DAPS Presents the First Dr. Kenneth H. Cooper Lifetime Achievement Award

At the Dallas Area Parkinsonism Society (DAPS) June General Membership Meeting, we were honored to have Dr. Kenneth Cooper, founder of Cooper Aerobics, as our guest speaker. In recognition and honor of Dr. Cooper, DAPS established the Dr. Kenneth H. Cooper Lifetime Achievement Award. It is with great pleasure and appreciation for Dr. Cooper that DAPS will continue to honor his legacy and acknowledge his contributions in the field of Parkinsonism with an annual Dr. Kenneth H. Cooper Lifetime Achievement Award presented to a worthy individual.

DAPS Executive Director Mike Miles presented Dr. Cooper with a framed picture of the Movement Disorders Exercise Class that is held at the Cooper Aerobics Center. Several DAPS members and some of our board members are longtime participants in that program.

Mike then presented the first DAPS Dr. Kenneth H. Cooper Lifetime Achievement Award to Dr. Charles Sterling. As the award was presented, we learned some interesting things about Charles. He was drafted by the New York Yankees and Cleveland Indians out of high school. The NY Yankees paid his tuition to Texas Christian University where he majored in biology, very different from most athletes.

Award continues on pg 3

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

JULY JUBILEE

entertainment:

Me & Pooch

Monday, July 10, 2017
12:30 p.m.

Join us as we celebrate the birthday of our founder, Clarice Dougherty, with a barbecue luncheon.

FREE!

Bring your favorite salad, side dish, or dessert!

RESERVATIONS ARE REQUIRED by July 5.

See page 2 for details.

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

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JULY ENTERTAINMENT:

Me & Pooch

Me & Pooch consists primarily of John Phillips on vocals, bass guitar and percussion, and Pooch Amy on vocals and acoustic guitar. The duo has played together in various bands since 1997, but has kept busy as a musical pair since 2003. They typically perform over 150 engagements a year.

Both musicians have a broad musical spectrum as their influence, including rock, country, gospel and blues. Add the six decades of performing experience and it becomes clear why Me & Pooch appeal to such a diverse audience. Expect to hear your favorite classic songs that will transport you to your most beloved memories. Enjoy a video of Me & Pooch performing when you RSVP on the DAPS website.

Join us as we celebrate the birthday of DAPS’ founder, Clarice Dougherty, with a Texas barbecue luncheon, pot-luck style. DAPS will provide the meat and you bring your favorite salad, side dish or dessert.

There is no charge to attend, but RSVPs are required. Please RSVP by July 5 at http://bit.ly/daps-july17 or by calling the DAPS office at 972-620-7600.

Thank you!

We are grateful to Edgemere for hosting the Dallas Area Parkinsonism Society General Membership Meeting at their community on June 12. Edgemere not only provided the meeting space but also provided valet parking, delicious food and drink, and goodie bags for attendees. Special thanks go to Luis Argote, Executive Director, and Martha Bonilla, Plaza Outreach Coordinator, for their personal attention to every detail, ensuring an enjoyable experience and a successful event.
In 1976, Charles invented FitnessGram®, a youth fitness report card and educational program. Realizing what he had, he took it to Dr. Kenneth Cooper and shared his vision. With the Cooper credentials behind him, Charles was able to get the FitnessGram® into 850 school districts in all 50 states and 12 countries. In 1980, Charles joined The Cooper Institute as Executive Director and later served as CEO of Cooper Aerobics.

Charles was diagnosed with Parkinson’s disease (PD) in 2001. It was then that he and his wife, Susan, became outspoken advocates for PD and committed their lives to helping others. Together, Charles and Susan developed Move. Laugh. Connect. (MLC), a program that combines exercise, positive attitude, and community to empower those with movement disorders to live active and fulfilling lives. This program is now in three states and growing. We are proud that the Sterlings have chosen DAPS to introduce MLC to the Dallas area, where we now have two locations providing this class free of charge to DAPS members.

Charles is also an award-winning songwriter of multiple genres and produces music CDs and videos. He teaches songwriting weekly and is a mentor to and promoter of local musicians. One of his most recent songs is a rap song called A Tribute: Our Peeps. He produced a video of the same name, starring people with movement disorders, which you can see at http://tributeourpeeps.com. This tribute video has been viewed in 72 countries and 1,238 cities around the world.

DAPS is privileged to count Charles and Susan as dear friends. We are honored to recognize Charles for all that he has done and continues to do to promote physical fitness and healthy living, and especially for creating and sharing Move. Laugh. Connect.

During this year’s 9th Annual Non-Event Fundraiser, which officially ended on May 31, our generous donors gifted DAPS a total of $42,155. This includes $20,000 in matching funds from Anonymous, who has pledged these funds each year since 2014. (Thank you!)

