

# Newsletter

## VESTED DOGS: *Service vs. Emotional Support Animals*

BY TRICIA HOLT, OTR/L, CBIS, FMCHC, CSRS, ASTYM AND LSVT CERTIFIED

**H**ave you been out in the community and noticed a dog with a vest on, wondering why the dog is needed to accompany the person?

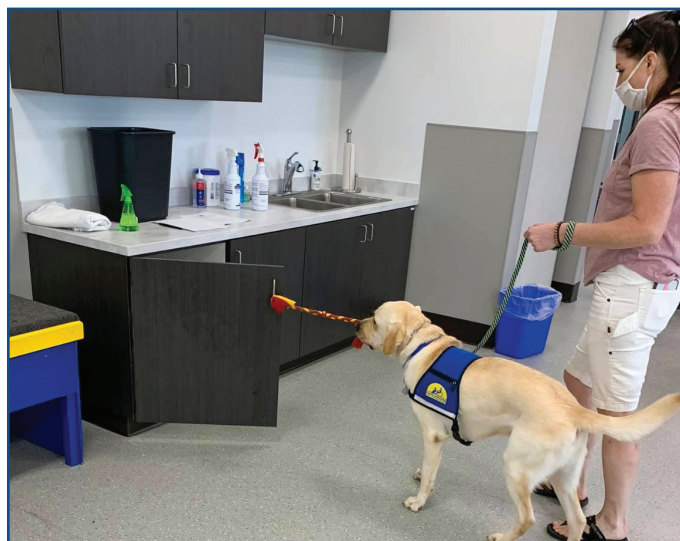
With the increasing presence of companion animals in the public, it is helpful to know the distinction between service dogs and emotional support dogs. Each vested dog holds a special value for its person or "handler", whether a service dog or emotional support dog.

It is a priority that each of these types of dogs are expected to be under the control of their handler.

A service dog has been professionally or personally trained to perform specific tasks for the person due to disability. The American Disability Act recognizes these dogs as essential and able to have community access to any area that the person accesses. These dogs may be trained to open doors, pick up, push, pull and carry items, sense an oncoming seizure or debilitating anxiety, or low glucose levels, or help guide the person's path. These dogs have required professional or higher-level training to perform specialized skills based on the person's needs which may not be readily noticeable to the viewer.



An emotional support dog has not been professionally trained and is not recognized by the ADA. This means that emotional support dogs are not generally allowed public access to all of the areas the



person accesses. However, it is the discretion of the business owner to address this per location regarding establishments. Emotional support dogs serve to comfort the person they are with and may have other general tasks that they perform.

Whether the animal is a service or emotional support dog a couple of concepts are the same. These dogs are **not** to be approached, distracted, or petted without the permission of the handler. It is not socially acceptable to ask a person what their disability is related to the dog's skills. However, a person with a service dog could easily tell you what skills their dog is trained to do for them without sharing their health information.



## 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*

PGO proudly sponsors multiple exercise and wellness classes for people with Parkinson's and their care partners. Wellness classes help those with PD stay mobile and independent through a variety of physical activities, exercises, and movements specifically designed to improve PD symptoms. PGO also promotes and encourages support groups that help families approach the mental and social aspects of the disease. The groups provide a sense of togetherness so they do not feel alone in their journey.

### *To provide education*

PGO provides education through one-on-one assistance by phone, email, or in-person. Group education is offered through support group meetings. Support group leaders will often have guest speakers from around the area such as healthcare professionals, social workers, wellness instructors, etc. speak on various topics relating to the disease. During Parkinson's Awareness Month in April, PGO hosts an annual resource fair where families may visit with local businesses and organizations to learn about available PD resources. In addition, PGO also partners with the Parkinson's Foundation Heartland Chapter and other organizations to co-host several learning events on different PD topics throughout the year.

### *To support our community*

For over 25 years, PGO has worked tirelessly to help people with Parkinson's disease. PGO and its supporters provided the vision to establish the first clinic for Parkinson's patients known as Parkinson's Clinic of the Ozarks in 2001. In 2015 the clinic moved to the West tower at Cox Medical Center South becoming part of the Jared Neuroscience Center. Through ongoing community collaborations, classes and education offered, PGO provides access to programs and services for the welfare of Parkinsonians, their care partners, families, and friends.

# SUPPORT GROUPS

## FOR PEOPLE WITH PARKINSON'S DISEASE & CARE PARTNERS

**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. Support groups can help keep people up to date about the latest changes and developments in the disease and aid in dealing with day-to-day activities. They also provide an opportunity to discuss experiences and feelings and to share solutions to common problems.

