



**Parkinson's Group  
of the Ozarks**

FALL 2023

# NEWSLETTER

## PGO Awarded Parkinson's Foundation Community Grant

**W**e are excited to announce that we were awarded funding from the Parkinson's Foundation Community Grant for our Rockin' the Rhythm dance class. With a rising interest in the benefits of music therapy, Rockin' the Rhythm began in January of this year and has been growing in popularity. The class incorporates a variety of dance styles designed to enhance overall movement ability, expand coordination and balance with auditory cueing, and improve brain function by stimulating the senses through rhythmic creative expression for people diagnosed with Parkinson's disease. Even if you have two left feet, dance movements are led at an easy-to-follow pace and dancers can sit or stand depending on their ability. Care partners are welcome but not necessary in order to participate.



Support from the Parkinson's Foundation helps us offer this class at no charge to Parkinson's individuals. The class is offered on Mondays at 4:15 p.m. at The Bodysmith, 1136 E. St. Louis St. in Springfield. Registration is required, so call 417-865-0500 to sign up today.



### SAVE THE DATES

**SEPTEMBER 23 & 24  
KENDRA SCOTT  
GIVES BACK  
EVENT**

*Veteran's Viewing Party:*  
**OCTOBER 26  
PLANNING FOR THE FUTURE**  
**DECEMBER 14  
ENVIRONMENTAL EXPOSURES**

**SEPTEMBER 30  
POUND THE  
PAVEMENT  
5K WALK/RUN**

## 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 GARY SOUTHERN

Bob & Liana Mitchell  
Marc & Mary Wittmer  
Gary & Sharon Brick  
Edna Payton  
Donna & Bill Dudenhoeffer

### IN MEMORY OF PATRICIA WOOD

Larry & Tracy Lipscomb

### IN MEMORY OF RETA MATHIS

Dill Farm  
Sandra Dill  
Nicole Dill  
Tammy Wills  
Hershel & Betty Nichols

### IN MEMORY OF CARMEN MAILES

Daniel & Judith Noah  
Gary & Pat Cohu

### IN SUPPORT OF PGO

Russell & Susan Pignon

### IN MEMORY OF WILLIAM

#### "BILL" BRAYMAN

Kimberly Brayman  
Kristine Noonon  
Terry Noonon  
Robin Noonon  
Robbie Huff  
Deacon, Rob, & Rose Huff  
Susan & Carl Spaethe  
Daniel Schaefer  
Trisha Pavelka  
Roxanne Tiffin and family  
Jim & Patty Schaefer  
William & Judy Dancey  
David & Betty Carleton  
Stuart & Denise Essman  
Janet Smith  
David & Pam Roy  
Sean & Ann Newton  
William Herrmann

*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  
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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.

## MAKE AN IMPACT IN THE PARKINSON'S COMMUNITY

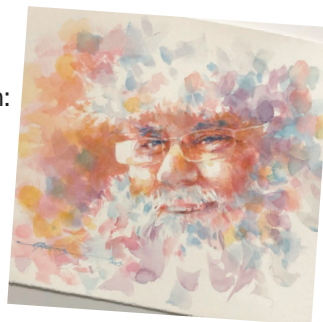
### Volunteer Opportunities Available

- PGO Event Assistant
- RSB Corner Person
- Parkinson's Blog Writer

Visit [www.parkinsonsgroup.org](http://www.parkinsonsgroup.org)/volunteer for more information.

## 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:  
Wednesdays 10 a.m.-2 p.m.  
or by appointment

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





# AMAZON WISH LIST HELPING PARKINSON'S CLASSES ★ ★ ★

When you attend an ongoing wellness class week after week, there is going to be normal wear-and-tear of the supplies and equipment you use. Over time those items become ineffective, unsafe, or are discarded.

To ensure there are enough supplies for everyone to participate and that our Parkinson's families have safe and reliable equipment to carry out the exercises performed in the class, we posted a Wish List on Amazon for new items our classes needed.

We wanted to give a big shoutout to the generous donors who fulfilled the Wish List for F8 Training and Rock Steady Boxing. Thank you for supporting the Parkinson's community.



## DBS Learning Event a *Success!*

A few months ago Parkinson's Group of the Ozarks partnered with CoxHealth for their "Deep Brain Stimulation" presentation on July 8th at the Meyer Orthopedic & Rehabilitation Hospital. The learning seminar dived into qualifications for the procedure, preparation for the surgery, a few mechanics of the implantation battery device, and anticipated prognosis and/or side effects. Two Parkinson's individuals who have had the surgery shared their personal experience with DBS and even provided a demonstration of changes in their finger taps with and without activation of the device.

Over 90 people attended the event with families coming from Blue Eye, Bolivar, Ava, and even as far as Kansas City. Cassi Locke from PGO provided free Parkinson's resources about DBS and signed up many families for the free quarterly newsletter. CoxHealth is anticipating hosting another learning event in the following months.

