

MAY 2018

DAPS Lifetime Achievement Award



DAPS will award the second annual Kenneth H. Cooper, MD, MPH Lifetime Achievement Award at a special event this month. Dr. Cooper has long been recognized as the leader of the international physical fitness movement and will be the keynote speaker for the event. He will share his vision that being connected to a group or class helps people accept their condition and exercise helps their physical well-being.

The Lifetime Achievement Award, named after Dr. Cooper, is given to a worthy individual who has made significant contributions to living a

healthy lifestyle through exercise, diet, and positive attitude. The first recipient was Charles Sterling, PhD, who developed the Move.Laugh.Connect. exercise program used in a number of DAPS classes.

This year DAPS is honored to recognize Orville Rogers as the recipient of the Lifetime Achievement Award. Orville is a pilot, fitness enthusiast, and world champion runner with 15 world records. Orville served as a bomber pilot in World War II and the Korean War. He began running at age 51 after he was diagnosed with a heart blockage at the Cooper Clinic. He ran his first marathon six years later and continues to compete annually. At 100 years young, he still runs the track at the Cooper Clinic. You can learn more about Orville Rogers at www.OrvilleRogers.com.

DAPS is honored to recognize Orville Rogers with the Lifetime Achievement Award and acknowledge his personal example, achievements, and inspiring contributions to the world of exercise. Please note that this event is in lieu of the May General Membership Meeting and will be held at a different location than our usual meetings. Please see Page 2 for links to maps.

COMPLIMENTARY VALET PARKING
Refreshments available following presentation

MAY General Membership Meeting

and
**2nd Annual
Lifetime
Achievement Award**
Monday, May 14, 2018

1:00 PM

(Check-in begins at 12:30 PM)

at

**Cooper Hotel & Conference Center
Berkley Room
12230 Preston Road
Dallas, Texas 75230**

Speaker:

Dr. Kenneth H. Cooper

[See Page 2 for bio](#)

Topic:

Exercise is a Miracle Drug

RESERVATIONS REQUIRED

bit.ly/2018MayRSVP

or

972-620-7600

by midnight on

Friday, May 11

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Dallas Area Parkinsonism Society

Dedicated to impacting and improving
the lives of those affected by
Parkinson's disease

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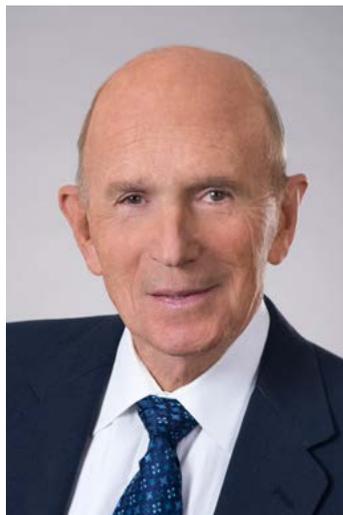
The DAPS newsletter is published monthly as an
information guide only, and does not serve as legal
or medical advice. We welcome your feedback,
contributions or requests. Please send to or contact:

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.

MAY KEYNOTE SPEAKER

Kenneth H. Cooper, MD, MPH



Recognized as the leader of the international
physical fitness movement and credited
with motivating more people to exercise in
pursuit of good health than any other person,
Dr. Cooper has long advocated moving
the field of medicine away from disease
treatment to disease prevention. The Cooper
philosophy, "It is easier to maintain good
health through proper exercise, diet, and
emotional balance than to regain it once
it is lost," has been proven valid in scientific
research.

Last year, DAPS honored Dr. Cooper
with a special emeritus award for his
contributions to improving the lives of those

affected by Parkinson's disease. DAPS will continue to honor his legacy
and acknowledge his contributions in the field of Movement Disorders by
awarding the Kenneth H. Cooper, MD, MPH Lifetime Achievement Award to a
deserving candidate annually.

Join us at this year's event, during which we will present the 2nd annual
Lifetime Achievement Award to Orville Rogers. Dr. Cooper will speak about
his well-researched philosophies of health and fitness in his presentation,
"Exercise is a Miracle Drug!" You will also be inspired by the stories of Orville
Rogers' accomplishments.

This event is FREE, but RESERVATIONS ARE REQUIRED at
bit.ly/2018MayRSVP or 972-620-7600 by midnight on Friday, May 11.

