



6310 LBJ Freeway
Suite 213
Dallas, TX 75240
(972) 620-7600
www.daps.us

JANUARY 2021

A Little Music, Please

Message from Executive Director Mike Miles



How about some trivia...

The earliest usage of the phrase “earworm,” meaning a tune that gets stuck in your head, was in Desmond Bagley’s 1978 novel, *Flyaway*. Scientists who study earworms (yes, these scientists exist) have found that 99% of people experience this phenomenon known as Involuntary Musical Imagery (INMI) at some point. Not long ago, “*Lubbock in my Rearview Mirror*” got stuck in my head so strongly that I used it when speaking at our Medical Advisory Board

Round Table. Doesn’t that sound like a sophisticated lead-in to use with our Medical Advisory Board? Let me explain.

Toward the end of last year, I heard more than once, and perhaps you did too, “I’ll be glad when 2020 is over.” We all know that with the turning of the calendar page all of the challenges of 2020 are not going to just magically go away. But expressing excitement about a new year in some ways represents a new start, leaving the old behind and welcoming the new.

When I look in the rearview mirror at 2020, I see challenges, changes, and, in spite of it all, a few chuckles as we all adjusted to the demands of COVID-19. Here’s what else I see: DAPS has survived. 2020 is back there and 2021 is in front of us. We rose to the occasion. DAPS and many of you learned to Zoom. We made the best of a bad situation. We continued to provide exercise, speech, support groups, and the Educational Series. We recognized and honored volunteers. We had the KEEP MOVING! SYMPOSIUM. We still partnered with Vizient for a community awareness month, and we rounded things off awarding

[MUSIC continues on Page 2](#)

JANUARY EDUCATIONAL SERIES



Please check the DAPS website for the upcoming schedule.



KEEP MOVING! SYMPOSIUM

Session recordings are now available on the DAPS YouTube Channel:

bit.ly/DAPSYoutubeChannel

Thank you to our sponsor for the December Educational Series



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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

Jill Dominguez, Managing Editor
Pam Michel, Production Editor

DAPS Staff

Leisha Phipps, Program Director
leisha@daps.org
Rebecca Reyes, Office Manager
rebecca@daps.org

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MUSIC continued from front page

the Dr. Kenneth H Cooper, MD, MPH Lifetime Achievement Award to Roger Staubauch—not bad for a pandemic year.

But now I turn my eyes away from the rearview mirror and look ahead. We have come a long way and, as I write this, we can look forward to some good things. We still need to be patient and weather this storm. We continue to monitor the status of the virus and listen to the CDC regarding the right timing to begin to gather again. The gatherings will probably look different, with some precautions we have not had to take in the past; but won't it be good to see old friends not through a screen but face to face?

Looking further down the road, we are hopeful to begin having some small group meetings in May and some larger special events in June. We're hoping that by the end of July, we'll be able to gather together again with more opportunities to finish out the last half of the year.

So my earworm this week has been "Here Comes the Sun" by the Beatles, especially these two verses and the chorus:

*Little darling, it's been a long cold lonely winter
Little darling, it feels like years since it's been here
Little darling, the smile's returning to their faces
Little darling, it seems like years since it's been here
Here comes the sun, do, dun, do, do
Here comes the sun, and I say,
It's alright*

So, as I hum about brighter days, I'm looking forward to seeing your smiling faces!

Searching for Silver Linings: How to Stay Positive with Parkinson's

by Emma Lawton

Since I was diagnosed, I have tried to stay positive. It's often tough to see the good in difficult situations, but I really believe it's got me through the last six years. My body might be getting more angular and awkward every day, but it's my smile people comment on. I get up most mornings full of excitement to see what the day brings, which might seem odd to some people, but positivity is by far the best treatment I have in my arsenal.

Listed below are my 10 tips on how I stay positive.

I surround myself with people who are my cheerleaders

Over the years I've learnt who I need around me and at what times. It's incredibly important to make sure you have an army of people who will build you up when you're struggling. But also try to balance that with people who challenge you as well. Just because we are the ones living with the health condition doesn't mean we are always right when making decisions about it.

I regularly push myself out of my comfort zone and try new things

Because things I've always been good at are harder to do than they once were, it's very tempting to stop trying to do anything. But I find by trying new things I find stuff all the time that I'm surprisingly good at and it feels amazing when I do. If I don't nail it the first time, I either make the decision to try again and see what happens or I just move on.

I try not to dwell on the past

It would be very easy to look back at the past when things were easier and wish that I'd done more. More exercise. More spending time with friends. More work. More fun. But actually I think I do more now than I ever did before and I'm actually pretty content with my life. So by not looking back at the past and thinking of the things I can do rather than things I can't, I feel happier.

