

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.

Coming Together

The 4th World Parkinson's Congress Held on
September 20-23, 2016 in Portland, Oregon *By Pat Auston*

The World Parkinson's Congress brings together the Parkinson's community to share the science and care of Parkinson's. The Congress was founded in 2004 by Dr. Stanley Fahn with the very 1st World's Parkinson's Congress held in Washington, DC. I was blessed to be able to attend that congress meeting as well. What an awesome coming together of the entire Parkinson's community with people with Parkinson's and their caregivers and family members, doctors, nurses, scientists, rehabilitation specialists, pharmaceutical industry members, exhibitors, presenters and students. By bringing everyone together, the congress opens new doors of education and opportunity to all involved.

The 2nd World Congress was held 2010 in Glasgow, Scotland, the 3rd World Congress was held 2013 in Montreal, Canada and the next or 5th World Congress will be held in 2019 in Kyoto, Japan. Since the beginning of the congress the attendance has more than doubled with a total of 4550 attendees from 67 countries and with 2284 of that number being people with Parkinson's, their families and caregivers.

The opening ceremony started with a choir made up of people with Parkinson's from all around the world, who practiced via internet and social media came together to sing about their journey with Parkinson's. Then over the 3 days of the congress there are more than 120 educational sessions in a variety of formats offered. From fundamentals of Parkinson's to cutting edge treatments, there was a variety to appeal to all audiences.

When you research the congress, you will find pictures of Parky, the raccoon. Parky is the mascot and the proceeds from promotional items go to the scholarship travel fund to make it possible for many people with Parkinson's to attend the congress meetings by paying tuition and for travel expenses. The picture with this article is my roommate Diane and myself with a life-sized Parky made by a Portland high school art class.

I wish I could have taken every one of you with me! I do want to let you know that you can go online to view the videos and listen to podcasts and see information about the congress at www.worldpdcoalition.org.



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 fundraisers.



Donations

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 Disease.

2017

Mary Ann Higginbotham
Deborah Kellner
Charlie and Mary Beth O'Reilly
Family Foundation
Mark Overby
Adrienne Kriatkowski
Rick and Vicky Vazquez
Patricia Squires
Donald Smith
Eduardo and Dalva Ulloa
Billy Vaughn
Jennifer Dunkel

IN MEMORY OF DENNIS REITH

Carol Rothermel
Michael and Jacqueline Murphy
Dale and Marsha Grunewald
Ron and Joan Reed
Tony and Rhonda McBride
Helen Miles
Sherie and Terry Turner
Brenda Reith
Eta Pi Epsilon Sigma Alpha

IN MEMORY OF NANCY KOSKOVICH LONG

Donna Barrett
Keith and Neva McAnally
Jerrene M Lowe
Betty Marrs
Marsha Evans
Thomas and Michele Cannon
Jack and Deborah Cole

IN MEMORY OF HANK ALLINSON

Margie Barger
David and Lynn Kauffman
Marcia McElwain
Don and Pat Barger

ROCK STEADY BOXING

Richard and Ranae Buxton
Ronald Keith and Laurie Duncan
Kristin Howard
Cameron Mutual Insurance
Company
Jimmy and Claricia Spears
Matthew and Amber Seats
Terri and Gregory McHolland
Susan Berry
Holly Hannaford
John and Melinda Abraham
Corey and Hope Hillhouse
Dorcas Rackley
Jeffrey and Catherine
Goodnight
Julie and Jerry Donley
Don and Barbara Luna
Rex and Patty Donley
Steven and Jennifer Rackley
Stephen and Kari Kleinsmith
Michael and Denise Squires
Kathy and Don Whitworth
Bryan and Rebekah Fitzgerald
Michael and Linda McGauley
Marcus and Lee Kret
Mark and Jolynne Reppond
Randi Hunt
Matt and Pamela Stringer
Jackie Henson Swindell
James and Caralyn Millsap
James Morris

SWING A THON

Tim Reynolds
Daniel and Polly Foote
SLS Studios LLC Shauna
Smith Yates
Chris and Penny Nelson
Duane and Judith Hellam
Jennifer Simpson
Suzan Bender
Shauna Smith Yates

Justin Milam
Pam Nickle
Linda and Bryon Putman
Timothy W Salmen
Darren and Susan
Gilmore
Gayle Spletstoser-Rice
Pollyann Brandman
Keith and Nancy Nelson
Susan Pyle

Donate

Gifts to the Parkinson's Group of the Ozarks are tax deductible. Visit us online at www.parkinsonsgroup.org to learn more.