### THE BODYSMITH

1136 E. St. Louis St.  
Springfield, MO 65806  
417-865-0500

**Meetings:** Second Saturday of the month at 11 a.m.

### COXHEALTH PARKINSON'S SUPPORT GROUP FOR SENIORS

Meyer Orthopedic and Rehabilitation Hospital  
3535 S. National Ave.  
Springfield, MO 65807  
417-269-3616

This group is available for caregivers and those who have been diagnosed with Parkinson's disease that are age 65+.

**Meetings:** Third Wednesday of the month from 2:30-3:30 p.m.

### SHARLIN HEALTH & NEUROLOGY

**Meetings:** Last Wednesday of the month at 12:30 PM.  
Email [valerie@sharlinfxmed.com](mailto:valerie@sharlinfxmed.com) for Zoom meeting link.

### PARKINSON'S SUPPORT GROUP - BRANSON WEST AREA

11016 State Hwy 76, Ste 11  
Branson West, MO 65737  
417-357-6134

**Meetings:** First Thursday of the month at 12 p.m.

### JOPLIN MERCY

100 Mercy Way,  
Conference Room 1  
Joplin, MO 65804  
417-556-2263

**Meetings:** Mondays at 3:30 p.m.

### FAIR ACRES FAMILY YMCA

2600 Grand Ave.  
Carthage, MO 64836  
417-358-1070

**Meetings:** Third Wednesday of the month at 11:30 a.m.

### WOMEN'S ONLY CAREGIVER SUPPORT GROUP

This group is for women caring for someone with Parkinson's disease. CoxHealth Advantage Care Clinic  
1819 S. National Ave.  
Springfield, MO 65807  
417-269-3616

**Meetings:** Fourth Tuesday of every month at 3 PM.  
Registration is required before attending.

## ABOUT PARKINSON'S DISEASE

Nearly one million people in the U.S. are living with Parkinson's disease, and over 90,000 more are diagnosed each year. Many of these call the Ozarks home. 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.





*Thank you for your donation!*

Sincere appreciation 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.

**IN SUPPORT OF PGO**

Marjorie Francis  
Chateau on the Lake  
Bob Patterson  
Harold & Judy Schupbach

**IN MEMORY OF  
JUDY YOUNG**

Landwer Family

**IN MEMORY OF  
RATHEL "DICK" SMITH**

Phyllis, Dan, & Emily Sconce

**IN MEMORY OF  
EDWARD "TERRY" GILMORE**

Roger & Yvonne Gilmore



*Gifts to the Parkinson's Group  
of the Ozarks are tax deductible.  
To learn more, visit us online at  
[parkinsonsgroup.org](http://parkinsonsgroup.org).*

**PARKINSON'S GROUP  
OF THE OZARKS**

**BOARD OF DIRECTORS**

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David Huff  
Dr. Mark D. McLean  
Dick Smith  
Charlene Stade

Our board of directors come from a variety of backgrounds, including medical, financial, education, legal, and wellness. Each member brings a unique set of skills that helps our organization achieve its mission.

**WE ARE LOOKING FOR YOU!**

**JOIN THE PGO TEAM AS A VOLUNTEER SECRETARY**

The PGO Board of Directors is looking for a volunteer Secretary to help us in fulfilling our mission. You'll have the opportunity to learn, grow, and impact your community.

Donate your time just a few hours each month to something near-and-dear to your heart while making

a difference for those affected by Parkinson's disease.

Those interested will have strong organizational and record-keeping skills, clear and concise communication abilities, and proactive involvement in our mission.

**FOR MORE INFORMATION: 417-814-6067**

**CONTACT PGO**

417-814-6067  
[info@Parkinsonsgroup.org](mailto:info@Parkinsonsgroup.org)



# PGO Passes Go, Collects

# \$13,000



## TRIVIA NIGHT ANOTHER SUCCESS

PGO held their 3<sup>rd</sup> annual Trivia Night on July 19<sup>th</sup> with another packed house at Relics Event Center! The event featured a 50/50 raffle, silent auction, festive photo area, delicious dinner options from Q66 BBQ food truck, a meet-and-greet with our special sponsor—**Ozarks Elder Law**, and much more!

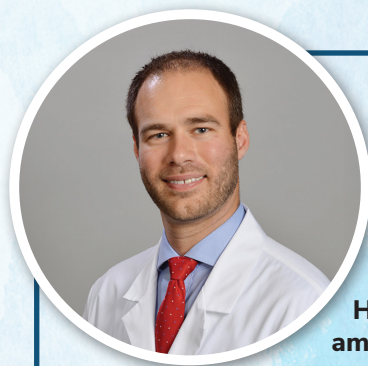
With 10 rounds of questions themed from classic board games such as Monopoly, Operation, Battleship, and many more, 19 teams tested their wits to support the Parkinson's community. In the end, team Uber Alice won first place, but we're all winners when supporting the Parkinson's community!

