

2017 ISSUE

Parkinson's Group of the Ozarks

►► *Newsletter*

About **PARKINSON'S DISEASE**

A million and a half men and women have been diagnosed with Parkinson's disease in the United States. Of these, 2,400 live in the Ozarks. Parkinson's disease is a slowly progressive neurological disease generally associated with tremor or trembling of the arms and legs, stiffness and rigidity of the muscles, slowness of the movement, and impaired balance and coordination. As these symptoms become more pronounced, patients may have difficulty walking or completing other simple tasks. This disease not only affects the patient, but also his or her family. Parkinson's Group provides access to support groups for the welfare of Parkinsonians, their care partners, families and friends. Parkinson's Group and its supporters provided the vision to establish a clinic for Parkinson's patients known as Parkinson's Clinic of the Ozarks.



2016 Pound the Pavement for Parkinson's 5K Raised Over \$4,000

Our 2016 Pound the Pavement for Parkinson's 5K broke our turnout record for the 2nd straight year. We had 194 registrants and raised over \$4,000!

Thanks to HyVee, Sam's Club, McAlisters, St. George's Donuts, Horrmann Meats, and Jimmy's Egg for providing the food, to all our sponsors including Radiophone, Total High Speed, 417 Elder Law, TheraCare, Rock Steady Boxing at The Body-smith, State Farm agent Fred Harle, and Matrix Accounting, and all the volunteers that made the event possible.

Mark your calendar — this year's event will be held November 18th.



LEARN MORE ABOUT PGO:

parkinsonsgroup.org | 417-885-9595 | [facebook](#) @ParkinsonsGroup

OUR MISSION

The Mission of the Parkinson's Group of the Ozarks is to educate, support research and improve the quality of life for people with Parkinson's disease.

To improve the quality of life

Parkinson's Group encourages monthly support group meetings, holiday parties, and various trips. Some people may have difficulty coping with Parkinson's disease. It may be hard for them to ask their doctor questions or talk about their problems with family or friends. A support group may be just the right answer. Our programs are selected to keep people up-to-date about the latest changes and developments in Parkinson's disease and to aid in dealing with day-to-day activities. These meetings also provide an opportunity to discuss experiences and feelings and to share solutions to common problems.

To provide education

Free literature can be obtained through the Parkinson's Group office. Educational materials include the Aware in Care Hospitalization Kit from the National Parkinson's Foundation (NPF) and much more. Items are available by calling Parkinson's Group of the Ozarks at 417-885-9595. NPF also operates a helpline at 800-4PD-INFO or 800-473-4636. The Parkinson's Group of the Ozarks sponsors an annual symposium where notable guest professionals speak on various topics relating to Parkinson's disease. Special speakers at the symposium are often neurologists, psychiatrists, physical therapists, nutritionists, pharmacists, leaders of support groups, etc.

To support research

A cure for Parkinson's Disease is very near, but funds are needed to finish the work. Donations and Memorials are welcome to help this important cause. Parkinson's Group is currently working on various fundraisers.



Donations

Thank you for assisting Parkinson's Group in our mission to provide education, support research and improve the quality of life for people with Parkinson's Disease.

NOVEMBER 2016

Daniel and Polly Foote
Pamela Slemple
Jill Denton
Amy Gardner
Kimberly Nye
Carol Anderson
Melinda Mullins
Kim Milam
Susan Gilmore
Richard and Betty Hygh
Jody Martin
Ferba Lofton
Justin Milam
Larry and Mary Ann
Higginbotham

**IN MEMORY OF
WILLIAM "BILL" BEE**
Sammy Lane Bee

DECEMBER 2016

**IN MEMORY OF
EVELYN ROSE JACKSON**
David and Pam Johnson
Kathy Rictor and Family

**IN MEMORY OF KARA
DUNN AND LORENE BURKS**
Gary and Caroline Burks

Donate

Gifts to the Parkinson's Group of the Ozarks are tax deductible. Visit us online at www.parkinsonsgroup.org to learn more.

FEBRUARY 2017

**IN MEMORY OF
FRANK BAXTER**
Carolyn and James Nivens
Sharon and David
Welschmeyer
Jana and Harry Thompson
Todd and Rosanne Hays
Ed and Pat Garton
Missouri Farm Bureau
Federation
Matthew and Vicky Meadows
Lyle and Karen Shipman
Mara Willhite
Kay Smallwood
Kevin and Mary Fischer
Wilbur and Linda Bridges
Gary and Linda Whobrey
Charles and Barbara Bassett
C Blake and Julia Hurst
Stan and Carol Martin
Pamela and John Hensley
Ronald and Betty Duffy

**IN MEMORY OF
DENNIS REITH**
Donald and Phyllis Fritz
Executive Womens Club
Ron and Donna Hartman
Debra Butler
Coy and Cheryl Duncan
Betty Ward
Debra Klueter
Justin Milam
Richard and Nancy
Herchenroeder
M Vanwinkle
Janice Mueller
Carol Rothermel



Is Your Loved One With A Disability Protected?

