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OCTOBER 2014

Senior Moments - To Worry or Not to Worry

Why Brain Health Matters at Every Age

by Margaret B. Schroeder

Senior moments happen to everyone. As we get older, our memory for detail is reduced. The question is, when should we worry about these cognitive changes?

“Be proactive in talking to your doctor about senior moments,” said Audette Rackley, M.S., CCC/SLP, Head of Special Programs at the Center for Brain Health at UT Dallas. “It’s sometimes difficult to differentiate between normal changes and those that are progressive. Definitely stay in touch with your doctor, but in the meantime, be proactive about engaging your brain in ways that could reduce your risk or potentially slow down change.”

**ARE YOUR DAILY HABITS TOXIC
TO YOUR BRAIN'S HEALTH?**



Ms. Rackley and UT Dallas research clinician Elanor Schiffmann spoke to DAPS members at our September General Membership Meeting about how to develop habits to strengthen the brain. While it was once thought that brain structure is relatively unchanged after a certain period in early childhood, it is now widely understood by neuroscientists that the brain has a natural ability to form new connections in order to compensate for injury or changes in one’s environment. “If you’re engaged cognitively throughout your life, your brain will be better off as you age,” said Rackley. This phenomenon, called neuroplasticity, causes our brains to change every day. “The rule of neuroplasticity is, ‘Use it or lose it,’” she said. “Your brain will change either by chance or by choice.”

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OCTOBER general membership meeting



speaker:

**Darla Lefler & Beth Geniewicz
Silverado Community
Ambassadors**

See page 2 for speaker bios

topic:

**Neurobics -
Awaken your senses...
Stimulate your brain**

Monday, October 20, 2014

1:00 p.m.

(Please note this is 3rd Monday)

We look forward to seeing you!

University Park
United Methodist Church
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, 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:

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

October Speaker Bio:

Darla Lefler & Beth Giniewicz Silverado Community Ambassadors

Darla has been in Senior Care for the past six years. She started in independent living and moved into dementia care because of her deep compassion for seniors. Darla is a Graphic Design major and was in the Real Estate industry for more than 25 years. Darla has been involved in creating and organizing educational programs for Silverado such as the Virtual Dementia Tour and the Neurobics program. She is the Senior Community Ambassador for Silverado in Dallas, based at the Turtle Creek location. Darla is involved in several support and education groups and speaks at events for families and professionals regularly.



Darla Lefler

Beth Giniewicz

Beth has been in the health care industry for over 30 years. She started her career in Temple, TX at Scott & White Hospital in the Microbiology lab doing specimen processing. After 10 years in the lab industry, she worked for Pharmaco, a Contract Research Organization in Austin, where she designed databases and analyzed data for clinical trials. Beth went back to school later in life and received her BA in Marketing at The University of Houston. After graduation, she began her sales and marketing career by working for Schering-Plough as a pharmaceutical sales rep, then decided to get back into the lab industry and worked for Quest Diagnostics and Clinical Pathology Labs. Throughout Beth's career, she has always wanted to share her passion for helping others and making a difference to those in need. She chose to work in the long term care industry and says it has been both heartbreaking and heartwarming and that she should have started in this career path 20 years ago. Beth is the Senior Community Ambassador for Silverado at the Valley Ranch location.

As Silverado Community Ambassadors, Darla and Beth provide educational training and resources to those in the community who work with or know individuals who have memory impairments. They are focused on enriching the quality of life for clients, residents, patients, families and associates. They recognize the value of the human spirit and believe that memory impairment and other chronic or acute conditions do not mean the end of a purposeful, rich life. Silverado collaborates with Baylor University (School of Medicine), Houston Veteran's Administration Hospital, and University of North Texas as a research site to develop and perfect new effective treatments and caring techniques that will improve the quality of life for residents and their families.

Please join us for an enjoyable program that includes audience participation. Darla and Beth will demonstrate multisensory exercises that sharpen the mind and the senses in fun and challenging ways!

