

Parkinson's *Group* Of the Ozarks

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 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.



11th Annual Pound the Pavement for Parkinson's

Our annual 5K run/walk was held on November 16, 2013. Over 60 people participated in the event. Money raised through the event will help to fund a scholarship for a local therapist. Special thanks to KY3, KOLR10, KSMU, and 106.7 River for helping to get the word out about our event and cause. Also, thank you to our other sponsors including Cox Health, Horrmann Meats, St George's Donuts, Steak Out, Matrix Accounting and Tax, and Total High-speed.

***More information to come on our 12th Annual Pound the Pavement for Parkinson's.**

Parkinson's Group

Phone: (417) 885-9595

Mailing Address:

Parkinson's Group of the Ozarks

P.O. Box 50595, Springfield, Missouri 65805

E-Mail correspondence: info@pgozarks.org

The Parkinson's Group of the Ozarks has a Facebook page! To follow the PGO on Facebook, type in our link...
[Facebook.com/ParkinsonsGroup](https://www.facebook.com/ParkinsonsGroup)



Parkinson's

Events

NEW: Support Group exclusively for caregivers of those with Parkinson's

1st Wednesday of each month, 5 pm, Cox Walnut Lawn—Administrative Class-room, 1000 E. Walnut Lawn, Springfield, MO 65807

417-269-3616—Please call for directions and info.

NEW: Parkinson's Exercise Group

Every Tuesday, 4-5 pm, Meyer Fitness Center, Conference Room C, 1000 E. Walnut Lawn, Springfield, MO 65807
417-269-3616

NEW: Parkinson's Tai Chi Group

Every Thursday, 10:15 am, Meyer Fitness Center, Conference Room C, 1000 E. Walnut Lawn, Springfield, MO 65807

417-269-3616

For more information on support groups, please call 417-269-3616 or 1-888-356-3618.

New Cycling Class at the Meyer Center

With April being Parkinson's Awareness Month, the PGO is excited to announce that we are sponsoring a new, free exercise class for the Parkinson's community starting in May 2014 at the Meyer Fitness Center: Stationary Cycling for Parkinson's.

Seven persons with PD from the Springfield community participated in a recent single-session trial class that introduced stationary cycling techniques similar to what will be implemented in future classes.

The new 8-week class session commences on May 6 at the Meyer Center. For more about information about this class, please contact PGO Board Member Harry Beckett at (417) 886-6775.

Parkinson's Group

A Message for Caregivers*

By: Pat Auston CRRN, CNRN

Choose to take charge of your life. Love, honor and value yourself. Seek, accept and at times. Demand help. Standup and be counted.

Caregiving often is the result of an unexpected event. It is important to choose to accept the role to help eliminate the feeling of being a victim. Remember, at times, it is more than a one person job. Asking for help is a sign of strength and the ability to recognize what your abilities and limitations are important for your own welfare and also the welfare of your loved one... Remember to be able to take good care of your loved one; you must first take good care of yourself. Self-care is not a luxury; it is your right as a human being. Remember that caregiving comes on top of being a parent, a child, a spouse. Become your own advocate both as a caregiver as well as for the person you care for. Be good to yourself so you can be the best that you can be for your loved one. Remember to empower your loved one to do as much as they can for themselves so that they can remain as independent as possible. Seek caregiving support groups to help you through those especially hard times. There are many other people who share this role and you can help each other while on this journey! Tap into the many great organizations who have advice about caregiving. CareGiving.com, AgingCare.com, AARP, National Alliance for Caregiving are a few very good websites. Reward yourself often for a job well done! You are special!