BY SATIVA BOATMAN-SLOAN

At times we may find ourselves caring for a loved one who is unable to function independently. Whether their disability is from injury, illness, or other causes, legal and financial issues arise when the person receives sizable funds such as an inheritance or lawsuit settlement. The money is intended for the use and care of the person with the disability. However, without proper planning and legal safeguards in place, they may no longer qualify for state benefits. An inheritance or settlement can be quickly spent as it must be used to fully pay for the person's immediate expenses.

This hurdle can be minimized with a Special Needs Trust. This legal structure is created specifically for a person with a disability in order to protect the person's financial assets. With a Special Needs Trust, the person qualifies to receive state dis-

ability assistance while still able to use the settlement or inheritance money available for their care and comfort.

This protected money is often needed for the many goods and services that state aid does not cover, such as medical supplies, therapies, dental services, vehicles, computers, furniture, and even expenses for travel, education, and job training.

There are two types of Special Needs Trusts. A First Party Special Needs Trust is funded with money belonging to the person with a disability. A Third Party Special Needs Trust is funded through another person, usually a family member.

To find out more about Special Needs Trusts and how they can be utilized to help your family or loved ones, contact a lawyer who specializes in estate planning.

Group Classes

COX MEYER CENTER – STATIONARY CYCLING CLASS

Tuesdays at 10:15 a.m.

Saturdays at 10:15 a.m.

These classes are inspired by the beneficial results of a significant research study conducted at Cleveland Clinic.

THE BODYSMITH KARA DUNN MEMORIAL ROCK STEADY CLASS

Wednesdays at 12:00 p.m.

A physical assessment is required to start this class so make sure to call The Bodysmith at 417-865-0500 or visit their website at www.bodysmithpilates.com to get started.

COX MEYER CENTER – GROUP CLASSES

Tuesdays at 1:00 p.m.

Thursdays at 10:15 a.m.

These classes address general wellness and fitness goals integrating enjoyable techniques designed to promote flexibility, coordination and balance, body strength, enhanced mental concentration, and focus, improved breathing, vocal strength, and relaxation.

PARKINSON'S GROUP OF THE OZARKS BOARD OF DIRECTORS

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Becky Brown

Mel DeVries, Honorary
Life Member

Dr. Mark D. McLean,
Honorary Life Member

**"Clouds come floating into my life,
no longer to carry rain or usher storm,
but to add color to my sunset sky."**

— Rabindranath Tagore

ROCK STEADY

Fights Back Against Parkinson's

BY LYNETTE NELSON

H OPE. It can be a difficult thing to hang on to when you've been diagnosed with a long-term degenerative disease like Parkinson's. There is the frustration that your body and mind don't work like they used to. Much loved activities and hobbies start to seem out of reach. Reduced facial expression, falls, and tremors make social gatherings difficult. And there's the knowledge it's only going to get worse.

Despite this difficult prognosis, working at the front desk of The Bodysmith, a Rock Steady Boxing facility, is one of the best jobs in the world. I get to see hope reborn every time a boxer walks in our door for an assessment. Sometimes they are scared, afraid to be disappointed again — afraid they can't cut it, or that a boxing program isn't a good fit for them. Sometimes you can tell they are just humoring the person that brought them and they expect no improvements. Other times there is already a flicker of hope — an idea that maybe, just maybe, this program will help them reclaim part of their lives.

A little over 10 years ago, a young attorney by the name of Scott C. Newman was faced with all the same fears and doubts that our boxers face. Several years after his Parkinson's diagnosis, he began to box for fitness and noticed a remarkable improvement in his health and mobility. Research from the 80s



and 90s backed up what he was experiencing, proving that the brain could still change and grow with vigorous, forced exercise. Based on his success, Scott opened a Rock Steady boxing gym in Indianapolis in 2006, and since then the program has spread across the United States and even into other countries.

In 2015, Shauna Smith Yates, owner of the Bodysmith, watched a story on CBS Sunday Morning about Rock Steady and became inspired. The Bodysmith already had boxing equipment and instructors, and with 2,400 people diagnosed in the Ozarks, there was a desperate need for this program. Just a few months later, she and two other instructors traveled to Indianapolis to

become certified coaches. They came back moved by the experience, sore from the intense workouts, and excited to change lives.

It took a while to get the word out. We started with just one client, Mark, who had also seen the CBS program about Rock Steady. He and his wife bravely came to class by themselves and stuck with it. When Mark went to see his chiropractor, he didn't tell him about his participation in the program, but the doctor immediately saw a difference and said, "Whatever you're doing, keep doing it." Not long after that, Mark played golf for the first time in 3 years, a sport he had thought he would never play again. Another client



who joined shortly after Mark joined, was able to return to running.

