

Parkinson's Group
of the Ozarks

CELEBRATING 25 YEARS

Summer 2024

Newsletter

LOUD TOGETHER

The Power of Voice and Speech Exercises in Parkinson's Disease

BY DR. BONNIE SLAVYCH, CCC-SLP, ACUE

**LOUD TOGETHER
SPEECH
THERAPY**
TUESDAYS
AT 6:00 PM
501-412-5621

**LOUD FOR LIFE
SPEECH
THERAPY**
THURSDAYS
AT 4:00 PM
417-820-5042

MORE INFO
ON PAGE 6

Living with Parkinson's disease presents unique challenges, especially in areas like communication, cognition, and swallowing. Regular voice and speech exercises tailored for your needs are not just beneficial; they're transformative. Engaging in these exercises can significantly improve the clarity and volume of your speech, which may decline with Parkinson's disease. But the advantages extend far beyond communication alone.

Our program, LOUD Together, offers a comprehensive approach to managing your symptoms through targeted voice and speech exercises. This program is designed not just to maintain your vocal strength but to support your cognitive abilities and swallowing functions, which are vital as Parkinson's progresses.

LOUD Together is a group class specifically for individuals like you, who have completed speech therapy programs such as LSVT LOUD or SPEAK OUT! and are eager to maintain your skills. Held weekly, these sessions are crafted to provide systematic exercises in a supportive and social environment. It's a place where laughter and camaraderie blend with therapeutic activities, making each session something you'll look forward to.

The benefits of LOUD Together are wide-ranging. Participating in regular group exercises helps you maintain your ability to articulate words clearly,

project your voice, and enhance your swallowing safety. We also incorporate cognitive exercises to sharpen the thinking skills that Parkinson's might affect.

Caregivers and family members have an important role in the journey of those living with Parkinson's disease, and LOUD Together sessions are designed to support and empower you in this role. By joining these sessions, you gain valuable insights into the exercises and learn

techniques to assist your loved ones in their daily communication and cognitive tasks. This shared experience not only enhances your ability to provide effective support but also deepens your understanding of the challenges your loved one faces.

Additionally, LOUD Together provides a welcoming space for caregivers

to connect, share experiences, and find comfort in a community that recognizes and appreciates the care and effort they dedicate.

LOUD Together offers you and your caregivers a unique opportunity to engage in activities that enhance communication, support cognitive health, and improve swallowing safety. It's more than just a class—it's a community initiative that strengthens voices, both literally and metaphorically, and enhances the quality of life for everyone involved. Join us and experience how this program can help you maintain and improve your abilities in a friendly and uplifting setting.



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 social events. 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. Our support groups and wellness classes can help keep people up to date about the latest changes and developments in Parkinson's 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.

To provide education

Parkinson's Group 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 two decades 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

Parkinson's Group of the Ozarks sponsors monthly support meetings. 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.

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.

CARE PARTNER LUNCHEON

417-860-5491
This group is available for women caregivers and meets once a month at different restaurants in the Springfield area for comradery and support. You purchase your meal.

Meetings: Second Tuesday of every month at 1 p.m.

SHARLIN HEALTH & NEUROLOGY

5528 N Farmer Branch Rd.
Ozark, MO 65721
417-485-4330

Meetings: Last Wednesday of the month at 12:30 p.m.

Virtual option is available.

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 Monday of the month at 11:30 a.m.

parkinsonsgroup.org | 417-814-6067 | [facebook](#) @ParkinsonsGroup

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.



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

Dr. & Mrs. William v. Brell Jr.
Central Bank
Max & Delys Bodenhausen
Marjorie Francis
Joseph Taylor
Marilyn Howerton
Della Stewart
William Burns

IN MEMORY OF KENNETH STIMSON

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Gina Dierks
Howard & Jean Stimson
Denise & Randy Snuttjer
Kathleen & Dick Barrett
Janel & John Heroff
Ronald & Peggy Treadway
Silvana LaRosa
Frank Cella
Arthur & Dorothy Rosenkoetter
Rita Burns
Trevor & Cynthia Burgess
Julie Weiler

IN HONOR OF DAVID RIDLEY

Jan Oller

IN MEMORY OF MARCHIE CORNELISON

Lou Torrance & Family
Perry Torrance & Family
Catherine Nedelka & Family
James & Sue Goodnight