Senior Moments

continued from front page

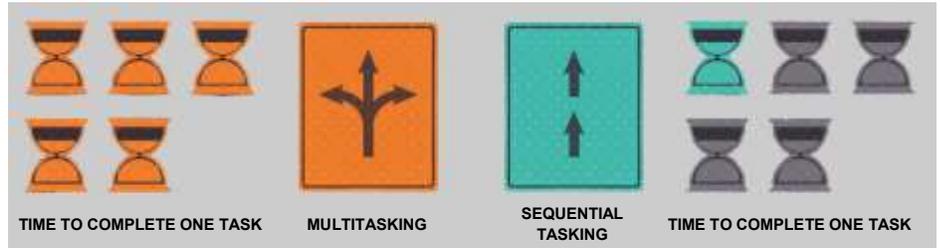
Brain Power of None

Let the brain rest for five minutes, five times a day. “The issue with memory may not be storage of information, but retrieval,” said Schiffmann, “as in the tip of the tongue phenomenon.” This is caused by the failure to retrieve a word from memory combined with partial recall and the feeling that retrieval is imminent. “Give it more time” to reach the “aha” moment you’re looking for, said Schiffmann. Rackley added, “When the brain is at rest, connections come more freely.”

Brain Power of One

Focus on one thing at a time. “It is nearly impossible for the brain to pay attention to more than one thing at a time,” said Rackley. When you’re multitasking, you’re actually toggling back and forth between tasks, causing stress to go up. “Difficulties arise,” she said. Quoting T. Boone Pickens,

Rackley reminds us, ‘When you are hunting for elephants, don’t get distracted chasing rabbits.’



Brain Power of Two

Write down your top two priorities each day. “When you make your to-do list, spread it out throughout the day. Block distractions and complete Thing 1 before you move on to Thing 2,” said Rackley.

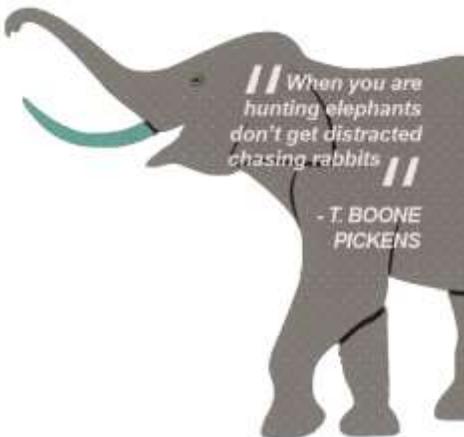
Other strategies you can use for increasing brain health include activities that exercise the brain, like quilting, playing piano, and playing brain games such as Lumosity. “Get off autopilot a couple of times a day and do transformative thinking,” said Rackley. “Think about a book or a movie and ask yourself why it’s important to you, and what does it mean?” This type of thought work, called integrative thinking, helps you go deeper and get the meaning of information, which challenges the brain to form new connections.

Studies have shown that people who practice these strategies have an increase in global brain blood flow and improved structure and function within the brain.

Although most people with Parkinson’s disease experience some form of mild cognitive impairment, it’s usually only noticeable to the individual. A proactive approach to brain health has the potential to slow down cognitive impairment and strengthen brain function. We are living in the Century of the Brain, where exciting new discoveries are made every day. To learn more about how you can improve your brain health and participate in a UT Dallas study led by Audette Rackley’s team, see the following resources from the Center for Brain Health website:

www.brainhealth.utdallas.edu/research/research_topic/strategic-memory-advanced-reasoning-training-smart

www.brainhealth.utdallas.edu/research/participate/senior-moments-ages-55-75



The DAPS office has a new home!

But don’t worry, we haven’t gone far. It’s just two doors up the hall from where we have been located, in the same building. We will have the same phone and same fax number. Please note the new address:

6370 LBJ Freeway, Suite 170, Dallas, TX 75240-6400

Many thanks to those who assisted with the move!

Jim Struble Cindy Weatherall Jill Dominguez Raul Dominguez



The power of music:

UCHealth's physical therapy program leads way to recovery

By Andrew Kensley

University of Colorado Health

Under the close watch of his physical therapist, a stoic man marches up and down a four-inch step with admirable consistency. His left hand holds a walker for support, but his feet endure in their instructed endeavor; forward and backward, up and down, left and right.

The therapist says barely a word, but she doesn't have to. This man — a victim of Parkinson's disease and a stroke — heeds another master, a primal part of his brain that craves rhythm and symmetry.

The therapist, Sarah Johnson, is one of many University of Colorado Health rehabilitation professionals working to help patients get their groove back. Like most rehab therapists, she sports a sunny demeanor while touting the benefits of exercise and task-specific, functional training. But her patients march to a different tune — music.

