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www.daps.us**

JANUARY 2018

The Village Concept

by Margaret B. Schroeder

What's the first thing that comes to mind when you hear the word 'village'? As it turns out, "the village concept differs wildly by your perception," said Robbie McCullough, owner of Assisting Hands Home Care Preston Hollow, at our October general membership meeting. There's a movement out there that's called The Village Movement, and it's sweeping our nation.

Perhaps the Medicis of Florence, Italy, were the first to implement the village movement in the 1500s when they brought sculptors, poets, philosophers, painters, and architects together, giving birth to the Renaissance period ([source](#)). In today's version, residents of a community who are age 50 and older form a non-profit organization that provides easy access to services that meet their collective needs. "The whole concept behind the village is aging in place," said McCullough. The first such village in the US was founded in 2001 by a group of residents in the [Beacon Hill](#) neighborhood of Boston, MA. Now there are over 200 similar villages in the US, with more planned for the future. Many are part of the [Village to Village Network](#), which provides assistance to communities looking to establish their own aging in place initiatives.

Villages are all different sizes, shapes, and forms, but they're usually in densely populated neighborhoods. They have localized amenities such as grocery markets, medical offices, boutiques, and coffee shops, all within reasonable walking distance. Oftentimes, they're close to public transportation. In the Beacon Hill example, the train station is only three or four blocks away. Residents participate in group activities such as game nights, dinner parties, sporting events, dances, educational seminars, and book clubs, just to name a few. They also volunteer in the planning and coordination of those activities, so they are engaged in the whole process from start to finish.

Many services—such as free transportation to doctors' offices—are provided by assisted living facilities located nearby. Although the goal is to stay at home and age in place for as long as possible, village residents have the option to move into the assisted living facility when the time comes. Because the residents are already familiar with the services the facility provides, it makes for an easier transition. Spouses who remain at home to age in place are then close enough to their loved ones that they can visit every day. "The facility brings the services to the community," said McCullough. "That's the spirit of it."

Pricing for village living varies. Some are free in exchange for volunteer work, while others go as high as \$400 per year. Others charge a la carte for services.

VILLAGE continues on pg 3



**Monday, January 8, 2018
1:00 p.m.
In the Activity Center***

***Note this is a different room than general meetings are usually held. It is where luncheons are held.**

speaker:

Harold Kellogg

See Page 2 for speaker bio

topic:

What Do Character Traits have to do with Parkinson's?

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

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

INSIDE

speaker bio	2	inclement weather reminder	4	executive director's message	6
holiday luncheon memories	3	honors, memorials, donations	5	group schedules	7
pd science news	4	gems	6	calendar of events	8



**Dallas Area
Parkinsonism
Society**

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the lives of those affected by
Parkinson's disease

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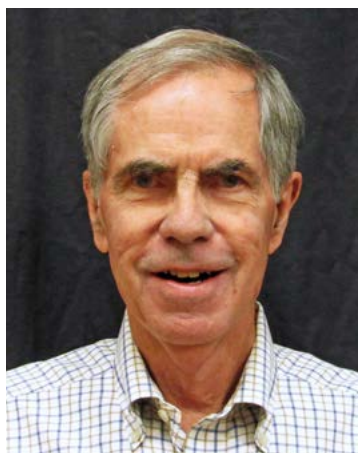
The DAPS newsletter is published monthly as an
information guide only, and does not serve as legal
or medical advice. We welcome your feedback,
contributions or requests. Please send to or contact:

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.

JANUARY SPEAKER BIO:

Harold Kellogg



Harold Kellogg was asked to be a member of
the DAPS Board of Directors during 2017.

Harold made his career in public education.
He has extensive experience as a teacher,
assistant principal, principal, consultant,
and program coordinator. He has expertise
in instructional leadership, mentoring,
assessment, public relations and team-
building. State and national organizations
have recognized him for his innovative
leadership style developed through his
experiences as a trainer, facilitator, and
author on synergetic relations.

Harold holds a Bachelor's degree from the
University of Missouri-Columbia and a Master's degree from Texas A&M-
Commerce. He holds a mid-management certification and a superintendent
certificate. He is the co-author of three character education resources: *A
Celebration of Character*; *Character Building and Reading Mastery*; and
DISCIPLINE, Handle with Character.

