

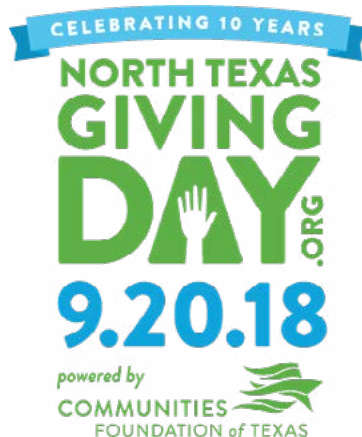


# Dallas Area Parkinsonism Society

6370 LBJ Freeway  
Suite 170  
Dallas, TX 75240  
(972) 620-7600  
[www.daps.us](http://www.daps.us)

SEPTEMBER 2018

## NORTH TEXAS GIVING DAY 2018



This month, Dallas Area Parkinsonism Society will join with thousands of other north Texas nonprofits in the 1-day giving extravaganza hosted by Communities Foundation of Texas, North Texas Giving Day (NTGD). This will be our 7th year participating in this event, which has become our 2nd-biggest annual fundraiser.

North Texas Giving Day is the largest community-wide giving event in the nation. The goal of NTGD is to build awareness and support for nonprofits like DAPS. In 2017, \$39 million was raised through more than

137,000 gifts benefiting 2,723 local nonprofits. DAPS supporters gave a total of \$18,267.55 on that day, with many donors opting to cover the processing fees for their gifts, ensuring that 100% of their donation was received by DAPS.

### When is North Texas Giving Day?

**Thursday, September 20**, from 6 AM Central – Midnight at [www.NorthTexasGivingDay.org](http://www.NorthTexasGivingDay.org).

Going out of town? You can **schedule your gift** early between 8:00 am September 10 and midnight September 19.

There are also a couple of **new** ways to increase awareness and raise money for DAPS during this event:

You can raise funds for DAPS by creating a **FUNdraising page**. Learn more about his exciting option by going to <https://daps.us/NTGD-FUNdraising>.

Another new feature: You can now **write a check**, give it directly to DAPS, and have it count towards our NTGD total. Checks will **not** be eligible for Bonus Funds, but they also will not be subject to the 4.99% processing fee imposed on credit card donations.

**GIVING DAY** continues on pg 5

## SEPTEMBER

### Annual Kickoff Meeting



Speaker:  
**Jared Caplan**

(See Page 2 for speaker bio.)

Topic:

**Caring for Loved Ones  
who have Parkinson's**

**AND**

**a Mental Workout to  
Boost your  
Brain Health!**

Location:

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

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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

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.

## **SEPTEMBER SPEAKER:**

### **Jared Caplan**



Jared Caplan is one of the latest influencers in the long-term care/healthcare space in Dallas, Texas. Having been admitted to Alpha Iota Delta honor society for his graduate work in decision sciences at the College of Business Administration at Georgia State University, he proceeded to work in marketing, real estate and health care as a professional business manager and owner/operator. Pursuing his passion to make powerful, positive impacts on the lives of older adults and their

families, founding and serving as the General Manager of Home Care Assistance of Dallas was a natural fit.

In 2018, with Caplan at the helm, Home Care Assistance of Dallas, was honored to receive the Leader in Excellence Award which was bestowed on the top 5% of over 2,700 participating home care agencies. Additionally, in 2018, Jared was elected to serve on both the Franchise Advisory Council for Home Care Assistance as well as the board of directors of Dallas Area Parkinsonism Society.

Jared provides the leadership to enable the highest standard of care in the homes of older adults by care managers and caregivers trained in the Balance Care Method™, Cognitive Therapeutics Method™, and Music & Memory™, which was previously unavailable in the Dallas market.

In his free time, Jared enjoys family time with his wife, Stacy, and his two daughters, Hannah and Emily.

### **Group Schedules**

DAPS provides exercise, speech, and care partner support groups at more than 20 locations each week—all free or at a reduced rate. Details can be found on our website at [daps.us/groups](http://daps.us/groups). The information on the website is updated as needed, but please call to confirm dates and times if this will be your first time attending.

