



Parkinson's Group
of the Ozarks

SUMMER 2023

NEWSLETTER

TRIVIA NIGHT & *Silent Auction*

Join us for an exciting Trivia Night & Silent Auction hosted by Parkinson's Group of the Ozarks on July 15, 2023. Get ready to test your knowledge of music and movies from the 70s, 80s, 90s, and 2000s in a fun-filled evening. 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.

We'll be providing a selection of snacks throughout the event. And if you're craving something more, the Chameleon Cuisine Food Truck will be on-site at 4:00 p.m., offering delicious options for purchase. You'll also want to stop by the festive photo area to take a selfie to commemorate the night.

Trivia registration is \$20 per person or \$150 for a team of 8. Bring your friends and family to enjoy a nostalgic journey through the iconic eras of pop culture. From memorable tunes to blockbuster films, challenge yourself and see how well you remember the classics.

But this trivia night is about more than just having a great time. By joining us, you'll be supporting individuals in our community who are living with Parkinson's Disease.

July 15, 2023

4:00-9:00 p.m.

Hillside Baptist Church

8366 MO-266

Springfield, MO 65802

REGISTER:

[www.parkinsonsgroup.org/
upcomingevents](http://www.parkinsonsgroup.org/upcomingevents)



For more information,
call 417-860-5491

SAVE THE DATES

**DEEP BRAIN
STIMULATION
PRESENTATION**

JULY 8

**TRIVIA NIGHT
& SILENT
AUCTION**

JULY 15

**CARDINALS
BASEBALL
GAME**

SEPTEMBER 8

**POUND THE
PAVEMENT
5K WALK/RUN**

SEPTEMBER 30

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

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.



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 STEVE BROWN

Catherine Gilpin
Dennis & Joye Pyle
Carol Rothermel
Tisha & Karen Bench Rankin
Stephen & Linda Brite

IN MEMORY OF BILL GHAN

James & Donnis Grundy

IN SUPPORT OF PGO

Marilyn Howerton
Kari & Stephen Kleinsmith
Central Bank

IN MEMORY OF LOIS LOGAN

Patsy Garner & Carol Young

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

MAKE AN IMPACT IN THE PARKINSON'S COMMUNITY

Volunteer Opportunities Available

- PGO Board Secretary
- RSB Corner Person
- Ping Pong Assistant
- Parkinson's Blog Writer

Visit www.parkinsonsgroup.org/volunteer for more information!

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."

Is your business or organization interested in connecting with the Parkinson's community?

Consider being a sponsor of our newsletter! For more information email: info@parkinsonsgroup.org or call 417-814-6067.

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.

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

PGO HAPPENINGS & HIGHLIGHTS



ERA AWARD PRESENTED TO JACKIE TEKOTTE

On March 1, Jackie Tekotte was recognized at the Missouri Sports Hall of Fame's annual Women's Sports Luncheon presented by the Bee Payne-Stewart Foundation at the Oasis Hotel & Convention Center. Jackie was a volleyball coach at Willard High School and received the era award for Willard Volleyball of 1980-1983.

Even though Jackie retired from teaching and mentoring in 2010, she continues pursuing her passion for sports. Jackie

was diagnosed with Parkinson's disease in December of 2022 and has been a dedicated participant of the Rock Steady Boxing program. Her Rock Steady Boxing friends did not hesitate to congratulate her and make sure her prestigious honor was known. Jackie not only participates in Rock Steady Boxing, but also golfs and partakes in chair yoga. She knows the importance of staying active throughout the ages and tells other, "Don't ever give up. You can do this!"