Harold's presentation encourages self-examination through the lens of a few
character traits: Responsibility, Respect, Honesty, Caring, and Kindness.
He will show how a person with strong character traits can effect change in
another person's life.



VILLAGE *continued from front page*

Relationships are usually annual, not long-term, as is common in senior residential facilities. The population of those age 65 and older in the US will increase from 37 million to over 71 million between 2006 and 2030, with 1 in 5 baby boomers expected to live to 100. With the population demographics changing, it makes sense for villages to offer a la carte services that meet the needs of their communities as they grow, which is why the a la carte pricing option is the most common.

Locations where villages are already well established include California, which has a total of 60 concentrated around San Francisco and Los Angeles, and the New York metro, which has 25 villages spread across 4 states. The

Washington, D.C., area has 11, and there are 14 villages in North and South Carolina. Closer to home here in Texas, villages have been established in Austin, Houston, Fort Worth, and LaGrange. If you want to start a village of your own in the DFW metroplex, look for a densely populated area such as Lakewood, far north Dallas, or Plano, where there is wide availability of services for seniors. "It just takes one strong-willed person to start it," said McCullough.

DAPS would like to thank Mr. McCullough for his informative presentation on the village movement. For more information, see the Village to Village Network at vtnetwork.org or Judy Willett's TEDTalk at <https://www.youtube.com/watch?v=RqTxNrE1mfE>. Mr. McCullough can be reached at <https://www.assistinghands.com/38/texas/prestonhollow>.



Holiday Luncheon Memories

December's Holiday Luncheon was another big hit with our traditional entertainment by Variations Show Choir from Woodrow Wilson High School. We were also blessed with volunteers from Vizient who helped serve some great Italian food catered by Amore Italian Restaurant. We topped it all off with three different kinds of cake brought by Mike & Linda Swanson. Leon Levin came sporting an amazing DAPS t-shirt! We hope to have information on ordering your own t-shirt soon!

**If you weren't there,
you missed a lot of FUN!**



For Some, Smell Test May Signal Parkinson's Disease up to 10 Years Before Diagnosis

A simple scratch-and-sniff test may one day be able to help identify some people at greater risk of developing Parkinson's disease up to 10 years before the disease could be diagnosed, according to a new study published in the September 6, 2017, online issue of *Neurology*[®], the medical journal of the American Academy of Neurology.

The study found that older adults with a poor sense of smell are more likely to develop Parkinson's disease than people who perform better on the smell test. The researchers also found that the link was stronger in men than in women. The test asks people to smell 12 common odors, such as cinnamon, lemon, gasoline, soap and onion, and pick the correct answer from four choices.

The study was one of the first to look at the sense of smell and Parkinson's disease in black people. Recent studies have shown the link in Asian and white people.

"Previous studies have shown that black people are more likely to have a poor sense of smell than whites and yet may be less likely to develop Parkinson's disease," said study author Honglei Chen, MD, PhD, of the Michigan State University College of Human Medicine in East Lansing and a member of the American Academy of Neurology. "We found no statistical significance for a link between poor sense of smell and Parkinson's disease in blacks but that may have been due to the small sample size. More research is needed to further investigate a possible link."

The study involved 1,510 white people and 952 black people with an average age of 75 who took the scratch-and-sniff test and were then followed for an average of 10 years. Then researchers looked to see who had developed Parkinson's disease during that time. The participants were divided into three groups based on their scores on the smell test: poor sense of smell, medium and good.

During the study, 42 people developed Parkinson's disease: 30 white people and 12 black people. People in the poor sense of smell group were nearly five times more likely to develop the disease than people in the good sense of smell group. Of the 764 people with a poor sense of smell, 26 people developed Parkinson's disease, compared to seven of the 835 people with a good sense of smell and nine of the 863 people with a medium sense of smell.

The results stayed the same after researchers adjusted for other factors that could affect risk of Parkinson's disease, such as smoking, coffee drinking and history of head injury.

The study showed a strong association between the smell test and development of Parkinson's up to six years later. The association remained beyond six years, but was not as strong.

