

# Parkinson's Group of the Ozarks

## ▶▶ *Newsletter*

### *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.

## PGO Celebrates 20 Year Anniversary with



**T**he Parkinson's Group of the Ozarks celebrated twenty years of helping people with Parkinson's Disease with an open house at our new office. Over 40 people came out to meet the board of directors, register for free literature on Parkinson's Disease from the Parkinson's Foundation, talk

with coordinators of the bicycle class, Rock Steady Boxing, drumming, music therapy, and area support groups, and, of course, enjoy some free pie. If you missed the open house but would like more information on any of the above resources, please email us at [info@ParkinsonsGroup.org](mailto:info@ParkinsonsGroup.org).



# 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 National Parkinson's Foundation (NPF) and much more. Items are available by calling Parkinson's Group of the Ozarks at 417-885-9595. NPF 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 research

A cure for Parkinson's Disease is very near, but funds are needed to finish the work. Donations and Memorials are welcome to help this important cause. Parkinson's Group is currently working on various fundraisers.



# Donations

Thank you 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.

## 2017-2018

### IN MEMORY OF ROSALEE REYNOLDS

Doris and Rick Bishop  
Barbara Ebbinghaus  
Donna Hood  
Helen Hutchins  
Laura Kay Bryan

### ROCK STEADY BOXING

Megan Berryessa  
Kathy and Don Whitworth  
Chandler and Elizabeth Knight  
Dylan and Carolynda Peltier  
Michael and Linda McGauley  
Grady and Jackie Swindell  
Marcus and Lee Kret  
James and Caralyn Millsap  
Kara Kapitan  
Mark and Jolynne Reppond  
Stephen and Kari Kleinsmith  
Jim Morris  
Elaine Ashley  
Catherine Calhoun

### THE KARA DUNN MEMORIAL SWING A THON

Pollyann Brandman  
Evelyn Nichols  
Cynthia Serota  
SLS Studios LLC

### IN MEMORY OF ANNETTE GAROUTTE

Bill and Beverly Linson  
Nancy and Richard Liebman  
Jack and Debra Spencer  
Rae and Roy David  
Linda Binney  
Glen and Judy Lowe

### LEN S BURTON

Patsy Burton

Susan Pyle  
Deborah Ansley  
Stephen Scharitz  
Daniel and Polly Foote

## Donate

Gifts to the Parkinson's Group of the Ozarks are tax deductible. Visit us online at [www.parkinsonsgroup.org](http://www.parkinsonsgroup.org) to learn more.



## PARKINSON'S GROUP OF THE OZARKS BOARD OF DIRECTORS

Justin Milam, President  
Pat Auston, Vice President  
Becky Brown, Treasurer  
Charlene Stade, Secretary  
Dr. George F Wong III,  
MD, Medical Director

Janice Briggs  
Evan Allen  
Shauna Smith-Yates  
Sativa Boatman-Sloan  
Julie Cravey-Cassity  
Matt Richardson  
David Huff  
  
Dr Mark D McLean,  
Honorary Life Member  
Harry Beckett, Honorary  
Life Member

### Group Exercise Classes

#### COX MEYER CENTER – GROUP CLASSES

Tuesdays at 1:00 p.m.

Thursdays at 10:15 a.m.

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.

#### COX MEYER CENTER – STATIONARY CYCLING CLASS

Tuesdays at 10:15 a.m.

Saturdays at 10:15 a.m.

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

#### KARA DUNN MEMORIAL ROCK STEADY BOXING AT THE BODYSMITH

Thursdays at 6:00 p.m.

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](http://www.bodysmithpilates.com) to get started.

Free classes  
317 E Walnut St  
Springfield, MO 65806  
417-865-0500

#### BRANSON EXERCISE CLASS

Tuesdays at 11:00 a.m.

FBC Branson Life Center

“Happiness is not something  
you postpone for the future; it is  
something you design for the present.”

— Jim Rohn

# Local Coaches Attend First Rock Steady Boxing Coach Con

By Shauna Smith Yates

In September, myself, Coach Polly Brandman and Coach Susan Gilmore attended the first Rock Steady Boxing Coaches Conference in Philadelphia.

