



Parkinson's Group
of the Ozarks



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

Visit us online at parkinsonsgroup.org to learn more.



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Sharlin Health
and Neurology



@ParkinsonsGroup

Summer 2021

NEWSLETTER

Parkinson's Online Community Event Reached Across the Ozarks

The Parkinson's Foundation, in collaboration with Parkinson's Group of the Ozarks hosted a free virtual program, Beyond the Diagnosis: Managing Changing Symptoms, on May 22nd, 2021, to help the Parkinson's community stay healthy, safe and engaged from home during the ongoing pandemic.

The program helped inform people with Parkinson's disease (PD) and their loved ones on how Parkinson's symptoms may change over time and new strategies for treating them. With over 194 people registered for the event, families throughout the Ozarks had access to essential Parkinson's information.

"At the Parkinson's Foundation, we understand that online programs are highly beneficial to the PD community and provide an outlet to learn more while connecting virtually with others living with the disease," said Kim Nitz, Community Program Associate Director, Heartland Chapter. "With an ongoing pandemic, empowering the community with the tools and resources they need to live better from the safety of their homes is a vital part of our mission."

The program featured Parkinson's disease experts Muhammad Nashatizadeh, MD, University of Kansas Medical Center, a Parkinson's Foundation Center of Excellence, Britney Knedel, M.S. CCC-SLP, Mercy Outpatient Neuro Therapy Services and Ed Derr MS, LPC, NCC Drury University. Topics included how to manage

symptoms that accompany Parkinson's disease progression and the importance of access to a care team. The program helped support the PD community by providing them with additional local resources that can help improve their quality of life. Participants were also given the opportunity to submit their own Parkinson's questions to the guest speakers during the live Q&A portion of the event.

"I know this is something that benefited the many people living with Parkinson's in the Springfield and surrounding areas. Better understanding the disease and navigating resources are such important aspects of the Parkinson's journey," said Justin Milam, President of the Board for the Parkinson's Group of the Ozarks. "As we know, there are constant updates to treatments and care, and we wanted to highlight the local, regional and national resources that are available to empower the Parkinson's community."

"We want to thank everyone who registered and joined us Saturday morning, the Parkinson's Foundation who managed the behind-the-scenes logistics of the online event, and our fabulous guest speakers who took the time to discuss these important topics," said Cassi Locke, Executive Assistant for the Parkinson's Group of the Ozarks. "We hope that as things begin to subside with the pandemic, we can offer more events like this in the future, either in-person, virtually, or both."

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.

FREE GROUP CLASSES IN SPRINGFIELD

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.

COX MEYER CENTER – GROUP CLASSES CLASS ON HOLD

These classes address general wellness and fitness goals integrating enjoyable techniques designed to promote flexibility, coordination and balance, body strength, enhanced mental concentration, and focus, improved breathing, vocal strength, and relaxation.

417-269-3282

KARA DUNN MEMORIAL ROCK STEADY BOXING AT THE BODYSMITH

A physical assessment is required to start this class so make sure to call The Bodysmith at 417-865-0500 or visit their website at www.bodysmithpilates.com to get started.

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

PILATES CLASSES AT THE BODYSMITH

WEDNESDAYS AT 12 PM

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

COX MEYER CENTER – STATIONARY CYCLING CLASS CLASS ON HOLD

These classes are inspired by the beneficial results of a significant research study conducted at Cleveland Clinic.
417-269-3282

PARKINSON'S EXERCISE GROUP AT ONE BODY PILATES THURSDAYS AT 11 AM

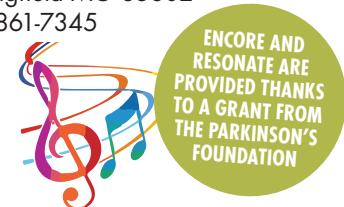
This class is designed to enhance movement, provide improvement in mobility and brain function for people diagnosed with Parkinson's disease. This beginning level exercise class will also promote and improve cardiovascular fitness and allow for the transition to another exercise course called Boxing for Parkinson's. 11016 E. St. Hwy 76 Ste. 10, Branson West, MO 65737
417-357-6134

