

Parkinson's Group
of the Ozarks

SPRING 2023

NEWSLETTER

PING PONG FOR PARKINSON'S

BY CASSI LOCKE

Ping pong or table tennis may not be the first activity that comes to mind when improving and maintaining Parkinson's symptoms, but active ping pong players Leon Moon and his partner Charlotte Blackwell will tell you otherwise.

They have always had a love for the activity, but after Leon became diagnosed with Parkinson's disease and researching information about exercises that can assist with the symptoms, they came across PingPongParkinson®. PingPongParkinson® is a non-profit organization based out of New York with a goal of halting the progression of the disease by utilizing ping pong as a form of physical therapy. Benefits of ping pong include benefits such as

special memory, enhanced motor skills, generating growth of new brain cells, improved hand-eye coordination, limb movement speed, better posture, sharpened reflexes, improved depression and dementia, and lower social isolation. Ping pong incorporates many of the larger motor exercises that LSVT BIG utilizes, but also has a speed factor and quick-action strategy movements.

In June 2022, Leon and Charlotte donated a portable ping pong conversion tabletop to the Marshfield Senior Center. A small group of ping pong enthusiasts quickly formed and now meet every Tuesday and Wednesday at 10:30 AM to practice their skills and love for the activity. "One of my issues with Parkinson's was when I first started playing ping pong I would stand and watch the ball go by. My brain was telling me to move but nothing moves, and I would just stand there and watch it. After playing a few times it's been helping to

speed up that process," says Leon. Ping pong isn't just about hitting a ball back-and-forth across a table. Sessions begin with a warm-up consisting of physical exercises designed specifically for those with Parkinson's disease. Juggling practice, ball balance, side shuffles, body stretches, and other instructions follow before commencing the table tennis.

With growing interest, a second ping pong location has been added at National Heights Baptist Church in Springfield. This family-like group is more than happy to lend you a set of paddles and will warmly welcome you into the game even if you're just a beginner. "We laugh a lot. You don't have to be good at it. It doesn't matter how many times you miss the ball, as long as you're having a good time is all that counts," added Sid Carpenter, another active ping pong player.



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

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.

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.

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.

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parkinsonsgroup.org | 417-814-6067 | [facebook](#) @ParkinsonsGroup
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ABOUT PARKINSON'S DISEASE

Nearly one million people in the U.S. are living with Parkinson's disease, and over 60,000 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 TREACIL MEYERS

Rosa Snyder
Paula Adams

IN MEMORY OF ROYCE HENSON

Jody Henson

IN SUPPORT OF MOLLY & DENNIS EDWARDS

Nancy McCulloch

IN MEMORY OF JOHN HEITZ

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Chris & Kelly Dudley
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Karla & Susan Wilkerson
Brenda Cummings
Joy Smith
Marilyn Howerton
Patricia Wells
Lynn Clements
Dick & Mitzi Smith

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

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."

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

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

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

Local Development Company Supporting PGO



As part of their year-end giving drive, Miller Commerce (www.millercommerce.com), a real estate development company, reached out to PGO in honor of their long-standing relationship with board member Melissa Miller Young. PGO set up a PayPal fundraising page that the firm is using to direct their friends and colleagues to, urging them to join them in supporting the organization. Project Manager Madison Miller says, "We chose to focus our fundraising efforts on supporting the PGO this holiday season because we have seen firsthand the impact and support that it has provided for one of our very favorite colleagues. We are thrilled to see the direct impact made here in our community and we know that the money raised will be helping so many worthy people."

A Special Gift from Santa

A few months ago, PGO was the charitable organization selected as part of local artist Alicia Farris' Operation: Santa-Annual Santa Watercolor Project. Beautiful Santa cards and prints were sold during the holiday season and over \$400 was raised from the proceeds!



Even though the holidays may have passed, Santa cards are still available to purchase (cash or check) at the Bodysmith Studio in Springfield. Stock up on cards now so you'll have one less thing to worry about next December!

Crochet Connections

BY JEANNE CARPENTER

I crochet hats, scarves, and lap blankets for people in need, cancer patients and hospice and home health care entities. One night, it occurred to me that this might be something those with Parkinson's could do. Not only is it a good mental and physical activity, but it would give them a chance to do something to help others. Many have had to give up activities, but this offers something new to do. I knew there wasn't anything currently being offered along these lines. I began looking online about the benefits of crocheting for those with Parkinson's.

