...extending the functional years

by Margaret B. Schroeder

DAPS President Chad Swank opened the October monthly general meeting saying, “Every organization can look back at pivotal days, and I think this is one of those days.”

“I believe DAPS is one of Dallas’ best kept secrets,” said Executive Director Mike Miles. “We’re doing about 30 meetings a week around the metroplex, and two other monthly general meetings, one in McKinney and one in Duncanville.”

Clearly, DAPS has grown since it was founded back in 1978 by Clarice Dougherty to help her husband deal with the challenges of Parkinson’s disease (PD). Through the years, DAPS has helped thousands of people affected by PD, all because of one person’s willingness to act.

Drs. Charles and Susan Sterling have also been inspired into action on behalf of people with Parkinson’s. It started in 2006 when Charles was diagnosed with PD. Through their work experience, the Sterlings immediately knew exercise was going to be a key component in Charles’ health going forward. “We also knew attitude was going to be important,” said Susan. “One day, Charles woke up and said, ‘Move. Laugh. Connect.’ and an idea was born.”

It started with, of all things, a rap video. “Charles is a songwriter,” Susan said, so “music is always a part of our house.” He said rap would be fun, it will be funny, and it will capture attention.

“I want it to be a tribute to the 40 million people with Parkinson’s,” said Charles. The video, which you can see on YouTube at bit.ly/MLC_Tribute, was performed by over a dozen “rappers” who go by names like Shak-E-Lou, Vanilla Shake, Nanna Banana, and Derf Dawg, and all of them have PD.

“The video has been viewed in over 1000 cities in 70 countries around the world. Physicians are showing it to people who’ve been recently diagnosed,” said Charles. “In fact,” he continued, “the video was so well received, people said we have to come up with a program for Move. Laugh. Connect.”

MLC continues on page 3
DECEMBER ENTERTAINMENT:

Variations Choir of Woodrow Wilson High

The Woodrow Wilson High School Show Choir, Variations, will be performing their show “Music to Dance By: A Celebration of music from the 1970’s Disco Era!” The group is under the direction of Mrs. Katie Anderson (an alumna of the group herself) and Mr. John Beaird.

The group has been quite famous in the Dallas area since their foundation in 1979 for Woodrow’s 50th Anniversary. In addition to performing as a show choir, the group is extremely active in theatre and in classical music. They perform several plays a year including the very renowned Woodrow Wilson Spring Musical. This year’s show is the charming “Seussical the Musical”, the great musical celebration of the works of Dr. Seuss. The show will be presented April 20-23 at Woodrow Wilson High School.

The group is honored to participate at this year’s DAPS Luncheon and would like to dedicate their performance to the memory of Mr. Beaird’s father, Clark Beaird, who passed away on October 17th of this year.

Snacks at the General Membership Meeting in November were provided by:

CNC Home Care

We appreciate your generosity!
The challenge couldn’t have gone to a more capable couple. For 20 years, Charles was Executive Director of the renowned Cooper Institute, a research and education center focused on preventive medicine research and public health applications. Susan worked for over 20 years at the Cooper Institute as Director of Education, and prior to that she was a statewide coordinator for the NC State Department of Public Instruction.

It started with a vision: extending the functional years. Charles quoted Bob Dylan, who was recently awarded the 2016 Nobel Prize in literature. Dylan sang, “The times, they are a-changing.” There are a number of declining trends, stated Susan, including voting, participation in service clubs, attendance at faith-based centers and at PTA meetings. She went on to explain that right after WWII, civic involvement was high. Then there were many changes in work culture and urban sprawl. “Civic disengagement began when women went to the workforce in the 1950s. They came home exhausted and couldn’t go to PTA meetings or card games. TV got really good. People didn’t want to go out at night,” she said.

The words, “So, What?” dominated one of Susan’s PowerPoint slides on the big screen behind her. “We are living longer,” she said. According to the Centers for Disease Control (2014, 2016), Americans reaching 100 years is up 44% from 2000. By 2030, the number of older adults will double and represent 20% of the US population. The problem with this is, “we are in an inactive society. We are a nation of couch potatoes raising tater tots,” she said. “We may run out of function before we run out of life,” she said.