RESONATE DRUMMING THERAPY IN PERSON AND VIRTUAL CLASS OPTIONS AVAILABLE

No musical experience necessary. Caregivers welcome.
1312 N. Benton Ave.
Springfield, MO 65802
New number: 417-861-7345

ENCORE MUSIC THERAPY CENTER FOR MUSIC THERAPY AND WELLNESS AT DRURY UNIVERSITY IN PERSON AND VIRTUAL CLASS OPTIONS AVAILABLE

No musical experience necessary. Caregivers welcome.
1312 N Benton Ave.
Springfield MO 65802
417-861-7345



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, 2,400 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 GEORGE PALMER

Debra & Michael Wright
Charles & Linda Clopp

Susan Pyle
Jennifer York

Amy Montebello
Tina Hundley
Debby Melcher
Julie Cassity
Sativa Boatman-Sloan
Shauna Smith-Yates
Dick & Mitzi Smith

IN MEMORY OF LINDA SMOCK

Box-Giles Life Group at Crossway
Baptist Church
Jon & Patty Wolf
Sue Anderson
Helen Miles
Scott & Tracy Dennis
Josh & Sarah Fox

IN MEMORY OF JOHN RIGGS

Tom Kirkup
A Turner & Wanda Shipman

IN MEMORY OF JERRY THOMPSON

Phyllis Dixon
Helen Holt

IN SUPPORT OF THE PGO

Ronald & Millie Rathbun
Timothy Reynolds
Terence & Janice Towers
Robert & Nancy McClure
Carmen Perkins

IN SUPPORT OF THE LEN S. BURTON MEMORIAL SCHOLARSHIP

Patsy Burton

AS PART OF THE KENNETH H AND JOYCE J FERGUSON TRUST

Mike Ferguson

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

PGO & 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

BOARD OF DIRECTORS

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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.



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

Functional Medicine and the Treatment of Parkinson's Disease

In conventional medicine, Parkinson's disease is treated with medication that replaces dopamine. Sometimes, drugs that prohibit the breakdown of dopamine are used, too. A surgical approach to minimizing symptoms is also popular. However, in both instances, the disorder continues to progress. At some point, traditional treatments are no longer effective.



**Neurologist
Dr. Ken Sharlin**
*Neurology,
Functional
Medicine*

At Sharlin Health and Neurology, we offer a different way of looking at the treatment of Parkinson's disease. Functional medicine is common sense medicine. Instead of just trying to remove the symptom, you treat the cause.

For example, when examining Parkinson's disease through a functional medicine lens, it's crucial to understand the concept of Lewy bodies. Composed primarily of the alpha-synuclein, Lewy bodies are aggregates of proteins that accumulate in the brains in those with Parkinson's disease.

Some evidence also suggests that Parkinson's disease may start in the gut, where patterns of inflammation trigger the formation of these protein aggregates. These then travel through the vagus nerve to the brain, where they accumulate and destroy the dopamine-producing nerve cells. A holistic framework for the disease involves other factors, too, such as the minimization of mitochondria (the engines that energize cells), toxin exposure, and hormone imbalances.

My Brain Tune Up! protocol uses a different set of tools to help those living with Parkinson's disease. The program is based on these core principles:

- Correctly identifying the problem. (Let's make sure your symptoms

- are actually due to Parkinson's disease, and if not, what?).
- The functional medicine timeline and matrix to explore the triggers and mediators responsible for the condition.
 - A personalized approach to sleep, movement, nutrition, stress, and relationships to identify where the gaps exist.
 - Addressing environmental factors.
 - Fixing imbalances in hormones and offering treatments that can help repair injured brain tissue.

Functional medicine is about seeing the patient as a whole person and is based on a science-backed framework called systems biology. It's about uncovering the cause of disease by evaluating imbalances at the cellular level. The patient is then empowered to make meaningful changes in their lives.

