



Parkinson's Group
of the Ozarks

POUND THE PAVEMENT FOR PARKINSON'S 5K WALK/RUN EVENT SCHEDULE

7:00 a.m. Day of packet
pick-up and on-site
registration begins

7:00 a.m. Ticket raffle begins

8:00 a.m. Musical
performance from
Parkinson's music class

8:15 a.m. Announcements
(National Anthem,
sponsorship
acknowledgement, and
team recognition)

8:30 a.m. 5K begins

8:35 a.m. 1 Mile fun walk
begins

9:30 a.m. Post race breakfast
and snacks

10:15 a.m. Event awards and
raffle winners announced

10:30 a.m. Event wraps-up



FALL 2022

NEWSLETTER

Celebrate 20 Years of Pounding the Pavement for Parkinson's!

20TH ANNUAL POUND THE PAVEMENT FOR PARKINSON'S 5K WALK/RUN

Parkinson's Group of the Ozarks is excited to announce that we will be celebrating the big 2-0 of our annual 5K event this fall! For two decades we have hosted a fun walk/run event to bring awareness about Parkinson's disease to the Ozarks. Pound the Pavement for Parkinson's 5K Walk/Run is our largest annual fundraiser and awareness campaign for the disease. When someone is diagnosed with Parkinson's and is not aware of available community resources, they can often feel helpless and alone. This event helps bring a sense of unity and support to Parkinson's families who may feel isolated in their Parkinson's journey.

Pound the Pavement for Parkinson's 5K Walk/Run will be held on Saturday, November 19th, 2022, at 8:30 AM at the Battlefield First Baptist Church parking lot in Battlefield, Missouri. We have averaged over 300 registrants and are expecting a similar turnout in 2022. All proceeds will go towards the event and our mission: To educate, support research and improve the quality of life for the persons affected by Parkinson's disease.

- Trophies for top 3 in age groups
- Long-sleeved shirts for registered participants
- Volunteer opportunities available
- Meet local community vendors
- Ticket raffle
- Musical performance by Parkinson's families
- Hot breakfast and snacks
- Prizes for largest teams

MORE INFORMATION

www.parkinsonsgroup.org/upcoming-events-1



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.

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.

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.

Caregiver Meetings: Quarterly (March, June, September, and December), Third Thursday of the month at 12 p.m.

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. and 6 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.

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.

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](https://www.facebook.com/ParkinsonsGroup) @ParkinsonsGroup

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, 2,500 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 CAROL RAMSEY

Dave Cooper & Martha Huff

IN MEMORY OF REV. FRED ROYER

Kathleen Strait
Queen City Odd Fellows Lodge 12

IN MEMORY OF KATHLEEN LAZURE

Joan & Laurie Obarski
James Obarski
William & Dolores Straatmann

IN SUPPORT OF PGO

Scott & Mary Rhodes
Mr. & Mrs. Terrence Towers

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



Mark Your Calendar!

This global giving day takes place each year on the Tuesday after Thanksgiving — November 29th.

Following the holidays of Black Friday and Cyber Monday, Giving Tuesday encourages communities to do good and inspires people to give, collaborate, and celebrate generosity.

If you're still looking for a meaningful way to give back to the Parkinson's community, visit our website: <https://www.parkinsonsgroup.org/get-involved> or call 417-814-6067.

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.

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](https://www.parkinsonsgroup.org)
1136 E. St. Louis St.
Springfield, MO 65806

2022 PARKINSON'S VIRTUAL CHOIR

Once again, attendees of our Parkinson's music classes performed in Sing Out!, the worldwide 2022 Parkinson's Virtual Choir hosted by the Parkinson's Voice Project, a non-profit organization based out of Richardson, Texas with a goal to preserve the speech and communication of individuals with Parkinson's. The organization offers an effective program that combines education, individual speech therapy (SPEAK OUT!), and ongoing group sessions (The LOUD Crowd).

"I joined because of the brain work, 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. It is fun, there's no pressure on you, and Taylor [music instructor] is great." -Parkinson's attendee

The group donned golden yellow shirts and practiced numerous times before recording their performance in mid-August. Afterwards, they celebrated their accomplishment with a pizza party at the Center for Music Therapy and Wellness.



This year's online performance is scheduled for Saturday, November 5th at 6 PM CST. To catch a glimpse of music-loving participants from all over the globe including the Ozarks, you can watch this year's upcoming virtual concert online. www.parkinsonvoiceproject.org

Take Me Out to the Ballgame!