Over 40 items from local businesses were available for bid at the silent auction and the 50/50 raffle brought in \$905 thanks to the anonymous winner who gave their half back to the PGO.

In all, over \$13,000 was raised from the event with proceeds benefiting the many Parkinson's classes and activities provided by PGO, which will continue to be offered at no charge to those affected by PD.

A big shoutout goes to June Kincheloe and her family for hosting this fun event. June is a PGO Board Member and a PD care partner that has overseen Trivia Night for the past three years. Each year June's family has gone above and beyond volunteering their time to make Trivia Night a special and memorable event for everyone.





## Meet Our Newest Member!

### *Dr. Ryan Jones*

**Hello, I am Ryan Jones and I am a licensed psychologist and neuropsychologist.** I have been

working in the neuropsychology department at CoxHealth as well as the owner/director of Midwest Neuropsychology and Behavioral Health for over 10 years. I provide comprehensive assessment of cognitive, behavioral, and psychological functioning to individuals with neurological compromise (i.e. brain injury, dementia, neurodegenerative disorders, etc.) to assist with treatment planning. I grew up in the Springfield area and graduated from Evangel University. I have a Doctorate of Psychology in Clinical Psychology from Regent University. I completed my pre-doctoral internship at Coatesville Veterans Affairs

Medical Center and neuropsychology fellowship at Neuropsychological Services of New Mexico. I have published research in various peer-reviewed journals and presented at regional and national conferences.

In my work as a neuropsychologist, I often work with individuals with Parkinsonian conditions to aid in better understanding cognitive, emotional, and behavioral changes associated with Parkinson's Disease to guide treatment planning, including neuropsychological candidacy for certain treatments (i.e. Deep Brain Stimulation). Outside of work, I enjoy coaching my children's soccer teams as well as hiking, camping, and fishing. I look forward to bringing my medical and psychological experience to the PGO board.

## Movement *at Home*

BY TAYLOR J. CORCORAN, MT-BC, NEUROLOGIC MUSIC THERAPY®  
MUSIC THERAPIST (NMT™)

**T**here is an abundance of music neuroscience that proves music impacts the brain in a profound way. Specifically for people with Parkinson's Disease (PD), rhythmic stimuli offer auditory parameters which organize and optimize motor neuron functioning that can improve the execution of movements. Thanks to the gracious funding from Parkinson's Group of the Ozarks (PGO), our free music therapy classes utilizing Neurologic Music Therapy® (NMT™) offer opportunities to move to specifically-designed music stimuli to improve balance, mobility, and strength. However, working with a music therapist one time a week may not be enough to see significant benefits, as current evidence-based research suggests additional therapy sessions are ideal. But when time and funding are limited, our music therapists rely on client/caregiver education and individualized home programming to help clients practice functional movements at home. Below are our top tips for optimizing YOUR strength, mobility, and overall movement at home, without access to home programming.

- **Work with an allied health professional** (doctor, physical therapist, music therapist, etc.) to discover what movements might be most appropriate, beneficial, and safe to practice at home.

- **Move to music.** Though using recorded music at home will not provide you with all the therapeutic and functional benefits of (NMT™), it will provide you with perhaps a motivating stimulus that can guide movements.
- **Bookend movements with a "target".** One strategy we utilize in our classes is placing a target at the "beginning" and "end" of a movement. We use drums that provide auditory feedback, but adding a visual target to work towards can also be helpful.
- **Utilize therapy bands.** After approval from your healthcare provider, the use of therapy bands can add additional resistance to your movements to improve overall strength.



For more information about our music therapy classes or how you or a loved one might benefit from music therapy services or home programming, give us a call: 1-417-873-7877





# PGO Awarded Parkinson's Foundation Community Grant

PGO is the proud recipient of the 2025-2026 Parkinson's Foundation Community Grant. The grant will help support the Parkinson's yoga class offered in Springfield so that families can attend the program at no charge.

*Yoga can be a powerful tool for people living with PD because it addresses both the physical and emotional challenges of the condition.*

Parkinson's yoga is led by certified instructor, Dawn Davis, who shares a personal connection with the disease. Dawn is a PD care partner and understands firsthand how beneficial yoga can be for Parkinson's families.

Yoga can be a powerful tool for people living with PD because it addresses both the physical and emotional challenges of the condition. Some key benefits, backed by research and practical experience is that it can improve balance and stability by strengthening muscles and train the nervous system to respond better to changes in position, reducing fall risk.