Combining the best in neurology with a functional medicine framework, Brain Tune Up! offers a truly unique pathway towards confidence, vitality, and well-being. In the Brain Tune Up! program, participants are equipped with the tools they need to boost their well-being and re-imagine the trajectory of their health for the rest of their lives.

We'd be more than happy to talk you through the process. To learn more, please visit us at our website <https://functional-medicine.doctor/> or call us at 417-815-3568.



AM QUINOA BOWL

An anti-inflammatory breakfast is a great way to get necessary protein, healthy fat and essential veggies! A lot of common breakfast foods are too processed—which depletes those foods of essential vitamins and minerals—and have too much sugar, which is pro-inflammatory. This AM Quinoa Bowl is a great anti-inflammatory choice for breakfast! You can find this recipe and other great ones in Dr. Ken Sharlin's *Neurishment: The Brain Tune Up Food Guide*.

INGREDIENTS

2 cups cooked quinoa
2 Tbsp olive oil or coconut oil
½ cup yellow onions or scallions, diced
½ cup carrots, diced
1 cup kale, cut into approximately one-inch pieces
1 garlic clove, minced
½ cup cherry or grape tomatoes, cut in half
½ lb grass-fed ground lamb or beef
1 egg
Salt and pepper to taste

PREPARATION

Heat oil in a warm skillet. Add onion and carrots and sauté until onions are beginning to turn brown. Then add garlic, tomatoes, and kale. Sauté until kale begins to breakdown. Remove from skillet and set aside still covered to retain heat.

Begin browning the lamb or beef in the same skillet.

At the same time in a separate skillet, begin cooking the egg in olive oil. Flip when the egg will not fall apart and make sure the yolk is cooked well. This only takes a few minutes on either side with a hot skillet.

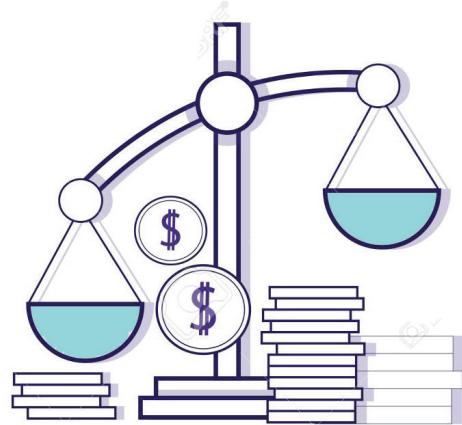
After the meat has been browned and cooked thoroughly, add vegetables to the same skillet to rewarm and mix together. Take approximately one cup of the mixture and serve in a bowl.

RACHEL WEMPLE, RDN, LD, CDCEs

Clinical Dietitian
Sharlin Health & Neurology
Rachel@sharlinfxmed.com
417-485-4330

How To Plan For DIMINISHING CAPACITY

BY SATIVA BOATMAN-SLOAN, ATTORNEY AT LAW



Estate planning conversations shouldn't focus solely on what will happen to your assets after death, but also on what may happen if you experience diminishing mental capacity during your lifetime as a result of an accident, disease, or medication. It can happen at any age.

A General Durable Power of Attorney (POA) focuses primarily on appointing someone to ensure efficient management of your financial and legal affairs. You may give the named agent(s) the authority to make decisions immediately or to only be capable of making those decisions once one or two doctors state in writing that you are no longer able to make those decisions for yourself.

Consideration must also be given to how healthcare decisions are made in the event of diminishing capacity. A Power of Attorney for Health Care allows you to delegate to another person the ability to make healthcare decisions in the event that you are unable to make them. The modernized advance healthcare directive language should also be included in the health care POA, which allows an individual to state his/her wishes prior to incapacity, including preferences for end-of-life care.