Please note the special location for this event:

Cooper Hotel & Conference Center - Berkley Room
12230 Preston Rd, Dallas, TX 75230

Link to map: <http://bit.ly/MayMeetingMAP>

Cooper Center Campus Map: <http://bit.ly/CooperCampus>
Berkley Room is #38 on the campus map.



THANK YOU



for sponsoring the April luncheon.

Thank you also to Linda & Mike Swanson for providing the cakes,
to Blue Mesa Grill for the wonderful food, and to Vizient
for being a huge help with volunteers!

Happy 40th Birthday to DAPS!



A great time was had by all at the DAPS 40th Birthday Party in April!

Doc Gibbs entertained us with music from the 70s. The food and decorations were great! The games, photo booth, and clown making balloon animals all added to the fun. Awards were presented to the following:

- Outstanding Volunteer: Ann Heidger
- Outstanding Exercise Leader: Erika Arvizu
- Outstanding Professional: Alan Atwood

There were also two special awards this year. **Vizient** was recognized as the **Outstanding Community Outreach Corporation** for making DAPS' first ever Community Awareness Day a great success and for their ongoing volunteer participation. **University Park United Methodist Church** was awarded the **Outstanding Community Service Award** in appreciation for hosting DAPS General Membership Meetings for 40 years.





A message from Mike Miles

Executive Director

From the Heart

DAPS' 10th annual Non-Event celebrating DAPS' 40th Birthday is well underway. Kudos and thank-yous are in order to Pam Michel for designing the beautiful Non-Event invitation, and to Alan Atwood and his team for printing the invitation. For years they have both done their parts toward making the Non-Event successful.

Every week DAPS provides exercise, speech, and support groups for over 300 people with PD and their caregivers. Many of those participate multiple times each week in a variety of opportunities that DAPS offers.

One DAPS member said, *"DAPS has been a lifesaver for me. I know the exercise helps me **keep going and stay active**. In fact, I hate it when my last DAPS class of the week is over and I know that I am facing a long weekend before I can be back with my DAPS family."*

Our Non-Event Birthday Cake has three layers. The first layer is a goal of \$50,000, the second layer is \$75,000, and the top layer with the icing is \$100,000. We have a very generous anonymous donor who has pledged up to \$20,000 in matching funds. We are counting on you to help us reach \$20,000 so that amount will be matched. Then, with everyone's help, we can go on to reach the first layer of \$50,000.

But, I hope we rise to the challenge and reach the next layer on the cake of \$75,000. Wouldn't that be sweet! Can you imagine the shout that will be heard from the DAPS office if we are able to put the icing on the cake?

Thank you to all who have already donated! Like many of you, I have already made my donation; but, I plan to reach a little deeper and give again, especially since anything I give will be matched and I know it will make a difference.

If you haven't donated yet, it's not too late! Just go online to <http://bit.ly/2018nonevent>; mail a check to DAPS at **6370 LBJ Fwy Ste 170, Dallas, TX 75240**; or call **972-620-7600**. Please give so that others can **"keep going and stay active."** Then, spread the word to friends and family about the work DAPS is doing to empower people with Parkinson's to live active and fulfilling lives, and encourage them to join you in making a gift to DAPS.

Thank you for helping us help others!

PLEASE WELCOME:



Debbie Cox

**Volunteer
Coordinator**

We have completed our search for DAPS' first official Volunteer Coordinator. We are pleased to introduce you to Debbie Cox! Debbie brings to DAPS over 24 years of community relations and volunteer management experience.

Debbie and her husband, Bob, live in Sachse. They have two sons, Brandon and Matt, daughter-in-law, Aubreigh, and two grandchildren, Grayson and Hadley. They also have an 11-year-old Shih Tzu named Jack, who is their "third son." Debbie and Bob enjoy spending time with family, attending their grandson's baseball games, and visiting New York City as often as they can where their son, Matt, is a playwright.

Debbie recently retired from the health insurance industry and was eager to find her next chapter in life. "When I heard of the opportunity with DAPS, I was really excited about the possibility of working for a wonderful nonprofit organization. I was so thrilled to be offered and to accept the position."

Mike added, "Here in the office, Jill and I are overjoyed to have Debbie join the DAPS team. She hit the ground running and has already reached out to quite a few of our volunteers."

Debbie was able to meet many of our members and volunteers at the 40th Birthday Celebration in April. Over the coming weeks, she will be visiting our group classes to learn more about all the great work DAPS is doing.