If you would like a printed copy of our groups schedule, please send a self-addressed stamped envelope to us and we will be glad to mail one to you. Send to:

Attn: Group Schedules  
DAPS  
6370 LBJ Fwy Ste 170  
Dallas, TX 76240-6400

# SPOTLIGHT ON:



## @ South Garland

Now in its 23rd year, DAPS @ South Garland is one of the oldest and largest of DAPS' exercise groups. This group meets at South Garland Baptist Church and averages 35 individuals with Parkinson's each session. DAPS @ South Garland meets twice weekly on Monday and Thursday for Group Exercise and Group Speech Therapy. A Partners-in-Care group for family and friends caring for people with Parkinson's (PWP) meets every Thursday during the exercise class, and a Discussion Group for everyone meets three times monthly.

The Garland group is unique in that church volunteers serve lunch to the exercisers and care partners following Thursday exercise.



**Zee Clark (left) with Charlene Noe during lunch**

"I think that having lunch together is the key to the group's success," says Charlene Noe, the long-time DAPS volunteer group facilitator and member of South Garland Baptist Church. "After exercising together, the Parkinson's people and their caregivers extend fellowship and support to each other as they enjoy some social time together."

This group has two exercise leaders, Barb Mack and Amanda Hunter, who share responsibility. While Amanda leads the 35-or-so exercisers, Barb works



**Barb Mack (left) and Amanda Hunter**

individually with members who need special attention. Some of the exercisers have more difficulty with movement and benefit from extra help to make sure their experience is as positive as possible. Halfway through the hour, Barb leads the group while Amanda works with individuals.

The Partners-in-Care group meets during the Thursday exercise class and is led by Lue Taff, a retired Case Manager. Zee Clark, RN and Case Manager with The Senior Source, leads the group when Lue is away. Care partners share experiences and messages of support with others in the group who are caring for loved ones.



**Lue Taff, RN**

All these services are free to attendees and made possible by generous donations to DAPS as well as by South Garland Baptist Church volunteers.

Charlene Noe has calculated that this group has helped over 700 families during its 23-year history. "This group is still going strong after all these years," Charlene said.

DAPS has been serving the greater Dallas Parkinson's community for over 40 years and continues to support the growth of groups like DAPS @ South Garland.

For details on group locations, days, and times, visit <https://daps.us/groups>.





Information on exercise  
for Parkinsonism

by Dr. Michael Braitsch

## Specificity and Goal Setting

Specific problems need a specific solution. Can you imagine ever leaving the house without a plan or at least an idea of where you want to go? Of course not! No one gets in the car saying to themselves, "I'd like to get some groceries. Let's see if driving around for a while makes that happen." The same idea is all too true with regard to exercise. If you're already exercising and don't have a plan, just think of how much more productive your time could be spent with a plan. If you are not yet exercising, and are on the fence about what to do (a common problem given the overwhelming amount of information about exercise), think about what a plan could do for you!

Specificity in planning means the difference between spinning your wheels or racing to a destination. For exercise, just like every other goal in life, planning and purpose make all the difference! Let's get **SMART** about our goal-setting.

### SMART goals are:

- **Specific:** The more specific the goal, the better. Think about who is more likely to be successful, the person who says, "I want to work on walking," or the person who says, "I want to be able to increase my stride length so my steps will be more efficient."
- **Measurable:** Measurable goals allow you to gradually adjust your training and make progress (or the lack thereof) visible. Using the above example, consider the "work on my walking" person compared to someone who wants to "increase my stride length by 6 inches."
- **Actionable:** Goals based on things that YOU can change are much easier to work on than goals that rely on other people changing their behavior.

- **Realistic:** It's much easier to work on goals that are reasonable and attainable than those that are not. Achieving attainable goals leads to gradual progress. With realistic goals, we gain momentum and confidence, making the goals that seemed "out of reach" long ago more and more within your reach. For example, "I want to work on my walking so I can keep up with my grandchild" is not as realistic for most of us as, "I want to make my walking more efficient and will work toward adding 6 inches to my stride length."
- **Time-sensitive:** A great plan is nothing without accountability. If a goal is time-sensitive, we are all much more likely to prioritize the action needed, rather than procrastinate. The "work on my walking" person may never feel any pressure to work on it, whereas "Improve my walking efficiency by adding 6 inches to my stride length over the next 2 weeks" is much more likely to happen!

