



Winter 2024

# Newsletter



## APRIL IS PARKINSON'S AWARENESS MONTH

Keep an eye out on our website: [parkinsonsgroup.org/upcomingevents](http://parkinsonsgroup.org/upcomingevents) and on Facebook @Parkinsonsgroup for upcoming events and activities!



## APRIL 20 ANNUAL PARKINSON'S RESOURCE FAIR

Join us for this free community event, see back page for more information.



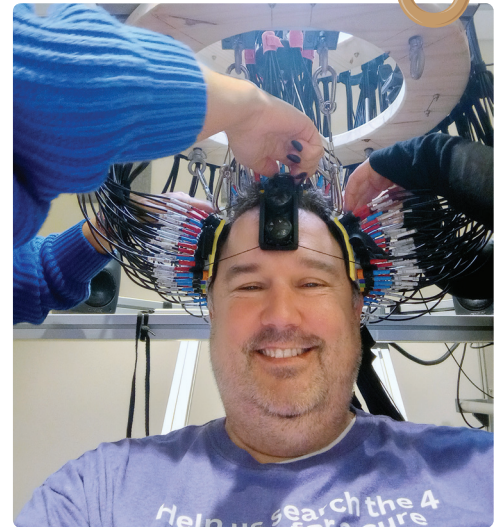
## Under the Umbrella of Neurological Research

BY CASSI LOCKE

Alzheimer's and Parkinson's are two of the most common neurodegenerative diseases worldwide. Both conditions are progressive and can cause cognitive impairment such as loss of memory, trouble with concentration, difficulty communicating, and challenges in comprehension. However, while dementia in both diseases may appear the same, the causes are different.

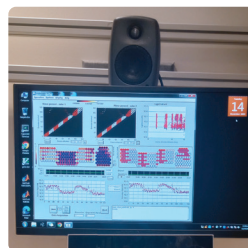
Mark Applegate's mother was diagnosed with Alzheimer's 14 years ago and he has been a passionate advocate for the disease. Mark has participated in over 30 cognitive research projects and recently participated in a 6-hour clinical study at Washington University focused on non-surgical Deep Brain Stimulation (DBS). While the study was centered towards Parkinson's disease, Mark understands the importance of brain research as a whole because of the shared overlapping cognitive symptoms with neurological diseases.

"They did a long MRI on me and then did non-surgical DBS work to compare and contrast several things in the two procedures. Also involved were a bunch of concentration things and cognitive work. During the cognitive testing portion of the research, they showed me an iPad that had me read some very long and confusing words like choledocholithiasis. They just



wanted to see if I could look at the whole word and sound it out in a thoughtful and clear way. Can you look at it and say it without breaking it into parts slowly? That was what was being measured. They even showed me a short clip of the Clint Eastwood classic, "The Good, The Bad, and The Ugly," both in the MRI and with the stimulator on. The movie is apparently used because it has enough documentation in research for comparison and it seems to direct your eyes and your thoughts a lot due to impressive camera work. If you are curious, it does feel a little weird. I could feel my heartbeat in my hair!" Mark shared.

Participating in research doesn't have to be scary, unpleasant, or time-consuming. It can be an empowering and impactful opportunity for people with and without Parkinson's disease to help the future in treatment of neurodegenerative diseases.



## 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.

### **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 GAYLO LAWDER**

McKay & White, LLC  
Karen Fritchey  
Joan Roberts  
Evans & Jacqueline Dunlap

**IN MEMORY OF CARROLL NEYREY**

Marshfield Class of '65  
Women's Lunch Group

**IN MEMORY OF LILA JUNE MCQUINTY**

Gene & Wilma McQuitty  
Dorcas Willis  
David & Donna Doll  
Thomas & Marilyn Gunter  
Marty McKee  
John & Lavonne Moore  
Samuel Paul  
John & Debra Slaughter  
Meg & Alan Edwards  
Dale & Edith Lawler

**IN SUPPORT OF PGO**

Jeanne & Sid Carpenter  
Brittany Allen  
Margaret Southern  
Marjorie & Donald Francis  
Charity Aid Foundations  
of America: Stitfel  
Amy & Andrew Montibello  
William Montgomery  
Tisha Bench  
Donald Smillie  
William & RoAnne Brell  
Justin Milam  
Dick & Mitzi Smith  
Fraternal Order of Eagles 3934

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

**Visit us online at [parkinsonsgroup.org](http://parkinsonsgroup.org) to learn more.**

**PARKINSON'S GROUP OF THE OZARKS**

**BOARD OF DIRECTORS**

Justin Milam, President  
Pat Auston, Vice President  
Laura Larimore, Secretary  
Don Smillie, Treasurer  
Joanne Bourbon  
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  
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](mailto:info@parkinsonsgroup.org) or call 417-814-6067.