I practice gratitude

My friend Sarah is a psychologist and encourages me to meditate and look after my mental health. One of the things she has taught me is to practice gratitude. She suggests coming up with three great things that have happened every day and it really makes you look at the day and try to find silver linings. Even after the worst day there is always something to learn from it that can be seen as a positive.

I make an effort to meet other people with Parkinson's who express it the way I want to

A few months after diagnosis I was encouraged to go to a patient group to meet other people with Parkinson's. I knew they would have had the condition longer than me and I wasn't ready to see my future so I didn't go. I built it up in my head as a massive thing and got really scared about it, deliberately avoiding gatherings with other people with it. One day I felt braver and joined a Google Hangout with other young people with the condition and have never looked back. My friends with Parkinson's are some of the most amazing people I've ever met and I don't know what I'd do without them in my life. They totally understand what I'm going through and help boost my positivity with their own.

I wear bright colors

When I was first diagnosed it was tempting to try and hide away. I felt a lot smaller in my physicality. Like overnight I suddenly occupied a different amount of space in the world. And it was tempting to stay like that, to dress in dark colors and stop worrying about makeup. But I've always loved color, and I realized by wearing a bright jacket or a sequin dress I felt like I was bigger in the world again. Dressed like that I couldn't hide, and this was a good, if not completely uncomfortable for the first few times, thing.

I break frustrations down

Sometimes Parkinson's itself, or the everyday annoyances that come with it, can seem too huge to overcome. That's because they often are. I have found over the years that if I break bigger problems down into chunks they are a lot more manageable.

[SILVER LININGS continues on Page 4](#)

SILVER LININGS continued from Page 3

For example, getting to work every day might be a big challenge. But if I break it down into steps...

- Leaving the house
- Walking to the bus stop
- Getting on the bus
- Traveling to work
- Getting off the bus
- Walking to my office
- Starting work

...they suddenly seem like things I can fix individually. I can set coping mechanisms for each of them and celebrate them each as small wins.

I dance like a fool every morning

When my alarm goes off, I full-body dance to the playlist for five minutes. How can a bad day start like that? Not only is it fun but it wakes up my sleepy muscles.

I don't stress if I can't sleep

For the last couple of years since I've been living on my own I haven't slept well. I've gotten really good at functioning on a really tiny amount of sleep, and sometimes my Parkinson's behaves better with less rest. I try not to stress too much, choosing to do gentle activities when insomnia kicks in. Rather than lying in bed worrying about it, doing something creative or cleaning the bathroom usually works—anything that physically or mentally tires me without

being in front of a screen. By not stressing about it and letting the activity make me sleepy rather than frustrated, I tend to wake feeling fairly refreshed in the morning.

I allow myself time to be sad and am honest about my emotions

I think I was perhaps a little over-positive in the early days; it happens to all of us. You get told you have Parkinson's and you think, "It's not that bad. I can pretty much do most things I used to do. Why does everyone make such a fuss?" And then the symptoms start getting steadily worse and the penny drops: Ahhh—THIS is Parkinson's. This is hard.

So nowadays I make sure—whether I'm talking to a friend or giving a lecture on a stage in front of 500 people—I'm telling it like it is, with my sunny slant, to help others to understand. Or, as I like to call it, "positive realism."

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<https://parkinsonsdisease.net/living/silver-linings/?via=recommend-reading>

About the Author

Emma Lawton was diagnosed with Parkinson's at the age of 29. Making it her mission to raise awareness about the condition and continue her life as she planned, Emma campaigns and shares her story on social media, published her own book on dealing with Parkinson's, and recently video blogged her life for 365 days. For more information, visit: <https://parkinsonsdisease.net/community-advocates/emma-lawton/>

WORD SCRAMBLE CONTEST

We know that exercising at least 3 times a week is critical to our health and in managing PD well. Unscramble these types of exercise that you might consider incorporating into your exercise schedule. Be the first to submit correct answers at daps@daps.org and win a \$25 gift card!

ONFIGLG _____

AGOY _____

DECNA _____

PSLEATI _____

OXBGIN _____

WAGNILK _____

AIT HIC _____

IGNIMWSM _____

CILCNGY _____

GIKNHI _____



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Spotlight on DAPS Instructor...



*Tammy
Slauson*

Tammy has been teaching Movement Therapy since 2007 and classes at DAPS since 2013. She is an exercise and speech instructor at several DAPS locations including Preston Hollow United Methodist Church, South Garland Baptist Church, Lake Point Church in East Dallas, and Arapaho United Methodist Church in Richardson. Tammy received her Move. Laugh. Connect. (MLC) certification and also leads the MLC classes at Belmont Village Turtle Creek. Tammy leads four Zoom classes for DAPS weekly, where you will usually have the chance to exercise with her and her pup, Poppy. When she is not teaching DAPS or yoga classes, you can find her strumming her banjo around Dallas. And if you're lucky, she might even bring some live music to one of her Zoom classes!



