I hope that you derive as much feeling from this piece as I did when I first read it last June. It reminded me of something we all forget (me included)! First and foremost, an individual with Parkinson's is a person: a father, a professor, a husband, and so many other things. They should never be defined by a medical diagnosis, and yet we get so consumed with the disease that we must remind ourselves every day that these individuals are all the wonderful things they were before the diagnosis, and continue to be, whether they are able to communicate in the same fashion, or walk in the same manner, or write as they had before. Take time to remind yourselves: I have Parkinson's but it doesn't have me! And in that spirit, please enjoy this piece Sarah wrote about her father in honor of Father's Day.—Debbie

The Questions I Forgot To Ask My Dad

Sarah Rudolph

It’s ironic that most of my childhood memories of my father involve conversation; yet the big family joke is that he never really talked.

What we mean by the tease is that he was never one to open up and share his thoughts and feelings. If we wanted to know how his day of teaching went, or what he liked to do in his spare time, or how he felt when he lost his mother at the age of 14, or whether he believed in God, we would have to pry it out of him. Yet, I was always talking with my father. A philosopher through and through, he challenged my thinking at every turn. Sometimes it was with silly jokes. I torture my own children the way he tortured me, when they announce, “I’m hungry!” and I respond, “Nice to meet you, Hungry. I’m Ima (Hebrew for mother)!" I remember how pleased I was when I first saw the spark in my daughter’s eye that indicated she got it—because I made her stop, think, and understand. Just for a moment. Like my father did for me.

Sometimes it was with philosophy riddles. There was the barber in Seville who “shaves everybody in the town who doesn’t shave himself” — and I was supposed to figure out whether the barber shaved himself. On occasion, the ideas went over my head—like that time when I was in fourth grade and
The Questions I Forgot To Ask My Dad
continued from front page

asked for help with my math homework, and my father began with, “Well, if we let X equal…” I don’t remember anything he said beyond that, but I do remember being amused several years later when I finally got to algebra and the sort of abstract thought he had tried to teach me.

I felt like a real daddy’s girl when I took philosophy in college and could call him and ask questions or simply share what I was learning, or work with him on my analysis of Descartes. But in all this father-daughter intellectual bonding, there was something missing. What I forgot was that my father, too, is human and was once an adolescent. And he was one who had chosen to embrace a religious lifestyle vastly different from the one in which he was raised — all the while studying and teaching multiple areas of philosophy, including those of multiple religions. And I had the gall to think he hadn’t struggled with faith and truth, and arrived at some sort of personal conclusions.

My first year as a high school teacher I had a great group of students who liked to get me on tangents into what we called “Philosophy 101.” I told them about my father and several latched onto the idea that if they could only speak to him, he would solve all their existential dilemmas. I explained that my father wasn’t like that; he enjoyed ideas, but didn’t take his philosophy seriously in that kind of personal sense. I didn’t think of him as someone who had struggled with faith and reached a happy point of certainty and truth; on the contrary, I was fairly sure he didn’t really accept “proof” or “truth” at all. I had the tragic blindness to never ask him what he, personally, believed about anything. To waste the opportunity of years with this brilliant individual, and miss my chance to know what he thought and why?

My father is still with us, yet I find myself speaking of him in past tense because I can’t talk to him anymore. Over 20 years of a progressive, nameless, debilitating neurological condition; we have passed the threshold of even pretending there is a coherent conversation to be had. He will occasionally burst out with an audible line that is so classically my father I can’t help but laugh and cry. I laugh because he always made me laugh, and because I am happy to know he is indeed still there. But I cry because those occasional lines are all we get. And I cry because I don’t know if he is still fully there but unable to break through the fog of his condition, or if he is simply not all there anymore; and because I don’t know which would be worse. I cry because I missed my chance.

Recently, my aunt sent my sister a package of old letters and items. The ultimate treasure in there is the eight-page letter my father wrote his sister when he was a senior in high school. Topics range from a detailed account of his exploits, skipping school (MY father?!) to visit friends and to attend a youth group convention; to references to conversations in which he and his sister apparently shared deep ideological disagreements along with profound love and respect; to allusions to his own beliefs and idealistic ambitions for his future. The letter is quintessentially my father, right down to the part where he claims to be 100 percent sure of something and quickly acknowledges in parentheses that, of course, he is never 100 percent sure of anything. I see him in it, I hear his unique voice, and I also am introduced to a young man I never got to know, who took his philosophical quests as seriously and personally as my students that year, and who was committed to identifying and living the closest approximation to truth he could find. I read it with tears, and laughter. Maybe I didn’t completely miss my chance, but there is so much more I want to know.

