

# 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.



Find us on Facebook at  
[Facebook.com/ParkinsonsGroup](https://www.facebook.com/ParkinsonsGroup)

### Family Honors Len Samuel Burton

People celebrate life in different ways. For the family of Len Samuel Burton, who passed away after a long battle with Parkinson's disease on November 6th, 2015, they decided to celebrate him by doing what he loved: racing. His wife, Patsy Burton, along with his daughter Lisa Lynn Burton and granddaughter Laleh Banaei were part of "Team Burton", participating in the Pound the Pavement 5K just a day after his passing. Len Samuel Burton loved to run and once went 21 years without missing a single day. Thank you to Team Burton for coming to our event and sharing your inspirational story!



## ▶▶ Parkinson's Group of the Ozarks to Participate in 2nd Annual Give Ozarks Day

Over 150 nonprofit partners raised more than 1 million dollars last year in the first Give Ozarks Day event. This year the Parkinson's Group of the Ozarks intends to participate, along with 170 other nonprofit partners to date, in the second annual Give Ozarks Day on May 3rd, 2016.

### *What is Give Ozarks Day? How does it work?*

As stated on the Give Ozarks website, "Give Ozarks is a one-day, online fundraising event for Agency Partners of the Community Foundation of the Ozarks. Using the power of our Cause Momentum crowdfunding website, nonprofits from across southern Missouri will have the chance to raise funds, compete for matches and prizes, and be a part of a one-day surge in generosity across our state." Participating nonprofits have the opportunity to raise funds for three specific purposes; to aid general operational budgets, embark on special projects or contribute to endowments.

#GiveOzarks leverages the power of social media to create giving momentum for local nonprofits. Each agency has its own campaign, ours can be found here: <https://giveozarks.org/2016/pgo>. Powered by Cause Momentum, our profile will tell our story of supporting people with Parkinson's here in the Ozarks through education, research, and fundraising. We will market our campaign through social media, email and word of mouth. Additionally, Community Foundation of the Ozarks will provide mass media marketing for Give Ozarks Day.

### *How can you participate?*

The best way for anyone to participate is to plan on giving on May 3rd, 2016 to our #GiveOzarks campaign. We intend to fund our general operations budget as we continue our mission to educate, support research and improve the quality of life for persons with Parkinson's. If you have questions, or would like to contribute to our campaign, but don't feel comfortable giving online, please contact us by calling (417) 885-9595 or emailing [info@parkinsonsgroup.org](mailto:info@parkinsonsgroup.org).

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The 4th **World Parkinson Congress** will be held in Portland, Oregon on September 20th to September 23rd. More than 3500 people from 65 countries will attend to learn about the latest science, clinical research and comprehensive care. This information will be shared by expert healthcare professionals, research and advocates from around the globe.

The WPC is a "Patients Included" meeting. This means that people with Parkinson's are included in decision making, program design, promotion and marketing, faculty positions and as participants in the conference. The WPC offers Travel grants, hosts the event at fully accessible locations, and include people with Parkinson's on every level of the conference.

The WPC meets triennially. The first meeting was held in Washington DC in 2006, then Glasgow, UK in 2010 and then Montreal, Canada in 2013. I had the absolute pleasure of attending the Washington congress in 2006. It was as if we were one global family and I learned so much. I hope to attend this year's congress in Portland and bring back information for all of you. I feel it's important to share the mission statement with you.

### ***The Mission of the World Parkinson Congress***

To provide an international forum to learn about the latest scientific discoveries, medical practices, caregiver initiatives and advocacy work related to Parkinson's disease. By bringing physicians, scientists, nurses, rehabilitation specialists, caregivers and people with Parkinson's disease together, each Congress allows for a worldwide dialogue to help expedite the discovery of a cure and best treatment practices for this devastating disease.

For more information on-line, visit the World Parkinson Coalition website [www.worldPDcoalition.org](http://www.worldPDcoalition.org).



# 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**

Cynthia Lilleoien  
Gale and Becky Edwards

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

Emerald Park Community

### **IN MEMORY OF COY R. SMITH**

Betty Smith

### **IN MEMORY OF TED GREGOROSKI**

Ted and Bette Bogart

### **IN MEMORY OF LARRY HOPPER**

Linda Elliott

## 2015 Donations

### **IN MEMORY OF LESLIE VAN CAMP, SR.**

Hazel Drevs  
David and Michele Stout  
Mary Duffett  
Bonnie Drevs  
Randy and Joyce Adams  
Shawna Mills  
Garlin and Joyce Pellham  
Faron and Mary Price  
Donald and Carolyn Davis  
Guy and Faith Haskins  
Keith and Sue Jones

### **IN MEMORY OF PHILLIP BELLAIRS**

Richard and Barbara Bellairs  
Saginaw Baptist Church

## 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



## ▶▶ *In the News*

### 5K Fundraiser Doubles in Size

The 13th Annual Pound the Pavement for Parkinson's 5K Walk/Run was held on November 7th, 2015. The Tremble Clefs, a local group of singers with PD, sang the national anthem before the race. 168 people registered for the event, more than double the count from the prior year. People aged 4 to 80, from multiple states, and even all the way from Switzerland participated in the walk/run. Thanks to our sponsors, all proceeds from the event will go directly to our group to help pay for exercise classes and other outreach programs in the area. Thank you to everyone who came out and helped make this event such a success!



## Durable Power Of Attorney For Health Care

By Sativa Boatman-Sloan, Attorney at Law

Have you made end of life decisions and shared them with your family? No one wants to think about their mortality and end-of-life decisions are hard choices. But think about how hard those decisions would be for our loved ones if they don't know your wishes.

A Durable Power of Attorney for Health Care is a document executed by a competent person (called the principal) giving another person the authority to make health care decisions if the principal is

unable to do so at any time in the future. The document appoints a trusted family member or friend, known as the agent, to follow the wishes of the principal.

The agent can only make health care decisions for the principal in the event one or two doctors say that they are no longer able to make decisions for themselves. These decisions include general medical care, consent for surgical procedures, as well as healthcare directives for end-of-life choices.



# 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***

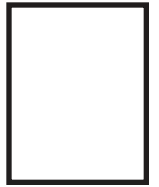
Parkinson's Group encourages monthly support group meetings, holiday parties, and various trips. Some people may have difficulty coping with Parkinson's disease. It may be hard for them to ask their doctor questions or talk about their problems with family or friends. A support group may be just the 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 fund-raisers.



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

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### Contact Us

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