



6370 LBJ Freeway  
Suite 170  
Dallas, TX 75240  
(972) 620-7600  
www.daps.us

**FEBRUARY 2019**

## Eleventh Annual Non-Event

Plan now to join us for a celebration of our Texas heritage and support DAPS during the “Deep in the Heart of Texas” eleventh annual Non-Event fundraiser.



We are breaking out of our mold and doing things a little differently this time. In the past, we started the Non-Event campaign in April, Parkinson’s Awareness Month. This year, we are beginning earlier and will complete the campaign at the end of April in honor of Parkinson’s Awareness Month.

Keep in mind that we call our annual fundraiser a “Non-Event” because there are no tickets to buy, no special clothing to purchase, and no transportation arrangements to make. Instead, 100% of what you spend goes directly to DAPS as a donation to support our ongoing work.

**Please reach deep in your heart and consider a Texas-sized gift!  
Keep an eye on your mailbox. Your invitation will arrive soon!**

## FEBRUARY general membership meeting



**Monday, February 11, 2019**

**1:00 p.m.**

Speaker:

**Cheryl Acres, RN**

(See page 2 for speaker bio)

Topic:

### **Speaking with Your Doctor & Other Mysteries**

As always, light refreshments  
will be served.  
We look forward to seeing you!

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

### Executive Director

Mike Miles

### Board of Directors

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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:

Carrie Marquis  
972-620-7600  
carrie@daps.us

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

## FEBRUARY SPEAKER:

## CHERYL ACRES, RN, CCM, CDP



Cheryl Acres has been a Registered Nurse (RN) since 1978 and a Certified Case Manager (CCM) since 1998. In 2018, she obtained her credentials as a Certified Dementia Practitioner (CDP) and Certified Assisted Living Manager (CALM) in Texas. She founded her company, Comprehensive Care Management LLC, in 2007 in order to assist seniors and families in developing a care road map. The company's focus is on providing education about illness and services for aging loved ones, and to aid seniors in maintaining their health and independence, while aging with dignity.

The January general meeting  
was sponsored by

**abbvie**

We appreciate their generosity!

A special THANK YOU to all of our  
very helpful volunteers!

## REMINDER...

In the event that there is  
bad weather on the day of a  
DAPS meeting, group, or class,  
we will follow decisions determined by  
the Dallas Independent School District.

([dallasisd.org/weather](http://dallasisd.org/weather))



## Research News: FDA Approves Inhaled Levodopa for “Off” Episodes

The Dallas Area Parkinsonism Society cannot provide services or accomplish the mission of **impacting and improving the lives of those affected by Parkinson’s disease** without *devoted* and *AMAZING* volunteers! There are many ways you can share your time with DAPS.

### Monthly General Membership Meetings:

Set up, greet members, serve/assist with snacks, clean up

### DAPS Office:

Filing, data entry, and general clerical help

### Group Facilitators:

Facilitators are needed at each of our group locations (classes occur during the day). Facilitators set up (if needed), greet attendees, take attendance, process paperwork, and accept donations.

### Special Events:

Assist with various aspects of preparing for an event and/or help during the event.

### Specialized Skills:

Video production, photography, writing, graphic design, computer technology/programming

Please consider joining the DAPS volunteer team. With your help, there is so much more we can do. We truly appreciate the ways our DAPS volunteers support the Parkinson’s community!

If you are interested in volunteering, please call our Volunteer Coordinator or fill out a volunteer application form online.

**Michele White: 972-620-7600**

**[bit.ly/daps-volunteer](http://bit.ly/daps-volunteer)**

On December 21, 2018, the U.S. Food and Drug Administration approved Inbrija™, an inhaled levodopa powder, for “off” episodes, when Parkinson’s symptoms are not well controlled with oral medication. The Michael J. Fox Foundation (MJFF) supported early clinical trials of the treatment, and this is the first regulatory approval of a Parkinson’s therapy directly funded by MJFF.