Having a plan and sticking with it gives you a targeted purpose. Tracking and measuring progress is empowering. More importantly, people who match long-term goals with SMART short-term goals, often experience increased confidence. Their use of SMART goals gives a degree of certainty in their plan, helping to avoid the frustration of changing directions on a whim and mixed results.

### This month, my challenge to you is this:

**Form a SMART goal you can use in your life, share your goal at a workout group or with a friend or coach, and hold each other accountable!**



*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.*

**GIVING DAY** continued from front page

You can now make your NTGD gift a **recurring donation!** Although only your initial donation amount from September 20 will count towards NTGD Bonus Funds and Prizes, your monthly gift will make a lasting impact on DAPS' programs and services.

And don't forget, you can be an **ambassador** for DAPS by helping spread the word on social media. Go to <http://bit.ly/NTGDAmbassador> to download the Ambassador Toolkit and help us make this the best North Texas Giving Day ever for DAPS!



**GEMs** are donors who  
**Give Every Month.**

Our **GEMs** are very valuable!

Sign up on the DAPS **website**:  
<http://bit.ly/DAPSGEM>

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.

## Memorials • Honors • Donations July 2018

### In memory of Eddie Beard

From: Greg & Judy Robinson

### In memory of James Albert Dorsey

From: Don & Jane Hadden  
Esther & Larry Gebhardt  
Angie Kelamis  
Barbara Mason

### In memory of Donald Wayne Foster

From: The Dawleys and Hutchens

### In memory of Pat Gibson

From: Richard & Rita Doelling

### In memory of Philip H. Miller

From: The Benson family  
Ed & Pat Brizendine  
Candace Coleman  
Richard & Rita Doelling  
James, Leslie, Mazie & Maddoc Johnson  
John Lombard  
Diane Smith

### In honor of Sudie Duffee

From: Mindy Duffee

### In honor of Shirley Hand

From: Mike Miles

### In honor of Mike Miles

From: Jill Dominguez

### Donation to DAPS

From: Anonymous individuals at the July Luncheon  
Henry Desmond  
Sean Duncan  
Casey Kime via Thrivent Choice  
Kroger Community Rewards  
Post Acute Medical, LLC  
DAPS @ Hunters Glen (Plano)  
DAPS @ Lake Pointe Church at  
White Rock (Dallas)  
DAPS @ Trinity (Duncanville)  
DAPS McKinney

## July Donations: Tenth Annual Non-Event

*We are less than \$250 from reaching our \$50,000 goal!*

*Although our promotion of the Non-Event officially ended on May 31, we will accept donations through the end of the year.*



**Red... Up to \$99**  
**Laura Boyle**



**Green... \$1,000 +**  
**Gregory Rector**

# A fond farewell...



## Jill Dominguez

It is with heavy hearts that we announce the resignation of Jill Dominguez. Her last official day on the office staff of DAPS was August 31. Not everyone will know that Jill first became a part of the DAPS family as a volunteer in 1996, over 20 years ago. In January 2012 she accepted a position on the Board of Directors, where she served for 1.5 years. Then Jill was asked and accepted the position of Administrative Associate with the Dallas Area Parkinsonism Society in August 2013. She has served in that position for 5 years. Her commitment and dedication to DAPS have gone far and above anything we could have imagined. The job she has done is truly reflective of her love for DAPS and a genuine desire to serve others. She will be missed in the office, at our General Meetings, and at special events. We are grateful for the years and many ways that she has served DAPS and the Parkinson's community. DAPS makes a difference in the lives of so many, and Jill has contributed so much to the success of DAPS.

Now, on a brighter note...Although we will not be seeing Jill in the office on a regular basis, she is not stepping out of the picture completely. Jill will continue to serve DAPS while working as an independent contractor from home, managing the DAPS web and social media content, editing the DAPS newsletter, and providing graphic design services as needed.

We hope that you will join us in expressing good wishes for the future and gratitude for a job well done. You may do that by mailing a card to the office or emailing your thoughts to [daps@daps.us](mailto:daps@daps.us). We will pass those on to Jill.