Rock Steady Boxing is the first program of its kind – our mission is to empower people with Parkinson’s Disease to fight back and do so by focusing on the disease as their opponent. RSB is based out of Indianapolis, IN but has affiliate locations worldwide, including ours, Rock Steady Boxing at The Body-smith. We specialize in a non-contact boxing fitness curriculum to help improve the quality of life of those diagnosed with Parkinson’s Disease.

We brought the Rock Steady Boxing program to Springfield two and a half years ago. Since then not only has our boxing family grown, we have created a support group that meets the second Saturday of every month, and with the help of the PGO offer three free classes a week in addition to our six other classes. We are pleased to announced

that we will be partnering with the Physical Therapy Department at SBU to offer free PT screenings on a regular basis beginning at the end of October.

We were inspired and enthused over the three days. The conference was attended by over 250 coaches from 30 plus states and 4 countries outside of the United States.

The conference was opened by keynote speaker Rasheda Ali, daughter of Muhammad Ali. We were able to network, meet and learn from fellow coaches and we spent two days in sessions learning new ideas and techniques to help our fighters combat Parkinson’s Disease. I was honored to present on how the Juvo Board, a piece of fitness equipment produced locally, has been changing the lives of the boxers in our program.

If you are interested in learning more about how Rock Steady Boxing can help you or a loved one fight back please contact us at 417-865-0500.



# Revocable Trusts: *The Key to Avoiding Probate*

BY SATIVA BOATMAN-SLOAN

**M**ost people understand the importance of estate planning, yet many don't realize that a Will isn't enough to protect your assets the way you want. A Will is necessary in case there is a future dispute or unexpected issue. For most people, however, it should not be their primary estate plan. With a Will alone, the estate must go through probate court, an expensive and time consuming process.

Although adding beneficiary names to assets can avoid probate, the limited options available don't always make it the best way to plan. In most cases, the best way to avoid probate and ensure that your affairs are handled according to your wishes is to establish a **Revocable Living Trust**.

When someone creates a Revocable Living Trust, they typically serve

as their own trustee to oversee their estate for as long as they are competent to do so. This allows them the liberty to revoke or amend the trust stipulations as they see fit.

The trust allows you to designate who will become the trustee when you are no longer able to fill the role. This can be one or more persons, or even a trust company. Upon your death, the management

of assets transfers seamlessly to the new trustee. They have the authority to begin carrying out your wishes immediately.

When your assets are titled correctly under the trust, they can pass directly to your beneficiaries and avoid probate. Your estate will be protected and preserved for your loved ones and distributed in keeping with your wishes.



## Len S Burton Memorial Scholarship

**W**e are proud to partner with the family of Len S Burton to introduce the Len S Burton Memorial Scholarship. This scholarship is to help support the education of people interested in helping people with Parkinson's. Whether it be training for LSVT Loud or a Rock Steady Boxing certification, we're committed to helping people who want to help those with PD. We will formally announce the scholarship and open up registration at our 5K fundraiser on November 17th, 2018.



# 16th Annual Parkinson's 5K Walk/Run

## November 17, 2018



### Age Groups Male & Female

0-13	40-49
14-19	50-59
20-29	60-69
30-39	70+

- When:** November 17, 2018 at 8:30 AM
- Entry Fee:** \$20 Pre-Registration; \$25 Race Day Registration
- Start and Finish:** McBride Elementary 5005 S Farm Rd 135 Springfield MO 65810
- Course:** Start at McBride Elementary head west on Weaver Rd to Wilson's Creek Middle School and back
- Registration:** Forms can be dropped off at:  
The BodySmith 317 E Walnut Springfield MO 65806  
<https://runsignup.com/Race/MO/Springfield/PoundthePavement>  
Or mail to: Parkinson's Group of the Ozarks  
PO Box 50595, Springfield, MO 65805
- Packet Pickup:** Friday November 16<sup>th</sup> from 4-7 at Parkinson's Group of the Ozarks  
3046 S Delaware Ave Suite J or 7:00 AM to 8:00 AM on race day
- Questions:** Contact Justin Milam (417) 225-2629;  
[Justin@ParkinsonsGroup.org](mailto:Justin@ParkinsonsGroup.org)  
[Facebook.com/ParkinsonsGroup5K](https://www.facebook.com/ParkinsonsGroup5K)
- Cause:** The Parkinson's 5K Walk/Run benefits the Parkinson's Group of the Ozarks, whose mission is to educate, support research and improve the quality of life for persons affected by Parkinson's.