"Earlier studies had shown prediction of Parkinson's disease about four to five years after the smell test was taken," said Chen. "Our study shows that this test may be able to inform the risk much earlier than that."

Chen noted that not everyone with low scores on the smell test will develop Parkinson's disease. He said more research is needed before the smell test can be used to screen for Parkinson's disease in the general population because the disease affects a low percentage of the population and because a low score on the test does not rule out other causes of problems with smelling.

Chen said that one limitation of the study was that while the study participants were followed over time, determining which participants developed Parkinson's disease occurred at the end of the study, so it's possible that some cases may have been missed or mistakes made, especially since the disease can take a long time to diagnose in some cases.


For more information about this study, visit <https://www.aan.com/PressRoom/Home/PressRelease/1576>.

Source: American Academy of Neurology

REMINDER...

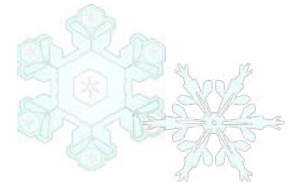
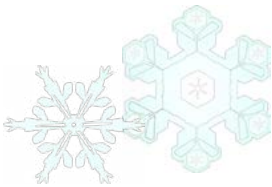
In the event that there is bad weather on the day of a DAPS meeting, group, or class, we will follow decisions determined by the Dallas Independent School District.

(dallasisd.org/weather)



Memorials • Honors • Donations

November 2017



In memory of Eddie Bishop, Sr.

From: Jim & Sue Bellows
Eddie & Lorrie Bishop
Rose Covert
David & Teresa Schelle
Elise, Jacklyn, & Jenni Hale
Mike & Donna Miles
RESPEC
Steve & Janette Steinheimer

In memory of Jessie Haney

From: Donna & Gene Burson
David, Becky, Chase, Shea, &
Addyson Ellis
Edna & Paul Headland
David & Melanie Rice
Shiela & Willie Robertson
Trinity United Methodist Church of
Duncanville, TX
Wanda & John Call

In memory of Susie Hanneman

From: Sonni Goffman
Kent Hanneman
Jeremy & Jennifer Hayes
Uncle Bill, Aunt Es, Janet, Dave, Don & Jan
Friends Place Adult Day Services

In memory of Jessie B. Dixon Hearne

From: Lashanda K Dixon

In memory of Jacqueline Rose Kelleher

From: Gamma Aerospace
Bob & Debbie Washmon

In memory of Dr. James Marks

From: Dr. Neil Morrow

In memory of Julie Schaar

From: Peter Schaar

In memory of Hans Toffer

From: Scott & Frances Finrock
Gretchen Fleming
Gerald & Maureen Ritter
The Glenn Ritter Family
Wallace G Ruff

In honor of Sarah Atwood, Lillian Edward & Cecelio Garcia

From: Edna & George Buentipo

In honor of Sarah Atwood

From: Lucy Martin

Support for Dance for PD® Classes

From: Larry & Jana Barker
Wanda & John Call
David & Pat McElwain
Charles & Elizabeth Reed
Sadie Tellez

Oktoberfest Fundraiser at Friends Place

From: Linda Browndyke
Lois Ellis
Pamela Johnson
Jo Klein
Carlo Lucido
Jim Struble
Henry Tate
Friends Place Adult Day Services

Donation to DAPS

From: Laura Crawford via
Exxon/Mobil Workplace Giving
Esther & Willie Thomas
Tenequa McClendon via
Give with Liberty Employee Donations
Campaign
June Mohn
Deanna Moody via Give with Liberty
Employee Donations Campaign
Anonymous individuals at November
General Membership Meeting
Anonymous individuals via Facebook
Network for Good
Chipotle Fundraiser
Kendra Scott Fundraiser
Kroger Community Rewards
Tom Thumb Good Neighbor Program
DAPS @ Preston Hollow (Dallas)
DAPS @ Trinity (Duncanville)
DAPS @ Hunters Glen (Plano)
DAPS McKinney

Happy New Year!

