



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

DECEMBER 2018

Understanding and Managing Your Meds

by Holly Smith

Anyone living with Parkinson’s disease (PD) understands how confusing and frustrating it can be to manage medications. Michael McGiboney, RPh, knows the challenges firsthand. A Director of Pharmacy over children’s hospitals for Vizient, he was diagnosed with Parkinson’s in August 2017 after being a caregiver for his father, who also had PD.

As the guest speaker for the October meeting of DAPS, Michael explained the different ways a pharmacist learns about drugs versus a patient being prescribed drugs. “I want to help fill in some gaps in managing prescriptions for patients,” he said. Some Parkinson’s patients rely on single-drug therapy, which may help manage symptoms, but with increased dosage can also cause increased side effects and decreased effectiveness. Multiple-drug therapy, or using different drugs that work via different pathways, is another option to treat PD; however, this method can be more expensive and make tracking dose times more difficult. Advantages to using multiple-drug therapy are: improved outcome, reduced dosages of each medicine, reduced expense, and reduced side effects. Michael also discussed how these side effects can be different for each patient. “Probabilities listed in literature are for the number or percentage of all patients taking a specific drug that may have a certain effect, not probability that one person will have a side effect,” Michael said.

Medication management is an important part of drug therapy. Issues with medication management can cause dizziness, instability, falls, confusion, loss of energy and repeat doctor visits. “It has been found that ten percent of all hospital visits are due to medication mismanagement,” said Michael. Some things that can be done to prevent medication mismanagement include maintaining a current and comprehensive list of medications, making sure care partners have a copy of the list of medications, and keeping track of medications with pill reminders and organizers (pillboxes). “The best method to

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DECEMBER holiday luncheon



Monday, December 3, 2018

****12:30 p.m.****

In the Activity Center

***Note this is the 1st Monday
 and earlier start time.**

entertainment:

**Woodrow Wilson
 High School Variations
 Show Choir**

See Page 2 for details.

RESERVATIONS REQUIRED

\$10 per person

RSVP by Thur., Nov. 29.

daps.us/december2018rsvp

Location:

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

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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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Newsletter

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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:

Carrie Marquis
972-620-7600
carrie@daps.us

All submissions must be received by the
first of the month preceding publication date
and are subject to editing.

**DECEMBER LUNCHEON ENTERTAINMENT:
Variations Choir**



Woodrow Wilson's Show Choir, Variations, is celebrating it's 40th anniversary this year with their new show, "Another Day of Sun." The group was founded during the 1978-1979 school year to celebrate the high school's 50th anniversary and has proudly represented the school since. In addition to performing at a wide variety of venues in the DFW area, Variations is also known for their production of large musicals and other theatrical events. This year they will present *Into the Woods* April 25-28. Variations is under new direction this year, with Eli Lopez joining the team. John Beard continues as a co-director.



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track your medications is the easiest one for you to use," he said. Advantages to using containers are, ideally: they hold everything (preferably for a week); they are portable and well labeled; and they are easy to get into, but secure enough not to pop open. Phone apps are also a way to track and organize medications, however some practical problems for Parkinson's patients using apps are that they can be hard to see, need a steady hand to be used, and setup can be challenging. App benefits include readily available medication lists and photos, as well as drug interaction information and pharmacy contacts.

Medication management can be frustrating, but by keeping the lines of communication open with your doctor, and taking advantage of methods to track medication and dosing, the frustration can be alleviated.

We are very grateful to Michael and the members of the Vizient pharmacy team who were at the meeting and took time to meet with attendees, answering pharmaceutical and medication-related questions, as well as helping to install apps on phones.

Holly Smith is an employee of Vizient, Inc., and a volunteer for Dallas Area Parkinsonism Society.

DAPS Hosts 2nd Successful Vizient Community Day for Parkinson's Awareness

by Leisa Kennedy, Vizient employee & DAPS volunteer

October 16 marked the second consecutive year that Dallas Area Parkinsonism Society (DAPS) has hosted more than 90 attendees, including a team of more than 50 employee volunteers from Irving-based Vizient—the nation's largest health care performance improvement company—for a day of exercise, non-contact boxing, education and camaraderie.

The two organizations came together at University Park United Methodist Church as part of Vizient's 16-year tradition of Community Day, an annual volunteer event involving more than 1,500 employees supporting more than 50 organizations across the country. Jo Klein, a retired (lifetime) Vizient executive and current board member of DAPS, was instrumental in connecting the two groups. The Community Day planning committee consisted of representatives from DAPS and Vizient: Mike Miles, Chad Swank, Jo Klein, Michele White, Fred Ransdell, Jean Danner, Nichole Rogers, Kyle Pyron, Greg Rector, Greg Knapp, Michael McGiboney and Shelley Aday. We are very grateful to them for their good work in making this event so successful.