"I am so happy to be a part of the DAPS family and look forward to working with many wonderful volunteers!"

You can contact Debbie by calling the DAPS office Monday through Thursday at 972-620-7600 and by email at debbie@daps.us.

Memorials • Honors • Donations

March 2018



In memory of Gary Atwood

From: Gina Borgognoni

In memory of Mary L Doster

In honor of Johnie W Doster

From: Danyelle Marin

In memory of William "Bill" Estes

From: June Payne Marco

In memory of Denis Keith Forster

From: Canon Business Process Services, Inc.

In memory of Marianne & Abe Lichtenstein

From: Raul & Jill Dominguez

In memory of Ron Wiemann

From: Sue & Lee Hassell

In memory of Marjorie Wingo

From: Jack & Sharon Bickle

Charlotte Darah, James Sellers & families

Beverly Dickson

Cecil & Patsy Howell

Mike & Donna Miles

Mr. & Mrs. Dan Strickland

Lawrence Rathbun

In honor of Steve & Linda Fielder

From: Deb Wells with Living Well Properties

In honor of Lori White

From: Leslie Barger

Donation to DAPS

From: Anonymous individuals at March

General Membership Meeting

Acadia Pharmaceuticals, Inc.

Carol Adair

Richard Coldwell

Jill Dominguez

Jo Anna Evans

Kerry & Allan Gillan

Laurie & Chris Jackson

Chad Swank

US WorldMeds

DAPS @ Lake Pointe Church at White Rock

(Dallas)

DAPS @ Preston Hollow (Dallas)

DAPS McKinney



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.

Legal Matters for People with Parkinson's Disease

by Margaret Schroeder

DAPS Board of Directors member Marilyn Stewart introduced our March speaker, attorney Rick Gump, as someone who has many accomplishments and awards, the most unique being his experience as a Dallas Cowboys cheerleader in the early 60's. He was attending Thomas Jefferson High when the Cowboys establishment went around to Dallas high schools requesting cheerleading talent to join their team. "He was later replaced by others who don't quite resemble the talents he gave," she said, spoken with the pride that any sister would have for such a highly accomplished little brother.

Mr. Gump also spoke highly of his sister. He advised People with Parkinson's (PWP) to stay active and keep busy. "I'm very impressed with Marilyn," he said. "She's still living alone, she's teaching, she goes to the theater with friends, and she travels. She does whatever she has to do to keep going. We adapt." Marilyn told me today that her hands won't let her make the queen-sized bed anymore, so we'll have someone come to the house and help her with that," he said.

"It's important to tell your friends, family, employers and coworkers that you have Parkinson's disease (PD)," said Gump. We're living in a new world, he said, and PD no longer has the stigma that it once had. More often than not, people will want to help you when they know you're open to talking about it. If you're working and you have PD, it is essential that you tell those close to you about your condition so they can assist when needed, especially when it comes to legal matters in the workplace.

Legal Disability

There are three statutes that may apply to PWP in the workplace. They are Social Security, the ADEA, and the ADA.

1. SSDI – Social Security Disability Insurance

If you have two or three of the cardinal signs of PD, you may qualify for Social Security Disability Insurance,

assuming that you worked long enough and paid Social Security taxes. For people between ages 18 and 64 who wish to re-enter the workplace, SSA's Ticket to Work Program may be able to provide assistance while making sure that Social Security benefits remain protected.

2. ADEA – Age Discrimination Employment Act

The ADEA has no direct tie to PD, except that employers cannot terminate someone based on their age. For PWP's whose onset occurred after retirement age, this doesn't apply, nor does it apply to workers under age 40. However, if you are a PWP over age 40 and working, beware of employers who would terminate employment on the pretense that job performance is deteriorating when, in fact, they are discriminating based on age. The ADEA clearly states that age is not an occupational qualification. Employees cannot be deprived of employment opportunities, nor can compensation be reduced, based on age.

3. ADA – Americans with Disabilities Act

PD is recognized as a disability by the ADA. If you're working, your employer is supposed to provide you with reasonable accommodations so you can do your job. Modeled after the Civil Rights Act of 1964, the ADA was signed into law by President George H.W. Bush in 1990 so that all Americans are guaranteed the same opportunities to participate in the mainstream of American life. The ADA.gov website states, "...the ADA is an 'equal opportunity' law for people with disabilities." Of course, if you don't tell your employer about your PD and what accommodations you need to do your job, they may never act. That's why it's important to tell your employer that you have PD.

