



**Parkinson's Group  
of the Ozarks**

# Fall 2021 NEWSLETTER

## SUCCESS

### IN STONE COUNTY



#### DONATE

Gifts to the Parkinson's Group of the Ozarks are tax deductible. Visit us online at [parkinsonsgroup.org](http://parkinsonsgroup.org) to learn more.



The 50's+ Workout Studio at Claybough Plaza in Branson West specializes in exercise programs for people diagnosed with Parkinson's Disease, as well as for their caregivers. The Monday and Wednesday classes are scheduled from 11am-12:30pm and the focus is boxing lead by Pam Burnett. Pam has been the Director of the

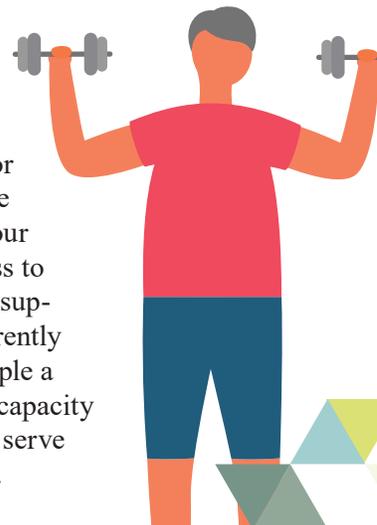
Stone County Health Department for over ten years, is a licensed RN, and has a deep passion for improving the lives of others through exercise and other positive behavior changes. The fee for this class is \$75 per month. The boxing classes are high energy and improve the participants cardio-vascular health and elevate dopamine levels.

Monica Mueller is the Community Health Specialist at Stone County Health Department for almost seven years and has been working with Stone County residents with chronic disease self-management practices and exercise programs for all age levels for the past seven years. Monica teaches the free 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.

Pam and Monica both help guide the monthly support group, however one of the participants, Fran, is the actual facilitator of the group. The PD support group meets the first Thursday of the month from 12pm-1pm. Jim W. 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 received from the group.

There is a huge need in the Stone and Taney County area for these programs. For years, patients have traveled over an hour or more. The access to these exercise and support programs currently serves over 20 people a month but has the capacity and willingness to serve more in the region.



#### MARK YOUR CALENDAR

#### POUND THE PAVEMENT

November 20, 2021  
<https://bit.ly/Parkinsons5k2021>



#### FOLLOW US

@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](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

### PILATES CLASSES AT THE BODYSMITH

#### WEDNESDAYS AT 12 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 LANG FRANKS

Bob & Mary Ann Toft  
Bev Harris  
Marilyn Owen  
Jim & Sue Story  
Mona Jones  
Russell & Joy Walker  
Robert & Rita Murray  
Sheron Seward  
Jodi Smalec  
Mary Jane Barker  
Dr. Doug & Danel Burch

James & Teresa Spicer  
Thomas Williams  
Paul & Robin Peterson  
Jason & Meredith Mallory  
Dave & Grace Griese  
Wanda Green

## IN MEMORY OF TIM CUMMINGS

BKD, LLP  
Piatchek & Associates  
Marilyn & Peter Louk  
Sharon Glenn  
Susan Gilmore  
Frank Louk and Family  
Automart Radiator  
Duane & Doris Youngquist  
Ruth Spargo  
John Kauffman

## IN MEMORY OF CAROL NIMSICK

Mary Ballentine  
Nancy Daniel  
C.L. & Mollie Carter  
Kenneth & Cheryl Elbert

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.

## DONATE TO PGO WITH AMAZONSMILE

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](http://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

Justin Milam, President  
Pat Auston, Vice President  
Bill Miller, Treasurer  
Sativa Boatman-Sloan  
Joanne Bourbon  
Becky Brown  
Julie Cravey-Cassidy  
Shauna Smith-Yates  
Shawna Tindall  
Melissa Miller Young

### ADVISORY MEMBERS

Janice Briggs  
Dr. George F Wong III, MD,  
Medical Director

### HONORARY LIFE MEMBER

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.

Are you interested in becoming a member of the board or helping out in some other way?

Email [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org) or call 417-814-6067 for more information.

## 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



# PGO Awarded Another Year of Funding

BY CASSI LOCKE

Parkinson's Group of the Ozarks is thrilled to announce that we were awarded a second year of funding from the 2021 Parkinson's Foundation Community Grant for our *Mobilizing Music Program*. Music can help the various symptoms people with PD may experience, such as shortness of breath, soft or slurred speech, swallowing difficulties, and problems with balance/coordination. The *Mobilizing Music Program* was created to educate the PD community, their families and the professionals who serve them about the benefits of Music Therapy

and provide sessions for them to experience these benefits first-hand.

The *Mobilizing Music Program* offers two different free classes: **Encore! Music Therapy** and **Resonate Empowerment Drumming**. Both classes are currently being offered at the Center for Music Therapy and Wellness at Drury University and are led by board-certified music therapists. Participants learn techniques such as rhythmic auditory cueing, in which rhythm is used to facilitate movement and improve gait. Since the classes use gentle, low impact movements to

create and enjoy sound, they are a great fit for anyone with limited mobility or needing a seated activity. Even if musically shy, participants can partake in active listening during the classes which can help improve mood and cognition. From the Andrew Sisters to the Beatles to Roy Rogers, there is a variety of music styles and genres for everyone to delight in. Whether interested in tapping your toes, picking up an instrument, or using your good ol' vocal cords to bring happiness into your life, music offers incredible benefits to those who explore it!

# MEET OUR Newest Members!



## Joanne Bourbon

I was born and raised just down the road in Aurora but subsequently lived in Illinois, Connecticut, and Texas with a stint in St. Louis before returning to Springfield in 2003. I'm a wife, mom, grandma, and great-grandma who once owned and operated a small print shop. I retired in 2009 after many years in sales and customer service primarily in the printing industry. I love travel, baseball, nature, music, dancing, photography, and lots more.