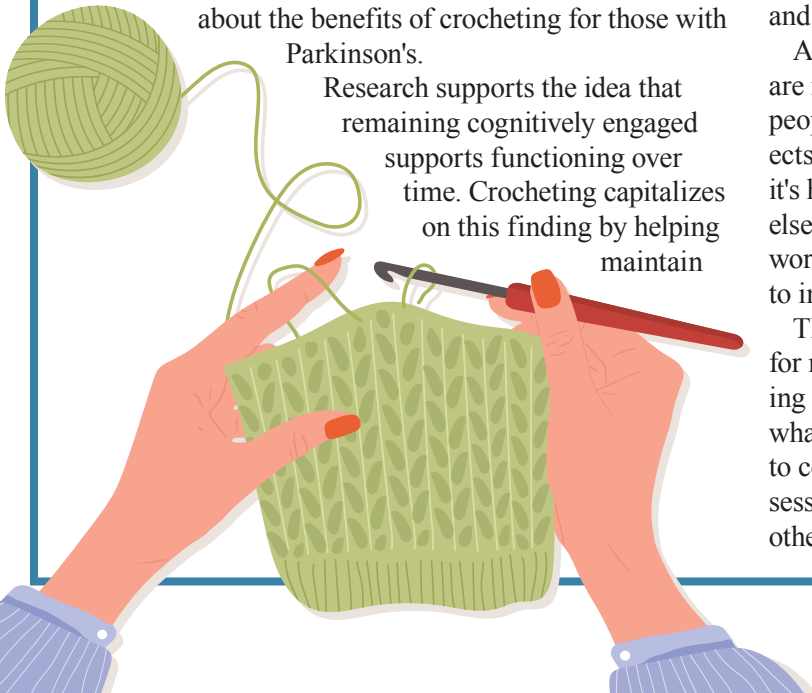
Research supports the idea that remaining cognitively engaged supports functioning over time. Crocheting capitalizes on this finding by helping maintain

hand and finger movement and dexterity. It involves movements similar to those used in sewing,

which has been identified as a method for improving coordination in fingers and hands and reducing stiffness. It can actually help the tremors. The repetitive motion leads to strong muscle memory, which is good for the brain and extremities. The rhythm of movement helps bring a sense of calm. The repetitive motion also releases serotonin, which can help lift a person's mood. It gives a sense of productivity and accomplishment.

All materials for the class are provided. Simple scarves are made using a single stitch, repeated throughout. As people learn and practice, then they can bring their projects to the meetings, discuss what works for them, how it's helping, etc. Scarves may be kept, given to someone else or donated. They can take the materials home to work on. I also meet with people before or after therapies to introduce them to this possibility.

The reason for the word, 'connections' in the name is for multiple reasons. Not only are participants connecting yarn, but they are connecting with the community by what they make. There is also a REAL value and desire to connect with each other by visiting outside of therapy sessions. We have a great time, finding out about each other's families, interests, and more!



Pound the Pavement's **BEST YEAR EVER!**



BY JUSTIN MILAM

PRESENTING SPONSORS

Women Connect 4 Good
Kyowa Kirin
Neurocrine Biosciences
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Cox Health

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Mercy
The Bodysmith/Rock Steady Boxing
Empower Abilities
Pyramid Foods

SMALL BUSINESS SPONSORS

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Peaceful Stones Plaza
Kyle Insurance Services
Center for Music Therapy & Wellness
Heart Filled Yoga
Fred Harle State Farm Insurance
Sharlin Health & Neurology
Kimberlynn Canvas
Orchard Audio Visual
Battlefield First Baptist Church

This past November we celebrated our 20th annual Pound the Pavement for Parkinson's Walk/Run. The event saw a new record of more than **350 runners and walkers** of all ages. The race, which started and ended at the First Baptist Church in Battlefield, was a huge success. Participants were treated to a long sleeve tech tee, a hot breakfast, and medals for all finishers.

In addition to the run walk itself, the event also featured a number of other activities, including a raffle, vendor booths, and a team competition. The team aspect was a great new feature, with over 20 teams participating and MJ and the Jimi Jimi Legs winning the prize for largest team.

At the end of the day, we had another record-breaking event and **raised nearly \$20,000** for the organization. The money will be used to add an additional class in 2023 and to provide support to those living with Parkinson's in the region.

On a personal note, having had the pleasure of coordinating this event for the past ten years, it's been absolutely incredible seeing the growth over the years. From about 60 participants in 2013 (nearly half of which were my family!) to over 350 this year. We do very little advertising for this event, so most of the growth has been word of mouth. Thank you for being a part of it!

