



6370 LBJ Freeway
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 Dallas, TX 75240
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 www.daps.us

OCTOBER 2018

North Texas Giving Day 2018

The 10th annual North Texas Giving Day raised \$48 million for 2,690 nonprofits in 18 hours—a new record!

From 6 AM to midnight on September 20, 2018, donations poured in from all 50 states, raising an average of \$31,068 per minute!



Thanks to our generous supporters, DAPS received \$13,932 from 139 donors. The money raised during this event will go toward funding the ever-growing number of exercise, speech, and support groups that DAPS provides free of charge for those affected by Parkinson's disease.

Without your participation in North Texas Giving Day and our other fundraisers throughout the year, we could not do what we do. Your donations make a real difference in the lives of the people affected by Parkinson's whom we serve.

Thank you for your generosity!

OCTOBER

**general
 membership
 meeting**



Monday, October 15*

*3rd Monday

1:00 p.m.

Speaker:

Michael McGiboney, RPh

(See Page 2 for speaker bio)

Topic:

**Understanding
 and
 Managing Your Meds**

Location:

**University Park
 United Methodist Church
 Fellowship Hall
 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.

OCTOBER SPEAKER:

Michael McGiboney, RPh



Michael McGiboney, RPh, was born in Birmingham, Alabama, but has the soul of a Texan and got here as fast as he could! After graduating from Samford University–Birmingham, Michael worked as a pharmacist at Treasury Drug in Naples, Florida; at Orlando Regional Medical Center; and at The Children's Hospital of Alabama before being employed by Vizient in 1997. He currently manages the Vizient Pharmacy Program for children's hospitals. In August 2017, Michael was diagnosed with Parkinson's disease. This diagnosis came after his role of caregiver to his

father who also had Parkinson's. His experience as a pharmacist, caregiver, and patient enable him to provide a unique perspective on the treatment of Parkinson's disease.

We have many sources of information today, but there are gaps and assumptions in these sources that can limit the patient's understanding, creating frustration and perhaps even fear. With a better understanding of how your medications work, you will improve your ability to interpret and apply information. Discussions with your healthcare provider will be more informed and productive.

In this session, several key concepts that are essential to knowing your medications will be covered. We will close with a review of strategies to keep you on schedule with taking your medications. In addition, Michael will have several members of the Vizient pharmacy team available to answer specific questions and help you with installing apps on your phone that assist in managing your therapy.



We appreciate
abbvie
for sponsoring the
September General
Meeting!
The snacks were
delicious!



**A message from
Mike Miles**
Executive Director

Please welcome Michele White



Please join us in welcoming Michele White as the new Volunteer Coordinator for DAPS. Michele hit the ground running in early September and instinctively began taking on things that needed to be done. It was immediately evident that she is a team player, a believer in the value of volunteers, and is not

afraid to take on a challenge. She immediately rose to the occasion in getting ready for and arranging volunteer help for the September General Membership Meeting and North Texas Giving Day.

Michele and her husband, Brian, live in McKinney with three teenage sons—Jonathan, Daniel, and Matthew. They have two fur family members they love dearly—Chihuahuas Scooby and Bella. You can normally find them at band functions, on the soccer field, or in the football stands. “Family time is important and we try to get in as much as possible,” Michele says, “and traveling and making memories is one of our favorite things to do.”

Michele has experience in volunteer/event management and community relations. She has worked in nonprofit as well as corporate environments, and has a particular passion for the nonprofit world. Immediately prior to coming to DAPS, Michele was working as a volunteer at her sons’ schools and other activities. She had begun to think about re-entering the workforce when she learned about the opportunity at DAPS from her friend, Debbie Cox, who was leaving her position as Volunteer Coordinator at DAPS. Michele said she felt like the job would be a perfect fit.

When DAPS offered Michele the Volunteer Coordinator position, she said she was thrilled to accept a position with a wonderful and worthwhile organization. “I am honored to be a part of the DAPS family. I wholeheartedly believe in their mission, and I am excited to get to know the volunteers and its members.”

Please consider filling out a Volunteer Information form at bit.ly/daps-volunteer or contact Michele Mon–Thurs from 9am to 2pm at 972-620-7600 or michele@daps.us.

Once Upon A Time

Some stories have to be repeated. This is one of those.

Once upon a time, Mary Ellen—a DAPS member, a DAPS Board Member, and a person with Parkinson’s disease—threw a Halloween party. The cast of characters that showed up was quite impressive, the costumes were wonderful, and by all accounts a good time was had by all!