In honor of Father’s Day, I want to thank my aunt for saving and sharing that letter. I want to thank my father, at his age of 16, for having written at such length and with such honesty. I want to kick myself for missing the chances I missed in all those years that I could and did talk to my father. And I want to resolve to talk with my own children as openly and honestly as possible. I want to resolve to save my own adolescent writings, so that even if I find it difficult to be open and honest with them, they can have the chance one day to find those journals and letters and get a window into their mother’s heart like I finally got into my father’s.

An extended version of this piece originally appeared on Kveller.com and is reprinted here with permission.
Use It and Keep It!
Helpful Ideas for Those in Rural Areas and Beyond

Jean Griffard, RN, Facilitator of the Parkinson’s Pals Ste. Genevieve Support Group

Living in a rural community can have its drawbacks when it comes to receiving quality care for a disease like Parkinson’s. Our location necessitates at least an hour of travel to St Louis to access top-notch medical knowledge and care. However, one benefit of living in a small rural community is the closeness of family and friends, so I decided to try something to maximize those resources.

When Kris Palmer, a member of our Parkinson’s Pals support group, read an article in the LINK about a program for LSVT (Lee Silverman Voice Treatment) graduates which met every three months in St Louis, she was interested in attending such a session. Kris had completed the LSVT training, but since she lives alone, she felt the need for more encouragement to practice her newly learned SPEAK LOUD techniques. Since Kris had traveled an hour to Desloge to receive her LSVT training from LSVT-certified Speech Pathologist, Kathryn McDowell, she contacted Kathryn to see if there was such a group in that area, because arranging travel to St Louis is a problem for Kris, as it is for many people with Parkinson’s. There was no such program in Desloge, so Kris and I began to put our heads together and brainstorm.

The APDA publishes a number of wonderful booklets, among them “Speaking Effectively” and “Be Active.” I was first introduced to these booklets via my dad, Clete Huck, who was diagnosed with Parkinson’s at age 55. (He passed away in 2009 at age 78.) He received these booklets; we paged through them and saw the helpful hints and exercises, practiced them for a week or two, then life got in the way. The books went into a drawer and were soon forgotten. Like so many things in life, unless a concerted effort is made to incorporate something, it falls by the wayside. This is where the idea of Ste. Genevieve’s newest Parkinson’s resource came into being. What if we had a meeting every month for people with Parkinson’s with the sole purpose of doing the exercises in these books together? We don’t have regular access to a Physical Therapist or Speech Pathologist, but we DO have a group of dedicated and determined people living with Parkinson’s and a book to guide us as to what to do. So, armed with these resources, the first meeting of the “Use It and Keep It” support group met on May 22, 2013 at Ste. Genevieve Hospital with five committed members in attendance.

Since my training is as a registered nurse, I explained to the group that although we were going to be doing speech exercises from the “Speaking Effectively” booklet, I am not a Speech Pathologist. And while we were doing exercises from the “Be Active” booklet, neither am I a Physical Therapist. I am taking the role of a family member who encourages the person with Parkinson’s to practice using the exercises in these booklets to help maintain function. The Greater St. Louis Chapter sent down a box of booklets, and we were ready to begin.

The timing of the meetings coincided with a caregiver support group in our area sponsored by the Alzheimer’s Association. Once again, living in a small community we sometimes have to think outside the box. Caregivers of people with dementia are invited to attend the Alzheimer’s Caregiver Support Group. The caregiver support group had been struggling, with only two members attending the meetings. Having our “Use It and Keep It” meeting at the same time allows our Parkinson caregivers to attend the Caregiver Support Group, so now the caregiver support group has continued on page 4

Help Us Help You – A New Advocacy Committee Forming

Dee Jay Hubbard, Ph.D., Caregiver Support Group Facilitator

In spite of our best efforts to be helpful to you and your family member with PD when they are hospitalized or placed in a rehabilitation center, in assisted living, or in a nursing home, we continue to hear about your frustrations. These frustrations stem in part from seeing that they are getting the right medications and that their medications are administered on time. Even though we have tried to help by supplying you with approved medication lists, packets of information about what to do when your loved one is hospitalized, and kits with signs and reminders for the staff, the problems persist.

Even when you stay with your loved one around the clock, you find it difficult, if not impossible, to get their medications administered on time and frequently feel that your attempts to intervene on your loved one’s behalf are ignored or even create tension between you and the facility staff. The last thing you want to do is alienate those caring for your loved one. No one knows better than you of the consequences when an individual with PD does not receive their medications on schedule because you have seen, first hand, what happens when they don’t. So it is very unnerving when you see your loved one declining because they are not getting their medications on time and you are unable to get the institution’s staff to work with you.