Estate Planning Documents

There are several estate planning documents all PWP's should become familiar with. Following is a list outlined by Mr. Gump with brief descriptions. All of them can be found for free on the Internet or supplied to you by your attorney.

1. Statutory Durable Power of Attorney

By signing this document, you appoint someone you trust, called an agent, to follow what you instruct. You can expand or limit their powers within the document. It's durable as long as you live and it dies along with you. When you're deceased, your estate takes over.

2. Medical Power of Attorney

The agent's power begins when your doctor certifies that you lack the competence to make healthcare decisions. Your agent then has full power over any and all healthcare decisions in accordance with your wishes as indicated when you filled out the form.

3. Directive to Physicians and Family or Surrogates

Directs the physician regarding life-sustaining treatment when you can't make the decisions yourself.

4. Authorization to Disclose Protected Health Information

Whereas HIPAA (Health Insurance Portability and Accountability Act of 1996) prohibits the sharing of private information, this form allows HIPAA-covered healthcare entities to transmit your private medical information.

5. Voluntary Declaration of Mental Health Treatment

When you are of sound mind, you can use this form to control the mental health treatment you will receive in the future in case you cannot make decisions because of mental illness. The document governs psychoactive medications, electroconvulsive treatment, and emergency mental health treatment including restraint, seclusion, and medication.

6. Out of Hospital Do Not Resuscitate

This lesser-known document may be provided to healthcare workers and emergency responders in the case of an accident that could prove fatal. It's a kind of Do Not Resuscitate form similar to a Medical Power of Attorney and can be signed by the agent named in that document.

The Two Kinds of Trusts

Living trusts and testamentary trusts go by many names. The purpose of a trust is to live beyond your death to care for children or other family members. The **living trust** is created during your lifetime to carry out your instructions upon your death or incapacity, and it bypasses probate court. The **testamentary trust** is created upon your death according to the instructions established in your will.

Will

If you haven't looked at your will within the last three years, make sure you do it soon. It's important that others know what you want done with your body, your property, and your bank accounts. These things and more can be spelled out in your will so that your wishes are honored.

When you search for these on the Internet, make sure you download the versions that apply to your state. After you fill out the documents, have them reviewed by your attorney. They can be instrumental to your family members, providing them with guidance on how to carry out your wishes should you become mentally or physically incapacitated and after you are gone. "Many arguments can be avoided," said Gump. DAPS would like to thank Marilyn Stewart for her service to DAPS, and to her brother, Rick Gump, for this important presentation.



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



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

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

***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/Fri...10:45–11:45 am

Wed...9:00–10:00 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 below, call 972-620-7600.

Lakeview at Josey Ranch *NEW!*

2105 N Josey Ln, Carrollton, TX 75006

Monday...12:30–1:30 pm

Town North Family YMCA

Room MP2

4332 Northaven Rd, Dallas TX 75229

Tue/Thu...1:00–2:00 pm

Belmont Village Turtle Creek

3535 N. Hall Street, Dallas

Friday...1:15–2:15 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

6370 LBJ Freeway, Suite 170

Dallas, Texas 75240

(972) 620-7600

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**RETURN SERVICE
REQUESTED**

MARK YOUR CALENDAR

lifetime achievement award

Monday, May 14 — 1:00 p.m. (12:30 p.m. check-in)
Cooper Hotel & Conference Ctr - Berkley Room

Speaker: Kenneth H. Cooper, MD, MPH

Reservations required by midnight Friday, May 11

bit.ly/2018MayRSVP or 972-620-7600

open board meeting

Monday, May 21 — 11:00 a.m.

Please call the DAPS office for details.

june general meeting

Monday, June 18* — 1:00 p.m. (*3rd Monday)

Speaker: Dr. Nirav Pavaia

Neurology Consultants of Dallas

Topic: Non-Motor Symptoms of Parkinson's Disease

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

daps mckinney

Tuesday, May 15 — 10:00–11:00 a.m.

Speaker: Dr. Nirav Pavaia

Neurology Consultants of Dallas

Topic: Parkinson's Disease Psychosis

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 214-548-4357 for more information.

daps duncanville

There will be no support group meeting during May due to the Memorial Day holiday.

June 25 — Annual patriotic potluck dinner

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