:00–11:00 am

Friday...9:45–10:45 am

**St. Gabriel the Archangel Church**

110 St. Gabriel Way, McKinney

**Group Exercise:**

†Tue/Fri...10:15–11:15 am

**Support Meeting:**

Usually 3rd Tue...10:00–11:00 am

†Exercise on 3rd Tue follows the

Support Meeting (11:10 am–noon)

***Move.Laugh.Connect.***

...extending the functional years

To order the activity book (\$25 each) for the Move.Laugh.Connect. classes below, call 972-620-7600.

**Lakeview at Josey Ranch *NEW!***

2105 N Josey Ln, Carrollton, TX 75006

Monday...12:30–1:30 pm

**Town North Family YMCA**

Room MP2

4332 Northaven Rd, Dallas TX 75229

Tue/Thu...1:00–2:00 pm

**Belmont Village Turtle Creek**

3535 N. Hall Street, Dallas

Friday...1:15–2:15 pm

*All groups and classes are free of charge to participants unless noted with asterisk. \*DAPS members receive discount. Dates/times subject to change. See [daps.us/groups](http://daps.us/groups) or call 972-620-7600 for more information.*



**Dallas Area Parkinsonism Society**

6370 LBJ Freeway, Suite 170

Dallas, Texas 75240

(972) 620-7600

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## MARK YOUR CALENDAR

### June general meeting

**Monday, June 18\* — 1:00 p.m. (\*3rd Monday)**

**Speaker:** Dr. Nirav Pavasia

Neurology Consultants of Dallas

**Topic:** Parkinson's Disease Psychosis

### open board meeting

**Monday, June 11 — 11:00 a.m.**

Please call the DAPS office for details.

### July jubilee luncheon

**Monday, July 16\* — 12:30 p.m. (\*3rd Mon & early time)**

**Entertainment:** Dave Tanner

DAPS provides Texas BBQ; you bring side dish or dessert.

Event is free, but reservations required.

**RSVP by July 12:** <http://bit.ly/2018JubileeInfo>

Unless noted, General Membership Meetings are held at Fellowship Hall—University Park United Methodist Church (UPUMC), 4024 Caruth Blvd., Dallas, TX 75225. For more info, call 972-620-7600.

### daps mckinney

**Tuesday, June 19 — 10:00–11:00 a.m.**

**Speaker:** Emily Schmehl, Yoga Instructor

**Topic:** The Benefits of Proper Breathing  
for Good Health

DAPS McKinney usually meets the 3rd Tuesday of each month at St. Gabriel the Archangel Church, 110 St. Gabriel Way, McKinney, TX 75070. Email [mckinney@daps.us](mailto:mckinney@daps.us) or call **214-548-4357** for more information.

### daps duncanville

**Monday, June 25 — 6:00–8:00 p.m.**

**Event:** Annual patriotic potluck dinner.

DAPS Duncanville usually meets the last Monday of each month at Trinity United Methodist Church, 1302 S. Clark Rd., Duncanville, TX. A snack supper begins at 6 pm & the program follows at 7 pm. Call **972-298-4556** to RSVP.



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