We have been exploring some ideas about how we might help but really want input from you about your first-hand experiences, what the problem(s) are, and what can be done to alleviate them. In other words, we need your help to help us help you. Many of you shared your thoughts during the recent Family Conference for Care Partners and Adult Children of Parents with Parkinson Disease which provided us with a perfect opportunity to get feedback from you concerning this important issue. Please call 314-362-3299 for further information and to volunteer for this new advocacy committee forming. It does indeed take a village!
Avoid The Dangers Of Dehydration

If you are thirsty, common sense tells you to get a drink. But dehydration has already begun to set in by the time your brain sends the signal that you need a drink.

Make drinking water a part of your daily routine and you can decrease your risk for dehydration – a potentially very serious condition. Older adults are at a higher risk for dehydration because they may not realize their bodies are suffering from lack of fluids until damage has already begun. Water provides a vehicle for other nutrients called electrolytes. Electrolytes include minerals such as sodium, potassium, and calcium. Water helps disperse these minerals throughout the body and into blood, tissue, and organs. It is necessary for lubricating joints. It is a huge part of blood and digestive liquids, helps transport nutrients and oxygen throughout the body, and carries away waste materials. Loss of water can be due to medications, illnesses, inability to move around easily, a diminished sense of thirst, or reduced kidney function.

The signs and symptoms of dehydration often mimic that of a general illness, so it’s important to pay attention to early warning signs. Look for lack of sweating, little or no urination (or urine that is dark in color), and sunken eyes. The person may be irritable, confused, have low blood pressure, and/or a rapid heartbeat or fever. Signs of severe dehydration include chronic fatigue and lethargy. Muscles may become weak and there may be muscle cramping. At times, seniors are dependent on caregivers who may not realize that they are not taking in enough fluids. Extreme dehydration warrants immediate medical attention.

Dehydration can also cause confusion and weakness. Look for sudden displays of confusion and/or weakness in an otherwise oriented individual, as they may be experiencing dehydration. Typically, an increase in their fluid intake will relieve these symptoms. However, these two symptoms can be indicators of a number of different conditions. So, if the symptoms persist after increasing fluids, you may want to consult a physician to determine if there is another condition presenting itself.

Sometimes people in advanced years who live on their own do not drink enough water or other fluids to maintain their health due to mobility issues. They often don’t drink enough, possibly because of faulty regulation of thirst, but also perhaps because of cognitive issues, including dementia. Some of them also find it difficult to regularly get up to go to the bathroom or move around so they may purposely limit the amount of fluid they consume to avoid going to the bathroom very often. Patients who are bedridden experience bedsores more readily when dehydrated than those who are able to get up and move around frequently.

Another reason older adults become dehydrated is sometimes because of their medications. With the various health conditions that develop in the senior years, it is not uncommon for people over the age of 60 to be taking multiple medications, some of which increase urination output. Medications to monitor and control heart disease, hypertension, kidney disease, and liver disease are common diuretic medications prescribed for seniors. While individuals realize that these medications are diuretics, they often overlook the need to add more fluids to their daily diet as they take their prescribed medications, and this causes many of them to become dehydrated.

When older adults are dehydrated, they are more susceptible to infection. Having physical problems or a disease which makes it hard to drink/swallow or hold a glass, painful to get up from a chair, painful or exhausting to go to the bathroom, or hard to talk or communicate to someone about their symptoms can all increase the risk for dehydration. Usually, the first symptom of dehydration to present is a dark or malodorous urine. This is closely followed by decrease in urine output and chronic constipation (which is difficult to distinguish from Parkinson disease symptoms). Urinary tract infections could develop over time. When the body is not properly flushing itself of toxins, these toxins can cause infections. So, if the person is not getting enough fluids, they are not voiding the toxins regularly. Another factor in elderly dehydration is the increased risk of contracting illnesses such as a common cold and flu. These illnesses cause fluid loss that is not easily replenished. Older people often have a reduced sensation of thirst, so it’s easier to miss the warning signs that they’re dehydrating. These individuals also tend to have lower reserves of fluid in the body, so it may be prudent for the older adults to learn to drink regularly even when not thirsty.

Use It and Keep It!

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seven members at most meetings. It has definitely been a win/win situation for everyone involved!

The “Use It and Keep It” group has been meeting monthly since May of 2013, and will be celebrating our two year anniversary! One member, Bob, hasn’t missed a single meeting! You GO, Bob! The participants feel the meetings are helpful, with an added bonus of increasing camaraderie between the members.

