



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

FEBRUARY 2018

## What do Character Traits Have to do With Parkinson's Disease?

by Margaret B. Schroeder

DAPS is dedicated to impacting and improving the lives of those affected by Parkinson's disease (PD). Since 1978, DAPS has been empowering people facing the challenges of living with PD to live happy and fulfilling lives. These are more than a few heartfelt words; DAPS has followed through with this mission statement for countless members over the last 40 years.

DAPS board member Harold Kellogg has some insight into how DAPS has kept its promise for so long. Mr. Kellogg is co-author of three teacher resource books on character in the classroom, and his career in education administration in the Richardson Independent School District brought him local, state, and national recognition for his innovative leadership style. "We're going to examine ourselves today through four character traits: responsibility, respect, honesty, and caring," said Kellogg.

**Responsibility:** A duty or task you are required or expected to do. Something you feel you should do because it's morally right.

**Assignment:** Think of something you did as a youngster that was a very responsible job.

"What does that have to do with Parkinson's disease, I wonder," said Kellogg. "Do you think that it has anything to do with the way you treat yourself with the disease? Taking your medicine, doing the exercises you're supposed to do, attending meetings like this for getting information and so on and so forth?" You've accepted these responsibilities because of the character traits you built as a young person.

**Respect:** A way of treating or thinking about something or someone. A feeling of admiring someone or something that is good, valuable, or important.

**Assignment:** Think of where you learned respect as a young person.

**CHARACTER** continues on pg 3



# FEBRUARY

## general membership meeting

Monday, February 12, 2018  
1:00 p.m.

speaker:

**Pam Brandon**

See Page 2 for speaker bio

topic:

**Age-u-cate<sup>®</sup>  
Training Institute**

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	member profile	4	executive director's message	6
inclement weather reminder	2	daps 40th birthday	4	group schedules	7
new board members	3	honors, memorials, donations	5	calendar of events	8



**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**

Chad Swank, Ph.D., President  
Barbara Glass, Vice President  
Greg Wood, Treasurer  
Jim Struble, Advisory Council Liaison  
Jared Caplan           Jo Klein  
Chris Clausen         Mary Ellen Malone  
Patty Cook           Chick Martin  
Martha Fiddes       Fred Ransdell  
Bentley Foster       Marilyn Stewart  
Harold Kellogg       Bob Vlach

**Advisory Council**

Sarah Atwood           Charlene Noe  
Ben Casey             Sandi Pautler  
Carlie Dorshaw-Moe   Joyce Susman  
Pat Goukler            Barbara Taylor  
Shirley Hand          Cindy Weatherall  
Gavin Mogan

**Medical Advisory Board**

Shilpa Chitnis, MD, Ph.D.  
Richard B. Dewey, Jr., M.D.  
Richard L. Fulbright, Ph.D.  
Dwight C. German, Ph.D.  
Pravin Khemani, M.D.  
Aashoo Mentreddi, M.D.  
Padraig O'Suilleabhain, M.D.  
Nirav Pvasia, M.D.  
Alexander Peralta, M.D.  
R. Malcolm Stewart, M.D.  
Gary L. Tunell, M.D.

**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.

**FEBRUARY SPEAKER BIO:**

**Pam Brandon**



Over 20 years ago, when Pam Brandon was faced with caring for her father who had Alzheimer's disease and her mother who had Parkinson's disease, Pam began her journey to her life calling: helping caregivers deal with similar life challenges.

In 2008, Pam joined other like-minded, passionate professionals to develop and present caregiver education programs throughout North Central Texas. As a speaker, facilitator, and training leader, she worked with hundreds of organizations, engaging thousands of family and professional care partners. Pam witnessed the urgent need for innovative education for

caregivers and providers, and AGE-u-cate® Training Institute was created to meet this growing demand.

Pam's vision, born from her personal journey, is now boldly changing the face of aging and caregiving with creativity, innovation, and passion built into each and every program the company offers, many of which are undergoing evidence-based research at major universities. As President and Founder of AGE-u-cate® Training Institute, Pam and the AGE-u-cate team travel the globe passionately sharing programs to inspire new levels of care for our elders and teaching people how to embrace wellness and joy in their later years. AGE-u-cate's programs are being used across the US and Australia, and expanding to Canada, Europe and Asia in 2018.