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>

Ian Andersen
Sarah Atwood
Larry & Jana Barker
Dusty & Angela Berry
Laura Boyle
Shirley Brouillette
Edna Buentipo
John & Wanda Call
Jared Caplan
Larry Christensen
Christian Clausen
Bruce & Janiece Crozier
Linda Dieringer
Raul & Jill Dominguez
Carlie Dorshaw-Moe
Katie & Manford Edgington
Rosemary & William Edwards
Bentley & Iris Foster
Willie & Karen George
Barbara Glass
Barry & Pat Goukler
Ann Heidger
Geri & Harold Kellogg
Jo & Bert Klein
Leon & Marilyn Levin
Glen & Frances Main
Chip & Ginny Melara

Brenda & Billy Merriman
Pam & Matt Michel
Donna & Mike Miles
Dave & Maureen Nicklaw
Susan Norvell
Tom & Ceil Pajda
Sandi Pautler
Jon Peacock
Fred Ransdell
Sandra Rodriguez
Kim Saunders
Holly Scott
Robyn & Bud Seitzler
Janis & Terry Spear
Marilyn Stewart
Jim Struble
Joyce Susman
Dr. Chad Swank
Linda & Mike Swanson
Leslie & Brad Tarkington
Kyle Wayne Thomason
Bob & Dottie Vlach
John & Ruth Walker
Cindy Weatherall
Diana & Bill Winkelmann
Sharon & Greg Wood

Corporate GEM:

Seniors Comfort Home Care, LLC



A message from Mike Miles

Executive Director

Against All Odds

Around the room somehow the conversation drifted to bad habits. As you can imagine, all the vices and excesses found their way into the conversation—smoking, drinking, eating too much, gossiping, shopping too much, and on and on—and with each confession came the all-too-familiar refrain, "...and I'm going to quit." Finally, one timid little lady spoke up and said, "I ain't been doing nothin' and I'm going to quit." Although her comment was ridden with bad grammar and double negatives, there was a good point for all of us. She was feeling guilty for not doing anything, and she was making her pledge to stop doing nothing and start doing something. Pretty good resolution!

The New Year always brings the chance for a fresh start and the irresistible magic and hope of new beginnings. Statistically, 80% of New Year's resolutions are broken by February, and, by the end of the year, 92% have been broken, which leaves only 8% who make it to the end of the year finishing and sticking with the good things they started. The odds are not in our favor. But, really, how often are the odds in our favor? Dr. R. Malcolm Stewart, renowned movement disorder specialist (now retired), would prescribe exercise "8 out of 7 days a week" for people with Parkinson's.

We all know the tremendous value of exercise for all of us—and especially for someone with Parkinson's. I hope somewhere on your New Year's resolutions list is EXERCISE. Perhaps that resolution begins with the word "Start", or maybe it ends with the word "more." Either way, I hope you are committed to being among the 8% who follow through and finish strong. And speaking of exercise—keep in mind all the DAPS locations and exercise classes shown on page 7 of this newsletter!

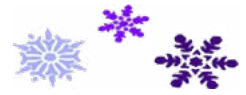
Happy New Year!

Mike Miles



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



Preston Hollow UMC

6315 Walnut Hill Ln, Dallas

***South Paws Boxing:**

Mon/Wed... 1:30–2:30 pm

Info: 214-702-6559 or

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/Wed... 10:45–11:45 am

Info: 214-702-6559 or

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

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, call 972-620-7600.

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 & 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

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

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

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

*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 or call 972-620-7600 for more information.*



Dallas Area Parkinsonism Society

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MARK YOUR CALENDAR

january general meeting

Monday, January 8 — 1:00 p.m.

Speaker: Harold Kellogg, DAPS Board Member

Topic: What Do Character Traits Have to do
With Parkinson's?

Where: Activity Center* at University Park UMC

** Note the different meeting room*

There will also be a brief "State of DAPS" report.

february general meeting

Monday, February 12 — 1:00 p.m.

Speaker: Pam Brandon

Topic: Age-u-cate® Training Institute

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

daps mckinney

Tuesday, January 16 — 10:00–11:00 a.m.

This will be an "Open Discussion" meeting. The floor will be open to those with questions or info to share.

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 or call 972-347-5342 for more information.

daps duncanville

Monday, January 29 — 6:00–8:00 p.m.

Speaker: Edna Headland

Topic: The Joys and Challenges of Life

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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twitter.com/dapsinfo

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