Seeing potential in music

Since 1987, Johnson has expertly used a variety of music-based techniques in conjunction with physical, occupational and speech therapists to improve stimulation of sensory and motor systems for patients injured by accidents or strokes, or suffering from diseases such as multiple sclerosis or Parkinson's.

While Johnson and the music therapy program she helped build in northern Colorado are primarily based in the Rehabilitation Unit at Medical Center of the Rockies, she also sees patients at the region's outpatient adult and children's therapy services clinic.

Regaining function, say the experts, is the main goal of rehabilitation. And, as Johnson and her colleagues will attest, it often occurs faster — and better — when it's set to music.

"We may do some singing, but I'm not trying to teach patients how to sing," Johnson said. "We may be working on speech skills. I'm helping them use their air, develop their lung capacity. Using music can help our bodies move better, help our muscles work together in a more coordinated fashion, help us strengthen muscles that are weak, and help us retrain our neurologic pathways.

"The rhythm of the music helps support the movement to be more fluid and more natural. Then when you add the instruments into it, you get that visual, auditory and tactile feedback."



Another major benefit is the natural opportunity for repetition. When you add a beat to a certain movement — reaching, stepping, lifting — patients become part of the creative process, Johnson explained.

"They have multiple opportunities to do what you're asking them to do," she said, adding that it leads to better performance, carryover into normal activities, and, quite often, a level of enjoyment rarely seen in the challenging process of recovery from debilitating injuries.

Leading the way

In 1987, Dr. Gerald McIntosh, a Colorado Health Medical Group neurologist and the then-director of Poudre Valley Hospital's Life Skills Rehabilitation unit, was curious about the use of complementary therapies in rehabilitation and hired Johnson to create a music therapy program from scratch.

Since then, the program has echoed outward from its origins in patient care to the research world, and beyond. Poudre Valley Hospital's pioneer program in music therapy, in collaboration with Colorado State University, led to the creation of CSU's Center for Biomedical Research in Music and Robert F. Unkefer Academy of Neurologic Music Therapy, both of which continue to promote the worldwide development of the field of NMT.

With a small grant from the Poudre Valley Hospital Foundation, McIntosh and Dr. Michael Thaut, a music therapist and CSU professor of music and neuroscience, initiated a research partnership between the two organizations. In 1990, physical therapist Ruth Rice joined the PVH rehab staff, bringing with her a neurologic rehabilitation background that allowed her to play an active role on the clinical side of the groundbreaking studies.

During the past 20 years, McIntosh has collaborated with Rice and Thaut in the publication of more than 40 articles illustrating the rehabilitative benefits of neurologic music therapy.

"I was naïve about music therapy; I had no idea it would be a physical enhancer," Dr. McIntosh admitted. "But I observed that during treatment sessions, motor performance was improved with its addition. Dr. Thaut and I began research to demonstrate the effectiveness for music therapy to augment motor performance."

They began with studies that demonstrated that walking performance improved with music therapy. They progressed to studies on stroke victims with one weak side, Parkinson's patients, and children with cerebral palsy in collaboration with Children's Hospital in Denver. And much of the newer research, some done by Rice, has confirmed their findings and shown a significant reduction in falls for patients involved in music therapy rehab programs at the hospital or at home.

Johnson, who in 2009 was awarded the American Music Therapy Association's Professional Practice Award for her significant contribution to the profession, has hosted students and therapists from Europe, Asia, South America and Australia to observe UCHHealth's innovative program. Ruth Rice, along with McIntosh, Thaut and the CBRM staff have served as ambassadors of their brainchild by presenting research findings in various locations throughout the world.

Spreading the word

"I remember watching Sarah work, strumming down the hallway with her autoharp and a big smile on her face, watching her do amazing things with people's walking," Rice recalled. "I don't think people realize that a lot of the research happened here in Fort Collins and CSU."

In addition to devoting themselves to improving lives one chord at a time, Rice and Johnson continue to do their part in the world of academia. In 2013, they published "A Collaborative Approach to Music Therapy Practice in Sensorimotor Rehabilitation," in the journal, *Music Therapy Perspectives*.

In the article, they stated that a collaborative approach among physical, occupational, speech and music therapies, with "each contributing unique research and clinical-based knowledge to the treatment team," was unquestionably the best way to help patients achieve "functional real-world outcomes."

Sarah Wild, a physical therapist in MCR's Rehabilitation Unit with almost 20 years of rehab experience, said she was skeptical at first.

