

SUMMER 2020 ISSUE

# Parkinson's Group of the Ozarks

## ▶▶ *Newsletter*

### *About* **PARKINSON'S DISEASE**

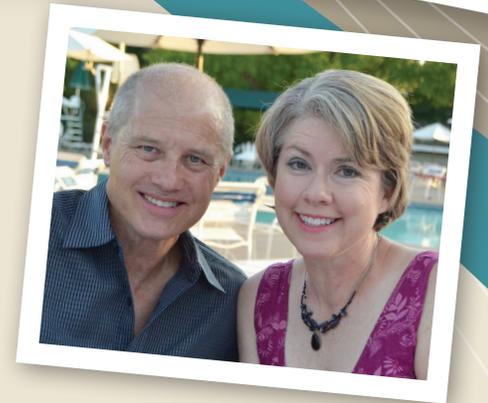
A million and a half men and women have been diagnosed with Parkinson's disease in the United States. Of these, 2,400 live in the Ozarks. Parkinson's disease is a slowly progressive neurological disease generally associated with tremor or trembling of the arms and legs, stiffness and rigidity of the 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.

## Personal Story: Tim Cummings shares what the PGO means to him

**T**im Cummings graduated from Springfield's Central High School in 1980. After spending time in the Air Force, Tim returned to Springfield and began working at Rick's Automotive in 1987. The owner, Rick Hughlett, was impressed when Tim showed up wearing a three-piece suit to interview for the job of a parts delivery and clean up person. During his 32 year career at Rick's Automotive, Tim advanced to the positions of Parts Manager, Service Advisor and eventually was the General Manager for 19 years. He retired in May due to his declining health. Tim has also served as president of the local Automotive Service Association (ASA), as well as state president of Mo/Kan ASA and was chosen as National Automotive Manager of the Year in 2016 by Ratchet and Wrench Magazine. He also enjoyed helping with several local charities and coaching his children's sports teams.

Tim began experiencing balance, coordination and low blood pressure issues and was initially diagnosed with Parkinsonism in 2018. He and his wife, Carrie, started participating in Rock Steady Boxing at The Bodysmith in November 2018, and have greatly enjoyed the boxing workouts, knowledgeable staff and the new friendships they have established. They have also benefited from Parkinson's Group of the Ozarks sponsored spin class and the drumming class.

Unfortunately, Tim was diagnosed with Multiple System Atrophy in April 2019. He



continues to participate in PGO classes when he is able. Tim enjoyed promoting the 2019 PGO 5K fundraiser to his friends, family, business associates and the Springfield Executive Breakfast Club. He was able to recruit some new sponsors and 5K participants.

"I am excited to help raise funds for Parkinson's Group of the Ozarks, because I have seen first hand the benefits to myself and others from participating in the variety of classes that PGO sponsors," said Tim. "God has blessed me with a successful career and a supportive family. Carrie and I have been married 29 years, we have four children and a grandson. As my health deteriorates, I am reminded and encouraged from the Bible verse, 'Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.' (2 Corinthians 4:16)

As I journey through this evil disease, I am thankful that I have met so many great people and made new friends by my involvement in Rock Steady and the other classes. I appreciate the work that PGO does in our community and encourage others to stay committed to attending the many beneficial classes."

# 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.

### **IN MEMORY OF JOANNE PFITZNER**

First Independent Bank  
Patricia Ray  
Mary Ann Pritchard  
William and Jane Baker  
Shirley Willard  
Mary Gressle  
J.D. Pilkerton  
Paul Leitle  
Mr and Mrs Robert Abeln  
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Mr and Mrs Edward Pfitzner  
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Carl and Jan Hermann  
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John and Jeannie Bekemeier  
Morris and Sharon Miller  
John and Deborah Wagemann  
Joanne Bourbon  
Edward and Doris Lewis  
Jack and Cynthia Muench  
Tim and Rita Michel  
Edward and Doris Lewis  
Scott and Kaye Pilkerton  
Mark Pfitzner

### **IN MEMORY OF OLA F. DILLINGER**

James and Kathleen Ricke  
Ron and LaDonna Tidwell

### **IN MEMORY OF RICHARD GREVEN**

Steve and Sara Shadwick  
Giana and Jerald Andrews

### **IN MEMORY OF LEN S BURTON**

Patsy Burton

### **IN MEMORY OF JIM LAAS**

David and Sarah Muegge

### **IN MEMORY OF DR. ROBERT E. (WOODIE) WOOD**

The T.H. Etheridge Trust

### **IN MEMORY OF ARTHUR ELDER**

Stephens And Sons Excavating

### **IN HONOR OF RALPH GERDES**

Joyce Sanders

### **IN HONOR OF BECKY MORGAN**

Infuze Credit Union

### **IN HONOR OF TIM AND CARRIE CUMMINGS**

Marilyn Louk

### **IN SUPPORT OF THE PGO**

Mike Ferguson  
Stephanie Miller  
Wilma Stanley  
Cindy Hall  
Cindy Neef  
Rita Campbell  
Mark Overby  
Joe Larson  
Don Wessel Honda  
Simmons Bank Trust Dept  
Rathel and Mitzi Smith

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## 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.