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Clarice and Brook Dougherty Legacy Circle

For decades Dallas Area Parkinsonism Society has benefited from the generosity of people who remembered this important organization in their estate planning. By supporting DAPS in this way, you will join others as part of our Clarice and Brook Dougherty Legacy Circle. Besides naming DAPS as a beneficiary in your will, here are some other ways you might include a gift in your plans.

- 1. Ask your heirs to give a gift to us in your memory.**
Perhaps you already have your plans the way you want them and you don't want to revise your will. If you are leaving most of your assets to your children, grandchildren, a few close friends, etc., you could arrange with one or more of them to donate a small portion of their inheritance to us in your memory. They would get an income tax deduction for the gift when they make it, reducing the cost to them.
- 2. Name our organization as one of the beneficiaries of whatever remains in your IRA or retirement plan.**
Changing the beneficiary of an IRA is not difficult to do. Simply request a change of beneficiary form from the company managing the plan and follow the instructions.
- 3. Arrange for the remainder in a savings or stock account to go to our organization.**
It is possible to rename a bank savings account in such a way that at your death whatever remains in the account passes automatically to us. Speak with your broker and say you want to rename the account in such a way that anything in the account at your death automatically becomes the property of our organization.
- 4. Make our organization a beneficiary of a life insurance policy you already own.**
If you have life insurance you have probably named your spouse, children or other relative as the beneficiary. We are not suggesting that you change that, just that you include us as well.

For more information call us at 972-620-7600 or email us through our Contact Us page.

Virtual Classes



Zoom with DAPS to kick off 2021!

Research from the Parkinson's Foundation *Parkinson's Outcomes Project*, the largest-ever clinical study of Parkinson's, suggests that people with PD should do at least 2.5 hours of exercise a week for a better quality of life.

If boredom is getting the best of you, consider trying one of our Zoom classes offered 7 days a week. We understand that technology can be frustrating and intimidating, and we are here to help you stay active and connected. We can help you get set up and ready to Zoom!

Join us for recorded EXERCISE class any time at <https://bit.ly/DAPSYoutubeChannel>.

Below are the LIVE CLASSES DAPS is offering each week via Zoom.

You can join our live exercise, speech, and support groups by contacting us at daps@daps.org for login details.

If you are interested in joining a DAPS class virtually for the first time, please be aware that response times to receive login information are generally during office hours: Monday – Thursday, 9:00 am–2:00 pm.

All times are Central Standard Time

MONDAYS

- 9:45 am EXERCISE with Angie
- 10:45 am SUPPORT GROUP with Carol
- 1:00 pm SPEECH with Danielle
- 4:00 pm GENTLE YOGA with Amanda

TUESDAYS

- 9:00 am SPEECH with Pat
- 10:00 am EXERCISE with Diana
- 11:30 am SPEECH with Lynn
- 2:00 pm DANCE with Misty
(For login details, contact Misty at danceforpd.dallas@gmail.com)

WEDNESDAYS

- 9:45 am EXERCISE with Barb
- 11:00 am SPEECH with Lynn
- 12:30 pm EXERCISE with Tammy

THURSDAYS

- 10:00 am EXERCISE with Amanda
- 2:00 pm SPEECH with Pat
- 2:00 pm DANCE with Misty
(For login details, contact Misty at danceforpd.dallas@gmail.com)

FRIDAYS

- 9:45 am EXERCISE with Barb
- 12:30 pm EXERCISE with Tammy

SATURDAYS

- 1:00 pm EXERCISE with Tammy

SUNDAYS

- 1:00 pm EXERCISE with Jonathan
- 2:30 pm EXERCISE with Tammy



Tribe Wellness Group Classes (boxing, tai chi, and yoga groups) are available every day online with **discounted pricing for DAPS members**. See the full class calendar at www.tribewellness.org/calendar. For more information, please contact tribewellnessllc@gmail.com.



UPCOMING MEETINGS



ALL PROGRAMS ARE CURRENTLY ONLINE ONLY

Please check the DAPS website at <https://daps.us> for schedule changes.

For assistance, contact the DAPS office Monday–Thursday, 9am–2pm at 972-620-7600 or daps@daps.org

YOPD Support Group

The Young Onset Parkinson’s Disease (YOPD) support group meets virtually every Tuesday at 6:30 pm

For details, contact yopd.dfw@gmail.com

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