



Parkinson's Group
of the Ozarks

Winter 2022 NEWSLETTER



DONATE

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

New Parkinson's Disease Education and Support Group in Ozark

The Parkinson's disease education and support group sponsored by Sharlin Health & Neurology exist to help improve the lives of those with Parkinson's disease. We discuss the most critical issues affecting anyone diagnosed with Parkinson's disease or their loved ones. In addition, we welcome medical experts to share their expertise about treatments, research, and lifestyle adaptations.

The group's mission is to provide a sense of hope through mutual community support and information sharing of medical advances and strategies to manage the day-to-day challenges of living with Parkinson's disease.

For more information or questions, you can e-mail Valerie, the health coach at Sharlin Health and Neurology at Valerie@Sharlinfxmed.com, or call Sharlin Health and Neurology at 417-485-4330.

We meet each month on the fourth Monday at 10 a.m. central time. You come in person to 5528 North Farmer Branch Road, Ozark, MO 65721. Zoom link provided for those who cannot attend in person. You will need to download the zoom app.

NEXT MEETING

Monday, January 24, 2022

10 a.m. CST

5528 North Farmer Branch Road
Ozark, MO 65721

Speaker: Rachel Wemple / Nutrition



MARK YOUR CALENDAR

**POUND THE
PAVEMENT**

November 19, 2022

SPONSORED BY



Sharlin Health & Neurology
Functional Medicine



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@ParkinsonsGroup

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 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. 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

LIMITED ATTENDANCE IN PERSON CLASSES

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 AND 1 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

RESONATE EMPOWERMENT DRUMMING

IN-PERSON AND VIRTUAL CLASS OPTIONS AVAILABLE

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

ENCORE! MUSIC THERAPY IN PERSON AND VIRTUAL CLASS OPTIONS AVAILABLE

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

PARKINSON'S EXERCISE GROUP 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

ENCORE AND
RESONATE ARE
PROVIDED THANKS
TO A GRANT FROM
THE PARKINSON'S
FOUNDATION

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 TIM CUMMINGS

Second Baptist Church
Ozarks Coin Club
Thomas & Jeanne Nystrom
Grant Avenue Free Will Baptist Church
Dean & Julie Chapin
Debbie Clary
Monte & Susan Doing
Ken & Janelle Schriver
Key & Curry Families
Joan Goodman
Gloria Deo Academy

IN MEMORY OF JOHN RIGGS

Rachelle Meyer

IN MEMORY OF JIM ZIEHL

Mark & LuAnne Linder

IN MEMORY OF KARL ALKIER

Willard Family Dentistry

IN SUPPORT OF PGO

Allegra Schaeffer
Alyce Drewel
Amy & Andy Montebello

IN MEMORY OF JUNE MAIN

James & Nancy McDaniel

IN SUPPORT OF JOANNE BOURBON

Patricia & Theodore Wells

IN SUPPORT OF STEVE BROWN

John and Cordelia Gresham

IN MEMORY OF SANDRA CAVENER

Ray Cavener & Jane Crabb

IN MEMORY OF ALICE BROWN

Ray & Marilyn West

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

AMAZONSMILE & PGO

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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Pat Auston, Vice President
Bill Miller, Treasurer
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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.

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



Going for the Gold

WITH THIS YEAR'S POUND THE PAVEMENT 5K

BY CASSI LOCKE

The Pound the Pavement for Parkinson's 5K Walk/Run was as good as ever in 2021. Despite the uncertainties with the ongoing pandemic, we still had a fantastic turnout and a little bit warmer weather. Last year the walk/run was solely virtual, but this year we had the opportunity to offer a hybrid event: in-person and virtually. We bounced back with a few new changes added to the in-person event such as a new event location at First Baptist Church of Battlefield, professional photos taken by Sony Hocklander Creative LLC, and finisher medals for all participants. We also had virtual participants from Arizona, Hawaii, Illinois, and New York, who walked or ran the event in their own creative way.