**Why Connect?**

“Lack of social connection is a greater detriment to health than smoking, obesity, and high blood pressure put together,” explained Susan. Move. Laugh. Connect. places a high priority on building social capital. The program contains a survey that measures issues of social isolation, social satisfaction, and social interaction. “We want to raise awareness of social capital,” said Susan. “It is an important part of MLC. It helps them through the tough times,” she said.

“*The very fabric of our connections with each other has plummeted, impoverishing our lives and communities.*

*Robert Putnam*

Charles is a visionary. This program is rolling out across the US. “It does not require a large space or heavy equipment,” he said. “Our markets are senior centers, faith-based centers, hospitals, nursing homes, recreation centers, and fitness centers,” he said. “We have a proficiency course; we want to train people up in MLC,” he continued. A pilot program will start in four states: Texas, Louisiana, Florida, and North Carolina.

The Texas blastoff will start as a DAPS-managed program. Planning for the first Dallas MLC site is underway. After the pilot period, there will be multiple sites in the Dallas area. In Phase II, an academy, or center, will be named. “We’re going to study functional age,” said Charles. “We’re going to popularize those terms: functional age vs. chronological age.”

Concluding, Charles said, “No one out there really makes it alone. It can be difficult to learn a new song, to hear the new music. But it gets better when you stick together, like in a choir. The perfect storm is already here. As Bob Dylan said, ‘you don’t need a weatherman to know which way the wind is blowing.’ So let’s work smart. Let’s team up. There are no do-overs. When you find you’re in the right place, let’s move forward. Move. Laugh. Connect.”

DAPS is grateful to Drs. Susan and Charles Sterling for teaming up and moving forward. Susan said it best: “It’s not about coping; it’s about living life with zest.”
Since the launch of Moving Day® in 2011, the National Parkinson Foundation has hosted dozens of events in cities across the U.S. This year’s inaugural DFW Moving Day event on November 5th at Globe Life Park in Arlington was long-awaited by many in the Parkinson’s community here in north Texas. Over 800 people attended the event and the fundraising goal exceeded expectations. DAPS is proud to have been a part of this exciting new event.

The mission of Moving Day is to help every person diagnosed with Parkinson’s disease to live their best possible life now. These events bring together friends, families and communities to celebrate movement, further awareness, and to learn about support for PWPs available in their area.

Moving Day DFW featured a 5K walk and a 1-mile fun walk around the concourse inside the ball park. But the event is so much more than a walk. There are information booths for the national sponsors of Moving Day as well as resource tables for all kinds of local services available for PWPs. Every Moving Day also highlights a “movement pavilion” where different types of exercises geared toward PWPs are demonstrated. The DFW event included Tai Chi, LSVT BIG® and LSVT LOUD®, yoga, stretching, boxing and Dance for PD®. There was also a kids’ zone, music from an excellent DJ and raffle prizes.

If you missed the first Moving Day DFW, mark your calendars now for next year. Globe Life Park has tentatively penciled in November 4, 2017. Construction on the ball park will begin before then, but is not expected to impact the north lawn where the event is held. Planning will begin early in 2017. If you’re interested in helping on a planning committee, please let the DAPS office know and we will put you in touch with the organizers.

To Be Continued

Here in the office, Jill and I have the privilege of hearing from people almost every day who share their stories of how life is better because of DAPS.

I support DAPS not just because I work here, but also because I believe in what we do. I make an annual membership contribution, I give during the Non-Event and on North Texas Giving Day, and I am proud to say I am a GEM, someone who is Giving Every Month. I am not alone in giving in all four of those ways. Many not only give in those ways, but also give in memory or in honor of loved ones throughout the year (as do I).

At one of our recent exercise classes, one of our DAPS members spoke up with an obvious sense of pride to announce that he was a GEM. That was so encouraging. Our GEMs are valuable indeed!

I hope that you, like many others, are helping to support the good work that DAPS does. Any time is a good time to give to a worthy cause. The end of the year is an especially good time. It is a time when we reflect upon what we have accomplished and what we want to do before turning the last page of this year’s calendar. DAPS has been changing lives since 1978. That is almost 40 years of life-changing stories. We can do that because of the generosity of people just like you.