Pam has a degree in Marketing from Bradley University in Peoria, Illinois. Originally from the Chicago area, she has lived in the Dallas/Fort Worth area for over 33 years, and proudly calls it home. Currently, Pam lives in Colleyville with her husband, John. They have four grown children and four grandchildren.



**WINTER WEATHER 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))



## CHARACTER continued from front page

“Now think of the respect we have for one another in this group and in our support groups. The way we assist one another and the way we deal with our Parkinson’s makes me appreciate being a part of DAPS,” said Kellogg.

**Honesty:** Legitimate, truthful, genuine, real.  
Honorable in principles, intelligence, and actions.

**Assignment:** Think of an instance when you weren’t telling yourself the truth about something you really did know.

When Michael J. Fox revealed that he had PD, it helped a lot of people with their understanding of the disease. “It took me about a year to be really honest about having Parkinson’s disease,” said Kellogg. “But when I got honest about it, everything turned out to be OK. Think about how you reacted when you found out you had Parkinson’s,” he said.

**Caring:** Feeling or showing concern or kindness to others.

**Assignment:** Think of something that had such an impact on you that it made a difference in the way you think about everything.

“I know it’s been said that when you go to a movie, it makes some impact on you,” said Kellogg. “For me, it was *Kramer vs. Kramer* in 1980. It was about a couple fighting for custody of a 5-year-old little boy, and we had a boy at home that was a spitting image of him. Thirty-five years later, I’m still telling the same story.”

“I think of the support that I get from those who are in this group. For example, Leon asked me twice if I was going to the workshop last Friday at the senior living center. For that same meeting, Carla called and asked if I was going to go, so we went together,” said Kellogg. Supporting one another and making a difference in people’s lives is what DAPS is all about. “We want to continue thinking and working in that way,” said Kellogg.

To see the Make a Difference video that Mr. Kellogg played during his presentation on Caring, go to <http://bit.ly/2aF2mzE>. It’s the story of Teddy Stallard, a fifth-grade student of Miss Thompson, and the three letters he sends to her as he grows into a successful young man. Be sure to have your tissues ready, because it’s sure to be a tear jerker. Like Miss Thompson who learns from her student, the members of DAPS learn from each other, and that is why our Executive Director Mike Miles is often heard saying, “DAPS cares.”

# Thank You!

**DAPS wants to thank those who have served on the DAPS Board of Directors and have now rotated off:**

**Dusty Berry      Ann Heidger**  
**Terry Spear      Heather Stevens**

It has been a privilege to work with and serve alongside each of these people. We wish them the best and greatly appreciate all that they have done for DAPS and the Parkinson’s community. Although no longer on the Board of Directors, we look forward to continuing to work with each of them to serve the Parkinson’s community.

**And we want to welcome new Board Members:**

**Jared Caplan    Patty Cook    Martha Fiddes**

We are pleased and excited to have each of them join the DAPS Board of Directors. In future DAPS newsletters and publications, you will have the opportunity to learn more about them. These individuals bring unique experiences, skills, relationships, and commitment to the task of serving on the Board and helping DAPS continue to fulfill the mission of **impacting and improving the lives of those affected by Parkinson’s disease.**



# INTRODUCING:



## Barry & Pat Goukler

Barry and Pat Goukler have been members of DAPS since 2008. Pat has been coordinating and running the McKinney Support Group since November 2012 (before it was part of DAPS) and was instrumental in bringing that group into the DAPS family in September 2015. She continues as a DAPS volunteer to coordinate, host, and grow that group. She and Barry also act as group facilitators for the DAPS Exercise Classes that began in McKinney last September.

Barry and Pat moved to McKinney in 2007 to be close to their three grandchildren. Last September, the happy

couple celebrated their 50th wedding anniversary! They are both retired, Barry from the electronics industry and Pat from Administration. Barry spent 4 years in the U.S. Navy before becoming Manufacturing Manager for an electronics firm in Silicon Valley and then transitioning to International Sales Rep, traveling extensively and making life-long friends with many of his customers.