IN MEMORY OF SHARON HOG

Bill & Donna Montgomery

IN MEMORY OF JAMES A. MILLER

Betty Cobb
Becky Gentry

IN MEMORY OF MATT ASKREN

Michael & Barbara Nagle
Gary & Beverly Campbell
Brian & Ashley Robertson
Larry, Celesta, Dan & Davis Hager
Julie & Glenn Powers
Kristen Hansen Askren
Mary Gehrig
Stephen & Rita Otradovec

*Gifts to the Parkinson's Group of the Ozarks are tax deductible.
To learn more, visit us online at parkinsonsgroup.org.*

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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.

Our newsletter is going digital!

Beginning in 2025 we'll be sending out our newsletter by email.
Subscribe online by visiting: parkinsonsgroup.org/newsletter



Scan this QR code with
your smart phone
to sign up!



Still want to receive a printed
copy? Call 417-814-6067 to
verify your mailing address.

CONTACT PGO

CASSI LOCKE

Executive Assistant
cassi@parkinsonsgroup.org

Office Hours:
By appointment only.

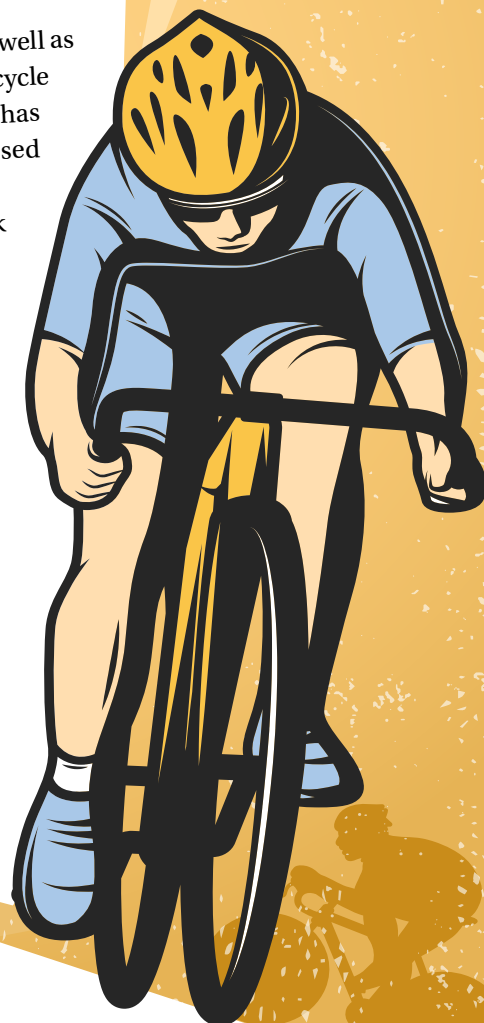
417-814-6067
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1136 E. St. Louis St.
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Cycling and Parkinson's

BY AMANDA MESSERLY,
COXHEALTH FITNESS INSTRUCTOR

Cycling is a fun social activity that helps improve overall motor function, reduces tremors, reduces bradykinesia, and enhances balance thus reducing injury. One benefit of exercise is a boost in brain chemicals, Dopamine, that promote a sense of happiness and well-being. A bike ride can be a good way to raise your energy levels during the day and may help you get a better night's sleep. Cycling seems to make it easier to think clearly during the activity, thus allowing tasks involving recall memory, visual processing, and executive function to have faster response times when participants are cycling. In addition, aerobic exercise like cycling is an enjoyable way to raise your heart rate and protect your heart.

The cycling class at The Meyer Center offers great conversation as well as 30 minutes of cycling and 15 minutes of balance and stretching. We cycle to a variety of music from oldies, country, and current hits. The class has participants that have been diagnosed for years to some only diagnosed for a couple months. With the diversity of participants, it allows everyone to share their current experiences with each other and ask questions of each other. We do a variety of workouts week to week that will not only challenge your body but also your mind. It has positively connected others with Parkinson's to the PGO and allowed them to receive support outside of just the classes.