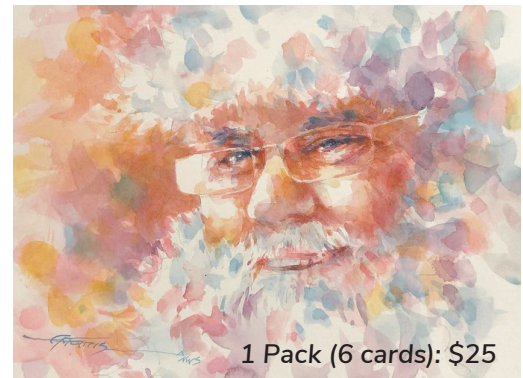
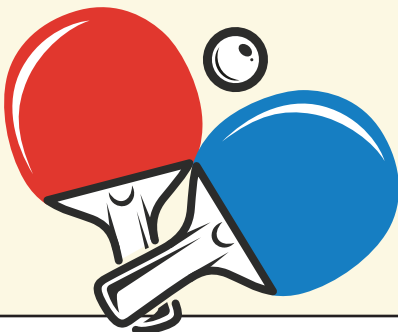
BASEBALL TAILGATE PARTY!

PGO was selected again by Pyramid Foods to enjoy a baseball game inside the Price Cutter Terrace at Hammons Field on Friday, September 8. Prior to the game we'll be getting in the red bird spirit by hosting a tailgate party at 5:00 p.m. for Parkinson's families who love baseball at the side parking lot of The Bodysmith. There will be a few fun baseball themed activities along with some delicious pre-game snacking. Gates at Hammons Field open at 6:05 p.m. with the game starting at 7:05 p.m. We will walk over the short distance as a group from the Bodysmith parking lot to Hammons Field.

Facebook Birthday Fundraiser Helps Get New Ping Pong Tables

When we first started announcing ping pong, we didn't anticipate it to grow so fast! The activity started off with a small handful of people playing at the Marshfield Senior Center and quickly expanded to National Heights Church in Springfield with 14 players. However, there were not enough tables nor equipment for everyone to get a fair amount of time to play. Seeing a need for the Parkinson's community, David Wagner decided to start a Facebook fundraiser and in just 8 hours raised over \$720.

PGO was able to purchase extra tables and equipment for the ping pong players. Thank you David for helping to support the Parkinson's community!



1 Pack (6 cards): \$25

Santa Summer Sale

Last holiday season, PGO was the charitable organization selected as part of local artist Alicia Farris' Operation: Santa Annual Santa Watercolor Project. If you missed out on purchasing there are still a few left!! 5"x7" cards with envelopes are available to purchase (cash or check) at the Bodysmith Studio in Springfield. Proceeds from sales go towards the PGO. Stock up on cards now so you'll have one less thing to worry about this December!

Parkinson's Awareness Month *Wrap-Up*



April was a whirlwind of excitement for the PGO and full of activities, learning events, and special recognition for Parkinson's Awareness Month.

SNEAKERS 4 GOOD

With the help of several community partners, PGO held a sneaker drive throughout the month to raise money for the PD community.

TULIP TIME

People posted pictures on Facebook of tulips that had bloomed just in time for Parkinson's Awareness Month. The red tulip is the international symbol for Parkinson's disease.



EASTER EGG HUNT

The Bodysmith/Rock Steady Boxing PD Support Group held an indoor Easter egg hunt for Parkinson's families.

COXHEALTH GERIATRIC CONFERENCE

PGO connected with local healthcare professionals about available PD resources.



PARKINSON'S RESOURCE FAIR

PGO held their first annual resource fair for the community with 14 exhibitors and over 100+ people attending!

WEBSTER COUNTY RESOURCE FAIR

PGO visited with families in the Webster County area to share information about ping pong in Marshfield and other local opportunities.

KENDRA SCOTT GIVES BACK

Kendra Scott (jewelry store) raised over \$400 for the PGO during a weekend fundraising sale!



In addition, numerous businesses and organizations throughout the Ozarks showed their support for the Parkinson's community. Some hung information about Parkinson's Awareness Month while others helped raise money for the PGO.

Many of the April events and activities were also featured on television and radio such as KOLR10's Ozarks Live! and iHeart Radio. 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.



Deb Downs Awarded Len S. Burton Scholarship

My name is Deb Downs, and I am extremely excited to expand my involvement with the Rock Steady Boxing program.

My background includes 28 years of teaching experience as an Adapted Physical Education teacher.

