

**Parkinson's Group
of the Ozarks**

CELEBRATING **25** YEARS

Spring 2025

Newsletter

Come join us at the Parkinson's Resource Fair!



We're excited to be hosting our 3rd annual Parkinson's Resource Fair for families in the Ozarks. In recognition of Parkinson's Awareness Month, this event provides a casual meet-and-greet opportunity for families to visit with local businesses and organizations to learn about available Parkinson's resources in southwest Missouri.

The free indoor event will be held inside the spacious community room at Empower: Abilities with several exhibitors such as The Bodysmith/Rock Steady Boxing, Access Hospice Care, Ozarks Elder Law, and Cognivantage, just to name a few.

New this year, there will be mini educational seminars with local community partners. Families that want a little more in-depth information about certain Parkinson's resources can attend brief 10 to 15-minute learning sessions that will be offered in a private adjoining room to the fair.

You'll want to also come hungry because Q66 BBQ food truck will be on-site in the parking lot with delicious lunch options available for purchase. 10% of the proceeds from sales will go towards the PGO.



10% OF SALES WILL GO
TOWARDS PGO!

Saturday, April 19th | 10 AM-12 PM
EMPOWER: Abilities Community Room
1450 W. Cambridge St., Springfield, MO 65807



For more
information:

**DOOR
PRIZES!**

**FREE
TO ATTEND!**

**FOOD
TRUCK!**

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

PGO proudly sponsors multiple exercise and wellness classes for people with Parkinson's and their care partners. Wellness classes help those with PD stay mobile and independent through a variety of physical activities, exercises, and movements specifically designed to improve PD symptoms. PGO also promotes and encourages support groups that help families approach the mental and social aspects of the disease. The groups provide a sense of togetherness so they do not feel alone in their journey.

To provide education

PGO provides education through one-on-one assistance by phone, email, or in-person. Group education is offered through support group meetings. Support group leaders will often have guest speakers from around the area such as healthcare professionals, social workers, wellness instructors, etc. speak on various topics relating to the disease. During Parkinson's Awareness Month in April, PGO hosts an annual resource fair where families may visit with local businesses and organizations to learn about available PD resources. In addition, PGO also partners with the Parkinson's Foundation Heartland Chapter and other organizations to co-host several learning events on different PD topics throughout the year.

To support our community

For over 25 years, 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

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. Support groups can help keep people up to date about the latest changes and developments in the disease and aid in dealing with day-to-day activities. They also provide an opportunity to discuss experiences and feelings and to share solutions to common problems.

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.

SHARLIN HEALTH & NEUROLOGY

Meetings: Last Wednesday of the month at 12:30 PM.
Email valerie@sharlinfxmed.com for Zoom meeting link.

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 Wednesday of the month at 11:30 a.m.

WOMEN'S ONLY CAREGIVER SUPPORT GROUP

This group is for women caring for someone with Parkinson's disease. CoxHealth Advantage Care Clinic
1819 S. National Ave.
Springfield, MO 65807
417-269-3616

Meetings: Fourth Tuesday of every month at 3 PM.

Registration is required before attending.



April 10th | 5:30-6:30 PM

Pat Jones YMCA
1901 E. Republic Rd.

PGO member and PD care partner, Dawn Davis, will be sharing information about Parkinson's and how you can support families impacted by the disease here in the Ozarks. This event is free and open to the public.

For more information call the Pat Jones YMCA: 417-881-1599.



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 SUPPORT OF PGO

John Wyrsh
Brittany Allen
Marjorie Francis
Scott McWilliams
Reed Family
Bill Montgomery

IN HONOR OF SCOTT VANSKOY

Karen Hartless

IN MEMORY OF RATHEL "DICK" SMITH

Mitzi Smith
Brooke Runnion & friends at Lockton
Edward Orr
Jay & Judy King
Tarsus CFO Services, LLC
Joe & Heather Johnson
Justin Eck
Byrle & Virginia Hayter
Paul & Barbara Johnson
Peggy Dunlap & Mindy Pfaff
Paul Spivy
Jeff & Amy Gallentine
Ed & Judy Miller
Gary Brock
Sid & Jeanne Carpenter
Brian Smith's friends at
LongueVue Capital

IN MEMORY OF

RICHARD "DICK" SHERER

Julie Kiser
Cheryl, Melanie, Kelsey, &
Ashley K., & Dawn Schade
David, Danny, & Maryjo Kiser
Mark & Suzanne Rucker
The Richard Sherer Family
Vicki Barrett
Robert & Darlene Busch
Dennis & Donna Hesker
Don & Gloria De Voe
Verlan & Jo Vanee
Donald Sherer
Patricia & Mark Van Tuinen



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

**Visit us online at
parkinsonsgroup.org to learn more.**

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.