ANGELS BY OUR SIDE

The saying “good things take time” has proven absolutely true. After close to two years, the Parkinson’s Group of the Ozarks Thursday music therapy class completed a beautiful video songwriting project that is hoped to bring awareness to Parkinson’s Disease (PD) and to inspire everyone to be an “angel among us”. Though this project began as an exercise for expression, our class members had more to express than I ever imagined.

My name is Taylor Corcoran, the Neurologic Music Therapist at The Center for Music Therapy and Wellness who leads the Parkinson’s Group of the Ozarks music therapy classes. Our Thursday class uses music and its unique influence on the brain’s neural pathways to improve strength and mobility as well as cognitive functioning. In July of 2022, our class began a project where I challenged clients to reflect on their experiences with PD by writing a song from scratch, with hopes that the project would give participants a therapeutic space to process their emotional responses to their diagnosis. What I thought would take up to one month (maximum) turned into a beautiful two-year project!

Why two years? Participants had much to say about how their lives have been affected by their disease. They discussed how PD came unexpectedly and without invitation—disrupting their entire way of life. Participants mourned the loss of dreams, hobbies, and abilities. They discussed that though their physical strength has been altered, their determination to “keep fighting” remains strong.

The main theme of the song is about the “angels by our side”—those people in our lives who provide support, care, and encouragement. The comradery built within the class reflects the angelic ways the group members support one another in their fight against PD. Even for me, someone without PD, this special group of people inspires me each week with their kindness, their perseverance, and their vast wisdom. We hope you will take some time to watch our video, that you will be inspired, and that maybe you too might be an “angel among us.”

ABOUT TAYLOR CORCORAN, MT-BC

Taylor J. Corcoran, MT-BC, a native of Springfield, Missouri, has been providing music therapy and music services to a variety of populations since 2016. Taylor grew up playing music with her family and church community, feeling called to use her passion for music to help others.



To listen to the song, visit the
PGO’s Facebook page:
[https://www.facebook.com/ParkinsonsGroup/
videos/1598871370848665](https://www.facebook.com/ParkinsonsGroup/videos/1598871370848665)

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.

ROCKIN' THE RHYTHM DANCE CLASS THURSDAYS AT 3 PM

Provided thanks to a grant from the Parkinson's Foundation made possible thanks to the generosity of the Krupp Smith Family Foundation.

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

YOGA FOR PARKINSON'S TUESDAYS AT 10:30 AM

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

LOUD TOGETHER SPEECH THERAPY TUESDAYS AT 6:00 PM

MSU – Ann Kampeter Sciences Hall
509 E. Cherry St.
Springfield, MO 65806
Completion of LSVT LOUD or
SPEAK OUT! is required before
joining.
501-412-5621

PARKINSON'S EXERCISE THERAPY TUESDAYS AT 2 PM & SATURDAYS AT 10:15 AM

This chair-based fitness class uses
therapeutic exercises based off
the BIG and LOUD therapy pro-
gramming with a variety of gym
equipment provided. Caretakers are
welcome to join.
F8 Training and Wellness Studio
2048 S. Stewart Ave.
Springfield, MO 65804
417-720-1057

PING PONG FOR PARKINSON'S TUESDAYS & WEDNESDAYS AT 10:30 AM & FRIDAYS 1-3 PM

Marshfield Senior Center
427 W. Washington St.
Marshfield MO 65706
417-859-3555

YOGA FOR PARKINSON'S WEDNESDAYS AT 9:30 AM

Claybough Plaza Mall
11016 E. St. Hwy 76 Ste. 10
Branson West, MO 65737
417-209-5418

PILATES

WEDNESDAYS AT 12 PM & 1 PM

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

PARKINSON'S EXERCISE GROUP THURSDAYS AT 11 AM

This class is designed to enhance
movement, provide improvement in
mobility and brain function.
11016 E. St. Hwy 76 Ste. 10
Branson West, MO 65737
417-357-6134

YOGA FOR PD THURSDAYS AT 12:30 PM

Aldersgate Church
460 Aldersgate Dr.
Nixa, MO 65714
417-880-0429

LOUD FOR LIFE SPEECH THERAPY THURSDAYS AT 4:00 PM

1229 E. Cherokee St.
Springfield, MO 65804
Completion of LSVT LOUD is
required before joining.
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