Mike Miles, executive director of DAPS, opened the event by sharing information about Parkinson's disease and the benefits DAPS provides to those who need help managing the disease. Vizient's Jean Danner joined Mike to share information about Vizient and its employee volunteer program.

The volunteers partnered with other participants at the event across three activities: non-contact boxing with Michelle Currier from Title Boxing Club of Allen and Mike Braitsch, PT, DPT, from Tribe Wellness; exercise with Tammy Slauson, including the always-popular balloon badminton; and education for care partners led by Sarah Atwood. The Vizient team also had an opportunity to visit with several individuals living with Parkinson's and their care partners and were inspired by their enduring spirit. Kyle Pyron, senior vice president, Marketing and Communications, said, "The services DAPS provides to the local Parkinson's community are really terrific. Beyond the activities provided for those experiencing Parkinson's, they also offer plenty of insights and resources for the families of Parkinson's patients. We are grateful for the opportunity to support DAPS and connect with the inspiring individuals their organization serves."

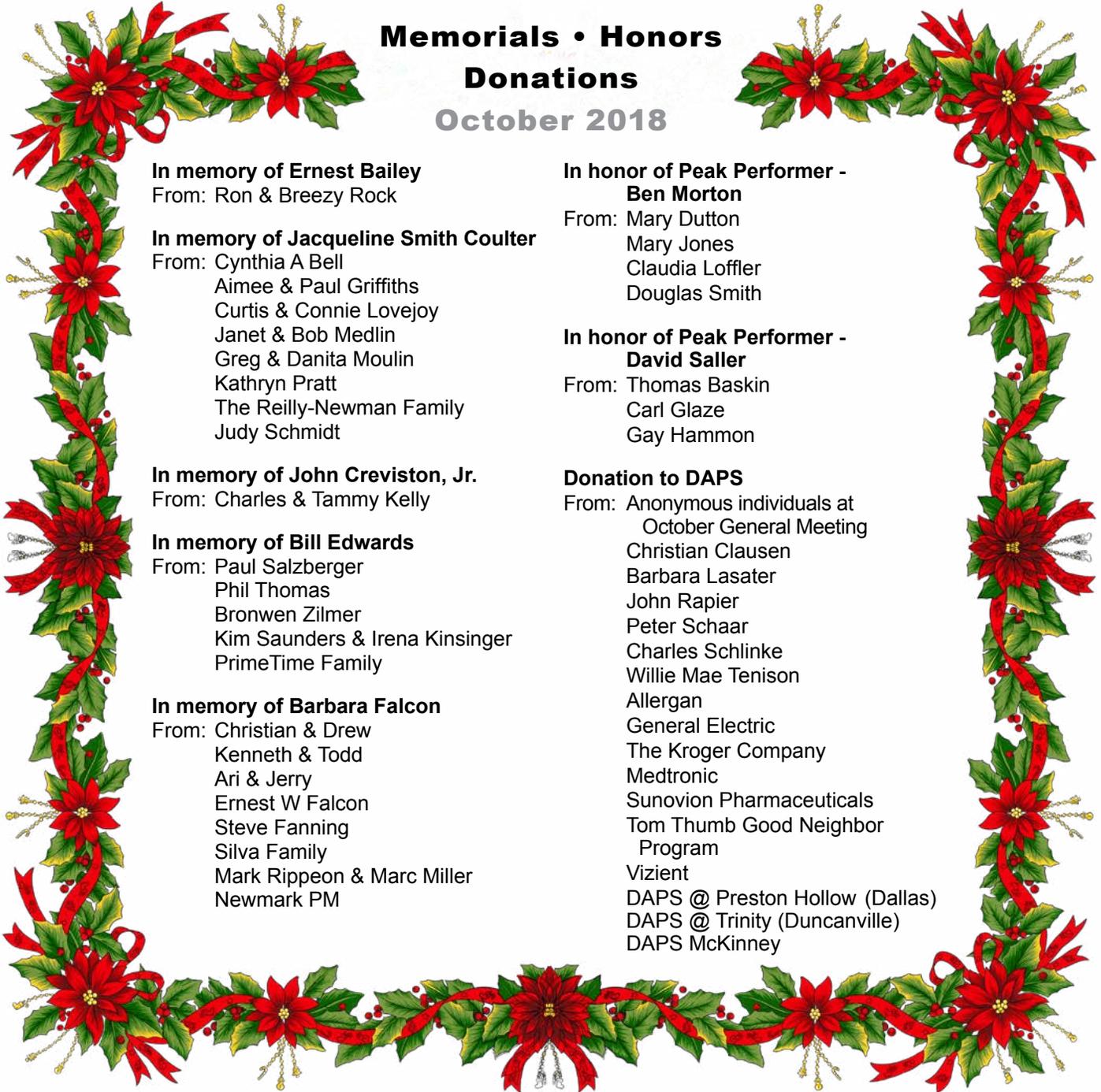
In advance of this year's event, Michael McGiboney, RPh, director of pharmacy sourcing for Vizient, addressed 73 participants at DAPS' October General Membership Meeting to provide insight into how Parkinson's medications work and share best practices for medication management.