So, to those of you living in rural areas, be creative and use the resources available to you. You may be surprised at what you can accomplish!
Lori’s Lessons

Lori Patin challenges the progression of Parkinson Disease (PD) in the most inspirational way and bets on a cure, determined to buy time until one is found.

“Over the last 15 years, Parkinson’s has taught me many lessons. While I wish I hadn’t had to learn them, they have brought me comfort, strength, and blessings. I humbly offer them to you because they have taught me so much about life itself and continue to help me fight against my disease. And I hope you, too, will benefit from them when life throws challenges at you.”

1. When you are under attack, you must attack back… in your personal, maybe even very quiet way. If you run away, your challenge will catch you from behind and eat you. Relentless determination is the only omnipotent force in a tough fight. You can wear down your opponent; you’ve just got to want to win more.

2. The bravest thing you can do is to believe that bravery exists and act accordingly.

3. The two best drugs in the world are hope and faith. Hope for the best, plan for the worst, and have faith that there are forces at work that are with you and forever on your side.

4. Hope creates hope. If you have hope, you will keep fighting, which creates positive results, which creates more hope—a positively reinforcing cycle. The opposite is also true; if you lose hope, you stop trying, which creates losing results—a negatively reinforcing cycle.

5. Attitude is everything. Don’t just spend the rest of your life feeling sorry for yourself, sitting in a corner waiting for the worst to happen. Instead, keep in mind that this is the one life you have and decide to make the best of it. Within the parameters of your particular challenge, the only thing you can control is yourself. Life has no real guarantees. Live with the perspective that says, “I’ll give it all I’ve got and hope for the best.”

6. Make constant “deposits” into your energy bank accounts with hugs, sunrises, and laughs. They will allow for

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big withdrawals when you get hit with the unexpected.

Be grateful for every gift. I say a prayer each time I look at the flowers that grow from the seeds I planted.

Own and accept your situation. Don’t deny full ownership or lie to others about it. Being honest with yourself about your challenge allows you to confront it rather than to hide, which just wastes time, energy, and resources. Being honest with your friends draws not scorn or isolation but sympathy, prayers, resources, and ideas to support your fight. You will be amazed at the forces that come your way if you just share your story.

Seek out communities that will nurture you. Communities are an extension and reflection of the family and they enhance life. Belong to a community, and it will celebrate with your joy and commiserate with your pain. You need the members of the community for support, and they need you as a good example. Expect to be responsible to and for the community, just as it is responsible to and for you. Isolation is a killer, and inclusion is a savior.

Set goals – realistic, achievable, but challenging goals. Goals will move you forward because they create tension between where you are and where you want to go. But you may have to redefine success. Before you got blindsided by your challenge, you measured success in certain ways. Now your situation may make you measure success differently. Before I had PD, I was an aerobics instructor. Now I am proud to be able to go ballroom dancing.

Decide what is really important in your life – whether it’s being with family and friends, or gardening, or writing your memoirs – and make sure you spend time doing it.

Give some things up. You will be surprised what you will gain. I gave up some of my independence, and it has brought me so much closer to my family and friends.

Miracles are surely sometimes given from on high, but don’t count on that kind of miracle. The most likely miracles are the ones you will create yourself with hard work and a good attitude.

Lessons for Caregiving

If you can afford to pay for help, get it. Don’t be afraid to experiment, but don’t do anything really dumb or risky. If you can’t afford to pay, ask friends and family. People are willing, even anxious, to help. Conquer your embarrassment because the little mistake is to ask and be turned down, but the big mistake is to never ask and miss getting help.

Accepting help is not a sign of weakness but of strength. It takes strength to accept your limitations and to allow someone to assist you. To ask for and receive help requires the powerful combination of humility and courage.

Communicate. Don’t expect anyone to guess what you want and need, or don’t want and dislike. Mean what you say and say what you mean.

It is in everyone’s selfish best interest to demand that our caregivers take care of themselves. It is a good idea for you also to take care of them to the best of your abilities. They can and will wear out if both they and you are not careful.

Your caregivers will come to realize that when the person they love and care for has a difficult challenge, so do they. Of course, the degree of ownership involved is different. Even though the challenge is primarily yours, it will confront your caregivers and affect them, too. They can even make it work for both of you if they think about it the right way.

Make sure your caregiver has something else in his or her life to give him or her fulfillment. A steady diet of you/you/you will get a bit stale. He or she will return refreshed after doing whatever it is that interests him or her.

The biggest challenge for your caregiver is to hate the disease, really loathe it, but not resent the person who has it. He or she may know intellectually that it is not your fault, but every caregiver has moments of thinking, Why me? What did I do to deserve this? They have to set that aside and move on, for themselves as much as for you. Still, to underestimate the challenge of dealing with their emotions would not only be naive but potentially destructive.