# PGO Awarded FOE Charity Foundation Grant



Over the last year or so, the Fraternal Order of Eagles (FOE) Aerie 4278 of Cape Fair, Missouri has been hosting numerous Parkinson's fundraising events such as Polar Plunge for Parkinson's, Parkinson's Disease Benefit Golf Tournament, and many more. Wanting to keep those dollars local, FOE of Cape Fair partnered with the PGO to apply for a grant with the Fraternal Order of Eagles Charity Foundation. The FOE Charity Foundation matched the grant dollars raised and the PGO was awarded over \$6,500! Money from the grant will go towards classroom supplies and equipment



for our sponsored wellness classes. Thank you FOE Aerie 4278 for supporting Parkinson's families in the Ozarks.



## Trivia Night & Silent Auction Raises the Bar

Parkinson's families got the opportunity to test their knowledge and take a trip down memory lane at our first ever Trivia Night & Silent Auction. Trivia was a sold-out full house with about 20 teams signed up.

There were a few unexpected hiccups along the way — like a missing emcee! But we were quick on our feet to make sure families had a blast.

The team Smarty Pants won first place, but everyone is a winner when you're supporting the Parkinson's community. The event raised over \$7,000 and we're looking forward to next year's Trivia Night & Silent Auction.

**A SPECIAL THANK YOU GOES OUT TO OUR EVENT SPONSORS:  
OZARKS ELDER LAW, OZARK SHOOT-DON'T SHOOT SOLUTIONS,  
AND THE BRADFORD INN.**

# Shine Bright, Do Good

JOIN US FOR A KENDRA SCOTT GIVES BACK EVENT

Enjoy sips, sweets, and shopping for good.  
20% of proceeds will benefit Parkinson's Group of the Ozarks

**SEPTEMBER 23 & 24**

KENDRA SCOTT JEWELRY STORE INSIDE THE BATTLEFIELD MALL

On September 24 from 1:00-3:00 p.m. you can visit with  
Cassi Locke and June Kincheloe from the PGO.



**SHOPPING ONLINE?**  
Use promo code: **GIVEBACK-ERUWF**  
CODE VALID 9/23-9/24 AT  
KENDRASCOTT.COM







# WELCOME OUR NEWEST MEMBER – *Laura Larimore*



Hello everyone, I am so honored to serve as a new board member with PGO. I have lived in the Springfield area since 1986, I am married, mother of two children and Gigi to one amazing grandson. I am retired from 24 yrs. with Springfield Housing Authority as Director of Finance and now work part-time doing administrative work for our restaurant hood cleaning business.

My father was diagnosed with Parkinson's five years ago. In walking this journey alongside my parents, it has been my goal to

research and find anything that will help my father with mobility and to feel better and not feel alone in this journey. Dawn Davis introduced me to PGO through helping her set up for the Parkinson's Yoga. I have met so many sweet friends through the Parkinson's Yoga and so enjoy seeing their smiles each week.

I love helping others and I look forward to being involved with this amazing community meeting and working with many of you at Parkinson's Group of the Ozarks.

## 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.*

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. *Special thanks to the Christine and Katharina Pauly Charitable Trust-K, Bank of America, N.A., Trustee for funding the Saturday class.*  
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 and Wellness at Drury University  
1312 N. Benton Ave.  
Springfield, MO 65802  
417-861-7345



### 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



**LIVING WITH PARKINSON'S**

# Veterans and Parkinson's

## Planning for the Future

Thursday, October 26, 2023

3:00 pm – 4:30 pm CT

Fire Station 8

1405 S. Scenic Ave.

Springfield, MO 65807

Attendance is free, but registration is required. Refreshments will be provided.

Advancing PD may bring the need for more planning to best address your care needs. In this session experts will discuss helpful tips on preparing for your future and making decisions regarding advanced care and treatments as a veteran living with Parkinson's.

### Speaker:

Emily Hall, LCSW  
Southeast PADRECC Senior Social Worker  
Central Virginia VA Healthcare System

For more information and to register for this viewing party, please visit:

[parkinsonsgroup.org/upcomingevents](https://parkinsonsgroup.org/upcomingevents) or call 417-814-6067.





**Parkinson's Group**  
of the Ozarks

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

*New  
Date and  
Location!*



**MARK YOUR CALENDAR!**

**21<sup>ST</sup> ANNUAL**

**POUND THE PAVEMENT  
FOR PARKINSONS  
5K WALK/RUN**

**Saturday, September 30**

8:30 a.m.

Graceway Baptist Church  
5010 S. Farm Rd. 135 • Springfield, MO 65810

**MORE INFO:**

[www.parkinsonsgroup.org/upcomingevents](http://www.parkinsonsgroup.org/upcomingevents)

**Show your support and create an inspirational memory  
by walking/running in honor or in remembrance  
of a loved one with Parkinson's disease.**