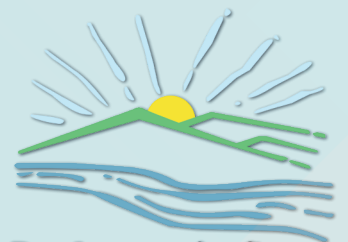


Spring 2024



Parkinson's Group
of the Ozarks

CELEBRATING 25 YEARS

Newsletter

PGO's Turning 25!

25 Years of Serving the Parkinson's Community

BY PAT AUSTON AND CASSI LOCKE

Looking back over two decades, it has amazed us how much the PGO has blossomed from its early beginnings. PGO was founded in 1999 by Mel DeVries, a person with Parkinson's disease who had a vision. Knowing that resources were lacking in the Ozarks, he decided to start a local nonprofit organization to increase awareness about the disease along with providing resources to help people with Parkinson's disease and their families.

In the early stages, the PGO had only a small handful of volunteer board members, did not offer any wellness classes, and had very few participants in the annual 5K. However, as new community collaborations emerged with CoxHealth, The Bodysmith, and the Parkinson's Foundation, just to name a few, the organization's offerings transformed remarkably. This profound growth can also be accredited to Board President, Justin Milam. Justin joined the PGO in 2010 and with his keen leadership skills drastically increased the organization's revenue, revived the humble 5K, and broadened visibility of the PGO.

Not only does the PGO assist Parkinson's patients, but also healthcare professionals

"I have been privileged to be on the Board of Directors for over 20 years. I am so proud of all that's been accomplished and know that Mel is smiling in heaven. He would be proud of the accomplishments of the foundation."

— Pat Auston, PGO Vice-President

who directly serve our families. The Len S. Burton Memorial Scholarship helps support Parkinson's-centered education or training for those with a passion of helping the PD community.

Those Who Laid the Stepping Stones

The PGO's growth and success over the decades would not have been possible without the dedication and contributions of many individuals. We are forever grateful for our Board of Directors, volunteers, and thousands of community members who believe in our mission. While there are too many to name, we want to take a moment to acknowledge our Honorary Lifetime Members who went above and beyond for the PGO.

- Harry Beckett
- Mel DeVries
- Mark McClean
- Charlene Stade
- Joanne Bourbon
- David Huff
- Dick Smith

Where We Are Today

- 12 wellness classes
- 7 support groups
- Newsletter reaching over 1,000+ families
- 8 scholarships awarded
- 40x revenue growth in the last decade
- Latest PGO fundraisers: 5K \$20,000 and Trivia Night \$7,000

A Sunny Horizon

Just as our logo depicts, we are always looking over the bright and sunny horizon in the fight against Parkinson's disease. As we look to the future, we are exploring new opportunities to reach our rural and underserved areas of the Ozarks. With your ongoing support, we are excited for what our future has in store and look forward to serving the Parkinson's community for another 25 years and beyond.



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

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 BARBARA WARD

Letha Hinkle
Karen Fritchey
Arnold & Colleen Evans
Cecil & Katherine Wormington
Richard & Ann Woods
Barbara Sperry
Dana Hughey
Carl Chapman
Tom & Betty Pinkley

**IN MEMORY OF WAYMON
JAMES "JIM" JOHNSON**

Ozarks Community Health Center-
Hermitage
Lewis & Cynthia Stinson
Edward & Sandra Camp
Susan Akers

IN MEMORY OF STEVE BROWN

Teresa Olsen

IN SUPPORT OF PGO
Alyce Drewel
Brenda Cummings
William Montgomery
WTW
Sue Pyle
Carolyn Burks
Brittany Allen
OneHope
Patsy Burton

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

**PARKINSON'S GROUP
OF THE OZARKS**

BOARD OF DIRECTORS

Justin Milam, President
Pat Auston, Vice President
Laura Larimore, Secretary
Don Smillie
Becky Brown
Jeanne Carpenter
Julie Cravey-Cassity
Dawn Davis
Katherine Douglas-Johnson
Tricia Holt
June Kincheloe
Shauna Smith Yates
Shawna Tindall
Melissa Miller Young

ADVISORY MEMBERS

Lisa Potthoff
Dr. Kenneth Sharlin

HONORARY LIFE MEMBER

Harry Beckett
Joanne Bourbon
Mel DeVries
David Huff
Dr. Mark D. McLean
Dick Smith
Charlene Stade

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.

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.

World Parkinson's Disease Day

April 11th

World Parkinson's Day takes place on 11 April every year to raise awareness of Parkinson's.

It's an opportunity to:

- **Unite** those touched by Parkinson's around the world to highlight the impact Parkinson's Disease has on individuals, families and communities
- **Celebrate** the fantastic work that people with Parkinson's, and those working in the field, are doing to manage and raise awareness of the disease
- **Salute** the resilience and strength of people who live with the condition every day



CONTACT PGO

CASSI LOCKE
Executive Assistant
cassi@parkinsonsgroup.org

Office Hours:
By appointment only.