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.

CONTACT PGO

417-814-6067
info@Parkinsonsgroup.org



Amazing Success in Stone County

The 50's+ Workout Studio at Claybough Plaza in Branson West specializes in exercise programs for people diagnosed with Parkinson's Disease (PD), as well as for their caregivers.

All of the classes that are available in Branson West are at no cost!

The Monday and Wednesday classes are scheduled from 11am-12:30pm and the focus is boxing led by Scott. Scott has been volunteering to lead these classes for over two years now. Scott has a deep desire to improve the lives of others through exercise and is extremely compassionate, fun, and quite humorous. The boxing classes are high energy and improve the participants cardio-vascular health and elevate dopamine levels.

The Tuesday class meets from 11am-12pm and the focus is chair aerobics led by Dana. Dana has been volunteering to lead these classes for over three years now. Dana has a passion to help those who want to help themselves. Dana is high energy and ALWAYS positive. Jim J shared that every time he leaves the class, he feels uplifted.



Monica is the Community Health Specialist at Stone County Health Department for over ten years and has been working with Stone County residents with chronic disease self-management practices and exercise programs for all age levels for that time. Monica teaches the no cost Parkinson's exercise class on Thursdays from 11am-12pm for all ability levels. Cardiovascular, strength training, voice enhancement, and fine motor skills are all included in this class.

Monica also helps guide the monthly PD support group. PGO

supports the group by connecting them with very valuable speakers who help with Parkinson's care. The PD support group meets the first Thursday of the month from 12pm-1pm. Bob S shared after the last support group that he felt valued and so much better to be able to share many of his feelings and thoughts without being judged. He also appreciated the kind words and advice that he receives from the group each month. He also shares great advice about the benefits of exercise.

There is an enormous need in the Stone and Taney County area for these programs. For years, patients have traveled over an hour or more to access these specialty exercise programs. The access to these exercise and support programs currently serves 18-20 people a month but has the capacity and willingness to serve more in the region. Please come and join our family, we would love to see more participants!



Shine Bright, Do Good ✨

JOIN US FOR A KENDRA GIVES BACK EVENT!

DATE & TIME

Sunday April 27th
1-3pm

DETAILS

Join us at Kendra Scott at Battlefield Mall for
20% of your purchase to benefit
Parkinson's Group of the Ozarks
Can't make it? Shop online April 27-28th
using code

GIVEBACK-ISXWP at checkout



KENDRA SCOTT



BRENDA GOODWIN AWARDED LEN S. BURTON MEMORIAL SCHOLARSHIP

I am so happy to be a Rock Steady Boxing coach! For the last year I have served as a volunteer instructor for the Rockin' the Rhythm Parkinson's dance class. This has been an enjoyable, rewarding, and educational experience. I realized my experience as a fitness, aerobics, Zumba, and kickboxing instructor would be a great asset to the Rock Steady boxing participants.

I have spent most of my life advocating for health and

personal fitness. I began my fitness journey as a high school physical education teacher and coach. The classes I taught included personal health, methods of personal fitness and the development of skills necessary to successfully participate in various sports and activities. After a few years into my career, I developed a fitness class devoted to dance and rhythmic activities. It was a popular class that challenged students and introduced them to a fun, enjoyable method of fitness.

I followed this high school time with 18 years at Missouri State

University. While at the university I taught future teachers and worked to help them become successful, caring, dedicated teachers. During my time at MSU I also taught a dance-based fitness course, dance, and creative movement for children.

My life now includes being a volunteer and time on the golf course. I still strive to stay active and have a golden doodle who makes sure we get a long daily walk!

Pilates for Parkinson's a Good “Fit”

For Improved Quality of Life

BY SHAUNA SMITH-YATES, OWNER OF THE BODYSMITH PILATES & FITNESS STUDIO

Pilates for people with Parkinson's Disease is a great low impact, mind-body form of exercise that focuses on core stability, better balance, improved mobility and posture, strength, and reduces the risk of falls. Since it is a somatic, or a mind-body practice, it also requires concentration and promotes relaxation, thus helping with improvements in mood, stress and overall quality of life.