3rd Graders Donate to PGO

PGO President Justin Milam accepts a donation from the 3rd grade classes at the John Thomas School of Discovery. Each grade raised money for a different charity and the 3rd grade chose Parkinson's Disease.

Group Exercise Classes

COX MEYER CENTER – GROUP CLASSES

Tuesdays at 1:00 p.m.
Thursdays at 10:15 a.m.

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.

COX MEYER CENTER – STATIONARY CYCLING CLASS

Tuesdays at 10:15 a.m.
Saturdays at 10:15 a.m.

These classes are inspired by the beneficial results of a significant research study conducted at Cleveland Clinic.

THE BODYSMITH KARA DUNN MEMORIAL ROCK STEADY CLASS

Wednesdays at 12:00 p.m.
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 to get started.

ROCK STEADY BOXING AT THE BODYSMITH

Wednesdays at 12 p.m., 2 p.m. and 5:30 p.m.

Free classes
317 E Walnut St
Springfield, MO 65806
417-865-0500

PARKINSON'S GROUP OF THE OZARKS BOARD OF DIRECTORS

Justin Milam, President
Patricia Auston, Vice President
Matt France, Treasurer
Charlene Stade, Secretary
Dr. George F. Wong III, MD, Medical Director

Janice Briggs
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Evan Allen
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Sativa Boatman-Sloan
Becky Brown

Mel DeVries, Honorary Life Member
Dr. Mark D. McLean, Honorary Life Member

"Happiness is not something you postpone for the future; it is something you design for the present."

— Jim Rohn

15th Annual Parkinson's 5K Walk/Run



Age Groups Male & Female

0-13	40-49
14-19	50-59
20-29	60-69
30-39	70+

- When:** November 18, 2017 at 8:30 a.m.
- Entry Fee:** \$20 Pre-Registration; \$25 Race Day Registration
- Start and Finish:** **Hörrmann Meats Farmers Market**
1537 W Battlefield, behind Hardees
- Course:** Start at Hörrmann Meats then head North on Fort then West on the South Creek Trail and back
- Pre-Registration:** Hörrmann Meats
www.OzarkRacingSystems.com
- Mail:** Parkinson's Group of the Ozarks
PO Box 50595, Springfield, MO 65805
- Registration:** 7:00 AM to 8:00 AM on race day
- Questions:** Contact Justin Milam (417) 225-2629;
justintmilam@gmail.com
Facebook.com/ParkinsonsGroup5K
- Cause:** The Parkinson's 5K Walk/Run benefits the Parkinson's Group of the Ozarks, whose mission is to educate, support research and improve the quality of life for persons affected by Parkinson's.

ENTRY & RELEASE FORM



YES!

I want to participate in the 15th Annual Pound the Pavement for Parkinson's 5K Walk/Run on November 18, 2017.

Name _____

Address _____

City _____ State _____ Zip _____

Phone () - _____

Email _____

Age on race day: _____ Gender: M F

T-Shirt size: S M L XL XXL XXXL

(If Applicable) Participating in honor of: _____

- I can't participate, but please accept my donation
- 1 Mile Walk
- 5K walk/run

Waiver: in consideration of acceptance of this entry, I know that running a road race is a potentially hazardous activity, and therefore RELEASE AND WAIVE any and all claims for damages against the Parkinson's Group of the Ozarks its members and/or associated agencies, any race workers or volunteers, the city of Springfield, and Greene County for any injuries or illnesses suffered in this event. I will not enter and walk/run unless I am medically able, physically fit, sufficiently trained, and am not participating against doctor's recommendation. I also give my consent to use my photo or video during the event for media and publicity purposes. By execution of this entry form, I acknowledge having read the entry information and this entry form and agree to the terms thereof.

Date: _____

Signature: _____

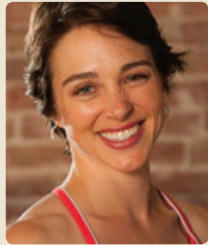
PGO Board Members Honored by SBJ

In March, board member, Shauna Smith Yates, was selected as one of Springfield Business Journal's 40 Under 40.