This year's theme was "Go for the Gold" and we did just that! We came close to almost beating our highest

participant registration number from 2019 with 300 people signed up for the event. More people donated than ever before and we raised over \$15,000, which is our highest fundraising amount for this event in history. The event could not have happened without our generous sponsors and donors, of which we had a record-breaking 30 this year! Our presenting sponsor this year was the wonderful Dr. Nancy O'Reilly and the Women Connect4Good Foundation. We were in awe at the number of community partners who showed their support to our cause this year. 100% of all registration fees go directly to the PGO.

Special thanks to all our many volunteers who assisted with registration, handing out food and drinks, cheering and directing walkers and runners, and other tasks that helped make this event a success.

If you have suggestions for next



year's event or would like to learn how you can be involved, email justin@parkinsonsgroup.org. We're not sure what next year will bring but mark your calendar for November 19, 2022!

Pilates for Parkinson's Grows at The Bodysmith

BY SHAUNA SMITH YATES

The Bodysmith is thrilled to announce the addition of another Pilates for PD class, which has been generously sponsored by an anonymous donor. In September 2020, we began offering a Parkinson's for PD class on Wednesdays at noon, sponsored by the PGO. It has seen steady growth in participation over the past year and it became necessary to make another class available. The new class is offered Wednesdays at 1:00 pm.

Pilates is helpful for individuals with PD for numerous reasons. Pilates is a mind-body form of exercise that uses breathing with controlled movements. The class is mainly taught on Pilates



equipment that utilizes springs in order to build strength, control, and mobility. Additionally, Pilates compliments Rock Steady Boxing classes and can be used as a recovery workout in between those sessions.

An assessment is required before joining the Pilates class and a spot in the class must be reserved ahead of time. For more information contact The Bodysmith at 417-865-0500.



Brain Tune Up!

This Brain Tune Up! Roasted Brussels Sprouts Salad is a favorite here at Sharlin Health & Neurology. Roasting Brussels Sprouts brings out sweetness and is a huge make over for the usual boiled version. These are crunchy, flavorful and nutrient packed!

We love Brussels Sprouts at Sharlin Health & Neurology and they should be included regularly for those with Parkinson's Disease for several reasons.

Brussels Sprouts are a member of the Brassicaceae family of veggies; like kale, cauliflower and mustard greens. These veggies are a great source of sulforaphane that promotes glutathione production-our body's most abundant antioxidant. We need more antioxidants to protect our cells from oxidative stress. Another benefit of Brussels sprouts is they are a great source of fiber. If you struggle with constipation, which is common among those with Parkinson's Disease it is important to include more fiber from non-starchy veggies in your diet. Finally, Brussels Sprouts are also high in Vitamin C, Vitamin K, and other helpful nutrients. All more reasons to pass the Brussels Sprouts!

If you would like to discuss more ways to optimize your diet, call and schedule your Medical Nutrition Therapy appointment. I would love to visit with you!

Enjoy,
Rachel Wemple, RDN, LD, CDCES
Registered Dietitian
Sharlin Health & Neurology
rachel@sharlinfxmed.com
417-485-4330

Roasted Brussels Sprouts Salad

INGREDIENTS

- 1 lb Brussels sprouts ends trimmed
- 1 tbsp coconut oil or your favorite cooking oil
- 1/4 cup sliced almonds
- 1/2 red onion sliced
- 2 stalks green onions chopped
- 2 tbsp extra virgin olive oil
- Juice from 1 lemon
- 1 tbsp balsamic vinegar
- 1/2 tsp maple syrup or omit if limiting source of sugar
- 1 tsp dijon mustard
- 1/2 tsp dried oregano
- Salt and pepper to taste

INSTRUCTIONS

1. Use a sharp knife to slice the brussels sprouts thinly lengthwise.
2. Preheat oven to 350 degrees F, and spread sliced almonds in a single layer on a baking sheet.
3. Bake for 5-6 minutes until the almonds are lightly browned. You can also toast almonds in skillet if prefer.
4. Remove from the oven (or skillet) and transfer to a separate plate to keep from browning further.
5. Raise the oven temperature to 400 degrees.
6. Combine sliced brussels sprouts, coconut oil, salt and pepper in a large bowl and toss until well combined.
7. Transfer to a baking sheet and bake for 20 minutes, stirring halfway through, until the brussels sprouts are tender and the edges are browned slightly.
8. While the brussels sprouts are roasting, combine the rest of the ingredients (except almonds), in a large mixing bowl and toss together.
9. Add the brussels sprouts into the bowl once they are finished roasting. Toss everything together to coat, then add the almonds and toss gently.
10. Season with more salt and pepper, if needed.
11. Serve warm or cold.

