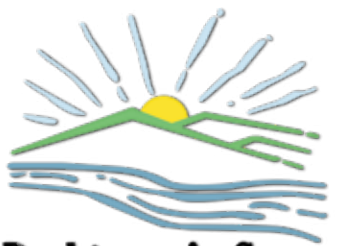


Winter 2024

Newsletter



**Parkinson's Group
of the Ozarks**

CELEBRATING **25** YEARS



Turning Fear into Power: Volunteering for Parkinson's

BY AMANDA SALCIDO

There it was, "dad's test results" the subject line of an unopened email. I quickly read through, skimming to the bottom and then I saw it, "consistent with Parkinson's disease." I knew it was a possibility, but the kind of possibility that they are required to warn you about but never becomes reality. My dad has Parkinson's disease. I thought my life was over because I thought his life was over. I. Was. Crushed.

Fast forward three years, and I'm happy to say that the world didn't end that night. Although, I guess I wouldn't say it's been easy. What has made the biggest impact was getting involved with the Parkinson's Group

of the Ozarks (PGO). My dad first started going to Rock Steady Boxing where I've had the honor of being the Mickey to his Rocky. Seeing other families dealing with Parkinson's gave me some peace. Through Rock Steady, my mom became involved in more activities through the Parkinson's Group of the Ozarks. As she started to volunteer, learn and grow in the group, she invited me to events. My mom then joined the PGO board. I've now volunteered for the Pound the Pavement for Parkinson's 5K, the Parkinson's Resource Fair, and Trivia Night through graphic design. You might see some of my work on the PGO Facebook!

There are a ton of ways to volunteer. You don't need additional training or experience with Parkinson's, simply come as you are and use your natural talents. Simply showing up with a desire to help goes far. Volunteering won't change your loved one's diagnosis, but it helps take your power back. Volunteering can help turn your anger, fear and sadness into action. Volunteering is also a great way to help memorialize your loved one. And, although I was asked to write about volunteering, I really have to put the spotlight on my dad. He's doing it. Living with Parkinson's and still managing to be the best husband, dad, and papa. That's why I volunteer.

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.

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 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.

parkinsonsgroup.org | 417-814-6067 |  @ParkinsonsGroup



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
JAMES "JIM" A. MILLER**
Warsaw Shrine Club

IN SUPPORT OF PGO
Marjorie Francis
Joanne & Ted Bourbon
Pledgeling Foundation
Ameriprise Financial
Alyce Drewel
Kari & Stephen Kleinsmith

**IN MEMORY OF
RONALD NICHOLS**
Mari Ann Winters
Donald & Shirley Looten
Teresa Gier
Robert & Debra Oexman

**IN MEMORY OF
PAUL KAHMANN**
Amada Senior Care Springfield

**IN MEMORY OF
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Ann Kollmeyer
Whitney Metz
Patrick McNamee
Vicki & Bob Shackelford
Ken & Suzanne Brown
Mary Romans

**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.

CONTACT PGO

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Office Hours:
By appointment only.

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

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.

FACES AT THE FAIRS

From the public we often hear that people never heard of our organization or knew that we even existed. But we're changing all that! During the fall months, PGO was busy bringing awareness about Parkinson's disease to the community by participating in several local fairs and shedding light on resources available in southwest Missouri.



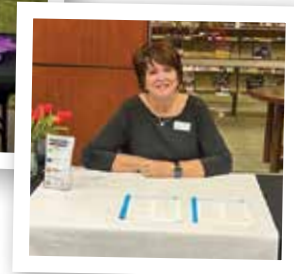
Health & Happiness Fair



Community Resource Fair



Walk to End Alzheimer's



Volunteer Fair



Community Care Partner Conference

Voice and Swallow Changes and Parkinson's Disease

BY MOLLY MCGRADY, MHS, CCC-SLP

Parkinson's Disease can impact so many aspects of a person's daily life, and voice/communication and swallowing are 2 of those areas you may or may not have already noticed in yourself or your loved one with PD. But what do these changes typically look like? And, what can be done to fight back against these changes?