You must love the people who love you. Their love and care demand reciprocity. You can’t just expect or demand or even accept their love and care without convincing them that you love them back. If nothing else, just tell them!

Reprinted with permission from Lori’s Lessons: What Parkinson’s Teaches About Life and Love by Carol Ferrigno Shepley.
Best Kept Secrets – Programs And Services

Thank you for your participation in our programs and services. We will be conducting a needs assessment and hope you will let us know what you find most and least valuable in terms of the programs and services offered through the Greater St. Louis Chapter. Here are some of the choices you will have in the coming year.

Caregiving
For Caregivers Only Support Group – 2nd Monday of each month, 10:30 a.m.-12:00 noon, held at the APDA Resource Center, 1415 Elbridge Payne, Ste. 150, Chesterfield, MO 63017. No need to RSVP, just come. This group is led by a professional counselor, Dr. Dee Jay Hubbard, and trained leaders Jay Bender and Lynda Wiens. All care partners and caregivers are welcome, as well as adult children of parents with Parkinson's.

Caregiver Series – back by popular demand! Registration required. Led by graduate Occupational Therapy students from Washington University School of Medicine.

- **HOME-CARE and SELF-CARE (Cleaning, Cooking, and Grooming)** Offered on Thursday, March 19, OR Saturday, March 21, from 10:00 a.m.-12:00 noon.
- **HOME SAFETY (Durable Medical Equipment and Its Management, Safe Transfers and Fall Prevention)** Offered on Thursday, March 26, OR Saturday, March 28, from 10:00 a.m.-12:00 noon.

Exercise
All exercise classes are offered weekly and are modified for people with Parkinson's and can accommodate all levels of ability. Patients are encouraged to attend at least one class per week for free, and can attend unlimited classes for a suggested donation of $20/month. Chair exercises and Tai Chi do not require a reservation. Aquatic Classes and Tremble Clefs require a sign-up. See the calendar pages of the newsletter and/or our website for listing of all classes.

- Tai Chi is offered on Wednesdays (10:00 a.m.-11:00 a.m.) and Fridays (11:30 a.m.-12:30 p.m.)
- Aquatic Exercise is offered twice a week, year-round. Please check the calendar section of the newsletter for precise schedule and location.

Support Groups
Support groups are held in various locations throughout Missouri and southern Illinois. They are listed in the calendar pages of the newsletter and on our website, www.stlapda.org. They offer time to connect with others facing similar challenges and also offer occasional speakers or learning opportunities. Support groups are open to individuals with Parkinson disease and their family members, with the exception of our Caregiver Only Support Group. No need to RSVP – just choose a convenient location and try one out. They each have their own personalities. You are welcome to attend more than one monthly support group. If you would like to be added to the regular mailing list for a particular group, please send us an email with your request.

PD101
PD101 is an informational session for newly diagnosed individuals offered one-on-one with you and your family member(s). Debbie Guyer, Executive Director, will go through a slide presentation about Parkinson disease, answer questions, and offer additional literature and referrals to specialists. To schedule a private session, contact Debbie directly at guyerd@neuro.wustl.edu or 314-362-3299.

Newsletters
The Greater St. Louis Chapter of the APDA publishes a quarterly newsletter in February, May, August, and November of each year. Newsletters include calendars of our programs and services, articles by professionals in the field, tribute acknowledgements, and more. You must request to be added to the mailing list, and we will gladly send one to your physicians and family members, too. All LiNK newsletters since 2007 are archived on the home page of our website, and these and other newsletters are kept on file in the resource center.

Tremble Clefs
This is a nationwide program for people with Parkinson's, their family members, and care partners. The goal of this group is to be a participant-led, musical experience. Through vocal exercises, singing as a group, and playing instruments, members will come together weekly and bond over a shared joy of making music. Please call to join this wonderful group, led by music therapist, Linda McNair, which meets on Saturday afternoons from 1:30 p.m.-3:00 p.m. at Salem Methodist Church.

PEP
Parkinson Education Programs are offered three times a year. These special presentations are open to everyone in our Parkinson community as well as the general public. Announcements and invitations are mailed to your home/business if you are signed up to receive newsletters, approximately four weeks in advance of the program, and can be found on our website as well.

Wallet Medication Card
Special wallet cards containing PD medication information are available. One side contains medications not to be used by PD patients and the other side, medications to be used with caution.