Another option is to create a Revocable Living Trust to control and manage assets for your benefit. You can choose to serve as your own Trustee until your medical doctor determines that you lack the capacity to make decisions. However, you can also decide to appoint someone else to be in charge of overseeing your assets even though you continue to remain competent. Trusts provide a lot of flexibility when someone owns real estate or has a complicated estate.

Having all the right documents signed does not take the place of having a conversation with your family regarding your philosophy regarding quality and extension of life, dignity, cost factors and your values that have led you to your decisions. If you have not had this difficult but important conversation, plan to have it soon. The risk of diminished capacity increases over time.

\$1,776 Raised on Give Ozarks Day

BY CASSI LOCKE

The PGO partnered with over 150 non-profit organizations on March 24th from 7 AM to 7 PM to participate in Give Ozarks Day. Give Ozarks is a one-day online fundraising event for Agency Partners of the Community Foundation of the Ozarks. Using the power of *Cause Momentum* crowd-funding website, non-profits across SW Missouri had the chance to raise funds and be part of a one-day surge of generosity across the state.

A year after the COVID-19 pandemic spread through the Ozarks, many non-profits were still grappling with the impact of cancelled events, an

increased demand for services or technological challenges from the shift to virtual services. With the theme "Rally for Recovery," Give Ozarks Day gave donors the opportunity to help participating agencies raise much-needed funds.

At the end of the 12-hour event, the PGO ended up raising \$1,776! These funds will help us carry out our everyday operations so we can continue to provide amazing wellness programs and services for the Parkinson's community in the Ozarks.

"We have such a kind-hearted community in the Ozarks. There are a lot of



people that care about our Parkinson's families and go above and beyond to contribute to our cause. We could not do any of this without their support and generous donations. I can't say it enough... THANK YOU!"

Parkinson's Foundation Grant: Pushing Through the Pandemic

BY CASSI LOCKE

The Parkinson's Group of the Ozarks (PGO) has been partnering with the Parkinson's Foundation since 2018 to provide free brochures, books, and literature to people with Parkinson's in the Ozarks. Last year that partnership expanded when the PGO was generously awarded the 2020 Community Grant for the Mobilizing Music Program that included Resonate Empowerment drumming and Encore! Music Therapy. Music can help the various symptoms of Parkinson's disease, such as shortness of breath, soft or slurred speech, swallowing difficulties, and problems with balance/coordination.

Despite many unforeseen obstacles and challenges associated with the coronavirus pandemic last year, it did not deter dedication to these wonderful programs. Instructors of the programs turned to virtual learning opportunities or in-person sessions in socially distanced classroom environments. Everyone's

self-commitment to improve their quality of life inspired them to make adaptions to these new social changes.

As the grant year ended, we witnessed the amazing impact these programs made on the life of a person with Parkinson's disease.

The classes also gave participants the opportunity to connect and check-in with one another, which can be important during these unprecedented times. Participants developed close-knit bonds with others in the class and provided encouragement and support to attend the weekly sessions.

Despite the grant year ending, the Parkinson's Group of the Ozarks will continue to sponsor these sensational classes. Both programs are currently being offered in-person at the Center for Music Therapy and Wellness at Drury University. As we move forward, one thing is for certain, resources like these are needed in our Parkinson's community and are making a difference!



"I was diagnosed with Parkinson's in January of 2014 following several years experiencing symptoms such as mild tremor, gradual loss of fine motor skills in my hands and general weakness on my left side. This was first diagnosed as having had a stroke, which I knew was not the case, and physical therapy was prescribed with no particular benefit. Upon further testing I received the official diagnosis of Parkinson's.

Discovering this music program has been very beneficial to me. Despite participating in the LOUD and BIG programs I found I needed something else. Having been somewhat of a singer and dancer in my pre-Parkinson's days I have been delighted to be able to attempt to "make a joyful noise" and occasionally do a little dancing. My voice is stronger, my balance maintained and it gives me a social outlet. So kudos to ENCORE. Being a former ballroom dancer, I would love to see some type of non-seated dance program using ballroom, line or square dancing." —Joanne B.

