



Parkinson's Group
of the Ozarks

SUMMER 2022

NEWSLETTER

PGO Awarded Parkinson's Foundation Community Grant 3 Years in a Row

Making New Strides in Reaching Parkinson's Families in the Ozarks

SEPTEMBER 2021

Fall issue of our quarterly printed and e-newsletter released with articles featuring the grant funded program.

OCTOBER 2021

The class instructor from Encore! Music Therapy presented about the "Mobilizing Music Program" for families of the Branson West Parkinson's Support Group. Another presentation is scheduled for September of this year.

NOVEMBER 2021

Class attendees participated in the global "2021 Parkinson's Virtual Choir" hosted by the Parkinson's Voice Project.

A few short weeks later the group performed again singing "God Bless America" and provided a synergistic drumming experience at the 19th Annual Pound the Pavement for Parkinson's 5K Walk/Run in Battlefield, Missouri. A commercial advertisement for the program aired continuously from November 2021 until April 2022 on multiple channels through OnMedia.

DECEMBER 2021

The "Mobilizing Music Program" was featured on the television news station KY3's "The Place" community spotlight and iHeart the Ozarks radio show.

JANUARY 2022

The winter issue of the PGO Newsletter released with articles featuring the grant funded program.

APRIL 2022

A musical introduction was provided by class attendees of the "Mobilizing Music Program" at the Parkinson's Group of the Ozarks Open House event in honor of Parkinson's Awareness Month.

The "Mobilizing Music Program" along with other Parkinson's wellness opportunities were showcased on 88.3 FM THE WIND and 89.1 KWFC's radio segment "Difference Makers" throughout the month of April.

MAY 2022

The class instructor for the program provided an outdoor interactive and informative musical experience for the May Parkinson's Rock Steady Boxing Support Group in Springfield, Missouri.



We are excited to announce that we are one of the recipients of the 2022 Parkinson's Foundation Community Grant for the "Mobilizing Music Program" for a **third year in a row**. This grant supports two Parkinson's music programs that are provided by the Center for Music Therapy and Wellness at Drury University: *Encore! Music Therapy* and *Resonate Empowerment Drumming*. Music has been shown to help with the motor and non-motor symptoms associated with Parkinson's disease. Both classes incorporate a variety of fun, interactive music-based activities to address speech and facial difficulties,

shortness of breath, balance, coordination, and memory changes.

If you're interested in joining or learning more about these terrific classes, visit our website: www.parkinsonsgroup.org or call 417-814-6067 for more information.

Story by Cassi Locke



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 Parkinson's Foundation (PF) and much more. Items are available by calling Parkinson's Group of the Ozarks at 417-814-6067. PF 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 our community

Through classes and education offered, the Parkinson's Group of the Ozarks strives to support our Parkinson's community and help improve their quality of life.

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. 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!

THE BODYSMITH

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

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

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.
Caregiver meetings held the 3rd Thursday of every month at 12 p.m.

KING'S WAY UNITED METHODIST CHURCH

2401 S. Lone Pine Ave.
Springfield, MO 65804
417-881-6363

Meetings: Third Tuesday of the month at 2 p.m. and 6 p.m.

SHARLIN HEALTH & NEUROLOGY

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

Meetings: Fourth Monday of the month at 10 a.m.
Virtual option is available.

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.
Please call if you're interested in attending or have questions.
Masks are required.

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

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, 2,500 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.



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 MEMORY OF RONALD REYNOLDS

Linda Smith and Diane Buckner
Ann and Carroll Neyrey
Becky and Steve Brown
Michael and Marsha Damme
Karen Bench Rankin

IN SUPPORT OF PGO

Stanley and Joyce Myers
Bradley and Brenda Nielsen
Dick and Mitzi Smith
William Montgomery

IN MEMORY OF MIKE RANKIN

James and Tammy Lewis
Ann and Carroll Neyrey
Jim and Cheryl Whitesell

Don and Diana Henderson
Chris and Marilyn Haldiman
Missouri Trust & Investment Co.
Becky and Steve Brown
Dale and Pam Pearce
Chris and Terri Hoogeveen
Heyle Realtors & Counseling Services

IN MEMORY OF PAM BURNEY

Chasteen Family
Keith Byrd
James Dye
Janice Stewart
Central Bank
Patrick and Zoe Ann Dopp
Shelley Evans

Ruthie and Gene Bybee
Cynthia Burks
Paul and Kathy Wannemacher
Trung Nguyen and Minh Ho
Juanita Edmonson
David Edmonson
Gayle Marrs
Lydia Jo Collins
Patricia Shane
Brad and Regina Norbury
Nancy Haase

Gifts to the Parkinson's Group of the Ozarks are tax deductible.