All of our services and special events can be found on our website at www.stlapda.org. Our Parkinson Resource Center in Chesterfield maintains a full resource library. Stop by Monday through Friday from 7:30 a.m.-4:00 p.m. to visit and learn. As always, please contact us if you have any other questions or needs (314-362-3299).
Tributes & Donations 10/1/14 – 12/31/14

Tributes are a wonderful way to acknowledge the memory of a beloved person as well as honor those who mean so much to you. Tribute envelopes can be obtained from the Center at 314-362-3299. Contributions can be made directly on the APDA Greater St. Louis Chapter website, www.stlapda.org.

Honoring

The anniversary of
Courtney & Chuck Adams
Roselynn Gad
John Basilico
Stacey Reinagel
The Wedding of Elisa
Birnbaum & Gary Weiss
Dolores Weinstein
Steve & Suzy Weinstein
Kathryn Blockyou
James Blockyou
Theresa Brennan
John Brennan
A Lifetime of Contributions to Shabbat Emeth-
Ronne & Allen Brockman
Gail & Larry Glenn
Rebecca Bruchhauser with thanks-
Kay Bruchhauser
The Jack Buck family
Steven B. Horn
Dave Butler
Jerry & Anne Carlson
David & Carol Clark
Mark & Marilyn Feldman
The Clayton Exercise Class
Theodore & Janette Zinsmeister
Robert S. Couter
Catherine L. Rudolph
Merry Christmas –
Clare Cribbin
Jack & Peggy Cribbin
Speedy recovery and
Continued Good Health-
Bonnie Diamond
Roselynn Gad
Speedy recovery –
Mary Dwyer
Janice Davis
Charlie & Terry Divine
Richard & Joanne Greene
Jill & Michael Hahn
Bryan & Susan Johnson
Robert & Sandra Sayre
Michael & Marty Schnaare
Mark & Debbie Skelly
Barbara Sutton
Marianne & Donald Weber
Marge Evans
David Elsbree
Edward Fogarty
Dr. & Mrs. William Fogarty
Bill Gerth III
Bill & Erika Gerth
Happy Holidays &
Best Wishes –
Larry & Gail Glenn
Curtd & Judy Fritz
The birthday of
Tricia Goldman
Gail Glenn
RALPH & Helen Goldsticker
Larry & Andy Goldsticker
The birthday of Ralph P.
Goldsticker, Jr
Larry & Andy Goldsticker
Robert Goodson
Judy Goodson
Merry Christmas –
Jane Goeringer
Martha Dyer
Debbie Gwyer with thanks
Kay Bruchhauser
Rochelle Weiss
Debbie Gwyer for helping Parkinsonians and their
Care partners
Dick & Phyllis Duesenberg
Lawrence W. Hamtil, MD
Laura Hamtil Klages
Brian Hantsbarger
Conner Ash PC.
Merry Christmas –
Pam Hayes
The Hayes Family
Speedy recovery of
D.J. Hubbard
Debbie Gwyer
Steven L. Hurster
Citizens National Bank
Speedy recovery of
Murray Kalina
Joan & Larry Levinson
Dr. Morvarid Karimi for her presentation to our Parkinson community
Debbie Gwyer
The 50th Anniversary of
Mr. & Mrs. Gene Klein
Pam & Jerry Brown
The 80th birthday of
Matt Krich
Bill & Lyn Heaton
Dave & Ruth Lake
Donald Lange
Ken McVey
Kathy McVoy
Gerald Medoff
Judith Medoff
Craig Miller for helping Parkinsonians and their
Care Partners
Dick & Phyllis Duesenberg
Rosatti J. Moore
JoAnn & Dan Goff
Christine Matteuzzi
Seniors Helping Seniors
Central STL
Merry Christmas –
Joe Morgan
Bob Morgan
Jim Niehoff for your
tremendous attitude and acceptance
Nancy & Tom Held
Kate, Jamie & Eleanor
Levinson
Dan & Katie Niehoff Kate & Eleanor
Maggie Niehoff
Tom & Margie Niehoff
Tricia Niehoff
Pat & Tom Oates
And Patrick, Nick & Laura
Tim, Josh, Eric, Zach
The anniversary of
Ron & Marilyn Oster