"The war against Parkinson's should not be fought alone. We need all the allies we can find. I look forward to the PGO Drumming Class every Thursday at 11 am. Before the pandemic we had a large group that met at the Meyer Center, but now a few of us continue to meet every week on Zoom. The primary benefit to me is that the drumming helps me improve the dexterity in my non-dominant hand. The link between rhythm and the brain in relationship to Parkinson's is interesting. Matt makes it fun as well as beneficial and always challenging!" —Dick S.



WORDS OF WISDOM

FROM A WEBB CITY NATIVE

Lisa E. was diagnosed in 2011 with Parkinson's disease.

"My first symptom was a tremor in my left-hand finger. At first, I was a little shocked and overwhelmed, but I knew what I was up against."

She was already familiar with Parkinson's and some of the symptoms because her mother also had the disease.

However, Parkinson's disease hasn't slowed Lisa down! Even though she retired from her position as Library Media Specialist for the

Joplin School District in 2013, her passion for books and literature still keeps her busy today. Lisa continues to work as a substitute librarian when needed and is on the Board of Trustees for the Joplin Public Library.

Lisa credits her family and friends for keeping her motivated during her Parkinson's journey.

"This is not an easy disease and we need all the people we can in our corner. I try to think positive and not worry about the future."

Lisa stays active by going out to lunch or dinner with friends and family, shopping trips, and spending time with her 3 grandsons.

"My words of wisdom for anyone newly diagnosed with Parkinson's is to get as much information as you can. Find a doctor that is knowledgeable about the disease and can answer your questions."

Lisa recommends visiting the Parkinson's Clinic of the Ozarks where specialized healthcare professionals can determine the stage of your disease and provide you with informational pamphlets and booklets tailored to your needs.

Lisa also encourages others to continue exercising. She participates in the LSVT BIG at the rehabilitation center in Joplin and is looking forward to Rock Steady Boxing classes once the coronavirus pandemic subsides. "I try to do as many things as I can. I want to be independent. I'm not going to roll over and let the disease take over me. I have to keep going!"



Charlene Stade, PGO Secretary Retires After 20 Years

BY PAT AUSTON



We, the Parkinson's Group of the Ozarks board members, celebrate the time and service of Charlene Stade as she retires from the board as our Secretary for over 20 yrs. Charlene became our Secretary in March 2001. She and her deceased husband Woody had joined years previously as Woody was a person with Parkinson's and Charlene his caregiver. Charlene and Woody put many years of time, dedication and service to the PGO Board and serving people with Parkinson's and their caregivers. Charlene also shared leadership of the Branson Support Group for a couple of years and then took over the leadership herself in 2006. I personally joined the Board in June 2003 and have been blessed to serve with Charlene for many years. She was such an asset and will be greatly missed. We are all grateful to Charlene for her years and service to help the Parkinson's community. She will continue as an Honorary Board Member.

*Thank you
Charlene!*



Parkinson's Group of the Ozarks

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

Support Groups FOR PEOPLE WITH PARKINSON'S DISEASE AND 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 11:00 a.m.

BRANSON WEST SUPPORT GROUP

11016 State Hwy 76 Ste 11,
Branson West, MO 65737
417-357-6134

Meetings: First Thursday of the Month at 12 p.m.

THE FOLLOWING GROUP MEETINGS CURRENTLY ON HOLD

COX SUPPORT GROUP

Cox Walnut Lawn/Meyer Fitness Center,
Conference Room C
3535 S National
Springfield, MO 65807
417-269-3616

Meetings: Last Wednesday of the Month at 2:30 p.m.

YOUNG ONSET SUPPORT GROUP

Cox Surgery Center
960 E. Walnut Lawn St., Suite 203
Springfield, MO 65807
417-269-3617

Meetings: Fourth Thursday of the Month at 5 p.m.

CAREGIVER SUPPORT GROUP

417-269-3617 Ladies Only
Meetings: First Wednesday of the Month at 5 p.m.