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

Polar Plunge for Parkinson's

In early January, our friends the Fraternal Order of Eagles (FOE) Ladies Auxiliary #4278 in Cape Fair, MO, hosted their annual Polar Plunge for Parkinson's at Table Rock Lake.

The high that day was 36 degrees so we can only imagine the lake water temperature! Several fearless patrons marched through the frigid waters but quickly warmed up afterwards at the hot chili dinner held at the Aerie.

Thank you to everyone who braved the icy waters to support the Parkinson's community!



*Kendra
gives back*

KENDRA SCOTT

Shine Bright, Do Good

JOIN US FOR A KENDRA SCOTT GIVES BACK EVENT

Doing some shopping for yourself or a loved one? Need a birthday or anniversary gift? Had your eye on some beautiful jewelry? Here's your chance to give back to the PGO while enjoying some fun shopping! You can shop any time in-store on April 27th or 28th to support the Parkinson's community — just make sure to mention Parkinson's Group of the Ozarks at checkout.

SATURDAY, APRIL 27 & SUNDAY, APRIL 28

KENDRA SCOTT JEWELRY STORE INSIDE THE BATTLEFIELD MALL


KENDRA
SCOTT

**PGO MEET & GREET OPPORTUNITY
SUNDAY, APRIL 28 FROM 1-3 P.M.**

SHOPPING ONLINE?
Use promo code: GIVEBACK-GARXW
AT KENDRASCOTT.COM


Parkinson's Group
of the Ozarks

Having “The Talk” With Your Family

BY KATHERINE DOUGLAS-JOHNSON, ATTORNEY

Did you know that less than half of Americans have an estate plan in place? If you or a loved one should become ill or pass away without some key documents in place, it could lead to added emotional strain and stress during a difficult time, and it could have financial implications for the entire family. Talking about estate planning is probably not a discussion everyone looks forward to, but you need to have the talk. The following tips can help guide you through the conversation:

TALK ABOUT GENERAL DURABLE POWER OF ATTORNEY FOR FINANCES

If you should be unable to take care of paying your bills or access your bank accounts, who would you trust to take over your finances? Having an agent appointed through a General Durable Power of Attorney will allow that person to take care of things for you. Without this document, if you should become incapacitated, your loved ones would not be able to step in and take care of things without becoming your legal guardian.

DISCUSS HEALTHCARE POWERS OF ATTORNEY

A Healthcare Power of Attorney is NOT the same as a medical/advance directive. This important document empowers your agent to fight for your healthcare wishes with all the power and authority you would typically have over yourself, if you had capacity.

ADDRESS THE TOPIC OF WILLS OR TRUSTS

Determine whether there are existing wills or trusts in place and whether the documents are up to date. If they were created more than

five years ago, they should be reviewed to ensure they still reflect your wishes, and for potential legal issues. Discuss where these important documents are kept. A very important note, wills do NOT avoid probate in the state of Missouri.

NURSING HOME

You may be afraid of losing your home if you or your loved one must enter a nursing home. While this fear is well-founded, transferring the home to your children or other family members is not always the best way to protect it. Transferring your house to your children (or someone else) may make you ineligible for Nursing Home assistance through Medicaid for a period of time. Additionally, when you give property to a child during your lifetime, they may have to pay capital gains taxes, which could be avoided by inheriting the property upon your death.

There are special circumstances and methods an Elder Law Attorney can utilize to transfer a home without penalty, thus “saving” it from the Nursing Home.

AFTER YOU HAVE “THE TALK”

If you or your loved ones don’t have adequate and up to date estate planning documents in place, you should consult an experienced Elder Law Attorney to help you and your family get the peace of mind you deserve.



Joanne Bourbon Retires from PGO Board

By Jeanne Carpenter

Joanne Bourbon has been a shining light on the PGO Board since 2021. She truly hit the ground running with her ideas, motivation, and willingness to help in whatever way possible. She was a devoted advocate and spokesperson for the PGO and didn't blink an eye with helping on projects such as the annual PD baseball outings, community television interviews, and other major Parkinson's events. Her sense of humor made working with her a joy. Her dedication was inspiring to watch, even while she struggled with her own PD issues.

She will truly be missed as she moves to Texas. There is no doubt she will continue to be an asset to the Parkinson's community as she branches out to help champion the cause in her new location. However, she states that PGO will remain a special place in her heart and will continue to cheer on our efforts. She has absolutely been a gold medal Board member!