“Our strategy of funding high-risk, high-reward projects with a focus on patient impact has paid off,” said MJFF CEO Todd Sherer, PhD. “Today people with Parkinson’s have a new option to manage life with the disease. Because of our Foundation’s investments, many more treatments to manage symptoms and to stop progression are moving closer to pharmacy shelves and patient hands.”

MJFF partially funded Phase I and II trials of Inbrija by biotechnology company Civitas Therapeutics in 2011 and 2013 with two grants totaling \$1.3 million. Acorda Therapeutics, Inc., acquired Civitas in 2014 and continued the development of Inbrija.

The newly approved Inbrija, which Acorda expects to become available to patients in the first quarter of 2019, helps quickly alleviate symptoms of tremor, slowness, and stiffness. With long-term oral levodopa use and advancing disease, these aspects of the disease can re-emerge between medication doses. These “off” episodes can greatly impact quality of life, bringing uncertainty to one’s days and limiting ability to complete daily tasks.

A 2014 MJFF survey of more than 3,000 people with Parkinson’s disease found that more than 60 percent of respondents were in an “off” state for two or more hours per day, and nearly 50 percent said their “off” episodes caused them to avoid or stop activities.

Acorda Therapeutics CEO Ron Cohen notes, “It was clear, thanks to the work of MJFF, that ‘off’ episodes were a serious symptom for many Parkinson’s patients. Acorda committed to addressing this, and the FDA approval means patients will soon have a new treatment option.”

Read more about this in a press release from Acorda Therapeutics: <http://bit.ly/AcordaPressRelease>.



## Memorials • Honors • Donations

### December 2018



**In memory of Loy Baird**

From: Betty Baird

**In memory of Shirley Booth**

From: Janet Richter

**In memory of Jacquelin Coulter**

From: EH Becker & Family  
Mr. & Mrs. Richard Sperring

**In memory of Jim Engelbrecht**

From: Pat Engelbrecht

**In memory of Jeanne Grissom**

From: Ed & Sandy Asher  
J. Burke Asher  
Mary Lou Asher  
Fradona Griffin  
Kelly & Rob Smith

**In memory of Joe Hickman**

From: Carrie Sadler

**In memory of Kevin Miles**

From: Mike & Donna Miles

**In memory of Barbara Seymour**

From: Roland Anderson  
Linda & Gary Chapman  
Patricia Engelbrecht  
Jerry & Leslie Gantzer  
Beth Jacobs  
Carole & Mitch Kolo  
Tim McGlothin  
Mike & Alex Raiter  
Eric & Eileen Reisdorg  
David Seymour  
John & Sonae Seymour  
Lynn Seymour  
Doris Sosnowski  
Franklin Tigh

**In memory of Jack Underwood**

From: Joan Underwood

**In memory of R. N. Watts**

From: Mary Ann Barrentine  
Lucille Martin  
Lake Highlands Baptist Church

**In memory of Ben Spurgin &  
Bill De Witt**

From: Sally & Bob Spurgin

**In memory of those who have left us**

From: The Carrollton Group

**In honor of Sarah Atwood**

From: Lucy Martin

**In honor of Ms. JS**

From: Celastene Pruitt

**In honor of Lori McWilliams**

From: Bruce McWilliams

**In honor of Donna Burson &  
Wanda Call**

From: Mildred Dooly  
Robert & Kathleen Hartless  
Patricia McElwain  
Ms. Nancy Noyes  
Stanley Scott  
John & Ruth Walker

**Donation to DAPS**

From: Anonymous  
Morris Baggett  
Amanda Beard  
Mr. Jackson Brown  
Mrs. Edna Buentipo  
Lynn Burton  
Subba Rao Chennupati  
Mr. Brent Doll  
Marie Dowling  
Claudia Everett  
Bentley Foster  
David Franzen