Visit us online at parkinsonsgroup.org to learn more.

PARKINSON'S GROUP OF THE OZARKS

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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.

Are you interested in becoming a member of the board or helping out in some other way?

Email info@parkinsonsgroup.org or call 417-814-6067 for more information.

DONATE TO PGO WITH AMAZONSMILE

The Parkinson's Group of the Ozarks is now part of the AmazonSmile program.

When you shop on AmazonSmile, Amazon will donate 0.5% of your eligible purchase to the Parkinson's Group of the Ozarks. Visit smile.amazon.com and select Parkinson's Group of the Ozarks as your charity of choice!



RAISE MONEY THROUGH SOCIAL MEDIA



You can use Facebook to donate and raise money for both nonprofits and personal causes. Whether you donate \$5 or \$500, every little bit helps.

1. Log into your Facebook account and click "Fundraisers" from the left side menu options.
2. Click "Raise Money" and then "Non-profit."
3. Select the Parkinson's Group of the Ozarks.
4. Fill in the rest of the information about your fundraiser and click "Create."

CONTACT PGO

CASSI LOCKE

Executive Assistant
cassi@parkinsonsgroup.org

Office Hours:
Wednesdays
10 a.m.-2 p.m.
or by appointment

417-814-6067
parkinsonsgroup.org
1136 E. St. Louis St.
Springfield, MO 65806

APRIL

A MONTH FULL OF AWARENESS

April was Parkinson's Awareness Month, and those days were filled with festivities and events to bring attention to the disease and the PGO's mission. PGO hosted an Open House meet-and-greet for the public on April 9th following the Bodysmith Parkinson's Support Group. Attendees were eager to obtain free Parkinson's literature and resources, visit with PGO team members, meet local community partners, and sample an interactive musical introduction from the Center for Music Therapy and Wellness. With the Open House being such a success, the PGO is looking to offer this event next year.

Many local businesses and organizations brought to light Parkinson's Awareness Month in the Ozarks.

- Joe Rios from The Wind 88.3 and KWFC 89.3 featured the PGO throughout the month of April on their "Difference Makers" segment.
- PGO was also selected by the new Hy-Vee in Springfield to be the benefitting organization for the month of April for their Reusable Bag Program. Many people purchased a red bag and took a selfie to show their Parkinson's support during this special month.
- Bears by Night, a Missouri State University student engagement group, wrote letters of encouragement for Parkinson's families in the Ozarks.

Although Parkinson's Awareness Month is recognized mostly in April, the PGO works tirelessly to bring awareness about the disease every day, every week, every month, every year.



High School Student Raises Money for Parkinson's Disease

BY CASSI LOCKE

Logan Rathbun is a student with Parkview High School and as part of his Capstone Project, he led a fundraiser that is near and dear to his heart.

Logan's grandfather has Parkinson's disease and is a dedicated patron of the Rock Steady Boxing program.

Logan hosted Par 4 Parkinson's, a benefit golf tournament on April 2nd at the Bill & Payne Stewart Golf Course in Springfield. With 71 players signed up and 18+ holes sponsored, this accomplished young man was able to raise \$3,470 with the proceeds from the event going to support Parkinson's Group of the Ozarks.

Thank you Logan!



A LEARNING EVENT FOR VETERANS WITH PARKINSON'S DISEASE

BY CASSI LOCKE

For many Veterans living with Parkinson's disease, one of the most common needs and challenges is maintaining their independence. For this reason, Parkinson's Group of the Ozarks partnered with the Parkinson's Foundation Heartland chapter to host a viewing party event via Zoom on June 21st for the



Parkinson's community. The lunch-and-learn event was held at Fire Station 8 in Springfield and over 20 attendees were able to hear from VA Health Care System experts about PD-related mobility challenges and the importance of recognizing and managing fall risk and driving safety. The Parkinson's Group of the Ozarks plans to host more learning events in the near future.

Welcome Our Newest Members!

Don Smillie

Don G. Smillie had many years of experience in tax services, accounting, financial planning services, business start-ups, and other related business services in a broad range of industries.

