



The Benefits of Music Therapy for People with Parkinson's Disease

BY JULIE CASSITY, MUSIC THERAPIST & EXECUTIVE DIRECTOR OF THE
CENTER FOR MUSIC THERAPY & WELLNESS

Parkinson's disease can affect many aspects of a person's life, including movement, speech, emotional well-being, and social connection. Music therapy can be a valuable part of a comprehensive approach to supporting individuals living with Parkinson's disease.

One of the most recognized benefits of music therapy is the use of rhythm to support movement. A steady musical beat can provide an external cue that may help individuals improve walking patterns, coordination, and overall movement. Music can also encourage participation in exercise and other physical activities in an enjoyable and motivating way.



Music therapy may also support communication and speech. Singing, vocal exercises, and rhythmic activities can encourage individuals to use their voices and practice breath control in a creative and engaging environment.

Beyond the physical benefits, music provides opportunities for emotional expression, stress reduction, and social connection. Participating in group music experiences can help reduce feelings of isolation while creating a sense of community and belonging.

While music therapy does not cure Parkinson's disease, it can provide meaningful support for both physical and emotional well-being. Through individualized music experiences led by a board-certified music therapist, people with Parkinson's disease can use the power of music to maintain abilities, express themselves, and enhance their quality of life.

Bringing Music Therapy to the CMTW Joplin Clinic

The Center for Music Therapy and Wellness is excited to add specialized music therapy services for individuals with Parkinson's disease to our Joplin music therapy clinic. We recognize the need for supportive and engaging services that address both the physical and emotional challenges associated with Parkinson's disease. Thanks to the generous support of the Parkinson's Group of the Ozarks, we are able to offer this meaningful service to individuals in the Joplin community and provide new opportunities for participants to experience the therapeutic benefits of music.

The Joplin Parkinson's music therapy group focuses on several goal areas, including motor skills, respiratory and speech skills, and social engagement and support. Therapeutic music experiences such as patterned sensory enhancement, rhythmic auditory stimulation, and therapeutic instrumental music performance are used to address both upper and lower body motor function, including muscle strength and range of motion. Oral motor and respiratory exercises and therapeutic singing are used to support vocal health, oral motor and respiratory support, and overall speech production. A variety of therapeutic music experiences are used to support cognitive health and socioemotional support, such as music executive function training. Several members of the Joplin group have expressed appreciation for having an enjoyable way to address their goals, improve their quality of life, and have another way in which they can socialize and support each other. We look forward to working with this group and seeing their progress and growth over time and are appreciative of the support from Parkinson's Group of the Ozarks!

**Meet the New Joplin
Music Therapist!**

(Page 4)



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 Wednesday of every month at 2 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.

PD SUPPORT GROUP

Meyer Orthopedic & Rehab Hospital
3535 S. National Ave., Ozark Room
Springfield, MO 65807
417-844-9384

Meetings: Third Wednesday of every month at 2:30 p.m.

WOMEN CAREGIVERS SUPPORT GROUP

This group is for women caring for someone with Parkinson's disease.
1722 S. Glenstone Ave., Ste. LL
Springfield, MO 65804
417-209-5418

Meetings: Fourth Tuesday of every month at 4 p.m.

JOPLIN MERCY

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

Meetings: Mondays at 3:30 p.m.

Discover DBS

Join PGO Member and Medical Advisor, Lisa Potthoff, for a free seminar to learn more about Medtronic deep brain stimulation (DBS) therapy for the treatment of Parkinson's Disease and Essential Tremor and if it may be right for you.



Learn about the latest advancements in DBS therapy with the Percept™ DBS system and BrainSense™ technology that enables clinicians to personalize and adapt therapy to your individual needs and maximize the time you feel your best.

Speaker: Lisa Potthoff, NP, Jared Neurosciences Neurology

When: December 9th
Programs start at 6 PM

Where: Meyer Orthopedic Rehab Hospital-Ozark Room
3535 S. National Ave, Springfield, MO 65807

Refreshments and snacks will be provided.

**For questions and to RSVP please contact
Cox Neurology: 417-623-9130**



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

Ellen Kay Koenemann
Tim Wainscott

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GEORGE M. JOHNSON

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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.

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.

CONTACT PGO

417-814-6067
info@Parkinsonsgroup.org



PGO AWARDED PARKINSON'S FOUNDATION COMMUNITY GRANT

PGO is the proud recipient of the 2026-2027 Parkinson's Foundation Community Grant. The grant will help support the Parkinson's LOUD for Life speech therapy class in Springfield so that families can attend the program at no charge.

LOUD for Life is a weekly, on-going class where PD individuals who have completed the 16-sessions of the LSVT LOUD speech therapy program can continue to practice and enhance their vocal loudness and clarity through group activities and exercises that will help maintain communication abilities and improve quality of life. The class includes daily vocal exercises, conversational activities, and cognitive tasks, focusing on functional, real-world communication to help individuals retain the vocal loudness and quality improvements made in their original, one-on-one therapy.