I was diagnosed with Parkinson's 7 years ago and it has slowed me down a bit, but I try hard not to let it win. Since we love music, my husband and I participate in both Resonate Empowerment Drumming and Encore! Music Therapy and highly recommend both programs. I feel that PD needs more public awareness and hope to come up with some creative ideas on how to accomplish that goal.



## Melissa Miller Young

Melissa Miller Young, a longtime Springfield communications professional, was diagnosed with Parkinson's disease in April 2021 at the age of 51. Since then, she has worked hard to learn as much as she can – immersing herself in the resources and programs available that can help her make Parkinson's a manageable part of her busy life. Melissa works full time as the Team Leader of Dr. Nancy O'Reilly's Women Connect-4Good, Inc., a 501(c)3 foundation that supports programs and organizations working toward gender equality and educates people to develop women-helping-women networks that raise the status of women globally. Prior to her current position, Melissa has enjoyed a 25+ year successful freelance career and has worked on staff for several local/regional organizations, as well as serving on several local boards.

"I'm excited to put my skills to use to help raise awareness of the many resources available for those in the greater Springfield area with Parkinson's disease. I was a client at Bodysmith prior to my diagnosis, so was able to plug right in. I hope to help make that access easy for anyone diagnosed, and make sure they have the information they need to quickly make the most of the fantastic resources that Parkinson's Group of the Ozarks has to offer."

Melissa currently lives in Springfield with her husband Gary, two dogs and two cats. When she's not busy working or spending time with friends and family, chances are good that she's on the road to see the world's best daughter and the world's best son, who both live in Kansas City.



# Finding Certainty in Uncertain Times

BY SATIVA BOATMAN-SLOAN, ATTORNEY AT LAW

One thing is for certain. Life is full of uncertainty. Natural disasters, disruption in the economy, and illnesses can lead to loss of property, jobs, health and, yes, even death.

While we cannot control the next catastrophe, what we can do is prepare to be in a better position to care for our families, finances, and medical decisions in emergency situations.

Although it's easier to avoid the issue in the short-term, an unexpected life-changing event can occur at any time and at any age. It can leave you wondering what, if anything, you could have done to be more prepared and ensure your wishes are carried out without undue burden on your family.

Two important documents should be in your estate plan.

## **DURABLE POWER OF ATTORNEY.**

This document will control what happens to your affairs while you are still alive and unable to manage them by yourself. If you don't have a Durable Power of Attorney when you get sick or incapacitated, how will your everyday financial business be conducted? Who will pay the mortgage, utilities, insurance, etc.?

Even if your spell of illness is short, you may miss important deadlines. If your incapacity lasts longer, your family may have to go to court to

pursue legal guardianship and conservatorship, which is expensive, time consuming, and distressful.

## **DURABLE POWER OF ATTORNEY FOR HEALTH CARE WITH ADVANCE HEALTH CARE DIRECTIVE.**

In the event you can no longer make medical decisions for yourself, this document allows you to appoint somebody else to make them for you. If you do not have Advance Health Care Directive language in your Power of Attorney, your family will be at a loss as to what to do for your end-of-life care because there is no guidance as to your wishes.

It's never too soon to develop your estate plan. Although it's easy to put off, doing this planning now will help give you the peace of mind that you and your family will be cared for in the future.

# Dick Smith Retires from the Board of Directors

BY JUSTIN MILAM

If you're reading this, there is a good chance you can thank Dick Smith for that. Dick joined our board of directors in 2018 after initially reaching out to advocate for increasing awareness of the programs available from the PGO.

He liked to call us "The best kept secret in southwest Missouri". Dick's background as a college instructor, personal experience trying to find information to help with Parkinson's Disease, and can-do attitude combined to make him a great asset to the board.



Since joining the board Dick has been a large proponent about more effectively marketing ourselves to people with Parkinson's. Despite the pandemic, we have made great strides in this regard. We have expanded our online presence with a revamped website, online newsletter, improved social media presence, and more successful use of online advertising. We've also done multiple radio and television interviews to make our presence known. We're currently in the process of communicating more effectively directly through medical professionals. Dick has played a large role in making these things successful.

Don't expect him to ride off into the sunset! You'll still see him around at the drumming classes, support group meetings, and the 5K this November. He'll also still be supporting the Parkinson's Group of the Ozarks as a volunteer. Thank you Dick!



## 2021 PARKINSON'S VIRTUAL CHOIR

Parkinson's families from the PGO's "Mobilizing Music Program" will be a part of the "2021 Parkinson's Virtual Choir" on November 6th at 7 PM CST. The virtual choir is hosted by the *Parkinson's Voice Project*, a non-profit organization based out of Richardson, Texas with a goal to preserve the speech and communication of individuals with Parkinson's. The organization offers an effective program that combines education, individual speech therapy (SPEAK OUT!), and ongoing group sessions (The LOUD Crowd). The virtual choir will be singing classic songs such as "Sweet Caroline" and "We Find Our Voice".



To catch a glimpse of music-loving participants from all over the globe including the Ozarks, you can register to this year's upcoming virtual concert online.

[www.parkinsonvoiceproject.org](http://www.parkinsonvoiceproject.org)



## MARK YOUR CALENDAR!

**Pound the Pavement for Parkinson's  
Walk/Run is set for November 20, 2021.**

Join us in our 19th annual 5K Walk/Run and One Mile Fun Walk. In-person and virtual options will be available.

<https://bit.ly/Parkinsons5k2021>



## 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.

### 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.

#### CAREGIVER SUPPORT GROUP

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