Mary Ann & Steve
Moreovitz
Ron & Donna Tierney
Dr. Joel Perlmutter for his presentation to our Parkinson community
Debbie Gwyer
Dr. Joel Perlmutter and team for advancement of clinical trials and Carboboxfullerone
Vicky & Tom Young
Robert & Nancy Potter
Matter Family Office
Nancy Potter
Jean Fitzgerald
Tom & Ruth Iversen
Speedy recovery of
Jerry Rkasas
Ruth & Bob Byers
Dr. Keith Rich and team for handling with care and comfort
Vicky & Tom Young
Phyllis Ross
Doris Ebersole
In appreciation of Mike Scheller’s exercise classes
Arnold Goldman
Sarah Schmerber’s Graduation with her
Doctorate in OT
Debbie Gwyer
Douglas Schroeder
Matt & Ashley Arrigo
Brad King
Tom & Robin King
RaDonna Landgraf
Curtis & Donna Schroeder
Darren Schroeder
Douglas & Kathy Schroeder
Lauren Schroeder
Merry Christmas –
Charlotte Shelburne
John & Sharon Baldwin
The 60th Wedding
Anniversary of
Mary & Carl Specking
Phyllis Ross
Merry Christmas –
Billie Stallings
The Hayes Family
Merry Christmas –
Gail Stallings
The Hayes Family
Jack Strosnider
Lois & Kirk Light
Leo & Sherry Mayberry
South Side Parkinson
Support Group Family
Laura & Tom Traber
Speedy recovery of Jack Strosnider
Debbie & Karl Gwyer
Judy Taylor
Mary Birkel
Happy Hanukkah –
Terri & Bill Taylor
Bob & Donna Cohen
Betty Underkoffler
Steve & Joyce Crangle
Merry Christmas –
Janie Waltes
Kay Bruchhauser
Robert Weber
Tractor Charity Run
Janet Rudd
Father Augustine Wetta
Barbara Kruse
Speedy recovery of
Joe Vernon
Debbie Gwyer
Speedy recovery of
Eric Vesper
Jerry & Pam Brown
The birthday of
Daniel Von Berg
Janice Raymond
Remembering
Kenneth L. Aucoin
Janice Carpenter
David & Tanya Cooper
John & Sylvia DeVall
James & Alison Bates
Gail Moran
Yetta Berk
Mike & Bernice Resnick
John Birchen
Eva Sketoe
Irvin J. Birkemeier
Bob & Betty Greene
Jerry, Sharon, & Tanya
Houghton
Steve Schmidt
SMART Local Union #36
Judie Tucci
Michele Walsh
Jill & Tony Whitman
Karen Blinder
Pam & Jerry Brown
Richard Brown
Dall & Betty Haden
William Bruchhauser
Alexander, Benjamin, &
Elizabeth Bruchhauser
Rebecca Bruchhauser
Kay Bruchhauser
B. Gordon Byron
Jean H. Byron
Betty Cash & Peter Byron
Hugo Canizares
David & Lori German and Family
Maureen Cantillon
The Hoffman Family
Alay Chambers
June V. Stolinski
Joseph Anthony Chieckes
Nancy Bollig
Lovette Brown
Mimi & Tim Butler
Jimmy & Becky Carson
Hancock Investment
Joe & Joyce Kramer
Nick & Alex Linderer
Barbara Lindhorst
Michael & Katie Luschen
James & Toni Morris
Henry & Constance Passaro
Ronald & Laurela Rath
Bob & Mary Sinak
Vicky Ladage-Sondag
Jack Strosnider
Gus & Mary Ulo
Lou & Dottie Vinyard
Jim, Marty, & Julie Weidlich
Lizzie & Rusty Wright
William Cribbin
Jack & Peggy Cribbin
Harry & Lillian Dalin & 70 years of
Marriage
Karl & Debbie Gwyer
Elwood Daugherty
Marily Daugherty
Helen Dickmeyer
Linda Delk
Audrey Dori
Rose Hodel
Sherri Druck
Terri & Bill Taylor
Joseph Emmerich
Marilyn Hoefflin
Falls are a significant health concern for older adults, and the rate of falls is often higher for those living with Parkinson disease (PD). NPF reports that 38% of people with Parkinson’s fall each year. Falls often occur because of instability and poor balance, and “freezing” episodes during walking.