Barry was diagnosed with Parkinson's (PD) in 2002, and listened to his neurologist's advice to stay active. Both he and Pat walk 2-3 miles several times a week and participate weekly in Dance for PD® in Dallas, non-contact boxing at Title Boxing in Allen, and a ballroom dancing class for people with Parkinson's in McKinney. Barry also tries to golf 2-3 times a week, and keeps his voice strong by attending weekly sessions of the Loud Crowd at the Parkinson's Voice Project. Last year, Barry decided to take the next step to control his PD symptoms and had Deep Brain Stimulation (DBS) surgery in December.

The best part of being part of DAPS for Barry and Pat is seeing people, who might otherwise be isolated or embarrassed by their PD symptoms, open up and respond positively in the DAPS McKinney support group and exercise classes. They both say that educating themselves about PD, keeping a positive attitude, and a healthy lifestyle have been key to helping Barry continue to live well with Parkinson's.

DAPS appreciates all that Barry and Pat do as part of the DAPS family and wishes them a belated 50th Anniversary with many more wonderful years to come!



**In 2018  
Dallas Area Parkinsonism Society  
celebrates 40 years of  
impacting and improving  
the lives of those affected by  
Parkinson's disease!**

**Stay tuned for information about  
this year's Birthday Non-Event,  
a Birthday Party at the  
April luncheon, and MORE!**

## Memorials • Honors • Donations

December 2017



**In memory of Libbie Ainsworth**

From: Sandi Pautler

**In memory of Loy Baird**

From: Betty Baird

**In memory of Eddie Bishop, Sr.**

From: Ken & Mary Gilbreath

**In memory of William O. DeWitt**

From: Sally & Bob Spurgin

**In memory of James L. Donnell**

From: Carolyn & Mike Stone

**In memory of Clarice & Brook Dougherty**

From: Barrillon Dougherty

**In memory of Pete Garland**

From: Gene & Lauri Miller

**In memory of Susie Hanneman**

From: Malinsky Family, California  
Jovo & Andjelka Radjen & Family  
Art & Jean Shuffler

**In memory of Daniel Harkins**

From: Janice & Ernie Holmes

**In memory of Nancy Engel Jones**

From: John Bennett

**In memory of Jacqueline Rose Kelleher**

From: Marvin & Dana Reader

**In memory of Dr. James Marks**

From: Jack & Mary Sloan  
Joan Moffit

**In memory of Chester Maxey**

From: Dee Maxey

**In memory of Kevin Miles**

From: Mike & Donna Miles

**In memory of Jerry O'Connor**

From: Dee Maxey

**In memory of Catherine Pottinger**

From: The Pottinger Family, Phil, Emma,  
Camelia, Jim

**In memory of Mary Rodriguez**

From: Yolanda Hernandez

**In memory of Mary Lou Sandlin**

From: Terry & Melissa Sandlin

**In memory of Lessie Speck**

From: Jim Ann Grandstaff

**In memory of Barbara Thum**

From: Tina & Leonard Epstein

**In memory of Hans Toffer**

From: Thomas Reilly  
David & Karen Erickson

**In honor of Barb & Sarah**

From: Ken & Mary Gilbreath

**In honor of Misty Owen's birthday**

From: Anonymous

**In honor of Marie Thorpe**

From: Thomas Thorpe

**In gratitude for Donna Burson & Wanda Call**

From: DAPS @ Duncanville

**Support for Dance for PD® Classes**

From: Larry & Jana Barker  
David & Pat McElwain  
Charles & Elizabeth Reed  
Sadie Tellez  
Esther & Willie Thomas