New Balance Option for People with Parkinson's Disease

BY PAMELA HERNANDEZ

"Before the BalanceWear vest, I felt wobbly with my balance and the BalanceWear vest seems to stabilize that. I noticed a difference the first time I put it on. It makes me forget I have Parkinson's disease."



That is what Elizabeth Ferguson told me when I asked her to share her experience after getting her custom-fitted BalanceWear vest. Elizabeth is one of many people I have assessed and fitted for a BalanceWear vest.

The BalanceWear vest was invented by physical therapist Cynthia Gibson-Horn after years of working with and observing patients with balance problems and postural instability. She developed the patented balance assessment technology protocol known as Balance-Based Torso-Weighting® (BBTW®) and the patented product known as BalanceWear. The system enables "counter-balancing" of the body to assist

in improving alignment and balance. It provides important information to your sensory system and takes advantage of neuroplasticity to train your brain to balance your body better.

This is a customized process and every BalanceWear vest fitting starts with a Balanced-Based Torso Weighting assessment. As a BalanceWear trained clinician, in this assessment I will test you for three-dimensional directional instability. If postural instability is present, I will identify your personal instabilities. Then by placing very small weights strategically at one or more locations on your trunk, I will adjust the vest to enhance the stability of your trunk. With better control of the trunk, you'll achieve more stability. While it can take time, you should notice some immediate improvements in walking and balance.

After your assessment and choosing your vest style, I submit the information to Cynthia's team at Motion Therapeutics. They custom make your vest, a process that takes 3-4 weeks, and ship it directly to your home. When it arrives, you contact me to arrange for a second appointment to fit the vest and



make sure that all the weights are placed appropriately.

Elizabeth is one of those patients who saw immediate improvement. As she wore her vest more and more each day, she continued to see her balance and confidence improve.

If you're interested in finding out more about the BalanceWear vest, I encourage you to contact Sharlin Health Neuro Fitness to learn more and schedule an assessment. Not only will I perform a Balance-Based Torso Weighting assessment, but I will also perform our signature Neuro Fitness assessment.

You can contact me, Pamela Hernandez Medical Fitness Director for Sharlin Health and Neurology, for more information and to schedule your assessment at 417-413-4540 or by email at pamela@sharlinfxmend.com. I look forward to helping you balance better and move through the world with more ease.

Digital Assets and Your Estate Plan *By Sativa Boatman-Sloan, Attorney at Law*

Did you know that access to an electronic record is considered a digital asset? You should establish a way to keep track of important logins, passwords, access keys and personal identification numbers (PINs) to ensure your family and power of attorney can access important online and electronic records when the need arises.

Make a list of each service and its access information. Your list may include, but is not limited to:

- Email accounts (Gmail, Yahoo!, Outlook, Hotmail, etc.)
 - Media accounts (iTunes, Netflix, Kindle, Amazon, etc.)
 - Social network accounts (Facebook, Twitter, LinkedIn, Instagram, Pinterest, Snapchat, etc.)
 - Online financial accounts (Bitcoin, PayPal, etc.)
 - Bank, credit card, and utility accounts with online access
 - Cloud accounts for storage and backup (Dropbox, iCloud, etc.)
 - Domains and websites
 - Electronic devices (smartphones, computers, tablets, etc.)
- Digital asset credentials change regularly. Remember to periodically update

this information and store it safely.

Most people, particularly baby boomers, feel that using a safe deposit box is the best option, however this can backfire. Safe deposit boxes should generally only be used to store assets (for example, your coin collection or Grandma's diamond ring) and estate planning documents that won't be immediately needed. In addition, make sure to add another person's name to your safe deposit box or your bank may not allow access without requiring probate proceedings.