BY CASSI LOCKE

Parkinson's families enjoyed the last home game of the season for the Springfield Cardinals on September 11th. Parkinson's Group of the Ozarks (PGO) was selected as part of the Fast Pitch program for non-profits to receive tickets for seating in the Price Cutter Terrace at Hammons Field. Tickets were generously donated by Pyramid Foods.

Prior to the game, baseball fans met at the Bodysmith parking lot for a tailgate party with game-day snacks, baseball trivia, and fellowship.



The highlight of the evening was when Randy Meade threw out the opening pitch to his wife and care partner Diane. Randy is a retired Lieutenant Colonel from the US Army and was diagnosed with Parkinson's disease 18 years ago. He has participated in many of the programs

offered by Parkinson's Group of the Ozarks, including Rock Steady Boxing, Encore Music Therapy, and Pound the Pavement for Parkinson's 5K.



Welcome our Newest Member!

JEANNE CARPENTER

Jeanne Carpenter is a life-long Springfieldian, except for a short time while her husband was in the Air Force.

He was diagnosed with Parkinson's in March.

Thankfully, she and her husband were told about PGO right away and have been thrilled with the resources they offer. They utilize Rock Steady Boxing, Ping Pong for Parkinson's, the exercise classes at F8, Encore! Music therapy, and attend the monthly PGO meetings as well as extra meetings sponsored by PGO and fun activities like the recent tailgate party. They also have found the printed resources to be very beneficial. In addition, they quickly saw how welcoming the group is and are



loving their new friendships and feelings of community with others in similar circumstances.

Jeanne has a strong desire to share with both Parkinson's patients and the community about this disease and the resources available. She and her husband decided one way they can make the best of this huge change in their lives is to share with others. When talking with the community, they almost always hear, "I had no idea" (what Parkinson's entails). When talking with people about PGO with those who have been diagnosed, they almost always hear, "I had no idea" (about what was available, and most at no charge)!

Through her past work in the school system and through her church, she has developed a passion for utilizing contacts to share about different entities and opportunities and has been dubbed a community liaison. Prior to Covid, she led a group of people in the area for learning about these organizations. She currently facilitates a group called "Love and Grace Ministries," which makes items for hospice and home health care organizations, cancer patients, Newborns in Need and Pregnancy Care Center.

Jeanne is currently starting a group called Crochet Connections for Parkinson's patients to help strengthen and maintain arm and hand flexibility and create and strengthen new neuro pathways. She looks forward to giving back to PGO and watching it continue to develop and grow!

Len S. Burton Scholarship Awarded to Andrea Porter

Parkinson's Group of the Ozarks, thank you for the opportunity to attain my certification in LSVT BIG.

I am already putting my knowledge to work. Working in home health, our agency receives all kinds of diagnoses, but because of my certification, the physical therapists send patients with Parkinson's to me.

I utilize BIG exercises, BIG step cues with the patient to improve mobility, but I also educate the caregiver on the proper verbal cues to say to continue the same cueing throughout the day. Some patients have completed or participated in LSVT BIG and/or LSVT LOUD classes but have not heard of Rock Steady.

I provide the website for The Bodysmith, info about Rock Steady classes, and answer questions about how all 3 of these programs could impact their pathway with Parkinson's.

I am excited to apply what I have learned and continue learning through each person I work with. Seeing their potential and then aiding them to improve mobility, balance, and overall function is extremely rewarding. Although patients appreciate the assistance to improve their life, caregivers always demonstrate relief when they are provided tools that make helping their loved one easier.

Hope is huge and I will bring it with me into every home I visit.



2 New Parkinson's Classes Offered in the Ozarks

Parkinson's Exercise Therapy Class at F8 Training

When the pandemic hit in 2020 in-person events shut down, and so did the wonderful classes at CoxHealth Fitness Centers for Parkinson's patients. So, when Mollie Estes, former Group Exercise Manager for CoxHealth, made a career move in 2022 to manage a small studio gym, she contacted Parkinson's Group of the Ozarks to see about starting the Parkinson's Exercise Therapy class back up at her new location of F8 Training & Wellness Studio. Mollie Estes, and fitness instructor Nancy Propst, had both formerly taught the Parkinson's classes at CoxHealth's The Meyer Center, and were so excited to see Parkinson's patients again in this new space. The class is based off the "Big and Loud" physical therapy programming that many with Parkinson's encounter as part of their care when first diagnosed. The problem with physical therapy appointments is they're a short-term program that then relies on the patient to continue exercising on their own once insurance has paid the maximum number of sessions. We all know what happens to those paper hand-outs of exercises that you're given on the last day of PT...in the trash or lost to a pile of papers somewhere. That's where Parkinson's Exercise Therapy class at F8 Training comes in, it's a way to continue the work where physical therapy left off, with exercises designed to build strength and enhance neuromuscular connectivity. The class is chair-based so any mobility level can attend. Class usually begins with a light warm-up of joint flexibility movements and then goes into strength building using a Thera-band for resistance training exercises. Then the "Big and Loud" movements are performed either seated or standing depending on

the participant's level of comfort. "Brain Games" are also played by doing motor skill activities and neuro-connectivity exercises. Class ends with relaxing breathing and stretching movements to help the nervous system calm down and restore.