"I thought, 'How could having someone sing and play an instrument during physical therapy really help, and, can I accomplish what I need to do in the same time frame?'" Wild said. "After working with neurologic music therapy for a number of years now, I am fully on board. I have found I can actually achieve more activities during sessions, especially with patients who have cognitive impairments. I also believe I have better outcomes, and the patients seem to leave the hospital sooner. I wish all therapists had the benefit of working with neurologic music therapy."

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This article was written by Andrew Kensley, a freelance writer and physical therapist for University of Colorado Health's Poudre Valley Hospital in Fort Collins, CO.



Interested in exercise with music?

*Join the Neurological Music Therapy Exercise Class **

When: Every 1st & 3rd Friday of each month at 10:30 a.m.

Where: Belmont Village Turtle Creek
3535 North Hall Street, Dallas, TX 75219

Instructor: Carolyn Dobson, AP-BC, MT-BC
Board Certified Music Therapist

This class is free and open to the public but space is limited. For more information or to RSVP, call 214.559.7015

* Carolyn Dobson has spoken at a DAPS general meeting. However please note that this class is not a DAPS-sponsored event.

MEMORIALS · HONORS · DONATIONS

August 2014

In memory of Lee Brummel

From: Jackie Hickman

In memory of Donald Joe Hickman

From: Donna Allen

Bettye Clark

Jerry & Brenda Cockes

Jim & Suzanne Harned

Lucy Martin

Linda & Eddie Touraine

R.N. & Dottie Watts

In memory of Fred Busch

From: Ruth Sellner

In memory of Stephen Martin

From: PAL Franchise Owners Association

2014 Non-Event

From: Neiman Marcus Group

Matching Gift Program

Donation to DAPS

From: Jacquelyn Reis

Garden Terrace (fundraiser)

DAPS @ Custer Road (Plano)

DAPS @ Preston Hollow (Dallas)

DAPS @ Trinity (Duncanville)

About Memorials, Honors, and Donations

Flowers fade within days. Memorial tributes to DAPS have a lasting effect, funding our more than 25 Parkinson's exercise, speech, and support groups and education programs.

Your generous donations will be listed in our DAPS newsletter. Both you and your honoree will receive letters of acknowledgement and thanks, but the dollar amount will be included in your letter only for tax purposes.

Send these special tributes to the DAPS office, with instructions regarding who the donation is in honor of or in memory of and who should be recognized as the donor. You may also make memorial donations at www.daps.us. Just click the Donate button on the right side and you will be taken to PayPal, where you can add "in memory / in honor of" details by clicking the "Add special instructions to the seller" link that appears on the second web page, after you enter your payment or login information.

DAPS' NO-CHARGE exercise • speech therapy • support groups

CARROLLTON:

St. Andrews Christian Church

3945 N. Josey Lane

Group Exercise:

Wednesday...10:00 a.m. to 11:00 a.m.

Speech Therapy:

Wednesday...11:15 a.m. to 12:00 p.m.

DALLAS:

Baylor Institute for Rehabilitation

909 N. Washington (214-820-9353)

Water Therapy: (nominal fee)

Wednesday...11:00 a.m. to 12:00 p.m.

Finley Ewing Cardiovascular & Fitness Center, Studio 3

5721 Phoenix Drive (214-345-7074)

Dance for Movement Disorders:

Tuesday...2:00 p.m. to 3:15 p.m.

Thursday...2:00 p.m. to 3:15 p.m.

1st Saturday...11:00 a.m. to 12:15 p.m.

Lakeside Baptist Church

9150 Garland Rd.

Speech Therapy:

Wednesday...10:30 a.m. to 11:15 a.m.

Group Exercise:

Wednesday...9:30 a.m. to 10:30 a.m.

Partners-in-Care Group:

2nd Wed...10:15 a.m. to 11:15 a.m.

Preston Hollow United Methodist Church

6315 Walnut Hill Lane

Speech Therapy:

Tuesday...11:30 a.m. to 12:15 p.m.

Group Exercise:

Tuesday...10:30 a.m. to 11:30 a.m.

Thursday...10:30 a.m. to 11:30 a.m.

MESQUITE:

Mesquite Rehabilitation Institute

1023 North Belt Line Rd.

Group Exercise:

Tuesday...10:00 a.m. to 11:00 a.m.