# FREE GROUP CLASSES IN SPRINGFIELD

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](mailto: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](http://www.bodysmithpilates.com) to get started.  
1136 E St. Louis St.  
Springfield, MO 65806  
417-865-0500

## BRANSON EXERCISE CLASS AT ONE BODY PILATES

Classes meet on Thursdays.  
Claybough Plaza, Branson West, MO  
417-272-8400

## 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

## COX MEYER CENTER – RESONATE DRUMMING THERAPY VIRTUAL CLASSES ONLY

No musical experience necessary.  
Caregivers welcome.  
417-269-3282

## ENCORE MUSIC THERAPY CENTER FOR MUSIC THERAPY AND WELLNESS AT DRURY UNIVERSITY

### VIRTUAL CLASSES ONLY

No musical experience necessary. Caregivers welcome.  
1312 N Benton Ave.  
Springfield MO 65802  
417-861-7345

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

# PARKINSON'S GROUP OF THE OZARKS BOARD OF DIRECTORS

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## Congrats to Alex Heidt!

Alex Heidt is the second recipient of the Len S Burton Memorial Scholarship. She recently complete online Neurological Music Therapy (NMT) training. Many of you know Alex as she is a regular facilitator of Encore Music Therapy and also helps out with Resonate drumming as well. She also participated in our 5K last year and won herself a trophy! If that's not enough, she also represented the PGO and Music Therapy of the Ozarks in a news story on KY3 about teletherapy during the COVID-19 pandemic. Thanks Alex for all you do for people with PD in the Ozarks!



To watch the news story, visit [KY3.com](http://KY3.com) and search for "therapists offering music."

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

— Jim Rohn

Cold drizzly weather didn't stop us from having another

# RECORD BREAKING WALK/RUN



The Pound the Pavement for Parkinson's 5K walk/run was as good as ever in 2019. Despite the frigid temps and wet wintry mix, we still had a fantastic turnout. More than 300 people signed up for the event, which broke last year's record. This is the fifth consecutive record breaking number. On top of that, we also raised more money than ever before with over \$13,000 raised. The food was amazing as always and Ozark Racing Systems made the best of the bad weather to put on a great event. Special thanks to all the volunteers who helped make the event possible and Joanne Bourbon for taking these great photos.

The event could not have happened without our great sponsors, of which we had a bunch this year. 100% of all registration fees go directly to the PGO thanks to our sponsors funding the event itself. Please remember these businesses as ones who care about and support local charities such as ours.

The 2020 event will probably have a different look to it. Given the uncertainty around the COVID-19 virus, we will likely be holding the event virtually this year. If you have ideas or suggestions on how best to handle please email [justin@parkinsonsgroup.org](mailto:justin@parkinsonsgroup.org). However we do it, this year's event will be held Saturday, November 21, 2020. Save the date!



Presenting Sponsor



Presenting Sponsor



417 Elder Law

Beautyrest Sleep Gallery

Center for Music Therapy  
and Wellness

Hand Painted Pets on Canvas

Jags Lawn and Landscaping

Miller and Associates

Missouri Foundation for Health

Norwex (Pat Auston)

Positronic

Rocksteady Boxing  
at the BodySmith

State Farm Agent Fred Harle

Resonate

Ricks Automotive

Sunshine Eye Clinic



**SAVE THE DATE!**  
**POUND THE PAVEMENT FOR**  
**PARKINSON'S 5K WALK/RUN**  
**SATURDAY, NOVEMBER 21, 2020**



# PWR!MOVES AND PARKINSON'S DISEASE

BY ALISON WICKENHEISER, DPT

I first want to thank the Parkinson's Group of the Ozarks for awarding me with the Len S Burton Memorial Scholarship. I was able to attend a PWR!Moves Therapist Workshop taught by the legendary Dr. Becky Farley (developer of LSVT BIG). Her biography is extensive in both clinical practice and research, so I highly recommend looking into her background, research and courses for further information.

The specific course I took spanned two days reviewing the anatomy and pathology of Parkinson's Disease (PD), current research on PD, the role of exercise as medicine to combat PD, and, of course, lectures and skills labs learning how to perform each PWR!Move along with modifications. They invited members with PD from the surrounding community to the course so that each clinician had the opportunity to work hands-on with a client practicing how to assess, educate, articulate and perform the skills learned from the course. It was a fantastic opportunity to receive feedback from peers as well as experts in how to better and more appropriately challenge clients in a fun, functional and high energy environment.