Don graduated with a bachelor's degree and a Masters in Accountancy from Missouri State University. He taught accounting and tax at MSU, OTC and lectured for the Management Development Institute at MSU over the course of many years. Don started his accounting practice in Springfield in 1975 and retired 2014.

Don held a CPA certificate and an insurance license from the State of Missouri and a securities license, series 7.

His interests include local church and civic activities. He is past president of The University Club, which has met in Springfield since 1919. He is a former member of the executive board of the Ozarks Council Boy Scouts of America in Springfield. He served on the board of Regional Girls Shelter, Diaper Bank of the Ozarks and Interfaith Alliance of the Ozarks. He is a current volunteer with Crosslines Food Pantry.

Don is a past accountant for an organization called "Ekklesia" at MSU.

He is a retired veteran of the U S Army Missouri National Guard with 20 plus years of service.



Lisa Potthoff

Hello, I am Lisa Potthoff. I am proud to introduce myself as a new member of the PGO board. I have always had an interest in medicine and helping others. I served in the US Air Force Reserves as a medic from 2002-2008. I graduate with my BSN from Missouri State University in 2006 and I have worked as nurse in hospice and long-term care for the first 5 years of my nursing career, before finding my way to the Department of Neurology at Cox Health, where I have worked as the Parkinson's Clinic Nurse Coordinator for the past 11+ years.

I was trained by and worked with Dr. George F. Wong III in the Parkinson's Clinic of the Ozarks for 10 of my 11 years with Cox Health.

I have attended Allied Team Training in Parkinson's twice so far in 2011 and 2017, with a third attendance planned in October 2022 along with several members of our interdisciplinary team. I am currently in the AGNP Master's program with Maryville University, and I look forward to graduation in December 2022. I plan to join the CoxHealth Department of Neurology provider team after graduation and boards.

I hope to bring my medical experience with Parkinson's disease, and my passion for patient care and education to the PGO board.





Sativa Boatman-Sloan Retires from PGO Board

Sativa Boatman-Sloan, Missouri Elder Law & Business Law Attorney, joined the PGO Board in 2015. Sativa was a dedicated board member and assisted with all our fundraisers over the years. She was wonderful to rewrite our By-Laws as well as prepare other essential legal documents needed to carry out our mission.

She was an asset to the board and we are grateful for her service. We miss her and wish her well.

FREE GROUP CLASSES IN THE OZARKS

As part of our mission, The Parkinson's Group of the Ozarks is proud to sponsor multiple exercise and music therapy classes for person's with Parkinson's. For more details on any of the classes below check out their contact info or email us at info@ParkinsonsGroup.org.

YOGA FOR PARKINSON'S DISEASE TUESDAYS AT 10 AM

Heart Filled Yoga
5746 S. Daniel, St.
Battlefield, MO 65619
417-209-5418

PARKINSON'S EXERCISE THERAPY TUESDAYS AT 2 PM

This chair-based fitness class uses therapeutic exercises based off the BIG and LOUD Therapy programming. Participants will work on balance, muscle strength and coordination using 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 WEDNESDAYS AT 10:30 AM

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

PILATES WEDNESDAYS AT 12 PM & 1 PM

Bodysmith
1136 E St. Louis St.
Springfield, MO 65802
417-865-0500

RESONATE EMPOWERMENT DRUMMING

THURSDAYS AT 10:30 AM
No musical experience necessary. Caregivers welcome.
Center for Music Therapy and Wellness at Drury University
1312 N. Benton Ave.
Springfield, MO 65802
417-861-7345
Provided thanks to a grant from the Parkinson's Foundation.

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

ENCORE! MUSIC THERAPY FRIDAYS AT 11:30 AM

No musical experience necessary. Caregivers welcome.
Center for Music Therapy and Wellness at Drury University
1312 N. Benton Ave.
Springfield, MO 65802
417-861-7345
Provided thanks to a grant from the Parkinson's Foundation.



KARA DUNN MEMORIAL ROCK STEADY BOXING

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



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20TH ANNIVERSARY

SATURDAY | 11.19.22

www.parkinsonsgroup.org/upcoming-events-1

POUND &
PAVEMENT

for

PARKINSONS

5K

**WALK
/RUN**

Follow Us on Facebook @ParkinsonsGroup

If you're interested in volunteering or becoming a community sponsor for the event, call 417-814-6067 for more information.