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 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

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.
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

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

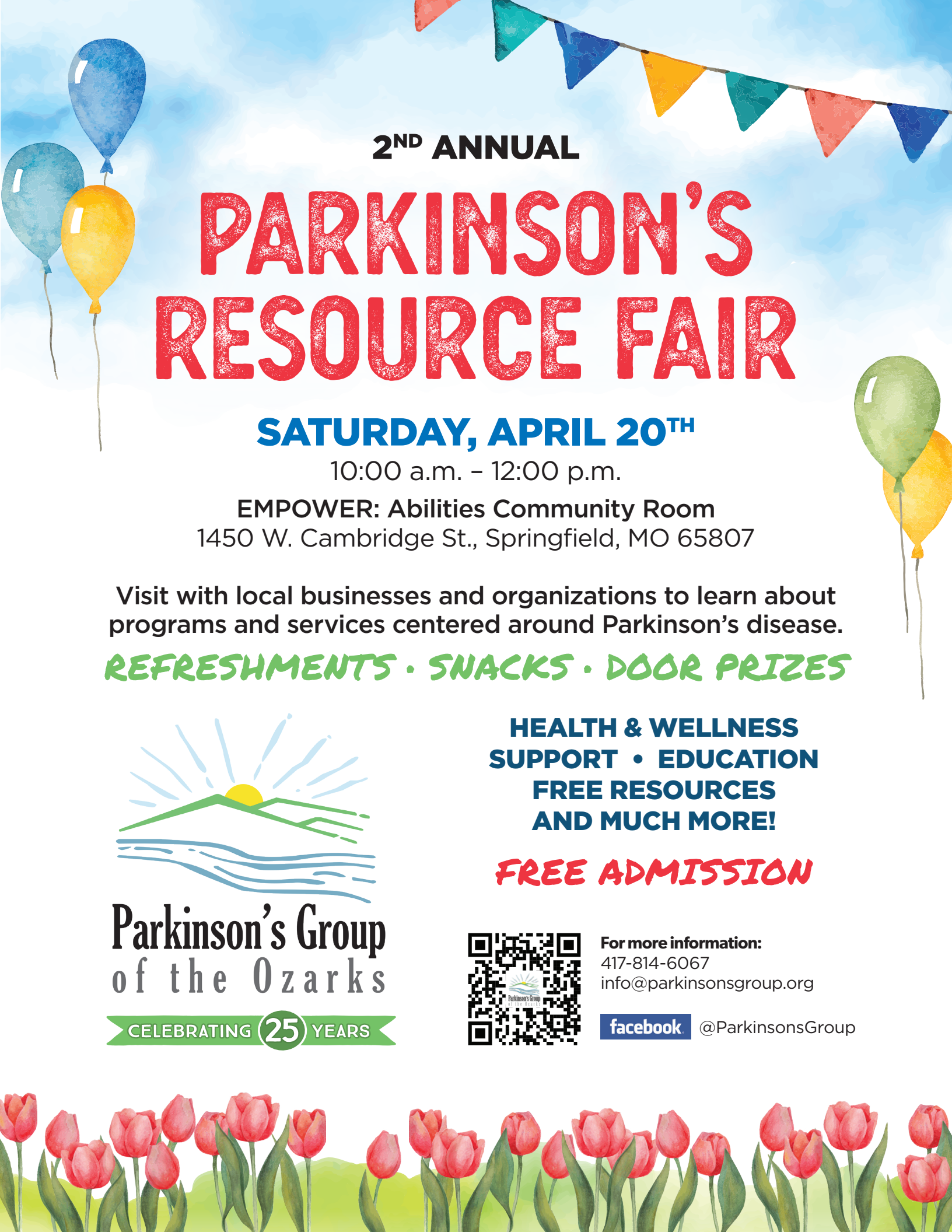
PARKINSON'S INDOOR CYCLING FRIDAYS AT 12 PM

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



2ND ANNUAL

PARKINSON'S RESOURCE FAIR

SATURDAY, APRIL 20TH

10:00 a.m. – 12:00 p.m.

EMPOWER: Abilities Community Room
1450 W. Cambridge St., Springfield, MO 65807

Visit with local businesses and organizations to learn about programs and services centered around Parkinson's disease.

REFRESHMENTS • SNACKS • DOOR PRIZES



Parkinson's Group
of the Ozarks

CELEBRATING **25** YEARS

**HEALTH & WELLNESS
SUPPORT • EDUCATION
FREE RESOURCES
AND MUCH MORE!**

FREE ADMISSION



For more information:

417-814-6067

info@parkinsonsgroup.org

facebook

@ParkinsonsGroup





Parkinson's Group
of the Ozarks

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

UPCOMING EVENTS

Save the Dates — Free to Attend!

MAY 3

**CROCHET CONNECTIONS:
BEGINNERS CROCHET CLASS**

2-4 PM

National Heights Baptist Church – Springfield

MAY 16

GAME NIGHT

4:30 PM

The Library Station – Springfield

MAY 24

PING PONG FOR PARKINSON'S

2-4 PM

National Heights Baptist Church – Springfield

JUNE 20

GAME NIGHT

4:30 PM

Schweitzer Brentwood Library – Springfield

Visit parkinsonsgroup.org/upcomingevents
for more information.