We are grateful to all who look forward to this event and make it a point to donate during Parkinson’s Awareness Month each April. Your annual Non-Event donations are essential to the continuation of our many programs—PD-appropriate exercise, dance, swimming, Move. Laugh. Connect., boxing, speech therapy, care partner support groups, monthly newsletters, and membership meetings.

We provide these programs for free to the community, but they are not free for us. Like all nonprofits, we must pay key personnel (group leaders, assistants, office staff), plus rent, insurance, utility bills, office supplies, website hosts, printing costs, postage, an accountant, auditors… Our only source of income for these things is donations, fundraisers, and grants, and the Non-Event is our biggest fundraiser of all. Our generous Non-Event donors make it all possible.

Thank you to all who participated and made the 9th Annual Non-Event Fundraiser a success!
Donations to Ninth Annual Non-Event
“Take Flight With DAPS!”

Thank you to all who participated in our Non-Event Fundraiser!

Stealth
Anonymous $20,000 Donor

P-38 Lightning
Sandra Beaird
   In memory of Clark Beaird
Barbara Mack
Evelyn Rose
Cindy Weatherall
   In honor of Jill Dominguez
   In memory of George & Barbara Scoggins

Spirit of St. Louis
Sarah Atwood
   In honor of all who give to the Non-Event
   including the anonymous donor!
Jackson Brown
   In memory of Joanne Brown
Donna Burson
Gene & Koleda Swaithes
Larry & Linda Levey
Charles Martin
Pam & Matt Michel
Mike Miles
   In honor and appreciation for the team
   and sponsors that put together the Harlan
   Crow Library Reception
   In memory of Lefty Gardner, Dan Miles
   & Kevin Miles
Mike & Linda Swanson
   In honor of Misty Owens
Deborah & Donald Shannon
   In memory of Danforth Starr
Diana Winkelmann

Stearman Biplane
Jon T. & Judy Atwood
   In memory of Gary Atwood
Betty Baird
   In memory of Loyd Baird
Donald Bennett
   In memory of Barbara Bennett
Richard Bennett
   In memory of Barbara Bennett
Carlos Berry
Gina Borgognoni
   In memory of Gary Atwood
Richard Bower
Brenda & Stuart Brand
Philip & Sherry Burke
   In honor of Sarah Atwood
John Casey
Annabelle Catterall
Christian Clausen
Sue Ann Cole
   In memory of Bob Dyche
Janet & Joe Cuevas
   In memory of Harry Morris
Leo & Eddie Dagley
   In honor of Charlene Noe
William Davidson
   In memory of Marilyn Davidson
Don & Madeliene Dickson
Richard Doelling
Brent Doll
Raul & Jill Dominguez
   In memory of Abe & Marianne Lichtenstein
Barrillon Dougherty
   In memory of Clarice & Brook Dougherty
William Edwards
Keith & Fritzzi Farber
Bentley Foster
Dwight German
Marilyn Stewart
   In memory of Jack MacPhee
James Struble
Joyce Susman
   In memory of Beril Susman
Chad Swank
Brenda Truitt
Randi & Gary Verett
   In honor of Peggy Martin
Bob & Dottie Vlach
Ross & Evelyn Wheeler
Lori Wick
   In memory of Mary & Dave Wick
Larry & Janice Wilsey
Greg Wood
   In memory of James Wood

William & Judy Basham, Kim & Bob Fritts and
Jesse & Suzanne Basham
Jean Blomquist
   In memory of Gene Blomquist
Shelley Broyles
   In honor of Mike Miles
Edna Buentipo
   In honor of Sarah Atwood and Cecilio Garcia
Harriet Burns
Gary & Kim Carlson
Richard & Jean Coldwell
Shannon Decuir
   In honor of Fred Kalberer
James Dorsey
Carlie Dorshaw-Moe
Bentley Foster
Rosemary Francis
   In memory of Richard Francis
Mary Gilbreath
   In honor of Ken Gilbreath’s 75th birthday
Suzanne Harned
Tommie Harris
   In memory of Sarah Atwood
   In memory of Jack Harris
Paul Headland

More Donors on pg 6
More Non-Event Wright Flyer Donors

Saundra & David Honea
Ms. Shelia M. Isaac
   In honor of Mr. Felix Isaac, Jr.