**Santa Sale**

PGO was selected as part of local artist Alicia Farris' Operation: Santa-Annual Santa Watercolor Project.

If you missed out on purchasing there are still a few left. The 5"x7" cards with envelopes are available to purchase (cash or check) at The Bodysmith. Pricing is 1 pack (6 cards) for \$25. Proceeds benefit PGO.



**CONTACT PGO**

**CASSI LOCKE**

Executive Assistant  
[cassi@parkinsonsgroup.org](mailto:cassi@parkinsonsgroup.org)

Office Hours:  
By appointment only.

417-814-6067  
[parkinsonsgroup.org](http://parkinsonsgroup.org)  
1136 E. St. Louis St.  
Springfield, MO 65806



# Fall Features

**FALL BROUGHT A BOUNTY OF SUPPORT FOR PGO!** Hitting a homerun with Pyramid Foods' ballpark bash, PGO families enjoyed tailgates, Cardinals games, and community spirit. Students shadowed classes, Kendra Scott sparkled with donations, and the Health Fair buzzed with support. Walks with Alzheimer's partners solidified solidarity, proving: every strikeout for Parkinson's is a community win!

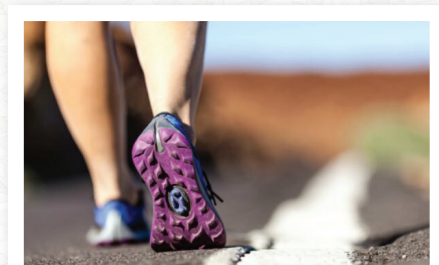
## Tailgate Party & Baseball Game... a Home Run Success!

We want to thank our generous community partner, **Pyramid Foods (Price Cutter)**, for providing PGO with the opportunity to enjoy an evening at Hammons Field! In early September our Parkinson's families attended a Springfield Cardinals game in the Price Cutter Terrace with beautiful cool temperatures. Baseball lover, Scott Vanscoy, threw out the first pitch of the game, representing the Parkinson's community. Prior to the baseball game, our friends at The Bodysmith held a tailgate party that included delicious pre-game hot dogs and snacks, baseball trivia, and lots of camaraderie. **Thank you to everyone who made this fun event a home run success!**



## Students Shadow PGO Classes

Students from Ozarks Technical Community College's Physical Therapy Assistant Program got the opportunity to shadow a few of the PGO's sponsored wellness classes during the fall semester. The students visited with Parkinson's families from several exercise classes and gained insight about the disease and its symptoms while learning firsthand about beneficial exercises and movements that could be applied to their field of study.



## Kendra Scott Gives Back

On September 23rd & 24th, 20% of purchases from the jewelry store were donated to the PGO as part of the Kendra Scott Gives Back event. \$371.10 was raised from the weekend sale!

## Health, Happiness, & Fun Fair

Over 2,500 seniors attended this one-day event, and many stopped by the PGO booth expressing their support and/or connection with PD.

## Walk to End Alzheimer's

Because Alzheimer's and Parkinson's share similar cognitive symptoms, PGO partnered with the Alzheimer's Association to bring awareness about each disease in September. PGO participated in the Walk to End Alzheimer's and Alzheimer's Association, Missouri Chapter participated in the PGO's Pound the Pavement for Parkinson's 5K Walk/Run.



# Laura Larimore Awarded Len S. Burton Scholarship



Thank you Parkinson's Group of the Ozarks for awarding me with the Len S. Burton Scholarship. I was able to attend and complete the Yoga Teacher Training Class through Yahweh Yoga, LLC.

After the 9-week course, I am now certified RYT 200-hour yoga teacher. I have been attending all levels of yoga classes under the direction of Dawn Davis since 2021.

Currently, I have been assisting Dawn with the Parkinson's Group of the Ozarks' yoga class at the Springfield and Branson West locations. We have many clients asking for more class availability, I had the experience of assisting with the current classes, and I decided it was

time to step up and do what I love to do to help others. My training will help provide more class times and/or fill in for Dawn for the Parkinson's yoga in the Springfield area.

I am so excited to see people with Parkinson's enjoy the many classes offered through Parkinson's Group of the Ozarks. My heart's desire is to continue to be part of this amazing group in helping people with Parkinson's have fun, improve mobility, improve their energy level through Parkinson's designed yoga classes. I look forward to seeing all the smiles of clients and their caregivers in the upcoming yoga classes.