Upon returning from the course, I was able to immediately translate the skills I learned from the course into my current physical therapy practice. I specifically worked with one man who struggles with walking including: decreased



step length, heavy foot-flat contact, decreased arm swing, and poor coordination of his arms and legs. After one session of performing PWR!Moves lying on his back on the floor, his gait was significantly more efficient noted by improved arm swing and coordination with stepping, increased step length, he was lighter on his feet. The client

even noted that it took less effort for him to walk and he felt more fluid in his movements. It was intriguing to me that performing exercises on his back so effectively translated to improved walking mechanics and efficiency. There could be many reasons for this, but I contend that the proprioceptive feedback from the back of his head all the way down to his heels provided his nervous system with the input it needed allowing this client to feel steady on his feet, therefore potentially decreasing the cognitive demand needed to walk.

I am so excited to continue using the information I learned from the PWR!Moves course to help people with Parkinson's. I hope this article piques your interest to attend a course near you so we can continue to challenge our clients with high intensity, vigorous, functional and fun exercise!

## PGO Awarded Grant From the Parkinson's Foundation

The Parkinson's Group of the Ozarks has been partnering with the Parkinson's Foundation since 2018 to provide free brochures, books, and safety kits to people with Parkinson's in the Ozarks. We are excited to announce that partnership will be expanding, as the PGO has been awarded a grant from the Parkinson's Foundation!

The program, titled Mobilizing Music, will be fully funded by the Parkinson's Foundation through June of 2021. Our current Resonate drumming and Encore music therapy classes are included in this program.

This funding will enable us to expand our outreach to provide free support to more people in the Parkinson's community. It will also provide us flexibility to use our current funds for other initiatives.

Thank you to everyone at the Parkinson's Foundation for your generosity!



# The Music Goes On... with Encore Group!

BY JULIE CRAVEY-CASSITY

The past month has felt very scary and uncertain for many of us, but thanks to the benefits of technology, we've been able to maintain some sense of normalcy in the Encore Parkinson's group by continuing our weekly music therapy meetings through Zoom.

Every week on Friday from 11:45-12:35, we sign into our zoom meeting and engage in stretching and/or movement to music, vocal warm-ups, singing familiar songs, and harmonica playing. We're currently learning the harmonica solo in "Piano Man," by Billy Joel!

All of these activities are created by a board-certified music therapist to address various symptoms people with Parkinson's may experience, such as shortness of breath, soft or slurred speech, swallowing difficulties, and problems with balance and/or coordination.

For many of us, our schedules have become far less cluttered and we may even be experiencing feelings of boredom and loneliness. While addressing physical symptoms is very important, we also have the chance to connect and check in with one another, which is equally as important during these difficult times. Even though it feels like the world has been put on pause, our friends with Parkinson's still benefit from our support and services.

**If you, or your loved one with Parkinson's, are looking for something not only fun, but also effective in decreasing some symptoms of Parkinson's, please join us. No music experience necessary! Call 417-861-7345 to register and be included in emails to receive links to the Zoom group.**



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## How Often Should I Review My Estate Plan?

BY SATIVA BOATMAN-SLOAN, ATTORNEY AT LAW

Although there is no set time to review your estate plan, every year on your birthday is a good time to reflect on any significant changes in your life during the past year to determine if your plan still meets all your goals.

Time has a way of passing quickly, and it is easy to put your plan in a safety deposit box and forget it. After all, the hard work has been done. Now you can relax and have peace of mind that your family is taken care of.

Although the hard part is over in setting up your plan, it's a mistake to file it away and forget about it. Your estate plan captures your life at a moment in time and applies the best information you have at that time. Even though your plan is drafted to be useful and relevant for many years, there will be changes in your family, as well as changes in estate and tax laws which may lead to adjustments needed in your estate plan.

A quick review each year is a good idea to address any changes in your life. Then a thorough review is recommend-



ed every five (5) years. Also, a review is appropriate when a major life event occurs.

For example, these major events should trigger a review of your estate plan:

- Your marital status changes
- You add to your family through birth, adoption, or marriage (stepchildren)
- Your spouse or family member has died, has become ill or is incapacitated
- You receive a sizable inheritance or gift
- You anticipate financial difficulty in the future
- Your health deteriorates
- You move to another state or country
- You are retiring
- Your executor or trustee becomes ill or dies
- Your executor or trustee no longer wishes to serve in this capacity

Remember, an estate plan, including your trust, will, powers of attorney and advance directives, should be reviewed periodically to make sure they are up to date and fulfill your needs.



**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. 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!

### **OFFERING VIRTUAL MEETINGS ONLY**

#### **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.

### **THE FOLLOWING GROUP MEETINGS CURRENTLY ON HOLD**

#### **COX SUPPORT GROUP**

Cox Walnut Lawn/Meyer Fitness Center,  
Conference Room C  
3535 S National, 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 Rd., 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  
417-269-3617

**Meetings:** Fourth Thursday  
of the Month at 5 p.m.

#### **CAREGIVER SUPPORT GROUP**

417-269-3617 Ladies Only  
**Meetings:** First Wednesday  
of the Month at 5 p.m.