Parkinson's Disease and Swallowing Difficulty

By: Michelle Boss, MA, CCC-SLP

Do you find yourself coughing frequently when drinking or eating? Do you have a wet vocal quality after drinking or eating? Does food feel like it is stuck in your throat? Have you experienced unintended weight loss? If you answered "yes" to any of these questions, you may be experiencing dysphagia. Dysphagia is the medical term used to describe any swallowing difficulty. It is common to experience swallowing difficulties with the diagnosis of Parkinson's disease because swallowing is a motor function. Many people with Parkinson's disease experience difficulty swallowing due to the reduced control they have of the muscles in the mouth and throat as the muscles become weak or rigid. Eating becomes slower, more hesitant and requires more effort. Early intervention and proper management of swallowing difficulties are important to prevent complications such as aspiration, which is food or liquid that enters into the trachea (windpipe). Often, it is food or liquid entering into the trachea that causes coughing or throat clearing as the body attempts to protect the lungs by expelling the liquid or food. If not addressed, chronic aspiration may lead to pneumonia. A speech pathologist can examine your swallowing abilities and evaluate your aspiration risk. One method of evaluating the swallow is through a Modified Barium Swallow Study (MBS study). An MBS study uses video-fluoroscopy (X-ray) to take pictures while consuming foods and liquids in order to create an image that allows the speech pathologist to determine exactly what is occurring during the swallow. Based on the findings, the safest diet recommendations can be made as well as instructions on strategies to implement. Sometimes using compensatory swallowing strategies such as a postural change (chin tuck) or techniques (small bites/drinks) can prevent aspiration. Specific exercise programs may also be developed to target weak muscles. Remember early intervention is key to addressing swallowing difficulties in order to avoid complications and unnecessary frustration or embarrassment caused by frequently coughing/choking. Share your concerns or questions regarding swallowing with your physician. They can help connect you with a speech therapist to further evaluate your swallowing functioning. Eating is a necessity to sustain energy but is also an enjoyable social activity. It is important for you, your family, and friends to understand how to support you when eating. This allows you to continue enjoying meals both at home and in social settings.

2013 - 2014 DONATIONS TO PGO

Thank you for advancing and assisting our mission to provide education, support research, and improve the quality of life for persons with Parkinson's.

A GIFT FROM: Coy R. Smith- July 8, 2013

IN MEMORY OF ELWOOD STADE

July 29, 2013

Donald DeHaven- July 29, 2013

Betty and Dale Wiersma- August 12, 2013

Gloria Stade Shook- January 20, 2014

IN MEMORY OF JACK GADDIS

Dan, Gina, Ryan and Bridget Tierney-
August 24, 2013

IN MEMORY OF VERNON BARNETT

Agnes Claiborne- August 26, 2013

James and Charlene Fortner

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IN MEMORY OF A. DERAL BRANSON

D. Christine Davis- August 26, 2013

Alice Morris

IN MEMORY OF BRENDA BLACKSTOCK

Patricia and Terry Milam- December 12, 2013

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IN MEMORY OF CLIFFORD WRENFROW

Stephen and Dawn Cook- December 12, 2013

Elwood Cook

Vernon and Johanna Reuter

IN MEMORY OF MARVIN STOUT

Brownie McNeely- January 19, 2014

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Mary J. Robbins

Class of '56 (c/o David Hutchings)

IN MEMORY OF LARRY D. MAPLES

Kenneth and Janice Krzak- January 20, 2014

Mark Maples

Jason and Karen McKnight

A GIFT FROM:

Deanne Murphy- January 20, 2014

IN MEMORY OF LARRY TABOR

W. and H. Roy, May 27, 2014

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IN MEMORY OF WILBUR DODD

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Support Groups for people with Parkinson's Disease and Care Partners

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

Mercy Hospital

Parkinson's Support Group
1235 E. Cherokee St. Springfield,
MO 65804

(417) 820-3157

2nd Thursday of each month
2 pm, Mercy Hospital

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 3 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

Lebanon Support Group

Lebanon-Laclede County Library
915 S Jefferson Ave
Lebanon, MO 65536

Phone: (417) 269-3616

Meetings are the second Wednesday
of the month at 2:30pm.

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.

Monett Support Group

First United Church
1600 N Central
Monett, MO 65708

Phone: (417) 269-3616

Meetings are the second Thursday of
the month at 2:30 p.m.



The Mission of the Parkinson's Group of the Ozarks...

Our mission is to educate, support research and improve the quality of life for people with Parkinson's.

...to improve the quality of life, to provide education, to support research

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.