Approximately 90% of people with PD develop speech and voice issues over the course of their illness, and yet, changes in speech are one of the many overlooked symptoms associated with PD. Many people with PD may speak quietly and in one tone, sound breathy or hoarse, slur words, mumble or trail off at the end of a sentence, talk slowly or rapidly, or stutter/stammer.

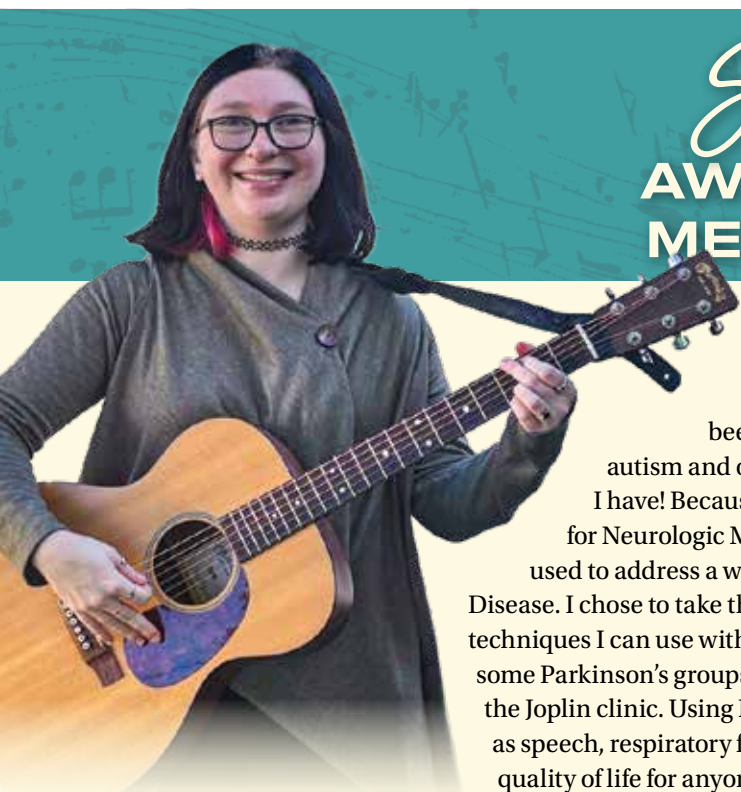
Motor symptoms, such as decreased facial expression, slowness and stooped posture, may add to speech problems. These can send incorrect non-verbal cues or impact the ability to show emotion. Non-motor symptoms, such as memory or thinking problems, also can affect speech.



Often, families are referred to speech therapy by their physician/neurologist to address these concerns. However, after completing their 16-sessions of the LSVT LOUD therapy program, it can become challenging to continue the life-long vocal habits and daily practices needed to carry over the improvements on your own. Because Parkinson's disease progresses, speech can worsen over time, often requiring ongoing maintenance or "tune-up" sessions after the initial 16-session protocol is completed.

LOUD for Life is held at the Downtown Church, 413 E. Walnut St., every Wednesday at 4 PM. The ongoing program is offered for free, but participants are required to register with the class instructor prior to participating in the class to verify they have completed the 16-sessions of the LSVT LOUD program. Care partners are also encouraged to attend to promote positive social interaction and motivational support.

For more information or to register for this program, contact Molly McGrady at 417-763-9722.



Sarah Bartholomew AWARDED LEN S. BURTON MEMORIAL SCHOLARSHIP

My name is Sarah Bartholomew and I am a board-certified music therapist employed by Center for Music Therapy and Wellness. I graduated from Drury University in 2021. I have been working in the Joplin area for 4.5 years with a focus on clients with autism and other intellectual and developmental disabilities. I enjoyed every session I have! Because of the Len S. Burton Scholarship, I was able to attend a 4-day training for Neurologic Music Therapy (NMT). This course taught several techniques that can be used to address a wide range of goal areas within varying disabilities, including Parkinson's Disease. I chose to take this training to further my education and knowledge of different techniques I can use with my clients. The Center for Music Therapy and Wellness currently has some Parkinson's groups at our Springfield clinic, and we are looking to expand these services to the Joplin clinic. Using NMT during Parkinson's group sessions can improve several areas such as speech, respiratory function, and motor function which, in turn, creates an overall better quality of life for anyone who attends.



STILL SERVING:

A VETERAN'S JOURNEY WITH PARKINSON'S AND THE POWER OF COMMUNITY

BY DAWN DAVIS

When Cory and I joined the military, we never imagined that our service together would eventually prepare us for a very different kind of battle—one involving Parkinson's disease.

We served together in the military and deployed to Afghanistan. Serving alongside one another created a bond and understanding that is difficult to explain to someone who has not experienced military life. We learned what it meant to depend on each other, face difficult circumstances together, and keep moving forward even when things were hard.

Years later, Parkinson's became part of our story.