Changes to swallowing can include: coughing during meals, feeling like food is caught in the throat, difficulty swallowing pills, weight loss, and taking longer to consume a meal. Should you notice these changes, it is good to discuss this with your doctor. You can also ask for a referral for MBSS (Modified Barium Swallow Study) with a speech therapist. This is an x-ray during which you will swallow different foods and liquid to assess for aspiration

(food/liquid entering the airway) and whether there is any residue; this is also used to determine the safest diet for you and any strategies that may help to improve your swallowing. Following this, the speech therapist may also recommend some therapy sessions to target swallowing exercises to strengthen your swallowing musculature for easier and safer swallowing.

The most common communication change that occurs in Parkinson's Disease is a softer and more monotone voice, which the person with PD is often not aware of until pointed out by others. Other changes may include a hoarse or breathy voice, stuttering, vocal tremor, short rushes of speech, and reduced facial expressions. This may sound like a lot of issues which

can impact communication, but here's the good news: there are voice exercises which are heavily research based and can help to improve all of these areas. LSVT Loud is one such treatment program which was designed specifically for individuals with PD. This program consists of 16 treatment sessions (4 times per week for 4 weeks). The goal of the program is for increased loudness and speech clarity for improved communication. There is research that shows these exercises also improve swallowing; talk about killing 2 birds with one stone! However, the work does not stop after the 4 weeks, as continued exercise is imperative to maintaining gains. This is why we have a group which meets weekly called LSVT Loud for Life. The class consists of practicing daily voice exercises as a group, conversation with other members of the group, and exercises which challenge the brain. For more info on how to get involved with this group, visit PGO's website.

The Importance of Exercise to Prevent Falls

BY MOLLIE ESTES, CERTIFIED PERSONAL TRAINER AND OWNER OF F8 TRAINING & WELLNESS STUDIO

Loss of balance and falling can be common with Parkinson's and the problem tends to increase over time if nothing is done to help. Everyone's experience of Parkinson's is different so you may not have these difficulties, but it's still important to be aware of possible balance problems and fall risks.

Physical Reasons for Falling

Freezing – Some people with Parkinson's fall because they have problems starting to move or they 'freeze' while they are moving.

Freezing can increase your risk of falling, and if you have difficulty with your medication wearing off before your next dose is due, you might find freezing becomes worse. So, take note of when you take medications and plan activities accordingly.

Posture – As Parkinson's progresses, posture can change – you may become more stooped, and your muscles may become more rigid.

This inflexibility can increase your risk of falling, because it's more difficult for your body to move, and for you to protect yourself if you lose your balance. This can be worrying or frustrating, but there are several things you can do to help overcome balance problems:

- It's helpful to get into a rhythm when you walk. For example, you could try counting each step, marching on the spot, stepping over patterns on the floor, humming or singing to yourself. You might use a mantra such as 'walk tall' or 'stride out' to help you stay focused when walking.
- If you freeze while walking with a friend, they can help you get moving again by holding your arm. While they support your balance you can concentrate on moving again. They can also try putting their foot at a right angle in front of yours for you to step over it. Just make sure you raise your foot above theirs and remember not to step backwards, to avoid disturbing your balance.

- Try to concentrate and keep distractions to a minimum – avoid walking and talking at the same time if you can. If you do want to have a conversation, try pausing and touching something solid when you want to talk, such as a lamp post.
- If you need to change direction, try not to turn too quickly and don't pivot on the spot. It's better to slow down and take a few extra steps to walk around in a half circle. Try to imagine that your feet are following the numbers on the face of a clock. Always take your time.

General Muscle Weakness – People with Parkinson's can become much less active than they used to be, which can cause muscles to get weaker. This weakness can be a major cause of falls – so it is important to stay as active as possible to help muscles and joints from deteriorating.

It's important to get help and advice about avoiding falls. If you have fallen over before, anxiety or fear of falling can increase the likelihood of it happening again. Your doctor can offer advice on how to avoid future accidents or refer you to a physiotherapist or occupational therapist. Though it might be tempting, try not to restrict all your activities to prevent falls, as this is likely to cause joint stiffness or muscle weakness. Avoiding activity can actually greatly increase your chance of having a fall because your body won't be used to moving and maintaining its balance.

It's important to try to stay as active as possible and to exercise regularly to help you maintain your mobility and prevent falls. Remember that as long as you take part in sensible activities, there is no reason to let the risk of falls stop you from doing what you want to do. Staying active and doing the things you enjoy will help you maintain your physical and emotional wellbeing during these chilly winter months.