Safer ways to store this information is in a safe or locked cabinet in your home. This provides two basic benefits: first, it's relatively easy to quickly access, and second, you can tell if your security information has been compromised. Combinations for the safe can be stored with a trusted family member.

For those who are comfortable with the digital world, there are online services that offer safe, secure storage for your digital account passwords. Services like LastPass, Dashlane, or 1Password are digital vaults where you may easily store many passwords, allowing you to keep one master password available in your secure storage place at home.

Dr. George F. Wong III Retires from CoxHealth and PGO Board

After many years of dedicated service to the Parkinson's community, Dr. George F. Wong III retired from the PGO Board in October of 2021. Dr. Wong specialized in neurology and treated many Parkinson's families in the Ozarks throughout the years.



"Since the earliest days of my training and practice I have been committed to those suffering with Parkinson's disease and have the greatest respect for individuals and families struggling with this disease," Wong said.

"I will cherish the many years of medical practice, the times spent in the early formation of the PGO's mission, and I hold close in my heart the spirit of the many courageous persons and families that I've touched and treated over the years. I have great hope for the continued mission and success of the PGO."

We are all grateful to Dr. Wong for his years of service helping the Parkinson's community.

2021 PARKINSON'S VIRTUAL CHOIR

On November 6th class attendees from our local Encore! Music Therapy and Resonate Empowerment participated in the "Parkinson's Voice Project." The "Parkinson's Voice Project" works to help Parkinson's patients improve their speech and swallowing. The clinic is located in Richardson, Texas and is staffed by specialists trained in treating speech and voice disorders related to Parkinson's and associated syndromes.



The online event started off with a few technical difficulties, but over 300+ Parkinson's patients and their caregivers from around the globe attended the virtual choir to enjoy the fruits of their collective labor. "Our music therapy group found out about the concert a little late in the game, so our leader, Abigail Loyd, shifted into high gear and we were included

in singing Neil Diamond's 'Sweet Caroline.' We were the largest group with 9 members singing with intent," said Joanne Bourbon, class participant. Our Springfield singers are looking forward to participating in future choirs!

If you missed the earlier performance, you can still watch a recording of the choir concert by visiting <https://www.parkinsonvoiceproject.org/>.

Mobilizing Music Program



BY CASSI LOCKE

Parkinson's Group of the Ozarks was awarded a second year of grant funding from the Parkinson's Foundation this last summer for the "Mobilizing Music Program". The program consists of two classes, Encore! Music Therapy and Resonate Empowerment Drumming, that incorporate rhythmic music with facial and vocal exercises, speech articulation, low-impact movements, auditory cueing, and hand-eye coordination for a variety of instruments. All the techniques help address the lesser-known symptoms often associated with Parkinson's disease. The classes are led by two board certified music therapists with the Center for Music Therapy and Wellness at Drury University and are free for Parkinson's families.

Throughout the past couple of months, the "Mobilizing Music Program" has been gaining more exposure and bringing awareness about the benefits of music therapy and rhythmic drumming. In early November class attendees participated in the global "2021 Parkinson's Virtual Choir" hosted by Parkinson's Voice Project. A few short weeks later the group performed again singing "God Bless America" and provided an interactive drumming experience at the 19th Annual Pound the Pavement for Parkinson's 5K Walk/Run. In addition, the "Mobilizing Music Program" was featured on KY3's "The Place" community spotlight in December and on the iHeart the Ozarks radio show. You may also catch a glimpse or two of the program's promotional video that is airing on local cable channels the next few months. Nothing is slowing these classes down!





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.

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 PM.

SHARLIN HEALTH & NEUROLOGY

5528 N Farmer Branch Rd.
Ozark, MO 65721
417-485-4330

Meetings: Fourth Monday
of the Month at 10:00 a.m.
Virtual option is available.

LEARN MORE ABOUT PGO:

www.parkinsonsgroup.org | 417-814-6067 | [facebook](https://www.facebook.com/ParkinsonsGroup) @ParkinsonsGroup