My work consisted of teaching students with various special needs in the K-12 Springfield Public Schools. I also coached volleyball and basketball for 25 years. I have a Bachelor of Science in Education and a Master of Science in Exercise Science.



I first became aware of Rock Steady when it first began at The Bodysmith. I sent students from my classes at Missouri State for practicum experience. My students became very excited about their experience with the boxers, so when I had a dear golf buddy, Jackie Tekotte receive a Parkinson's diagnosis, I recommended that she check out the program. I became Jackie's corner person and have witnessed great improvement in her balance and strength. I also recently lost a dear Uncle to the disease, so my interest became very personal.

I look forward to my future involvement with the Rock Steady boxers!

FREE GROUP CLASSES & ACTIVITIES 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.

ROCKIN' THE RHYTHM DANCE CLASS
MONDAYS AT 4:15 PM
Provided thanks to a grant from the Parkinson's Foundation.

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

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 programming with a variety of gym equipment provided. Caretakers are welcome to join! *Special thanks to the Christine and Katharina Pauly Charitable Trust-K, Bank of America, N.A., Trustee for funding the Saturday class.*
 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
 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 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

DRUMMING THERAPY & MUSIC THERAPY CLASSES
THURSDAYS AT 10:30 AM & FRIDAYS AT 9:30 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

MONTHLY GAME NIGHT
SECOND THURSDAY OF EVERY MONTH AT 4:30-7:30 PM
 Board games and card games will be provided, but feel free to bring your own favorite game!
 The Library Station
 2535 N. Kansas Expressway
 Springfield, MO 65803
 417-860-5491

PING PONG FOR PARKINSON'S
FRIDAYS AT 2-4 PM
 National Heights Baptist Church
 3050 N. National Ave.
 Springfield, MO 6580
 417-880-7610



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

Love, Laughter, Listening, and Lunch

By June Kincheloe

My story and why I thought we needed our get together once a month...

When my husband was diagnosed with Parkinson's last year, coming up with a lunchtime support group wasn't the first thought on my mind. But if there was one thing I knew, it was that I would need to talk. While I have two daughters and very close friends, it isn't always easy to discuss these things with them. As a mom you feel like you're a burden or scaring your kids, and friends don't always have that shared experience.

My friend at church whose husband also has PD, was so upset about the changes happening with her husband and needed to talk. When she spoke about her family and how they weren't able to help, it was then I realized that we need someone outside of our home, where we can be ourselves. Talk about whatever we need, cry, laugh or just be heard about our fear of the realities of this disease and say it out loud.

We are creating a group where there are no limits on what we say or feel, and there is trust that what we discuss doesn't leave the group. This is not just a group of ladies chatting—we learn from each other. Medication, therapy, moods, new ways to approach day to day



challenges, all of it is on the table. Our first lunch, I knew this was something good. Everyone seemed to take a breath and just let go.

Being a caregiver is hard, but we don't have to do it alone anymore. We are so close now; we check in on each other when someone is down or sick. The support we have created might've started with PD but it's grown into more than we imagined.

"Being a caregiver is hard, but we don't have to do it alone anymore."



MARK YOUR CALENDAR!

21ST ANNUAL

POUND THE PAVEMENT FOR PARKINSONS 5K WALK/RUN

Saturday, September 30 8:30 a.m.

Graceway Baptist Church
5010 S. Farm Rd. 135 • Springfield, MO 65810


MORE INFO:

www.parkinsonsgroup.org/upcomingevents



Parkinson's Group
of the Ozarks

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



PLEASE JOIN US!

DEEP BRAIN STIMULATION

PRESENTATION

Join us for a presentation reviewing Deep Brain Stimulation, an established treatment for Parkinson's Disease. Local healthcare professionals Dr. Mace, Dr. Ellis, Dr. Spurgeon, and Dr. Sreepada from the Jared Neuroscience Center will be speaking on this topic.

Saturday, July 8, 2023 11:00 a.m.

Meyer Orthopedic and Rehabilitation Hospital
Conference Room B
3535 S. National Avenue, Springfield, MO 65807

RSVP 417-730-7053