Increases flexibility and mobility with gentle stretching that helps lengthen tight muscles, maintain joint mobility, and slow down rigidity. Strengthens muscles and helps to build functional strength in the core, legs, and back, which supports posture and everyday movement. Stronger muscles can also improve walking stability. Parkinson's can cause a stooped posture and yoga can strengthen spinal muscles, encourage upright alignment, and retrain body awareness which enhances posture. Controlled breathing through yoga breathing techniques expand lung capacity, strengthen breathing muscles, and improve oxygen flow to the brain and body. Yoga supports stress relief and emotional well-being through mindfulness and relaxation components to help regulate the nervous system, reduce stress hormones, and promote a sense of calm and acceptance for those living with frustration, anxiety, and depression. Yoga helps to boost body awareness and helps people become more aware of their body in space, which is especially valuable for those who experience freezing of gait or movement hesitations.

And finally, yoga helps to foster community and motivation through group yoga classes that create social connection, which is linked to better mental health and quality of life.





# FREE GROUP CLASSES & ACTIVITIES IN THE OZARKS

As part of our mission, PGO is proud to sponsor multiple exercise and wellness classes for people with Parkinson's.

## PD DANCE

**THURSDAYS AT 3 PM**

The Bodysmith  
1136 E. St. Louis St.  
Springfield, MO 65806  
417-865-0500

## YOGA FOR PARKINSON'S

**TUESDAYS AT 10:30 AM**

*Provided thanks to a community grant from the Parkinson's Foundation.*

King's Way United  
Methodist Church  
2401 S. Lone Pine Ave.  
Springfield, MO 65804  
417-209-5418



## PD SPEAK, SWALLOW & LEARN

**TUESDAYS AT 1:30 PM & 6 PM**

Virtual option available.  
MSU – Ann Kampeter Sciences Hall  
509 E. Cherry St.  
Springfield, MO 65806  
501-412-5621

## PARKINSON'S EXERCISE THERAPY

**TUESDAYS AT 2 PM &  
SATURDAYS AT 10 AM**

F8 Training and Wellness Studio  
2048 S. Stewart Ave.  
Springfield, MO 65804  
417-720-1057

## PILATES

**WEDNESDAYS AT 12 PM & 1 PM**

A physical assessment is required to start this class so make sure to call before joining.

The Bodysmith  
1136 E St. Louis St.  
Springfield, MO 65806  
417-865-0500



## PARKINSON'S EXERCISE GROUP

**THURSDAYS AT 11 AM**

11016 E. St. Hwy 76 Ste. 10  
Branson West, MO 65737  
417-357-6134

## LOUD FOR LIFE SPEECH THERAPY

**THURSDAYS AT 4:00 PM**

*Completion of LSVT LOUD is required before joining.*

The Downtown Church  
314 E. Walnut St.  
Springfield MO 65804  
417-820-5042



## DRUMMING THERAPY & MUSIC THERAPY CLASSES

**THURSDAYS AT 10:30 AM  
& FRIDAYS AT 9:30 or 11:30 AM**

No musical experience necessary.  
Caregivers welcome.  
Center for Music Therapy & Wellness  
Drury University - Springfield Hall  
Springfield, MO 65802  
417-873-7877

## PARKINSON'S INDOOR CYCLING

**FRIDAYS AT 12 PM**

Cox Meyer Center  
3545 S. National Ave.  
Springfield, MO 65807  
417-844-3443

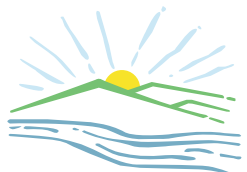


## KARA DUNN MEMORIAL ROCK STEADY BOXING

Days and times vary. A physical assessment is required before joining. Visit [www.bodysmithpilates.com](http://www.bodysmithpilates.com) or call for more info.

The Bodysmith  
1136 E St. Louis St.  
Springfield, MO 65806  
417-865-0500





Parkinson's Group  
of the Ozarks

1136 E. St. Louis St.  
Springfield, MO 65806



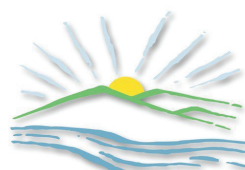
**SATURDAY  
SEP 20<sup>TH</sup> 9:30 AM**

**RUTLEDGE-WILSON FARM PARK**  
3825 W. Farm Rd 146 | Springfield, MO 65807

**FOR MORE INFORMATION:**  
[info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org) | 417-814-6067



BENEFITTING



Parkinson's Group  
of the Ozarks

**REGISTER  
HERE:**



**PRE-REGISTRATION:** ..... \$30  
**RACE DAY REGISTRATION:** ..... \$35