## PGO Recognized in the Community

Community Votes provides a platform for millions of people to nominate and vote for outstanding local businesses and services that make our lives much better each day.

An astounding 2,279 businesses and people were nominated in the Community Votes Springfield MO 2023 Campaign. We are thrilled to announce that PGO placed in two different categories:

- Silver in the Community Groups category
- Platinum in the Community Organization category

We appreciate the recognition and support from the community!



# Veterans and Parkinson's Disease

PGO partnered once again with the Parkinson's Foundation Heartland Chapter to host two free webinar viewing parties for Veterans with Parkinson's disease.

The first watch party was held at the fire station and went over key elements of planning for the future such as available VA resources, exploring home and hospital health care options, and much more. With

a rising interest in the learning opportunities, the next viewing party was held in the community room at Empower: Abilities.

The second viewing party covered the intriguing topics of environmental exposures and toxins (i.e., burn pits, agent orange, Camp LeJeune) along with the role of head trauma in the development of PD.

Thank you to all our families who



attended the events and we are looking forward to co-hosting more educational presentations in the future.

## 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 MONDAYS AT 4:15 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

### DRUMMING THERAPY & MUSIC THERAPY CLASSES

**Please call for more information.**

No musical experience necessary.  
Caregivers welcome.  
Center for Music Therapy &  
Wellness

Drury University - Springfield Hall  
Springfield, MO 65802  
417-873-7877



### KARA DUNN MEMORIAL ROCK STEADY BOXING

A physical assessment is required to start this class so make sure to call.  
Visit [www.bodysmithpilates.com](http://www.bodysmithpilates.com).  
The Bodysmith  
1136 E St. Louis St.  
Springfield, MO 65806  
417-865-0500



# Sunny Strides for Parkinson's

New Location, Warmer Weather, and the Same Great Event for the 2023 Pound the Pavement for Parkinson's Walk/Run

BY JUSTIN MILAM

After 20 years of cold November weather, this year's walk/run was moved to late September in hopes of some warmer weather. We didn't expect it to be in the 80s, but I suppose it was better than 2022 when it was in the 30s! We also had a new starting line at Graceway Baptist Church, which was a wonderful spot to kick off the race and also the covered pavilion worked out great for enjoying some post-race grub.

Speaking of the food, we had a great spread similar to prior years. Thanks to Early Bird for the scrumptious breakfast casserole, McAlister's for the refreshing tea, Village Inn for the energizing coffee, Coca Cola bottling for the ice cold Powerade, and Price Cutter for the array of goodies including bananas, oranges, and granola bars.

Despite moving the date and location, for the fourth year in a row we surpassed 300 registrants. All told, we raised nearly \$20,000! The funds raised will be used to improve the quality of life for those living with Parkinson's Disease in the Ozarks. These contributions will help us continue and improve upon our wellness class offerings, directly impacting the well-being of our community members.

A huge shout-out to our amazing presenting sponsors — Women Connect 4 Good, CoxHealth, and Kyowa Kirin. Your support



played a crucial role in the success of this event, and we're immensely grateful for your partnership. All of our presenting sponsors and most of our other sponsors are longtime contributors to the event. Thank you all for your continued support.

And lastly, a special congratulations to Team Neal for winning the largest team competition — your enthusiasm and spirit were infectious!

As we wrap up another successful year, we're filled with gratitude and excitement for what the future holds. Your participation and support are what make these events so special. Let's keep this momentum going as we continue to support and empower those affected by Parkinson's Disease in our community.

Thank you all for being a part of this journey. We're already looking forward to next year's event and hope to see even more of you there, pounding the pavement for PD.



## PRESENTING SPONSORS

Women Connect 4 Good  
Kyowa Kirin  
Cox Health

## SPONSORS

Wellness Concepts Clinic  
Morelock Builders & Associates  
Pyramid Foods  
Graceway Baptist Church  
Sharlin Health & Neurology  
Mercy  
Steak N Shake  
Rottler Pest Solutions  
Kyle Insurance Services  
Salon 3:16  
Kimberlynn Canvas  
Skully's Ramen  
The Bodysmith  
Center for Music Therapy & Wellness





**Parkinson's Group**  
of the Ozarks

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

**SAVE THE DATE!**



# **PARKINSON'S RESOURCE FAIR**

**SATURDAY, APRIL 20<sup>TH</sup>**

10:00 a.m. – 12:00 p.m.

**EMPOWER: Abilities Community Room**

1450 W. CAMBRIDGE ST., SPRINGFIELD, MO 65807

## **FREE ADMISSION**

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

There will be light refreshments and snacks along with a chance to win a door prize.