For other clients, the changes might be more subtle but they are just as monumental. One client now has the ability to put on his own socks. Another stands a little taller. Tremors lessen and facial expressions come back. One of our older clients had quit eating out and socializing because of embarrassment over her tremor. Now she has the confidence to appear publicly, knowing that the storm has been calmed. The changes don't happen instantly, but whenever I have a moment to talk with a client and ask if they're seeing improvements, there is an almost instant and very enthusiastic response, "Oh, yes!" And on top of physical improvements, the community that forms among the boxers and their cornermen provides a much needed social outlet. Our boxers become family, lifting and supporting each other in good times and bad.

In order to accommodate our growing family, the Bodysmith offers 11 Rock Steady Boxing classes throughout the week. Monday through Friday, the hour and a half classes are offered mid-day and in the evening, with one morning class held on Saturday. Thanks to sponsorship from the Parkinson's Group of the Ozarks, our noon class on Wednesday is offered free of

charge, and The Bodysmith decided to donate our evening class, as well. Rock Steady recommends attendance 2-3 times a week, and the free classes on Wednesday makes that more affordable for everyone.

GET STARTED

You are welcome to come observe a class to see if you think it's a good fit, but if you're ready to jump in, your participation starts with booking an assessment. Tests can be scary, but don't worry, you can't fail this one. The assessment is not to determine if you are able to participate, but instead helps us find the right class and the right activities for maximum improvement. As far as the equipment you'll need, boxing gloves and wraps can be purchased at cost from The Bodysmith, or you can buy them elsewhere. And that's it. That's all you need to get started fighting back against Parkinson's.

If you would like to come observe a class or schedule an assessment, please call 417-865-0500. I can't wait to welcome you, and see that flicker of hope turn into a roaring fire.



The Kara L. Dunn Memorial Swingathon

Benefiting the Parkinson's Group of the Ozarks

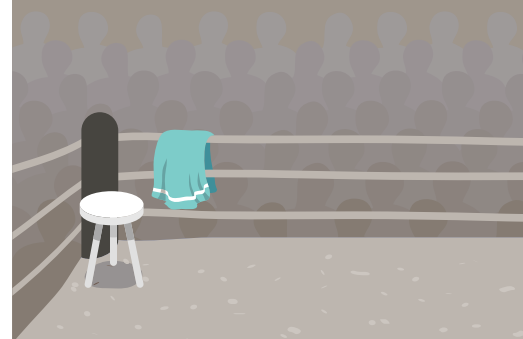


On Sunday, April 23 at 10 a.m., Springfield Kettlebell and the Bodysmith

Fitness Studio will be hosting the Kara L. Dunn Memorial Swingathon. Each participant has committed to swinging a kettlebell 1,000 times to raise money for those with Parkinsons. Sponsors will either donate a lump sum or donate money for each swing completed.

All funds raised will go to the Parkinson's Group of the Ozarks, which helps support the Rock Steady Boxing program at The Bodysmith.

To make a donation to this event, send a check to: Parkinson's Group of the Ozarks
P.O. Box 50595
Springfield, MO 65805
or online at:
<http://parkinsonsgroup.net/help-out/donate>





Parkinson's Group
of the Ozarks

P.O. Box 50595
Springfield, MO 65805

Support Groups FOR PEOPLE WITH PARKINSON'S DISEASE AND CARE PARTNERS

Parkinson's Group of the Ozarks sponsors monthly support meetings, holiday parties, trips and excursions. Support groups can provide information and access to a wide range of medical experts. They can assist caregivers in coping with the challenges associated with the disease. These special groups of people give and receive fellowship and support from people sharing similar experiences. You're invited to attend any and all support groups to find the one that is the best fit for you. Each support group offers something wonderful!

COX SUPPORT GROUP

Cox Walnut Lawn
Meyer Fitness Center
Conference Room C
1000 E Walnut Lawn
Springfield, MO 65807
417-269-3616

Meetings: Last Wednesday
of the Month at 2:30 p.m.

BRANSON SUPPORT GROUP

Skaggs Community Health Center
Redbud Room
251 Skaggs Road
Branson, MO 65616
417-883-0637

Meetings: Second Thursday
of the Month at 2 p.m.

MERCY'S PARKINSON'S SUPPORT GROUP

Mercy Hospital
417-820-3157

Meetings: Second Thursday
of the Month at 2:00 p.m.

YOUNG ONSET SUPPORT GROUP

Cox Walnut Lawn
Meyer Fitness Center
Conference Room C
1000 E Walnut Lawn
Springfield, MO 65807
417-269-3616

Meetings: Fourth Thursday
of the Month at 7 p.m.

ROCK STEADY BOXING AT THE BODYSMITH

317 E Walnut St
Springfield, MO 65806
417-865-0500

Meetings: Second Saturday of the
Month at 12:15 to 1:15 p.m.