## Debbie Cox

Also, with deep regret, we are announcing that Debbie Cox has resigned effective July 31. Although Debbie was with us only for 4 months, she made significant contributions to the work of DAPS. She was offered a position by another nonprofit at which she served on the Board of Directors. This was not a position she was actively seeking, and yet it was one that was a great opportunity for her. She will be missed and we wish her all the best. During her brief time with DAPS, she developed a genuine appreciation for the work of DAPS—so much so that she respectfully referred a longtime good friend for DAPS to consider as the new Volunteer Coordinator. We could not have asked for a better recommendation.

Next month, we will officially introduce **Michele White** as the new DAPS Volunteer Coordinator.



A message from

**Mike Miles**

Executive Director

## Signs

Do you remember the greater than (>) and less than (<) signs that we learned in math? Most often I hear them referred to as “more than and less than.” Let’s explore how this relates to Parkinson’s disease (PD).

When people talk about PD, they commonly refer to it as a movement disorder. The acronym “TRAP” is often used to describe the four primary movement-related symptoms associated with Parkinson’s.

### TRAP

**Tremor:** shaking of a limb (frequently hand) while at rest

**Rigidity:** muscle stiffness and resistance to movement

**Akinesia/bradykinesia:** impairment and/or slowness of voluntary movement

**Postural instability:** problems with balance

In reality, Parkinson’s disease is (>) more than just a movement disorder; it manifests itself in many ways. Your doctor may not always seem to be asking the “right” questions. Don’t be too hard on them—there is no way they could ask about all the different symptoms you may be experiencing. So, be sure to talk to your doctor about any health concerns you think may be related to your Parkinson’s disease.

While we are talking about non-motor symptoms, there is one “more” thing that I hope you will take note of. Save the date for **November 17th**—the DAPS second annual KEEP MOVING! Symposium. Among the outstanding sessions planned is one called “Non-Motor Symptoms: Treatment and Management,” with Dr. Padraig O’Suilleabhain presenting. It is sure to be enlightening. Hope to see you there!

Kindest regards,

## UPCOMING EVENTS

### **vizient** Community Day

**DATE:** Tuesday, October 16  
from 11:30 AM to 2:30 PM

DAPS will host a community awareness day about Parkinson's disease with volunteers from Vizient. Space is limited. Register today!

**More info:** [bit.ly/2018VizientInfo](http://bit.ly/2018VizientInfo)



**DATE:** Saturday, October 27, 2018

**NEW LOCATION:**  
**Lone Star Park in Grand Prairie, TX**

*Teams are forming now and volunteers are needed.*

This celebration of movement features a family-friendly walk course, a kids area, a caregivers relaxation area, and a Movement Pavilion featuring yoga, dance, Tai Chi, boxing, and more.

**MovingDayDFW.org**

**For information, contact Debbie Nathan:**  
**214-469-7661 • [dnathan@parkinson.org](mailto:dnathan@parkinson.org)**



**DATE:** Saturday, November 17, 2018

**Learn about:**

- Managing PD
- Music Therapy
- Psychological and Emotional Issues with PD
  - PD Exercise and Physical Therapy
- Non-Motor Symptoms: Treatment and Management

**Plus your choice of 3 breakout sessions:**

Newly Diagnosed • Living Well with PD • DBS

**More details coming soon!**



### **DALLAS GENERAL MEMBERSHIP MEETING**

**Location:** University Park United Methodist Church  
(Fellowship Hall)

**Address:** 4024 Caruth Blvd, Dallas, TX 75225

**Date:** Monday, **October 15**, 2018 (3rd Monday)

**Time:** 1:00 p.m.

**Speaker:** Michael McGiboney, RPh

**Topic:** Understanding & Managing Your Meds

### **MCKINNEY GENERAL MEMBERSHIP MEETING**

**Location:** St Gabriel the Archangel Church

**Address:** 110 St Gabriel Way, McKinney, TX 75071

**Date:** Tuesday, **September 18**, 2018

**Time:** 10:00 a.m.

**Speaker:** Leann Hoffart, BSN, RN, and  
Dr. Michael Solieau from AbbVie

**Topic:** Patient Partner Program: Get to Know a  
Treatment for Advanced Parkinson's

### **DUNCANVILLE GENERAL MEMBERSHIP MEETING**

**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, **September 24**

**Speaker:** Beth Giniewicz, Community Relations  
Liaison for the T Boone Pickens Hospice  
and Palliative Care Center

**Topic:** The Conversation Project





**Dallas Area Parkinsonism Society**

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