Yoga for Parkinson's Disease

Yoga for Parkinson's Disease. The power of healing through a healthy practice. Parkinson's Disease is a chronic movement disorder. Yoga has been found to slow the progression and improve quality of life. My husband was diagnosed with early on-set Parkinson's and was referred by his neurologist to do Yoga. As a caregiver I was unable to find a Yoga practice where he was comfortable. There were only two options available to him. He could attend a secular yoga class at local studios with many young women that were advanced or at a local gym with elderly men and women. He was diagnosed at age 44 with early onset and neither environment was ideal or appealing to him. This discouraged him to not want to attend or practice yoga. He told me it was not the exercise of yoga but the environment. My goal in becoming certified in Yoga was to provide a service that is beneficial to slowing the progression. I wanted to be able to help him as well as others similar to his situation that are referred to Yoga and create a place of peace and comfort to practice.

What is Parkinson's Disease? Parkinson's is a progressive, chronic, neurodegenerative disorder associated with damage to and loss of dopamine-producing nerve cells deep in the brain. Dopamine is a chemical that helps regulate your body's



movement. Less dopamine leads to less mobility and less control over one's movements. The most prominent and visible physical symptoms of Parkinson's are called motor symptoms, and include tremors, slowness of movement (bradykinesia), stiffness of the muscles (rigidity), and posture instability (balance) or trouble walking (shuffling). There are also many actions one can take that will change how they feel and how Parkinson's changes over time. Everything from physical activity, diet, and emotional wellness. Lifestyle changes that will improve symptoms and potentially slow future progression. A Person with Parkinson's does not have control over their motor movements due to the disease. They attempt to recover or take control of the movement and it throws them off balance and yoga can help with many balance issues. Exercise is like taking medicine.

In all people, exercise can improve heart health and endurance, increase strength, reduce fatigue, and make a positive impact on mood, weight, and self-esteem. However,

exercise takes on an even greater importance in Parkinson's, given the physical changes associated with the disease. Yoga improves physical strength, agility, flexibility, posture, and balance. The ability to move improves more with daily practice. A practice focused on endurance will help with day-time tiredness, fatigue, heart health, breathing muscles and stamina. Implementing Yoga as an exercise for Parkinson's can reduce the risk of heart disease, hypertension, and diabetes as well. It can also help reduce pain, improve digestion, manage weight gain and improve depression, cognition, sleep and self-confidence. This is more than any one pill can do. Most importantly for Parkinson's it can delay or reduce problems. Certain muscle groups stiffen and lose flexibility with Parkinson's. Movements get small, arm swing is reduced, posture and balance change. Targeting these areas before they give a person trouble can help delay or reduce those problems. This is specifically true for balance, posture, and flexibility.

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 12 PM**

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**

This chair-based fitness class uses therapeutic exercises based off the BIG and LOUD Therapy programming. Participants will work on balance, muscle strength and coordination using 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 **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

RESONATE EMPOWERMENT **DRUMMING**

THURSDAYS AT 10:30 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

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.*



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

OPERATION: SANTA

PICK UP YOURS TODAY!

8"x10" Prints: \$30 each

5"x7" Card with Envelope

1 card: \$5, 1 pack (6 cards): \$25

4 packs (24 cards): \$60



The Bodysmith

1136 E. St. Louis St., Springfield
(Cash or check only.)

Alicia Farris is a local artist and art instructor that uses watercolor, acrylic, and oil mediums to create beautiful eye-catching paintings. Her work has won numerous awards and has been exhibited in galleries and private collections throughout the world.



As part of Operation:

Santa-Annual Santa Watercolor Project, each year, a unique watercolor portrait of a Santa is created using the face of someone sent to her by one of her art followers. The selected Santa model is then given the opportunity to choose the charity to receive the proceeds.

This year Parkinson's Group of the Ozarks was the chosen charity! 100% of proceeds from Operation: Santa sales will be donated to our organization.

For questions, please contact 417-865-0500 or visit <https://www.afarris.com/works>.