Let’s keep changing lives. The exercise, speech, and support that DAPS offers is making a difference. I invite you to join me in making an end-of-year donation to DAPS. With all of our help, the story continues.

Happy Holidays,

A message from Mike Miles
Executive Director

The Twelve Days of Christmas... Parkie Style

by Beverly Ribaudo

On the morning of Christmas Santa gave to me:

Twelve pills to take
Eleven aches and pains
Ten twitching fingers
Nine dropped cookies
Eight shirts I can’t button
Seven trips to the bathroom
Six hours of sleep
Five cramping toes
Four hours of wiggles
Three stumbles and falls
Two cold feet
And I’m stiffer than a frozen snowman!

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Beverly Ribaudo (also known as Yuma Bev) lives in Yuma, Arizona. She has an unbelievable sense of humor and can make anything FUNNY, including her life with Parkinson’s disease. Learn more about her at www.YumaBev.com.

The Family of Harry Morris would like to express its sincerest gratitude to all the special people in their lives for the outpouring of love that they have expressed in so many ways during this trying time.

-Helene Morris and Family-

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MEMORIALS · HONORS · DONATIONS

OCTOBER 2016

In memory of Joanne Brown
From: Charles Hogge, Joy of St. Andrews
       Class Treasurer
       David & Barba Keene
       Howard V. Kennedy
       Thomas & Susan Wendling

In memory of George Kilpatrick
From: Sue Melton
       Judy Sargent
       David & Sue Schini

In memory of Clark Beard
From: Mike & Donna Miles
       The Way Family
       Patti Hardman
       Jill Dominguez

In memory of Jim Harned
From: Paul Salzberger

In memory of Gloria Mae Smith
From: Esther Thomas

In honor of Ann & her dad
From: Brian Cardoza

Donation to DAPS
From: Sean Duncan
       Anonymous individuals at October
       General Membership Meeting
       Anonymous individuals via
       Bank of America Employee
       Giving Campaign
       Leatitia Tabaks via Hunt Cares
       Employee Campaign
       Hunt Consolidated Inc. match for
       Leatitia Tabaks donation
       The Grainger Foundation
       Tom Thumb Good Neighbor Program
       DAPS at Preston Hollow (Dallas)
       DAPS at South Garland (Garland)
       DAPS at Trinity (Duncanville)

GEMs are donors who
Give Every Month.
Our GEMs are very valuable!

Sign up on the DAPS website.

“I support DAPS because I do
neuroscience research into the
causes and treatments for Parkinson’s
disease, and this is a way for me to
‘connect’ with people who have PD.
~ Dr. Dwight German

Ian Andersen  Mike Miles
Sarah Atwood  Carlie Moe
Dusty Berry  Susan Norvell
Edna Buentipo  Sandi Pautler
Leo & Eddi Dagley  Jackie Reis
Jill Dominguez  Debora Schoene
Raul Dominguez  Holly Scott
Liza Farrow-Gillespie  Jim Struble
Bentley Foster  Joyce Susman
Barbara Glass  Chad Swank
Barry & Pat Gouklar  Linda & Mike Swanson
Ann Heidger  Kyle Wayne Thomason
Leon & Marilyn Levin  Cindy Weatherall
Pam & Matt Michel  Diana Winkelmann
Donna Miles  Greg Wood
## NON-CONTACT BOXING FOR PARKINSON’S DISEASE

**Title Boxing Club of Allen**  
300 N. Greenville Ave.  
214-644-2640  
allen-greenville.titleboxingclub.com  
Tuesday/Thursday...10:30 to 11:30 am  
Wednesday...8:15 to 9:15 pm  
Saturday...10:15 to 11:15 am  

DAPS has partnered with Title Boxing of Allen to obtain reduced rates. Learn more about the program at FreeMotionPD.com. Contact the class trainer, Heidi Weimer, with any questions regarding schedules or rates.