McGiboney said, "Being able to connect with and support those affected by Parkinson's through DAPS is a personal privilege for me. Having first experienced the serious effects of Parkinson's through my grandmother's struggles, and later my father's, I am now experiencing not only the symptoms of Parkinson's firsthand, but also the confusion that comes with sorting through overwhelming or scarce amounts of information to better manage the disease. I was honored to be able to combine the skills of my profession as a pharmacist with the knowledge I have of the disease to help others increase their understanding of how their medications work, and offer insights on medication management."

Learn how you can support DAPS' mission of impacting and improving the lives of those affected by Parkinson's disease at daps.us/getinvolved.

Scenes from Vizient Community Day





**Memorials • Honors
Donations
October 2018**

In memory of Ernest Bailey
From: Ron & Breezy Rock

In memory of Jacqueline Smith Coulter
From: Cynthia A Bell
Aimee & Paul Griffiths
Curtis & Connie Lovejoy
Janet & Bob Medlin
Greg & Danita Moulin
Kathryn Pratt
The Reilly-Newman Family
Judy Schmidt

In memory of John Creviston, Jr.
From: Charles & Tammy Kelly

In memory of Bill Edwards
From: Paul Salzberger
Phil Thomas
Bronwen Zilmer
Kim Saunders & Irena Kinsinger
PrimeTime Family

In memory of Barbara Falcon
From: Christian & Drew
Kenneth & Todd
Ari & Jerry
Ernest W Falcon
Steve Fanning
Silva Family
Mark Rippeon & Marc Miller
Newmark PM

**In honor of Peak Performer -
Ben Morton**

From: Mary Dutton
Mary Jones
Claudia Loffler
Douglas Smith

**In honor of Peak Performer -
David Saller**

From: Thomas Baskin
Carl Glaze
Gay Hammon

Donation to DAPS

From: Anonymous individuals at
October General Meeting
Christian Clausen
Barbara Lasater
John Rapier
Peter Schaar
Charles Schlinke
Willie Mae Tenison
Allergan
General Electric
The Kroger Company
Medtronic
Sunovion Pharmaceuticals
Tom Thumb Good Neighbor
Program
Vizient
DAPS @ Preston Hollow (Dallas)
DAPS @ Trinity (Duncanville)
DAPS McKinney



It's that time of year. Time for festivities. Time for friends and family. Time for food. It's also time for

reflection on 2018 and preparation for 2019. It's time for New Year's Resolutions. As 2019 approaches and you consider your resolutions, here are some suggestions to include for an outstanding year:

- **Exercise** – The Center for Disease Control suggests that adults 65 years of age and older get at least 2.5 hours each week (150 minutes) of exercise that includes a combination of moderate to intense aerobic activity and strengthening activity. Many people fall short of this total—even

under the age of 65. In 2019, a commitment to exercise could mean improved function, increased quality of life, and even the reduction of certain medications. If you need help coming up with a plan or finding appropriate modifications for your needs, consult your local physical therapist. If you just need to find something new, try out a DAPS group exercise class! Make 2019 your best year yet by building exercise into your lifestyle.

- **Eat right** – We all know that diet recommendations vary because of the unique needs of each person; however, there are some definitive concepts that easily get lost in the shuffle. Make 2019 the year that you limit sugar consumption, eat more vegetables, reduce unhealthy fats, and drink more water. If making changes seems daunting for you, consider finding a Registered Dietitian or a Clinical Nutrition Specialist to help. Some can even factor in your medications! To find one, ask your doctor or go online (eatright.org) to find someone who can provide QUALIFIED nutrition advice. 2019 can be a fantastic year if you make eating right a priority!
- **Help others** – One of the best ways to feel good and to live well is to be useful to other people. Think about the things you do that might be able to help others in your community. At our boxing and tai chi groups, some people contribute by using their sense of humor. Others pitch in by sharing resources about PD. Even others help by giving someone a ride to class. Everyone has something

to give. As Dr. Martin Luther King, Jr. said, “Everybody can be great...because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.” Make 2019 a great year by finding ways to help others.

- **Have fun** – The thing I love the most about group programs is the amount of joy we experience in building our community. It’s much easier to exercise, to participate in speech therapy, or to get out of the house when you know you’re going to enjoy it. Fighting the loneliness and isolation that are common with PD is also easier when you know you’re going to have a good time. Lunch or dinner groups, book clubs, singing groups and exercise groups are just a few types of support groups that can provide a perfect environment for you to have some fun. Make 2019 the year that you absolutely insist on having a good time!



