



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.

13th Annual Pound the Pavement for Parkinson's 5K Run/Walk

When: November 7, 2015 at 8:30 a.m.

Where: The race will start and end at Horrmann Meats Farmer's Market
1537 W Battlefield, Springfield, MO 65807

Why: Money raised will fund a scholarship for a local therapist seeking specialization in treating individuals with Parkinson's disease. It will also help contribute to the funds required to continue offering exercises classes for individuals with Parkinson's disease.

How can you be involved?

*Sponsorships are available at varying donation levels. Contact us by email at info@parkinsonsgroup.org for more information about this opportunity.

*A sign up form is included in our newsletter and can be mailed to us. You may also sign up at www.ozarkraces.com - search for Pound the Pavement.



Exercise Classes

Exercise classes for Parkinson's at Cox Meyer Center, fall 2015
Info provided by Harry Beckett, board member of Parkinson's Group of the Ozarks.

STATIONARY CYCLING FOR PARKINSON'S

This class emphasizes practice of pedaling at various progressive cadences and power levels on stationary bikes that are specifically set up general fitness center spinning classes. The original inspiration behind starting the program was the success of a study implemented by Cleveland Clinic researches several years ago in which numerous patients with Parkinson's disease showed 35% improvement in various Parkinsonian symptoms (e.g. lower extremity tremors, balance and strength) after being subjected to repeated forced-rate pedaling at rates 30% faster than baseline pedaling cadence. A master cyclist/spinning instructor teaches techniques with class facilitation assistance and data collection provided by a board-certified music therapist.



Instructor: Sheryl DeBoer, cycling professional; Co-facilitator: Harry Beckett, music therapist. Class meets on Tuesday mornings from 10:15 AM – 11:00 AM, Cox Meyer Center, spinning room upstairs.

MARILYN'S EXERCISE CLASS FOR PARKINSON'S

This class integrates various stretching, balance, coordination, movement, breathing, relaxation, and cognitive techniques. The instructor has years of experience as both an orthopedic nurse and a teacher of various exercise disciplines such as yoga, tai chi, meditation/relaxation, and other exercise forms promoting mind/body awareness and integration.

Instructor: Marilyn Houghtling. Class meets on Thursday mornings from 10:15 AM – 11:00 AM, Cox Meyer Center, conference room A or B.

BRITTANY'S EXERCISE CLASS FOR PARKINSON'S

This class integrates various techniques borrowed from instructor's expertise as an occupational therapist with specialized experience working with Parkinson's patients in collaboration with physical therapy and speech therapy. Various fun techniques help participants improve in fitness aspects such as balance, flexibility, strength, range of motion, motor skills, and cognitive focus. Examples of techniques or equipment used in the class include LSVT Big type techniques, Thera-ball, squeeze balls, Wii video games, chair-assisted stretches, and fine motor movement exercises.

Instructor: Brittany Thompson (Cox Therapy Department). Class meets on Tuesdays from 1:00 – 2:00 PM, Cox Meyer Center, conference room A or B.

2015 Donations to Parkinson's Group of the Ozarks

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.

IN MEMORY OF IRENE SCHARITZ

Joan Kunkler and Joyce Brown

IN MEMORY OF LOREN LEE RYDER

Mary Fox and Carthage Wealth Advisors

IN MEMORY OF HELEN LARSON

Sharon Penry and Patsy Bannerman

A GIFT FROM Ted Sfortunato

Support Groups for People with Parkinson's Disease and Care Partners

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

Mercy Hospital

Parkinson's Support Group
1235 E. Cherokee St. Springfield,
MO 65804
Phone: (417) 820-3157
Meetings are the second Thursday of
each month at 2 p.m., Mercy Hospital

Branson Support Group

Skaggs Community Health Center
251 Skaggs Road
Branson, MO 65616
Phone: (417) 883-0637
Meetings are the second Thursday of
the month at 2 p.m. in the Redbud
Room

Young Onset Support Group

Cox Walnut Lawn
Meyer Fitness Center Conference
Room C, 1000 E Walnut Lawn
Springfield, MO 65807
Phone: (417) 269-3616
Meetings are the fourth Thursday of
the month at 7 p.m.

Cox Support Group

Cox Walnut Lawn
Meyer Fitness Center Conference
Room C, 1000 E Walnut Lawn
Springfield, MO 65807
Phone: (417) 269-3616
Meetings are the last Wednesday of
the month at 3 p.m.

Parkinson's Caregiver Support Group

Cox Walnut Lawn
Meyer Outpatient Rehab Hospital
1000 E Walnut Lawn
Springfield, MO 65807
Phone: (417) 269-3616
Call for directions
Meetings are the first Wednesday of
the month at 5 p.m.

Monett Support Group

First United Church
1600 N Central
Monett, MO 65708
Phone: (417) 269-3616
Meetings are the second Thursday of
the month at 2:30 p.m.



Sativa Boatman-Sloan

Sativa Boatman-Sloan, LLC
417 Elder Law

Sativa Boatman-Sloan is the owner and an attorney at Law Office of Sativa Boatman-Sloan, LLC & 417 Elder Law, where she focuses her practice in Business Law and Elder Law. She received her B.A. degree, cum laude, from Truman State University and her J.D. degree from

St. Louis University School of Law. Her law firm provides transaction legal services in the areas of real estate, business, estate planning, probate, and elder law. Sativa is a member of the Probate and Trust Committees of The Missouri Bar and the Springfield Metropolitan Bar Association, The Greene County Estate Planning Council, National Academy of Elder Law Attorneys, and Junior League of Springfield.

▶▶ In the News

Avoiding Probate

By Sativa Boatman-Sloan, Attorney at Law

Do you believe that since you have a Will that all of your affairs are in order and won't involve a court after you pass away? Not true! A Last Will and Testament is only effective if it is administered through the probate court.

However, you can avoid probate by properly titling assets. This can be accomplished through a Trust or by placing someone's name as a beneficiary on an asset. You do not have to jointly own an asset for it to transfer to another person after death.

Transfers of property can be set up to take effect only at the death of the owner and operate outside of any Will or Trust created by that person. Naming beneficiaries on CDs, life insurance, and investment accounts will properly transfer those assets to the persons you have named. Other examples include: (1) Beneficiary Deed – used to avoid probate for real estate; (2) Payable on Death – added to bank accounts to avoid probate; and (3) Transfer on Death – the Department of Motor Vehicles (DMV) can add a transfer on death to any registered title for the purpose of probate avoidance.

Congratulations to

Suzanne Rodgers: Our LSVT BIG scholarship recipient for 2014.

While most of the focus of our efforts revolves around Springfield, Missouri, we know that there are those who suffer from Parkinson's disease across the Ozarks. Some are a distance from a major city, leaving them with long drives in order to receive much needed therapy. To help with this, in 2014 we offered a scholarship for LSVT BIG training in areas of the Ozarks where there were no therapists with certification. We are proud to have been able to award Suzanne Rodgers of Nevada, Missouri with this scholarship. Nevada is between Joplin and Kansas City on Interstate 49 and was more than a 60 minute drive to the nearest certified LSVT BIG therapist. We are happy to help Suzanne with this training and in turn hope that she is able to give much needed therapy to those in the Nevada area with Parkinson's disease. Congrats, Suzanne and thank you for your dedication to serving individuals with Parkinson's!

For 2015, we will be giving a scholarship for LSVT LOUD training. Similar to the LSVT BIG scholarship last year, we hope to add certified therapists to areas of the Ozarks in need. For more information please email scholarship@parkinsonsgroup.org. A copy of the application is included in our newsletter.

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 fund-raisers.

▶▶ Board of Directors

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