Sam Friedman

Mr. Cecilio Garcia

Carla Gaylor

Mrs. Jim Ann Grandstaff

Kay Grishman

Jeffrey & Deborah Hamer

Shirley Hand

Kent Hanneman

Tommie Harris

Ann Heidger

Don Holloway

Mr. Michael Hunter

Gil Lavey

Mr. Richard LeBlanc

Larry & Linda Levey

Robert Malenfant

Dee Maxey

Billy Merriman

Audree Meyer

Mr. Paul Miller

Louis Neeb

Charlene Noe

Don Perkins

Wayne Rich

Ralph Robinowitz

Robert & Alicia Rubio

Terry Sandlin

Neil Saretsky

Dr. Paul Scott

Barbara Seymour

Gary Stewart

Nancy Sunshine

John Thompson

Thomas Thorpe

Mr. Larry Wilsey, Jr.

Diana Winkelmann

South Garland Baptist Church

Vizient

DAPS @ Trinity (Duncanville)

DAPS McKinney



# 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](mailto: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

### 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](http://daps.us/groups) or call 972-620-7600 for more information.*

**†DAPS members receive discount.**



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**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](http://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

*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](http://daps.us/groups) or call 972-620-7600 for more information.  
†DAPS members receive discount.*

# DAPS GEM

Giving Every Month

GEMs are donors who

Give Every Month.

Our GEMs are very valuable!

Sign up on the DAPS website.

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 Giving Every Month to DAPS.

## UPCOMING EVENTS



### DALLAS GENERAL MEMBERSHIP MEETING

**Location:** University Park United Methodist Church (Fellowship Hall)  
**Address:** 4024 Caruth Blvd, Dallas, TX 75225  
**Date:** Monday, March 11, 2019  
**Time:** 1:00 p.m.  
**Speaker:** Donna Richardson, PT, MS  
Encompass Health Rehabilitation Hospital  
**Topic:** Movement Rehabilitation Technology

### MCKINNEY GENERAL MEMBERSHIP MEETING

**Location:** St Gabriel the Archangel Church  
**Address:** 110 St Gabriel Way, McKinney, TX 75071  
**Date:** Tuesday, February 19, 2019  
**Time:** 10:00 a.m.  
**Speaker:** Dr. Satish Gaddam, Lone Star Neurology  
**Topic:** Non-motor Symptoms of Parkinson's Disease

### 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, February 25, 2019  
**Speaker:** Marylynne Henry, Friends Place  
**Topic:** Community Resources for Caregivers  
Call 972-298-4556 for more information.

### *Our Deepest Sympathies*

It is with sadness that we share that our Executive Director Mike Miles' mother, Virginia (Jenny) Miles, passed away on January 4, 2019 in her home in Irving, Texas. This is the home that the family moved into when Mike was in the 5th grade.

Mike officiated at his mother's memorial service on Wednesday, January 9, 2019. He and the family appreciate your thoughts and prayers during this time.

For the DAPS family, in lieu of flowers, donations may be made to the Dallas Area Parkinsonism Society in memory of Jenny Miles.



**Dallas Area Parkinsonism Society**

6370 LBJ Freeway, Suite 170

Dallas, Texas 75240

(972) 620-7600

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**RETURN SERVICE  
REQUESTED**

## IMPORTANT UPDATE



Here at DAPS, we are always looking for ways to better serve the Parkinson's community. Starting in March, we will roll out a new way of communicating with our members. All future newsletters will be delivered exclusively by email. This will allow us to more quickly provide information and promote upcoming events, and it will also free up more of the DAPS budget for our exercise classes and programs.

It is important that we have your current email address. If you are not already getting the emailed newsletter, be sure to email us at [daps@daps.us](mailto:daps@daps.us) with your current email address, or you may call 972-620-7600.



**disclaimer:** The contents or opinions expressed in this newsletter are those of the individual writers or presenters and do not constitute an endorsement or approval by DAPS staff. Please consult your personal physician regarding your individual medical problems.