None of this could be possible without saying "THANK YOU!" to a lot of different people who helped make this event a success. We greatly appreciate all the walkers/runners, volunteers, cheer teams, businesses, organizations, and other community members who made this event possible.

See you all next year!



Find your INSPIRATION!

Let 2023 be a year of new hope and motivation with your Parkinson's journey. Our Parkinson's families will tell you all the wonderful benefits of attending a free wellness class.

"I joined the class because of the brain work mostly and it makes you feel better. I like music; I can't sing, but I like music. Music is supposed to help release dopamine from the brain and make you feel better. I've had Parkinson's for 18 years and this class helps more with the mental health than the physical. **It is fun, there's no pressure on you, and Taylor [music instructor] is great.**"

– Music Therapy Attendee

"I was diagnosed with Parkinson's in October of 1980. I've never tried yoga before but then after one time with it, **it made a big difference.** Since my Parkinson's has progressed a little, I've had more problems with balance, but the next several days after I come to a class, I can get my balance under control. If I miss a week, I can really tell a difference on how the rest of my week goes both physically and mentally. You'll discover a lot of what your body can do."

– Yoga Attendee

"It's been really nice to come to a location where there is no cost for the classes. You're with people with different levels of Parkinson's and I think it's good to have their perspectives. It's beneficial for him to see their participation and it helps him. **Everybody wants to be here and that makes a difference.** The class is also a stress reliever for me and something we can look forward to together."

– Caregiver for F8 Exercise Therapy Attendee

"After going to Rock Steady Boxing, I feel stronger and more sure of myself. I feel like my balance and coordination are more under control and I have the strength to do what I didn't think I could do before. Even the doctor has noticed changes and says that they're seeing improvements in my symptoms. **I wish I would have signed up sooner!**"

– Rock Steady Boxing Attendee

"My coordination has improved and stayed steady since taking the music classes. I feel more pumped moving around. I just like the class. **It gives me something to look forward to and keeps me sharp.** We do different things, not just drumming. We do light exercises and brain teasers like trivia questions or memory sequences to keep us mentally sharp. It covers a lot of different bases and it's fun."

– Drumming Therapy Attendee

"My doctor told me to continue to exercise after being diagnosed. I wasn't sure if I could do the exercises in the class before I started but everyone is very supportive and there is no pressure."



You get to meet a lot of different people and there is always a lot of laughing. I'm really glad that these classes are available."

– Pilates Attendee

"I was diagnosed with Parkinson's in 2019 and have been working very hard to pretend I don't have it by exercising as much as I possibly can. For someone newly diagnosed with Parkinson's disease, read as much as you can about the disease. All the top-neurologists say...'**Exercise, exercise, exercise!**'"

– Branson West Exercise Attendee



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.

CROCHET CONNECTIONS **FIRST TUESDAY OF EVERY** **MONTH AT 11 AM**

Care partners welcome.
Supplies will be provided.
The Library Station
2535 N. Kansas Expressway
Springfield, MO 65803
417-880-7610

YOGA FOR PARKINSON'S DISEASE **TUESDAYS AT 10 AM**

Heart Filled Yoga at
Empower: Abilities
1450 W. Cambridge St.
Springfield, MO 65807
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

PING PONG FOR PARKINSON'S **FRIDAYS 2-4 PM**

National Heights Baptist Church
3050 N. National Ave.
Springfield, MO 6580
417-880-7610

PILATES **WEDNESDAYS AT 12 PM & 1 PM**

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

RESONATE EMPOWERMENT **DRUMMING**

THURSDAYS AT 10:30 AM **ENCORE! MUSIC THERAPY** **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
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

ROCKIN' THE RHYTHM **DANCE CLASS**

MONDAYS AT 4:15 PM
Bodysmith
1136 E. St. Louis St.
Springfield, MO 65806
417-865-0500



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



Parkinson's Group
of the Ozarks

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

PGO AWARDED FUNDING FOR **NEW SATURDAY EXERCISE CLASS**

BY CASSI LOCKE

We are thrilled to announce that we were awarded funding by the Bank of America Christine and Katarina Pauly Trust-K to add an additional Parkinson's exercise class at F8 Training and Wellness Studio in Springfield.

The new class will be offered Saturdays at 10:15 AM starting January 7th. It will follow the same format as the current Tuesday 2 PM class that uses therapeutic exercises based off the BIG and LOUD therapy programming. We are ecstatic because we have the opportunity to provide a new weekend class for Parkinson's families who may be employed and/or needing class time flexibility.

We anticipate that this class will fill up fast so call 417-720-1057 to register.