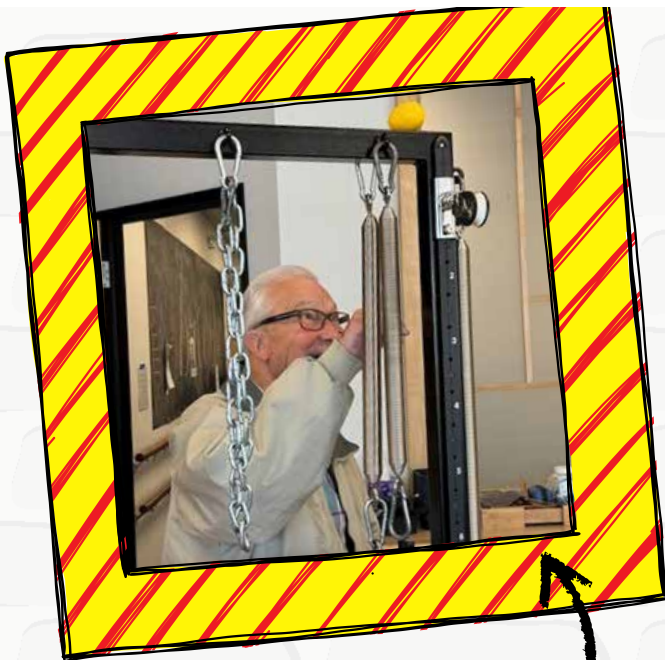
Cox Meyer Center
3545 S. National Ave.
Springfield, MO 65807
417-844-3443



KARA DUNN MEMORIAL ROCK STEADY BOXING

A physical assessment is required to
start this class so make sure to call.
Visit www.bodysmithpilates.com.
The Bodysmith
1136 E St. Louis St.
Springfield, MO 65806
417-865-0500





Egg-cellent fun: Families hunted colorful eggs for some fun treats and small prizes at the Bodysmith/Rock Steady Boxing Support Group meeting.



Connecting the community: The PGO's Parkinson's Resource Fair united about 200 families from all over the Ozarks affected by Parkinson's disease while Parkinson's ping pong leaders shared information about PD at the Webster County Senior Resource Fair.

OUT & ABOUT IN THE COMMUNITY

Spring was an eventful time for the PGO. April was Parkinson's Awareness Month and we celebrated with an assortment of activities and events to bring awareness to the community.



It takes a team: PGO Medical Advisory Member, Lisa Potthoff engaged healthcare professionals with her in-depth presentation about Parkinson's disease at CoxHealth's 36th Annual Geriatric Conference.



Fundraising friends: The Fraternal Order of Eagles Ladies Auxiliary in Cape Fair hosted a Parkinson's Golf Tournament fundraiser while the Kendra Scott Jewelry Store held a jewelry fundraiser at the Battlefield Mall in support of Parkinson's disease.

In the spotlight: PGO was featured on KY3's The Place, KOLR10's FOX AM, IHeartRadio, and 98.7 The Dove throughout the month.





Parkinson's Group
of the Ozarks

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



**SATURDAY
JULY 13, 2024**

Doors open at 4:00 PM
Trivia starts at 5:00 PM

Relics Event Center
2015 W. Battlefield Rd.
Springfield, MO 65807

For more information:
417-860-5491



Register:
Scan the
QR code
with your
smart phone.

2nd Annual **TRIVIA NIGHT & SILENT AUCTION**

Back by popular demand is our 2nd Annual Trivia Night & Silent Auction! Last year the event sold out quickly and we had a completely packed house at Hillside Baptist Church. This year we are holding the event at the spacious Relics Event Center in Springfield so we can have more teams join in the fun!

Trivia kicks off at 5:00 p.m., but you'll want to arrive early to check out all the fantastic items from over **30+ local businesses** in southwest Missouri that will be available during the **silent auction**. Throughout the evening **delicious snacks** will be available for purchase or if you're craving something heartier, the **Q66 BBQ Food Truck** will be on-site at 4:00 p.m. with 10% of proceeds from sales going towards the PGO. You'll also want to stop by the festive **photo area** to take a team selfie to commemorate the night.

Trivia registration is \$240 for a team of 8 and spots are filling up fast! **Bring your friends and family to enjoy a nostalgic journey through the iconic music and movies from the 70s, 80s, 90s, and 2000s during this fun-filled evening benefiting the PGO.**