**Donation to DAPS**

From: Elmyra Encarnacion  
Barbara Glass  
Bill & Anne Jordan  
Francis Lane  
Jerry & Judy McMahan  
Pam & Matt Michel  
Ceil & Tom Pajda  
Donald & Barbara Ramp  
Gregory Rector  
William Rice  
Larry & Bonnie Roberts  
Evelyn Rose  
Karen Speck  
Marilyn Stewart  
Mike & Linda Swanson  
Brenda Truitt  
Glen Trulock  
Allen Versher  
Kathy Wayne  
Anonymous individuals at December  
Holiday Luncheon  
Anonymous individuals via Facebook  
Network for Good  
Anonymous individuals at Board  
Holiday Luncheon  
Giving for Good Program of The Dallas  
Foundation  
iGive.com  
Liberty Mutual Foundation Match from  
Lashanda Dixon, Tenequa  
McClendon, & Deanna Moody  
Rio Grande Valley Area CFC  
DAPS @ Preston Hollow (Dallas)  
DAPS @ Trinity (Duncanville)  
DAPS @ Hunters Glen (Plano)  
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>

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

**Long-Sleeve Weather**

As I write this, the temperature here in Texas has been well below freezing for several days. Inevitably, as I bundle up and venture out on these cold days, I always see some brave soul wearing short sleeves. For me, this is definitely long-sleeve weather.

Valentine's Day arrives in the middle of our Texas winter. At this time of year in the European Middle Ages, young bachelors would draw names of eligible young ladies from a bowl to see who their Valentine would be. Each man would then wear that name pinned to his sleeve for one week so that everyone would know who his valentine was—perhaps the origin of the phrase, “wearing your heart on your sleeve.” As I think of Valentine's Day and my DAPS friends, I am thankful for long sleeves! Short sleeves would never do. There are just simply too many people I want to say thank you to on Valentines' Day.

Whether your list of valentines is short or long, I hope that it has some of your DAPS friends on it. Maybe your list includes a special friend from your speech, dance, non-contact boxing, or swim class. Maybe your DAPS facilitator or exercise leader is on the list. I hope you will look for a chance this month to let them know how very much they are appreciated. Maybe you'll do that the old-fashioned way with a card or a phone call. Perhaps you'll go modern with a valentine text, tweet, snap chat, or whatever the latest social media thing is now. Perhaps you'll send a donation to DAPS in their honor. Regardless of how, I hope you will find a way to say “Thank you” to those special people with DAPS who are making a difference in your life.

Kindest regards,

*Mike Miles*

*Happy  
Valentine's Day!*



# 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](http://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](mailto: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](mailto: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](http://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:

<sup>†</sup>Tue/Fri...10:15–11:15 am

### Support Meeting:

Usually 3rd Tue...10:00–11:00 am

<sup>†</sup>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](http://daps.us/groups) or call 972-620-7600 for more information.



**Dallas Area Parkinsonism Society**

6370 LBJ Freeway, Suite 170

Dallas, Texas 75240

(972) 620-7600

Non-Profit  
Organization  
U.S. POSTAGE  
**PAID**  
Dallas, TX  
Permit No. 3255

**RETURN SERVICE  
REQUESTED**

## MARK YOUR CALENDAR

### february general meeting

**Monday, February 12 — 1:00 p.m.**

**Speaker:** Pam Brandon

**Topic:** Age-u-cate® Training Institute

### march general meeting

**Monday, March 12 — 1:00 p.m.**

**Speaker:** Rich Gump, Attorney

**Topic:** Legal Matters — Living With Parkinson's



## MARK YOUR CALENDAR NOW

### april luncheon & daps birthday party

**Monday, April 9 — 12:30 p.m.**

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, February 20 — 10:00–11:00 a.m.**

**Speaker:** Anna Signorelli, PT, DPT and  
Karen Riney, MS, CCC/SLP

**Topic:** “Big and Loud...Getting Back To Being You”

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](mailto:mckinney@daps.us) or call 972-347-5342 for more information.

### daps duncanville

**Monday, February 26 — 6:00–8:00 p.m.**

**Speaker:** Officer Doug Sisk

**Topic:** Crime Prevention & Senior Safety

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.



**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.

**For change of address or corrections, please mark changes on this page and mail to DAPS, or email: [daps@daps.us](mailto:daps@daps.us).**