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### CARROLLTON:
**Grace Lutheran Church**  
1200 E. Hebron Pkwy. (972-492-4474)  
**Group Exercise:**  
Wednesday...10:00 to 11:00 am  
**Speech Therapy:**  
Wednesday...11:00 to 11:45 am  

### DALLAS:
**Finley Ewing Cardiovascular & Fitness Center, Studio 3**  
5721 Phoenix Drive (214-345-7074)  
**Dance for Movement Disorders:**  
Tuesday...2:00 to 3:15 pm  
Thursday...2:00 to 3:15 pm  

**Lakeside Baptist Church**  
9150 Garland Rd. (214-324-1425)  
**Dance for PD®:**  
Wednesday...9:30 to 10:30 am  
**Speech Therapy:**  
Wednesday...10:30 to 11:15 am  
**Partners-in-Care Group:**  
Wednesday...10:15 to 11:15 am  

**Preston Hollow United Methodist Church**  
6315 Walnut Hill Lane (214-363-4393)  
**Speech Therapy:**  
Tuesday...11:30 am to 12:30 pm  
**Group Exercise:**  
Tuesday...10:30 to 11:30 am  
Thursday...10:30 to 11:30 am

### DUNCANVILLE:
**Trinity United Methodist Church**  
1302 S. Clark Rd. (972-296-2155)  
**Speech Therapy:**  
Thursday...1:00 to 1:45 pm  
**Group Exercise:**  
Monday...12:00 to 1:00 pm  
**New Time No class last Monday of the month**  
Thursday...2:00 to 3:00 pm  
**Support Meeting:**  
Last Monday...6:00 to 8:00 pm  
**Partners-in-Care Group:**  
3rd Thursday...1:00 to 2:00 pm  
**Dance for PD®:**  
Monday...10:30 to 11:30 am  
**New Time No class last Monday of the month**

### GARLAND:
**South Garland Baptist Church**  
1330 E. Centerville Rd. (972-271-5428)  
**Group Speech:**  
1st & 3rd Monday... 9:30 to 10:15 am  
Thursday...9:30 to 10:15 am  
**Group Exercise:**  
Monday...10:30 to 11:30 am  
Thursday...10:30 to 11:30 am  
**Discussion Group:**  
Monday...9:30 to 10:30 am  
**Partners-in-Care Group:**  
Thursday...10:30 to 11:30 am

### IRVING:
**MacArthur Hills Sr. Living**  
1295 Kinwest Pkwy. (469-251-4349)  
**Group Exercise:**  
Tuesday...10:00 to 11:00 am  
Friday...10:00 to 11:00 am

### MESQUITE:
**Mesquite Rehabilitation Institute**  
1023 North Belt Line Rd. (972-216-2400)  
**Speech Therapy:**  
Tuesday...9:30 to 10:00 am  
**Group Exercise:**  
Tuesday...10:00 to 11:00 am

### PLANO:
**Custer Road United Methodist Church**  
6601 Custer Road (972-618-3450)  
**Speech Therapy:**  
Thursday...11:00 to 11:45 am  
**Group Exercise:**  
Tuesday...10:00 to 11:00 am  
Friday...10:00 to 11:00 am

### RICHARDSON:
**Arapaho United Methodist Church**  
1400 W. Arapaho Rd. (972-231-1005)  
**Group Exercise:**  
Tuesday...10:00 to 11:00 am  
Friday...10:00 to 11:00 am
MARK YOUR CALENDAR

daps holiday luncheon
Monday, December 5 - 12:30 p.m.*
* Note this is the 1st Monday & earlier start time.
**In the Activity Center at UPUMC**
Entertainment: Variations Choir - Woodrow Wilson HS
RSVP by Thursday, December 1st; $10 per person.

January general meeting
Monday, January 9 - 1:00 p.m.
Speaker: Mike Miles, Executive Director of DAPS
Topic: State of DAPS Address

Join us at the DAPS Holiday Luncheon on
Monday, December 5 - 12:30 p.m. at
University Park United Methodist Church,
4024 Caruth Blvd., Dallas, TX 75225.

January in mckinney
Tuesday, January 17 - 10:00 a.m.
Speaker & Topic: TBA

DAPS McKinney meets on the 3rd Tuesday of every month at
St. Gabriel the Archangel Church, 110 St. Gabriel Way, McKinney,
TX 75070. Email mckinney@daps.us for more information.

All General Membership Meetings are held at University Park
United Methodist Church, 4024 Caruth Blvd., Dallas, TX 75225.
For more information, call 972-620-7600.

Have you made your luncheon reservation?

www.facebook.com/daps.us
@dapsinfo
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