For Cory, living with Parkinson's brought challenges that affected not only him, but both of us as a family. Like many people living with Parkinson's, there were changes, uncertainties, and days when it was difficult to know what the future would look like.

In 2020, Cory underwent deep brain stimulation (DBS) surgery. For him, DBS was a true quality-of-life changer. It did not erase Parkinson's or make the journey disappear, but it gave him opportunities to do things and experience life in ways that had become much more difficult. It reminded us that hope can sometimes come through treatments, resources, and people who are willing to walk alongside you.

Our journey also introduced us to the Parkinson's community and the Parkinson's Group of the Ozarks (PGO).

I initially became involved by participating in classes offered through PGO. What started as simply attending classes eventually became something much bigger. I saw firsthand how important movement, education, socialization, and connection are for people living with Parkinson's and their families.

I also discovered that there was a place where our family did not have to explain everything. There is something powerful about being surrounded by people who understand the journey. Parkinson's can sometimes feel isolating. As symptoms change and life changes with them, it can be easy to withdraw from others. But staying connected matters.

Socialization is more than simply getting together. It provides encouragement, friendship, understanding, and a sense of belonging. Classes and support groups can provide opportunities to stay active while also building relationships with people who understand the challenges of Parkinson's. For caregivers and spouses, having people who understand their experience can be just as important.



Our military service taught us the importance of having someone beside you when things get difficult. Our Parkinson's journey has taught us that the same principle applies here. Cory and I take every opportunity to share our story with the community through various events, local news spots, and podcasts.

You do not have to do this alone.

Cory's DBS surgery changed his quality of life. PGO changed our sense of community. And the relationships we have built along the way have reminded us that there is still so much life to live.

Our journey with Parkinson's is not the journey we would have chosen, but we have learned to face it together—just as we faced deployment and military service together.

We are still serving.

Today, that service looks different. It looks like advocating for others, supporting families, sharing our experiences, encouraging those who may feel alone, and helping people discover the resources and community available to them.

If you are a veteran living with Parkinson's, or a caregiver walking beside someone with Parkinson's, please know this:

You are not alone. You win if you don't give up.

There is strength in community. There is strength in asking for help. There is strength in sharing your story. And sometimes, there is incredible strength in simply having someone beside you who understands.

We hope that by sharing a little of our story, another veteran or family will feel encouraged to reach out, become connected, and discover that there is a community ready to walk this journey with them.



JEANNE CARPENTER RETIRES FROM PGO BOARD OF DIRECTORS

We would like to take a moment to recognize and thank Jeanne Carpenter for her tremendous dedication and impact as a valued member of our Board. During her time with us, Jeanne has been a passionate advocate for the Parkinson's community—supporting our mission through her leadership, compassion, and hands-on involvement.

Jeanne's husband Sid was diagnosed with Parkinson's in March of 2022. She and her husband decided one way they could make the best of this huge change in their lives was to share with others about the disease and community resources. Through her past work in the school system and through her church, she never thought twice about giving back to her community.

Jeanne later joined the board in the fall of 2022 and quickly extended her passion to initiate several activities such as crocheting classes and ping pong in Marshfield with her husband Sid. She also took the reins on fundraising projects such as Sneakers 4 Good, the silent auction for Trivia Night, and overseeing volunteers for our annual 5K. She shared her caregiving knowledge and expertise by speaking with home healthcare staff at learning seminars and represented the PGO at numerous educational events and fairs. She never blinked an eye when help was needed.

Although Jeanne is stepping down from her role on the Board, you will still see her and Sid out and about as they continue to advocate for the PGO and attend many of our classes such as music therapy, Rock Steady Boxing, etc.

We are so grateful for all she has done—and continues to do—for the Parkinson's community.



with PGO Trivia Night Fundraiser

PGO held their annual Trivia Night fundraiser on July 11th with another packed house at Relics Event Center! The event featured a 50/50 raffle, silent auction, festive photo area, and much more! With 10 rounds of questions



inspired from your favorite school subjects such as History, Biology, English, and many more, 18 teams put their thinking caps on to support the Parkinson's community. In the end, team In My Trivia Era went ahead of the class, 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 combined with the 50/50 raffle, brought in close to \$2,000. In all, over \$5,000 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 several

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.

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 3:15 PM

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

PD SPEAK, SWALLOW & LEARN

TUESDAYS AT 2 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 11 AM & 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

LOUD FOR LIFE SPEECH THERAPY

WEDNESDAYS AT 4:00 PM

Completion of LSVT LOUD is required before joining.

The Downtown Church
314 E. Walnut St.
Springfield MO 65804
417-763-9722

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



MUSIC THERAPY

TUESDAYS AT 12 PM

No musical experience necessary.
Caregivers welcome.
819 E 9th St, Joplin, MO 64801
417-861-7345



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 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
OCT 3RD 9:30 AM**

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

FOR MORE INFORMATION:
info@parkinsonsgroup.org | 417-814-6067



BENEFITTING



**REGISTER
HERE:**



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