Laurie Jackson
Debbie & Jim Johnson
Bill Jordan
   In honor of South Garland Baptist Church
Toby & Steve Kazlow
Harold Kellogg
Dotty Kilpatrick
   In memory of George Kilpatrick

Thomas Lootens
Anna Mann
James Meehan
Gavin Mogan
Aida Morales
Charles & Pat Patterson
   In memory of Gary Atwood

Dorothy Prentice
   In memory of Ken Prentice
Donald Purinton
Marguerite Riccardi
   In honor of David Colton
Diane & Rick Rogers
Brian, Carrie & Casey Sadler
   In memory of Joe Hickman

Brian Sartain
Margie Semke
   In memory of Charles Semke
Sarah Shlakman
Ann Staton
   In honor of Jean Blomquist

Heather Stevens
   In honor of Jim Struble
Sharon Toth
   In honor of Leo Dagley

Cody Trepte
   In memory of Dale Trepte
Tribe Wellness LLC
Jack & Joan Underwood
Dennis & Gloria Verbeek
Akiko Walker
Cap & Barbara Waters
Susan Wilder

Memorials • Honors • Donations
May 2017

In memory of Mrs. Kaye Richardson
From: Thomas Harper
   Mr. & Mrs. Bo Roy

In memory of Geraldine L. Kolter
From: Brenda & Billy Merriman

In memory of Lefty Gardner (Donna’s Dad)
and Jack Lancaster (Mike’s Uncle)
From: Mike & Donna Miles

In memory of Pat Turnbull
From: Chris Tapley

In honor of Danny Miles (Mike’s brother)
From: Mike & Donna Miles

Support for Dance for PD® Classes
From: Larry & Jana Barker
   Gene & Donna Burson
   John & Wanda Call
   Scott & Kathleen Hartless
   David & Pat McElwain
   Mr. & Mrs. Charles Reed
   Sadie Tellez
   Esther & Willie Thomas

Donation to DAPS
From: Anonymous via Exxon Mobil workplace giving
Anonymous attendees at
   May General Membership Meeting
Anonymous donors via Rio Grande Valley Area Combined Federal Campaign
AT&T Matching gift contribution
Edgemere
Shakers and Movers LLC
Silverado Senior Living Dallas communities
Silverado Turtle Creek Memory Care
DAPS @ Hunters Glen (Plano)
DAPS @ Preston Hollow (Dallas)
DAPS @ Trinity (Duncanville)
DAPS McKinney support group

Due to space limitations, 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.
Dallas Area Parkinsonism Society
exercise • speech therapy • support groups

Title Boxing Club of Allen:
300 N Greenville Ave
*Boxing for PD:
Tue/Thu...10:30–11:30 am
Wed...8:15–9:15 pm
Sat...10:15–11:15 am
*DAPS member discount
Info: 214-644-2640 or 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
Group Exercise:
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

Grace Presbyterian Village
550 E. Ann Arbor Ave, Dallas—at the Hillcrest Spa pool
Swim Class:
2nd & 4th Friday...10:00–11:00 am
Info: 214-376-1701

Lake Pointe Church at White Rock
9150 Garland Rd, Dallas
Dance for PD*:
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

Preston Hollow UMC/ Tribe Wellness
*South Paws Boxing:
Mon/Wed...1:30–2:30 pm
*DAPS member discount
Info: 214-702-6559 or TribeWellnessLLC@gmail.com

Trinity United Methodist Church
1302 S Clark Rd, Duncanville
Group Exercise:
Monday...12:00–1:00 pm
No class last Monday of the month
Thursday...2:00–3:00 pm
Dance for PD*:
July 3 & 24...10:30–11:30 am
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
DAPS member discount
Info: 817-769-2723 or www.cycloneindoorcycling.com

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

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

Town North Family YMCA
Room MP2
4332 Northaven Rd, Dallas TX 75229
Move. Laugh. Connect.:
Tue/Thu...1:00–2:00 pm
FREE for YMCA and DAPS members

Belmont Village Turtle Creek
3535 N. Hall Street, Dallas
Move. Laugh. Connect.:
Friday...1:15–2:15 pm
FREE for DAPS members and Belmont residents

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1295 Kinwest Pkwy, Irving/Las Colinas
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Tue/Fri...10:00–11:00 am

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Move. Laugh. Connect.:
Friday...1:15–2:15 pm
FREE for DAPS members and Belmont residents

All groups and classes are free of charge to participants unless noted.
Dates/times subject to change. See daps.us/groups or call 972-620-7600 for more information.
MARK YOUR CALENDAR

july jubilee luncheon
Monday, July 10 – 12:30 p.m.
Entertainment: Me & Pooch
No charge, but
RESERVATIONS REQUIRED BY JULY 5.

open board meeting
Monday, July 17 – 11:00 a.m.
Please call the DAPS office for details.

next month
NO GENERAL MEMBERSHIP MEETING in August.

daps mckinney
There are NO MEETINGS in McKinney during July and August.

daps duncanville
Trinity United Methodist Church
1302 S Clark Rd, Duncanville
Monday, July 31 – 6:00 p.m.
Speaker: Tim Powell
Topic: Navigating the Senior Care Maze
Call 972-298-4556 to RSVP.

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

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.

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For change of address or corrections, please mark changes on this page and mail to DAPS, or email: daps@daps.us.