In addition to mat exercises, Pilates uses different forms of equipment that utilize spring tension. While the equipment may look and seem intimidating, for those with limitations it is actually quite helpful. The reformer is one of the pieces of equipment used often in classes at The Bodysmith. It consists of a carriage with ropes, handles, and springs attached to it that slides back and forth on rails. The clients must practice control of the movements in the exercises against the weight

of the spring tension. This allows a client with Parkinson's to focus on lengthening muscles that are becoming rigid while strengthening at the same time.

There are an endless amount of exercises working the entire body on the reformer. The Pilates method is also unique in that it allows for a multitude of modifications and creative adjustment of the equipment allowing every participant of all fitness levels to successfully and comfortably exercise.

Since the Pilates for PD classes are group classes, participants need to be able to independently get up and down from the equipment. During the 55-minute class, highly trained instructors give modifications when necessary and lead each class through a workout that addresses the entire body and the mind.



FREE GROUP CLASSES & ACTIVITIES IN THE OZARKS

As part of our mission, PGO is proud to sponsor multiple exercise and wellness classes for people with Parkinson's.

PD DANCE

THURSDAYS AT 3 PM

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

PD SPEAK, SWALLOW & LEARN

TUESDAYS AT 6:00 PM

Virtual option available.
MSU – Ann Kampeter Sciences Hall
509 E. Cherry St.
Springfield, MO 65806
501-412-5621



PARKINSON'S EXERCISE THERAPY

**TUESDAYS AT 2 PM &
SATURDAYS AT 10 AM**

F8 Training and Wellness Studio
2048 S. Stewart Ave.
Springfield, MO 65804
417-720-1057

PILATES

WEDNESDAYS AT 12 PM & 1 PM

A physical assessment is required to start this class so make sure to call before joining.
The Bodysmith
1136 E St. Louis St.
Springfield, MO 65806
417-865-0500



PARKINSON'S EXERCISE GROUP

THURSDAYS AT 11 AM

11016 E. St. Hwy 76 Ste. 10
Branson West, MO 65737
417-357-6134

YOGA FOR PD

THURSDAYS AT 12:30 PM

Provided thanks to a community grant from the Parkinson's Foundation.

Aldersgate Church
460 Aldersgate Dr.
Nixa, MO 65714
417-880-0429



DRUMMING THERAPY & MUSIC THERAPY CLASSES

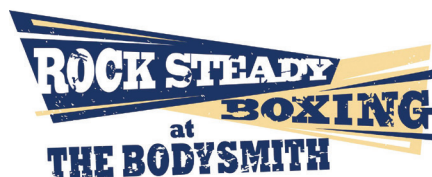
**THURSDAYS AT 10:30 AM
& FRIDAYS AT 9:30 or 11:30 AM**

No musical experience necessary.
Caregivers welcome.
Center for Music Therapy & Wellness
Drury University - Springfield Hall
Springfield, MO 65802
417-873-7877

PARKINSON'S INDOOR CYCLING

FRIDAYS AT 12 PM

Cox Meyer Center
3545 S. National Ave.
Springfield, MO 65807
417-844-3443



KARA DUNN MEMORIAL ROCK STEADY BOXING

Days and times vary. A physical assessment is required before joining. Visit www.bodysmithpilates.com or call for more info.
The 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

World Parkinson's Disease Day

Friday, April 11th

Did You Know??...

- The official symbol for Parkinson's disease is a red tulip, chosen because a Dutch horticulturist with Parkinson's disease dedicated a specific tulip variety to James Parkinson, the doctor who first described the condition.
- Parkinson's disease affects people from all walks of life, including those in the lime-light. Linda Ronstadt, Neil Diamond, Brett Favre, Michael J. Fox, Alan Alda, and Ozzy Osbourne are just some of the well-known figures who have been diagnosed with the disease.
- More than four decades after his discovery that dopamine was a neurotransmitter and could control movement, Swedish pharmacologist Arvid Carlsson won a share of the 2000 Nobel Prize in Physiology or Medicine. His discovery had led to the development of levodopa (L-DOPA) — a precursor of dopamine that passes through the blood-brain barrier — as a revolutionary treatment for Parkinson's disease.
- Parky the Racoon is the mascot for the World Parkinson's Coalition (WPC). Parky was 'born' in 2012, when Bob Kuhn, a WPC Ambassador traveled the world with a cardboard cutout of Parky, which he used to spark conversations with people with Parkinson's who could not speak English. Everyone was curious about this unique animal, indigenous to North America, but virtually unknown to the rest of the world.