At just the right moment in the gala evening, Mary Ellen stood and got everyone’s attention for the official welcome. As she welcomed everyone, Mary Ellen opened up and talked of her fear that after her husband passed away, she would be lonely and have nothing to do. Of course, she misses her husband. But, she went on to talk of how she became more and more involved with the Dallas Area Parkinsonism Society (DAPS), the various DAPS programs, the DAPS Board, and the Cooper Clinic Exercise Program where many of her DAPS friends joined her in exercise. She talked of all the friends she had made and the fun she was having. Then she finished up by saying something like, “So, if you don’t have Parkinson’s, go out and get it!”

None of us, Mary Ellen included, would actually wish Parkinson’s on anyone. In fact, if I were granted a wish, I would wish for the cure. But, I cannot tell you how many times I hear similar stories of people who talk about the blessings they have discovered mingled in with the challenges of Parkinson’s. Life is best lived with the company and fellowship of others. Here at DAPS you can find those very things. You will find friends who will exercise alongside you, encourage you, laugh with you, and even invite you out to lunch and to parties! If you or someone in your family is facing Parkinson’s, this is good medicine.

Kindest regards,

UPCOMING EVENTS

vizient Community Day

DATE: Tuesday, October 16
from 11:30 AM to 2:30 PM

DAPS will host a community awareness day about Parkinson's disease with volunteers from Vizient. Space is limited. Register today!

More info: bit.ly/2018VizientInfo



DALLAS GENERAL MEMBERSHIP MEETING

Location: University Park United Methodist Church
(Fellowship Hall)
Address: 4024 Caruth Blvd, Dallas, TX 75225
Date: Monday, **November 12**, 2018
Time: 1:00 p.m.
Speaker: Martha Fiddes
Topic: Physical Therapy



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

MCKINNEY GENERAL MEMBERSHIP MEETING

Location: St Gabriel the Archangel Church
Address: 110 St Gabriel Way, McKinney, TX 75071
Date: Tuesday, **October 16**, 2018
Time: 10:00 a.m.
Topic: General discussion



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!

DUNCANVILLE GENERAL MEMBERSHIP MEETING

Location: Trinity United Methodist Church
Address: 1302 S Clark Rd, Duncanville, TX 75137
Time: 6:00 p.m. (snack supper)
7:00 – 8:00 p.m. (speaker)
Date: Monday, **October 29**
Speaker: Walter A. Lajara-Nanson, MD, and
LeAnn Hoffart, BSN, RN
Topic: Patient Partner Program – Get to Know an
Option for Advanced Parkinson's Disease

Memorials • Honors • Donations

August 2018



In memory of James Ray (Jim) Taylor

From: Jenn & CD Engle
Griff & Barbara Jones
Tim & Jim Landon
George Uhl & Kent Bogdan
Lana & Bruce Reed

In memory of James Albert Dorsey

From: Loretta, Mark, Kenneth, Kristin & Trey Guckian

In memory of Kevin Miles

From: Mike & Donna Miles

In memory of Phil Miller

From: Randy & Susan Orr

In honor of Stuart's 86th birthday

From: Jeri & Michael Hall

In honor of Pam & Matt Michel

From: Ramona & Jimmy Huffman

In honor of Richard Bower

From: Sam Self

Donation to DAPS

From: Ronald Brame
Jill Dominguez
Scott & Kathleen Hartless
Amazon Smile Foundation
South Garland Baptist Church
Vizient
DAPS @ Trinity (Duncanville)
DAPS McKinney

DAPS GEM

Giving Every Month

GEMs are donors who

Give Every Month.

Our GEMs are very valuable!

Sign up on the DAPS website.

<http://bit.ly/DAPSGEM>

Anonymous	Donna Miles
Sarah Atwood	Mike Miles
Larry & Jana Barker	Carlie Moe
Laura Boyle	Susan Norvell
Shirley Brouillette	Tom & Ceil Pajda
Edna Buentipo	Sandi Pautler
John & Wanda Call	Jon Peacock
Larry Christensen	Fred Ransdell
Christian Clausen	Sandra Rodriguez
Patty Cook	Kim Saunders
Bruce & Janiece Crozier	Holly Scott
Linda Dieringer	Charles Schlinke
Raul & Jill Dominguez	Robyn & Bud Seitzler
Katie & Manford Edgington	Janis & Terry Spear
Rosemary & William Edwards	Marilyn Stewart
Bentley & Iris Foster	Jim Struble
Barbara Glass	Joyce Susman
Barry & Pat Goukler	Dr. Chad Swank
Ann Heidger	Linda & Mike Swanson
Geri & Harold Kellogg	Leslie & Brad Tarkington
Jo & Bert Klein	Bob & Dottie Vlach
Leon & Marilyn Levin	John & Ruth Walker
Glen & Frances Main	Michael Watson
Chip & Ginny Melara	Cindy Weatherall
Brenda & Billy Merriman	Diana Winkelmann
Pam & Matt Michel	Sharon & Greg Wood

