



# Parkinson's Group of the Ozarks

## ▶▶ *Newsletter*

### Two New Free Classes Offered for People with Parkinson's

The Parkinson's Group is pleased to announce that two new free fitness classes are now available for people in the Ozarks who have Parkinson's disease. These classes are specifically tailored to help participants battle symptoms associated with Parkinson's. Both classes are open to anyone who is battling Parkinson's disease.

The first new class is an additional stationary cycling class, building on the success of our first cycling class that's still currently offered. This new class is

being offered for free, on Saturday mornings at 10:15am at Cox's Meyer Center. These classes are inspired by the beneficial results of a significant research study conducted at Cleveland Clinic and closely follow the format of the current class, taught by Sheryl DeBoer and held every Tuesday at 10:15 am. Classes follow an eight-week cycle with some breaks between classes. Participants cycle to music at their own pace in the Meyer Center cycling room. Classes last 45 minutes. The current cycling class is offered every Tuesday at 10:15am.

To sign up or get more details about either class, call Harry Beckett at **417-886-6775**.

The second new class being offered is the Kara Dunn Memorial Rock Steady Class. This class is also being offered free thanks to a partnership with The Bodysmith. It will be funded for 12 months initially by the Parkinson's Group of the Ozarks. This class will take place once a week on Wednesdays from 12:00pm to 1:30pm.

Each Parkinson's client interested in the Kara Dunn Rock Steady Class will start with a free physical assessment. A certified Rock Steady coach will determine the correct level for the client, as well as track changes in scores over 6 month intervals. Gloves and wraps can be purchased at the time of the assessment, if the participant would like their own equipment. The assessment will take 1-2 hours.

To schedule an assessment, get more details, or to come observe a Rock Steady Class, call the Bodysmith at 417.865.0500 or visit their website at : <http://www.bodysmithpilates.com/>

**Don't forget:** Cox Meyer Center will continue to hold group exercise classes designed for persons with Parkinson's on Tuesdays at 1:00 PM (taught by Mollie Estes) and Thursdays at 10:15 AM (taught by Marilyn Houghtling). Both of those 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.

# Planning for Possible Future Long-Term Care

By Sativa Boatman-Sloan, Attorney at Law

You don't have to spend your life savings on long-term care costs. With the proper legal help, assets can often be preserved. Many people with medical issues consider gifting assets to children or creating specialized Asset Protection Trusts in advance of entering a nursing home.

Missouri Medicaid (MO HealthNet) is a program that provides assistance with paying for a portion of your nursing home bill. In order to qualify for this program, your assets must be structured in a way where they are not "counted against you." There is a five year look-back period, which means that assets have to be gifted away or placed in a specialized Asset Protection Trust more than five years prior to requesting government funds to aid with skilled nursing care.

Gifts or transferring assets does place them in the control of another person, but doing so could also get things off to the family members early and preserve them. The important thing to remember is that you do have planning options. Whether you end up needing to enter a nursing home or not, you should consider planning in advance with all possible outcomes in mind.



## Pound the Pavement for Parkinson's 5K Walk Run Next Month!

Our annual 5K walk/run will be held on November 5th, 2016. This year we have added the option of participating in honor of a friend or family member. You can register by mailing us the form included in this newsletter or online at [ozarkracingsystems.com](http://ozarkracingsystems.com). We set an attendance record last year. Help us break it this year! Email Justin at [justintmilam@gmail.com](mailto:justintmilam@gmail.com) for more information.

## Charities Supporting Parkinson's Disease

*I want to donate to a charity that helps people with Parkinson's disease. Which one should I choose?*

There are dozens if not hundreds of charities in the United States dedicated to helping those with Parkinson's disease (PD). All are unique and support people with PD in different ways. Below is a high level overview of the top three charities as well as ours and how they dedicate their resources.

### **National Parkinson Foundation (NPF)**

NPF focuses on "meeting the needs in the care and treatment of people with Parkinson's disease." Their strategy is to help create a network of small groups which can most effectively help those with PD in their community. They are the most similar group to the PGO on a nationwide level and have supported us in the past with trips to seminars as well as packets for our most recent symposium.

### **Michael J Fox Foundation**

The goal of the Fox Foundation is to "eliminate Parkinson's disease in our lifetime." Their primary focus is on medical research to treat different aspects of PD.

### **Parkinson's Disease Foundation (PDF) and American Parkinson Disease Association (APDA)**

The PDF and APDA are hybrid organizations. They dedicate themselves to all aspects of the fight against Parkinson's, both helping those currently living with the disease as well as research into finding a cure.

### **Parkinson's Group of the Ozarks (PGO)**

The PGO's mission is to "educate, support research, and improve the quality of life for persons with Parkinson's." We focus our efforts on community outreach through support groups, free exercise classes, and newsletter. You can donate to the PGO through Paypal on our website or by sending a check to our address: PO Box 50595 Springfield, MO 65805.



# 2016 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.*

## 2016 Donations

### **IN MEMORY OF BONNIE COBLE**

Molly and Dennis Edwards

### **IN MEMORY OF LINDA D. SULLIVANT**

Edsel Christian

### **IN MEMORY OF VIRGIL GAGE**

Bob and Sherry Haney  
Russel and Ledia Darrow

### **IN MEMORY OF JAMES R. GARRISON**

Alternacare of Great Bend, K

### **IN MEMORY OF CHARLES E. WARD**

Dortha Taylor  
Bruce and Cheryl Finley  
Rayburn and Cynthia Morrison  
Clay and Leona Morrison  
Dixie Nevill and Pam Summers  
Earl and Shirley Crow  
Tim, Amber and Corbey Redburn

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

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

### **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 2:30 p.m.

### **Mercy's Parkinson's Support Group**

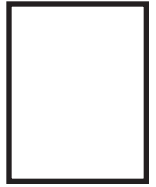
Mercy Hospital  
Phone: (417) 820-3157  
Meetings are the second Thursday of the month at 2:00 p.m.

### **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.

### **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



Parkinson's Group of the Ozarks  
P.O. Box 50595  
Springfield, Missouri 65805

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### Contact Us

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