Caring for the Caregiver

Women's Only Caregivers Support Group Forms in Springfield

BY LYNDSEY SNEED, PARKINSON'S SUPPORT GROUP LEADER

The women's only caregiver support group was created with the purpose of wanting to empower and unite women whether they're at the beginning of the journey or it's been a few years. There are a lot of women who are going through similar experiences, and I want them to be able to openly talk about what they're going through. Caregivers are going to have questions, but they also have wisdom to bring to the table to help educate others.

We may talk more about their loved one with Parkinson's and how to help care for them, but on the other hand, we may shift focus and also talk more about how they're feeling and what they're going through. My goal is to be a resource for caregivers. In these last five years, I have really learned so much about this disease and it has become very close to my heart. If they're needing assistance or someone to talk to - I want to meet them where they are and help.

PERFECT WEATHER AND FRESH ADDITIONS MAKE THE 2024 POUND THE PAVEMENT FOR PARKINSON'S WALK/RUN A SUCCESS

BY JUSTIN MILAM, PGO BOARD PRESIDENT



On October 19, 2024, the Pound the Pavement for Parkinson's Walk/Run brought the community together for another incredible year of support and celebration. After weather in the 80s in 2023 and braving freezing conditions in 2022, this year we hit the goldilocks zone and got it just right with temperatures in the 50s.

Returning to Graceway Baptist Church, the location once again proved to be a great venue for the event. The spacious starting line and covered pavilion provided plenty of room for pre-race registration and enjoying post-race refreshments. With Graceway performing some construction on their lot, we'll be moving the event to a new location next year (keep reading to find out where!).

Speaking of refreshments, back by popular demand, donuts made their triumphant return this year after a brief hiatus! Alongside them, familiar favorites like the scrumptious breakfast casserole from Early Bird, energizing coffee from Village Inn, refreshing tea

from McAlister's, and an array of healthy goodies from Price Cutter ensured no one left hungry.

New for 2024 was the addition of a DJ, who kept the atmosphere lively with upbeat music and race updates. The added entertainment gave the event an extra spark, keeping participants energized and engaged from start to finish. Steak N Shake's mascot, Shaker, was also there to keep everyone smiling and for photo ops.



This year's event saw over 250 participants register, and together, we raised over \$15,000 to improve the quality of life for those living with Parkinson's Disease in the Ozarks. These funds will support our wellness classes and initiatives that directly impact community members affected by Parkinson's.

We extend our deepest gratitude to our amazing presenting sponsors— **Women Connect 4 Good, CoxHealth, and Steak n Shake** —as well as to all



our dedicated partners. Your continued support makes this event possible and impactful year after year.

We also want to give a shoutout to the dozens of volunteers who helped with the event. We couldn't have done it without you!

As we look back on this fantastic day, we're filled with gratitude for everyone who participated, volunteered, or contributed. Your efforts help us move closer to our mission of supporting and empowering those affected by Parkinson's Disease.

For photos of the event, visit the race website: <https://runsignup.com/Race/Photos/MO/Springfield/PoundthePavement>.

Thank you for joining us, and we can't wait to see you in 2025 at **Rutledge Wilson Farm on Saturday, September 20th, 2025**. We are very excited for the new location and look forward to seeing you there. Keep up with us on Facebook at facebook.com/ParkinsonsGroup5K for the latest updates.

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.

ROCKIN' THE RHYTHM DANCE CLASS

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 10:15 AM**

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

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

LOUD FOR LIFE SPEECH THERAPY

THURSDAYS AT 4:00 PM

Completion of LSVT LOUD is required before joining.
1229 E. Cherokee St.
Springfield, MO 65804
417-820-5042



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

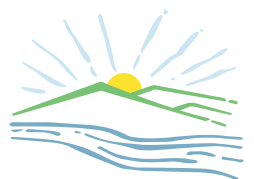
Cox Meyer Center
3545 S. National Ave.
Springfield, MO 65807
417-844-3443



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

Our newsletter is going digital!

Beginning in 2025 we'll be sending out our newsletter by email.
Subscribe online by visiting: parkinsonsgroup.org/newsletter



Scan this QR code with your
smart phone to sign up!



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