August Donations: Tenth Annual Non-Event

*We are only \$120 from reaching our \$50,000 goal!
Although our promotion of the Non-Event
officially ended on May 31, we will accept donations
through the end of the year.*



Orange....\$100 +

Mitch & Barbara Singleton



Dallas Area Parkinsonism Society
exercise • speech therapy • support groups

6370 LBJ Fwy Ste 170
Dallas, TX 75240-6400
972-620-7600 • daps@daps.us

DALLAS

Preston Hollow UMC

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

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

*Call 214-702-6559 or

TribeWellnessLLC@gmail.com for info

Finley Ewing Cardiovascular & Fitness Center, Studio 3

5721 Phoenix Dr, Dallas (214-345-4625)

Dance for Movement Disorders:

Tue/Thu...2:00–3:15 pm

Edgemere

8523 Thackery St, Dallas (214-265-9100)

Move & Stretch:

2nd & 4th Tuesday...2:00–3:00 pm

Belmont Village Turtle Creek

3535 N. Hall Street, Dallas (214-559-7015)

Move.Laugh.Connect.

Friday...1:15–2:15 pm

Town North Family YMCA

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

Move.Laugh.Connect.

Tue/Thu...1:00–2:00 pm

Lake Pointe Church at White Rock

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

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

NORTHEAST

St. Gabriel the Archangel Church

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

Group Exercise:

*Tue/Fri...10:15–11:15 am

*Exercise on 3rd Tue follows the

Support Group Meeting (11:10 am–noon)

Title Boxing Club of Allen:

503 W McDermott Dr #100, Allen (214-644-2640)

†Boxing for PD:

Tue/Thu...10:30–11:30 am

Sat...10:15–11:15 am

Info: 214-644-2640 or FreeMotionPD.com

Hunters Glen Baptist Church

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

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 (972-231-1005)

Group Exercise:

Tuesday...10:00–11:00 am

Friday...9:45–10:45 am

Tribe Wellness Gym

100 N Cottonwood Dr #108, Richardson (214-702-6559)

†South Paws Boxing:

Monday...9:30–10:30 am

Mon/Thurs...6:30–7:30 pm

Tues/Fri...1:30–2:30 pm

†Tai Chi:

Mon/Fri...10:45–11:45 am

Wed...9:00–10:00 am

*All groups and classes are free of charge to participants unless noted with an asterisk.
To order the activity book (\$25 each) for the Move.Laugh.Connect. classes, call 972-620-7600.
Dates/times subject to change. See daps.us/groups or call 972-620-7600 for more information.
†DAPS members receive discount.*



Dallas Area Parkinsonism Society
exercise • speech therapy • support groups

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Dallas, TX 75240-6400
972-620-7600 • daps@daps.us

EAST

South Garland Baptist Church

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

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

Mesquite Rehabilitation Institute

1023 North Belt Line Rd, Mesquite (972-216-2400)

Group Exercise:

Tuesday...10:00–11:00 am

Speech Therapy:

Tuesday...9:30–10:00 am

SOUTHWEST

Trinity United Methodist Church

1302 S Clark Rd, Duncanville (972-296-2155)

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

Cyclone Indoor Cycling

1724 Broad St, Suite 100, Mansfield

WWAP Spin Class

Tue/Thu...10:30–11:15 am

†Cyclone membership required

**Small class sizes. Please call in advance
to RSVP: 817-769-2723**

www.cycloneindoorcycling.com

NORTHWEST

Landing at Watermere Frisco

4300 Cotton Gin Rd, Frisco (972-798-7000)

Move.Laugh.Connect.

Tuesday...10:00–11:00 am

Thursday...1:00–2:00 pm

Lakeview at Josey Ranch

2105 N Josey Ln, Carrollton (972-466-4433)

Move.Laugh.Connect.

Monday...12:30–1:30 pm

Grace Lutheran Church

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

Group Exercise:

Wednesday...10:00–11:00 am

Speech Therapy:

Wednesday...11:00 am–12:00 pm

MacArthur Hills Sr. Living

1295 Kinwest Pkwy, Las Colinas (469-251-4349)

Group Exercise:

Tue/Fri...10:00–11:00 am

MONTHLY SUPPORT GROUPS

University Park United Methodist Church

4024 Caruth Blvd, Dallas (214-368-1435)

2nd Monday...1:00–3:00 pm

St. Gabriel the Archangel Church

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

3rd Tuesday...10:00–11:00 am

Trinity United Methodist Church

1302 S Clark Rd, Duncanville (972-296-2155)

Last Monday...6:00–8:00 pm

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To order the activity book (\$25 each) for the Move.Laugh.Connect. classes, call 972-620-7600..
Dates/times subject to change. See daps.us/groups or call 972-620-7600 for more information.*

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Dallas Area Parkinsonism Society

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