DUNCANVILLE:

Trinity United Methodist Church

1302 S. Clark Rd.

Speech Therapy:

Thursday...1:00 p.m. to 1:45 p.m.

Group Exercise:

Monday...3:30 p.m. to 4:30 p.m.

No class last Monday of the month

Thursday...2:00 p.m. to 3:00 p.m.

Support Meeting:

Last Monday...6:30 p.m. to 8:00 p.m.

GARLAND:

South Garland Baptist Church

1330 E. Centerville Rd.

Group Speech:

Thursday...9:30 a.m. to 10:15 a.m.

Group Exercise:

Monday...10:30 a.m. to 11:30 a.m.

Thursday...10:30 a.m. to 11:30 a.m.

Discussion Group:

Monday...9:30 a.m. to 10:30 a.m.

Partners-in-Care Group:

Thursday...10:30 a.m. to 11:30 a.m.

PLANO:

Custer Road United Methodist Church

6601 Custer Road

Speech Therapy:

Thursday...11:00 a.m. to 11:45 a.m.

Group Exercise:

Monday...9:45 a.m. to 10:45 a.m.

Thursday...9:45 a.m. to 10:45 a.m.

Discussion Group:

Meets as needed

Contact DAPS office for details

Partners-in-Care Group:

Monday...9:45 a.m. to 10:45 a.m.

RICHARDSON:

Arapaho United Methodist Church

1400 W. Arapaho at Coit

Group Exercise:

Tuesday...10:00 a.m. to 11:00 a.m.

Friday...10:00 a.m. to 11:00 a.m.

THPD GROUPS & CLASSES

The Movement Disorders Education and Resource Center at Texas Health Presbyterian Hospital Dallas (THPD) (8200 Walnut Hill Lane, Dallas, TX 75231) offers the following. For more information or to RSVP, please contact Kathryn MacDonell at 214-345-4224 or DallasMovementDisorders@TexasHealth.org.

SUPPORT GROUPS

PD Patient Support Group

3rd Thursday of each month at 6pm in Room 111 at Texas Health Resources University (THRU).

Essential Tremor Support Group

2nd Wednesday of odd months at 1pm in Room 111 at Texas Health Resources University (THRU).

Atypical Parkinson's Support Group (PSP/MSA/CBD)

3rd Saturday of each month at 10am in Room 111 at Texas Health Resources University (THRU).

Care Partner Support Group

4th Monday of each month at 1pm in the Red Room at Texas Health Resources University (THRU).

FITNESS CLASSES

Dance for Movement Disorders

Instructed by Misty Owens, MFA. Every Tues. & Thurs. 2-3:15 pm; every 1st Sat. 11am-12:15 pm in Studio 3 of the CVC* This class is co-sponsored by Texas Health Presbyterian Hospital Dallas and the Dallas Area Parkinsonism Society (DAPS) and is offered free to individuals with movement disorders.

Water Exercise for Movement Disorders

In the pool at the CVC* every Monday, Wednesday, & Friday at 11:15 am. (A physician release form and the purchase of a CVC punch card are required. Please call for more information: 214-345-7074.)

Caregivers are welcome to attend any of these support groups and exercise classes.

*CVC = Finley Ewing Cardiovascular & Fitness Center, 5721 Phoenix Drive, across Greenville from Presbyterian Hospital, Dallas. 214-345-7074



Dallas Area Parkinsonism Society
6370 LBJ Freeway, Suite 170
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(972) 620-7600

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**RETURN SERVICE
REQUESTED**

MARK YOUR CALENDAR

general membership meeting

Monday, October 20* - 1:00 p.m. (*Note 3rd Monday)

Topic: Neurobics - Awaken your Senses...Stimulate
Your Brain

Presented by: Darla Lefler & Beth Giniewicz
Community Ambassadors
Silverado Memory Care Communities

open board meeting

Monday, October 6* - 1:00 p.m. (*1st Monday)

next month

Monday, November 17* - 1:00 p.m. (*Note 3rd Monday)

Speaker: Panel of Medical Experts

Topic: Medicare 101: A Doctor's Perspective on Benefits

*All General Membership and Board Meetings are held at University Park
United Methodist Church, 4024 Caruth Blvd., Dallas, TX 75225.*

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endorsement or approval by DAPS staff. Please consult your personal
physician regarding your individual medical problems.

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and mail it to DAPS, or email: daps@daps.us**

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