### ENTRY & RELEASE FORM



**YES!**

*I want to participate in the 16th Annual Pound the Pavement for Parkinson's 5K Walk/Run on November 17, 2018.*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) - \_\_\_\_\_

Email \_\_\_\_\_

- I can't participate, but please accept my donation
- 1 Mile Walk
- 5K walk/run

Age on race day: \_\_\_\_\_ Gender: M F

T-Shirt size: S M L XL XXL XXXL

(If Applicable) Participating in honor of: \_\_\_\_\_

**Waiver:** in consideration of acceptance of this entry, I know that running a road race is a potentially hazardous activity, and therefore RELEASE AND WAIVE any and all claims for damages against the Parkinson's Group of the Ozarks its members and/or associated agencies, any race workers or volunteers, the city of Springfield, and Greene County for any injuries or illnesses suffered in this event. I will not enter and walk/run unless I am medically able, physically fit, sufficiently trained, and am not participating against doctor's recommendation. I also give my consent to use my photo or video during the event for media and publicity purposes. By execution of this entry form, I acknowledge having read the entry information and this entry form and agree to the terms thereof.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

# New Exercise Class in Branson

Come get your sweat on with some of the most wonderful people in the world! Did you know we offer a free group exercise class for people with Parkinson's Disease in Branson, MO? Classes include balance, strength, coordination, flexibility, "BIG and LOUD" elements, as well as cognitive challenges. The class instructor, Janalee Walter, received her training through GZ Sobol's Parkinson's Network and has been working in health and fitness for the last eight years. Classes are on Tuesdays at 11 AM at the FBC Branson Life Center.



**#FightingParkinsonsWithExercise**

# WE HAVE A HOME!

After 20 years of bouncing around to various venues for our board meetings, we finally have a place to call our own. Our new office is at The Financial Center Office Park, 3046 S Delaware Suite J. Thanks to a donation we will have minimal expenses at the new office, allowing us to continue to fund all our local classes and other initiatives. We hope to set up business hours in the near future to allow us to support the community in new ways.

If you have any office furniture (file cabinet, board room table, bookshelf, etc.) that you are interested in donating please contact Justin Milam at [Justin@ParkinsonsGroup.org](mailto:Justin@ParkinsonsGroup.org).





**Parkinson's Group**  
of the Ozarks

P.O. Box 50595  
Springfield, MO 65805

# Support Groups

FOR PEOPLE WITH PARKINSON'S DISEASE AND CARE PARTNERS

Parkinson's Group of the Ozarks sponsors monthly support meetings, holiday parties, trips and excursions. 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!

## COX SUPPORT GROUP

Cox Walnut Lawn / Meyer Fitness Center, Conference Room C  
1000 E Walnut Lawn  
Springfield, MO 65807  
417-269-3616  
**Meetings:** Last Wednesday of the Month at 2:30 p.m.

## BRANSON SUPPORT GROUP

Cox Health/Branson Redbud Room  
251 Skaggs Road  
Branson, MO 65616  
417-883-0637  
**Meetings:** Second Thursday of the Month at 2 p.m.

## YOUNG ONSET SUPPORT GROUP

Cox Surgery Center  
960 E. Walnut Lawn St., Suite 203  
Springfield, MO 65807  
417-269-3616  
**Meetings:** Fourth Thursday of the Month at 7 p.m.

## CAREGIVER SUPPORT GROUP

417-269-3616  
Ladies Only  
**Meetings:** First Wednesday of the Month at 5 p.m.

## THE BODYSMITH

317 E Walnut St  
Springfield, MO 65806  
417-865-0500  
**Meetings:** Second Saturday of the Month at 12:15 to 1:15 p.m.

LEARN MORE ABOUT PGO: [www.parkinsonsgroup.org](http://www.parkinsonsgroup.org) | 417-885-9595 | [facebook](https://www.facebook.com/ParkinsonsGroup) | [@ParkinsonsGroup](https://www.instagram.com/ParkinsonsGroup)