*About the author:
Michael Braitsch, PT, DPT,
is a physical therapist, a
champion martial artist,
former fighter, strength &
conditioning coach to world
champions, and an instructor
in programs for DAPS and
other organizations.
Feel free to contact
Dr. Braitsch at
TribeWellnessLLC@gmail.com.*



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Diana Winkelmann
Sharon & Greg Wood

Please Welcome Carrie Marquis



Carrie began her career in nonprofit work right out of college in 1996. Starting at the Rape Crisis Center of Collin County, she implemented educational and safety programs at local schools. Moving to the Leukemia & Lymphoma Society, she became Special Events Director for the North

Texas Chapter. Then at the national office of the American Heart Association, Carrie was the National Director for their program, *Train to End Stroke*.

After her daughter was born prematurely in 2004, Carrie says it became clear that she needed to stay home with her. A couple of years later, Carrie and her husband, Jay, added another daughter to the family. While raising a family, Carrie continued working with several nonprofits as a volunteer. She also chaired and managed events at her daughters' school—from Vacation Bible School safety training, to Girl Scout Cookie Mom, to the school carnival and auction. Carrie was a very busy mom!

In 2014, Carrie decided it was time to go back to work. US Congressman Sam Johnson was hiring a part-time Campaign Assistant. She managed the office, planned and executed events, and processed campaign contributions and disbursements. Once the congressman decided not to run again, Carrie was back in the job market. That brought her to DAPS.

When not working, Carrie stays busy chauffeuring two redheads—her 12- and 14-year-old daughters. Their activities include soccer, cheerleading, volleyball, cross country, and Girl Scouts, to name a few. The family enjoys free time with their dog, Duke. When they can fit it in, Carrie and Jay enjoy going to movies.



**A message from
Mike Miles**
Executive Director

More or Less

Even before we were “over the river and through the woods” to enjoy Thanksgiving with our families, the sights, sounds, and stores were reminding us that the next holiday season was upon us. Whether it is Christmas, Hanukkah, or any one of a dozen other holidays that you celebrate, it is a wonderful, although often stressful, time of year.

So, here is my more or less list for the holidays:

- We socialize more.
- We spend more.
- We go more.
- We eat more.
- We sleep less.

Here at DAPS, even as we wish you Happy Holidays, we want to encourage you to take care of yourself during these festive times. As much as possible, continue to exercise with your DAPS group, but if not with your group, then on your own. I, personally, think it is okay to indulge with moderation in the sweets of the season. I know that I will. If you do as well, then quickly get back to healthy eating.

During this season that for many of us involves the exchanging of gifts, we need to also remember to be grateful. A sense of gratitude is so important in staying healthy. I hope that you share my gratitude for the work that DAPS does and the difference that is made in so many lives.

Wishing you and yours a Joyful Holiday Season and Happy New Year!

Kindest regards,

NOTICE

The DAPS office will be closed:

❄ Mon. & Tues., Dec. 24–25 ❄

❄ Mon. & Tues., Dec. 31–Jan. 1 ❄

*Wishing everyone a
blessed holiday season!*

Thank You

to our Vizient Community Day event sponsor:

vizientTM

We would also like to thank **Pepsico** for their donation of bottled water for the event.

Finally, we wish to send a special

Thank You

to our breakout session leaders:

★ **Sarah Atwood**

★ **Michael Braitsch**, PT, DPT of Tribe Wellness

★ **Michelle Currier** of Title Boxing–Allen

★ **Tammy Slauson**

UPCOMING EVENTS



DALLAS GENERAL MEMBERSHIP MEETING

Location: University Park United Methodist Church
(Fellowship Hall)

Address: 4024 Caruth Blvd, Dallas, TX 75225

Date: **Monday, January 14, 2019**

Time: 1:00 p.m.

Speaker: DeLila Bergan, JD, MA

Topic: Making **Your** Goals a Priority
for Your Doctors

MCKINNEY GENERAL MEMBERSHIP MEETING

Location: St Gabriel the Archangel Church

Address: 110 St Gabriel Way, McKinney, TX 75071

There will be no McKinney meeting in December.

DUNCANVILLE ANNUAL HOLIDAY POTLUCK DINNER

Location: Trinity United Methodist Church

Address: 1302 S Clark Rd, Duncanville, TX 75137

Time: 6:00 p.m. (snack supper)
7:00 – 8:00 p.m. (speaker)

Date: Monday, December 17, 2018

Speaker: Marti Miller, motivational speaker

Call 972-298-4556 for more information.



Dallas Area Parkinsonism Society

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