Owner of The Bodysmith Pilates and Fitness Studio in downtown, Shauna moved to the area in 1997 to attend Drury University. She graduated with honors in 2001 and took a position as curator and later interim director of The History Museum for Springfield-Greene County.

While at Drury Shauna discovered pilates and began instruction at Studio One to rehab a reoccurring injury from her many years of ballet training. She began her certification in STOTT PILATES® along with her studies at Drury. In 2002 she traveled to Toronto, Canada to receive her Instructor Trainer Certification, eventually began work at the studio full-time, and bought the business in 2011. In addition to her work with her private clients, Shauna has provided STOTT PILATES® education to students in Springfield, the surrounding areas, and has spent time teaching in Sao Paulo, Brazil and Bundang, South Korea.

Shauna didn't stop with pilates, and holds many other fitness and nutrition certifications. In 2016, Shauna traveled to Indianapolis, Indiana to become a certified Rock Steady Boxing Coach. She is delighted to have The Bodysmith as an affiliate of Rock Steady, bringing this nationally recognized program designed just for Parkinson's patients to the Ozarks.



Also in 2016, Shauna became the Director of Education for Juvo Board — a fitness product developed here in Springfield. The product and education system is growing both nationally and internationally.

She was honored to be nominated as one of 417 Magazines Wellness Warriors in 2013. Shauna also feels it is important to be active in the community. She was a member of the Leadership Springfield class of 30 and sits on both The Springfield Symphony Orchestra board and the Parkinson's Group of the Ozarks board, and teaches boxing to women in recovery at Synergy Women's Recovery Center.

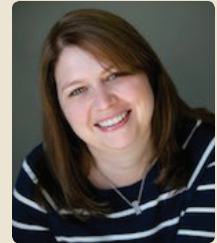
Her latest endeavor is helping to bring the benefits of drumming to those with Parkinson's in the greater Springfield area and plans to have the program available within the next couple of months at The Bodysmith.

Another PGO board member, Melanie Stinnett, was honored by the Springfield Business Journal in November 2017 as a Health Care Champion.

After moving to Springfield in 2006, Melanie completed her Bachelor's and Master's degrees at Missouri State University, focusing her studies in Speech-Language Pathology. Since graduating, she has worked in many different patient care settings including acute care, inpatient rehabilitation, home health, and outpatient services.

While Melanie loved serving both adult and pediatric clients in these settings, it was apparent to her that there was a lack of outpatient services in the Greater Springfield community. For this reason, in 2014

Melanie opened TheraCare Out-patient Services, a private practice therapy clinic that offers speech, occupational and music therapy services. Through this clinic, specialties in the areas of auditory processing disorders, and orofacial myology, as well as alternative and augmentative communication are made available to those in our communities.



Alternative and Augmentative Communication (AAC) options allow individuals with Parkinson's Disease the opportunity to be able to communicate when verbal speech is either significantly limited or not present. Based on the stage of the disease and the level of communication difficulty present, a speech-language pathologist (SLP) can provide an assessment to determine what options would be helpful to the individual. Low-tech (i.e. alphabet boards, amplifiers, picture charts) or high-tech (i.e. Light-writer, communication app on a dedicated device or iPad) device choices are made based on various factors.

Melanie takes serving her community to heart, sitting on the boards for Parkinson's Group of Ozarks, Children's Smile Center and Missouri State University Master's of Occupational Therapy Advisory Board, as well as serving as the Executive Director for Include Ozarks.

We are honored to have these two wonderful women serving in our communities and helping PGO grow our impact for those living with Parkinson's Disease and their families.

Rhythms to Routes:

Drumming Therapy for Parkinson's

It began with the sound of one drum ringing out through the studio. As the first session of the workshop progressed different tones and rhythms emerged along with smiles and struggles. There were a few comments before we started about a lack of musical ability or rhythm but as we all moved forward together the rhythms became stronger, confidence grew and conga sounds of Africa and Haiti carried us all to joy, laughter and triumph. This was my experience June 20th-23rd as we held sessions each day working with



Parkinson's individuals of Southwest Missouri. We were honored to host Rick Bausman of Rhythm of Life Inc. to help us establish the Rhythms to Routes Parkinson's drum therapy program. Rick has been doing this work for 30 years and has established these programs all over the world. Rhythms to Routes was created after recognizing that the neural pathways could be reconnected through rhythmic entrainment and group drumming.

My name is Matt Richardson. I founded *Resonate* which is an organization that provides therapeutic drumming for people of all walks of life. After a conversation with Shauna Smith from The BodySmith who brought Rock Steady boxing to Springfield for

Parkinson's folks, we discovered that there was an opportunity to offer therapeutic drumming to this community. A mountain of research and studies since the early 2000's have shown substantial improvement to the immune system, neurological system and many other areas of the body for ailments such as cancer, autism, PTSD, addiction and depression to name a few.

This is fantastic news but let's talk about Parkinson's. The dopamine in your brain is heavily involved in controlling the movement of your body. In Parkinson's, there are reduced levels of dopamine. For this reason the most obvious changes related to Parkinson's are normally those that affect your movement, including walking, falling and freezing (1). Fortunately one of the positive effects of drumming is increased production of natural dopamine in the body. When this dopamine is released it not only improves your mood but allows your muscles to relax. We witnessed this first hand during the workshop where individuals would come in with limited mobility and/or coordination but by the end of the session could play complex rhythms. This is due to a process called rhythmic entrainment. It works sort of like muscle memory but takes advantage of the relaxed muscles and state of mood to let the body fall into a natural, healthy state similar to what is experienced in the absence of Parkinson's symptoms. It's been reported that the gait can be improved and alleviate freezing just by listening to the African Drum music (2).

It's also just a really fun time! In any drumming class I've ever taught I've never seen a group of people have such a good time without really knowing each other. This is another cool effect of

BY MATT RICHARDSON

drumming. It brings people together. Cherokee Indians say the Great Spirit loved us so much that he gave us a drum at birth, our heart. In Africa the villages' entire day revolve around rhythm and when they're done working they gather around the fire and drum together. It's about community and our vision is that through this program we can bring everyone into community!



Feel the Beat

For more information about our therapeutic drumming programs for Parkinson's please visit our website at www.youresonate.org.

You can also contact The BodySmith at 417-865-0500 or visit them online at www.bodysmithpilates.com.

RESONATE

- (1) www.parkinsonsvic.org.au/parkinsons-and-you/walking-freezing-and-falling/
- (2) www.nextavenue.org/health-benefits-drumming/



Parkinson's Disease

ENCORE

Music Therapy Group

At Encore, we use music to address some of the symptoms those with Parkinson's Disease often experience.

Each 50-minute session includes a variety of musical experiences that promote speech clarity, improved motor skills, and higher cognitive functioning.

NO PRIOR MUSIC EXPERIENCE NEEDED!

Sessions begin September 22th, held every Friday at 10:30am at the Center for Music Therapy and Wellness at Drury University | 1312 N Benton, Springfield, MO 65802

FREE for the full ten-week session

Call 417-861-7345 to register or for more information



WHERE MUSIC BRINGS PROGRESS





**Parkinson's Group
of the Ozarks**

P.O. Box 50595
Springfield, MO 65805

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
417-269-3616
Meetings: Last Wednesday of the Month at 2:30 p.m.

BRANSON SUPPORT GROUP

Skags Community Health Center Redbud Room
251 Skags Road
Branson, MO 65616
417-883-0637
Meetings: Second Thursday of the Month at 2 p.m.

YOUNG ONSET SUPPORT GROUP

Cox Surgery Center
960 E. Walnut Lawn St., Suite 203
Springfield, MO 65807
417-269-3616
Meetings: Fourth Thursday of the Month at 7 p.m.

THE BODYSMITH

317 E Walnut St
Springfield, MO 65806
417-865-0500
Meetings: Second Saturday of the Month at 12:15 to 1:15 p.m.

CAREGIVER SUPPORT GROUP

417-269-3616
Ladies Only
Meetings: First Wednesday of the Month at 5 p.m.

LEARN MORE ABOUT PGO: www.parkinsonsgroup.org | 417-885-9595 | [facebook](https://www.facebook.com/ParkinsonsGroup) | [@ParkinsonsGroup](https://www.facebook.com/ParkinsonsGroup)