Falls can happen both in the home and the community with negative consequences including injury, developing a fear of falling, and reduced daily functioning and independence. Parkinson disease comes with a unique set of symptoms and complications that cause people with PD to be more susceptible to falls. Some examples include joint stiffness, instability and poor balance, and “freezing” episodes during walking.

For those living with PD, it is important to understand that falls are preventable and you should not stop doing the things you care about due to fear of falling. Below are some strategies and small lifestyle changes that can impact fall risk factors and reduce the chances of having a fall.

**In-Home Safety Tips**

Ensure that there is adequate lighting in every room, stairs, and pathways to make it easier and safer getting around your home. Be mindful of clutter on the floor, etc.

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**Tributes & Donations**

continued from previous page

Memorial Baptist
Sunday School Class
Gerald & Virginia Moore
Patricia Thurman & Lesa Bridgett

Joe Tretter
Sue King

Paula Trombley
Dick & Margie Zimmerman

Gordon E. Wall
Marilyn Wall

Marie Wanning
Mary Oestereich

Ken Weerts, Sr.
Mary K. Weerts

Margaret & Peter Wilder
Joseph & Lauren Wilder

Dolores Willimann's mother
Marvin & Judy Willimann

Michael Worth
Paam & Jerry Brown

Norma J. Ziegenborn
Donald L. Ziegenborn

**General Gifts**

up to $99
Gary & Linda Anderson
Anonymous
Robert Babione
Grace Berding
Kay K. Best
David Billo
Regis & Louise Blutus
Don & Carole Brohm
Allen Brouk
Barbara Cassens
Dick & Nancy Chin
Dr. & Mrs. J.E. Creed
John & Cynthia Daly
Mary Anne Delker
Delphine Dinkneite
Rich Distler
Jane A. Domke
Ronald Dunham
Charles & Sharon Eisenhoffer
Col. & Mrs. Walter Evans
Sally Ferreira
William & Maxine Finley
Robert & Beverly Frey
Bill & Erika Gerth
Ralph Goldstuck
Paul Griffin
Donna Haer
Robert & Charlotte Hanpeter
Judith M. Hayes
Brenda Klinkerken
James & Ruth Konrad
Teresa Kosar
Barbara Kruse
Carol Lane
David Michael Lansdown
Elizabeth Laster
Christel Maassen
Susan Mayer
Char Ann Meloney
Sylvia Moore
Candace Mueller
Maureen Neusel
Anne Nichols
Beverly Paquet
Steven Puro
Jean Peterson
Kerry & Carol Price
Helen & Paul Rafson
Edwin Seematter
David & Barbara Sheffiel
Ken & Olga Smith
Perry & Shirley Sparks
Beverly Spindler
Sanford Spitzer
Richard & Marilyn Sprung
Vijaya Swamy
Patricia Swope
Anna Tranler
Dan & Carola Von Berg
Karen White
Mary Ann & Willmann
Jerry & Mary Jane Young
Flora Zeytoonian

**General Gifts**

$100 – $499
Jeanne Abbott
Earl & Cathy Adkison
Nancy C. Amiing
Anonymous
Jay & Ruth Ellen Barr
Herb & Marge Blilinsky
Bill & Ada Billings
Richard & Nancy Bivens
Janet Bollinger
Jim & Karen Braatz
Sara Cady
Kevin Casey
Robert & Linda Coulter
Francis W. Craig
David & Patsy Dalton
Don & Diane Donlon
Dick & Phyllis Duesenberg
Grace Evans
Janet Rice Forsman
Ellis D. Hay
Elaine Kistner
Charles P. Kohlenberger
David Michael Lansdown
David Levinson
John S. Meyer
Kenneth & Janet Munger
Mary K. O'Brien
Dale & Norma Plank
Lawrence F. Rakestraw
William & Barbara Russell
Jean Cidy Shrader
Donald & Helen Silver
Cindy Smalley
Ronald D. Taylor
Voice Aerobics- Mary Spremulli
Ida Nell Wargell
Stephen & Linda Wielansky

**General Gifts**

$500 – $999
Kevin Casey
Philip Estep
RHP Construction, Inc.
Richard & Cheryl Schumacher
Donald & Anne Whitaker

**General Gifts**

$1,000 – $9,999
Anonymous
Tom & Charlotte Benton
Florissant Elks Ladies Club
Rosanne H. Frank
J & S Charitable Foundation
Brad & Cindy Mars

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**Fall Prevention**

Rebecca Blum, MSOT/S 2015

Falls are a significant health concern for older adults, and the rate of falls is often higher for those living with Parkinson disease (PD). NPF reports that 38% of people with Parkinson’s fall each year. Falls often occur because of the symptoms and complications of PD, leading to recurrent falls.

Falls can happen both in the home and the community with negative consequences including injury, developing a fear of falling, and reduced daily functioning and independence. Parkinson disease comes with a unique set of symptoms and complications that cause people with PD to be more susceptible to falls. Some examples include joint stiffness, instability and poor balance, and “freezing” episodes during walking.

For those living with PD, it is important to understand that falls are preventable and you should not stop doing the things you care about due to fear of falling. Below are some strategies and small lifestyle changes that can impact fall risk factors and reduce the chances of having a fall.

In-Home Safety Tips

Ensure that there is adequate lighting in every room, stairs, and pathways to make it easier and safer getting around your home. Be mindful of clutter on the floor, etc.

continued on page 12
Occupational Therapy – Impacting, Empowering, and Improving the Lives of Individuals with Parkinson Disease

Jamie Archer MOT, OTR/L

Washington University Occupational Therapy offers in-home services that are personalized to help you analyze and solve problems related to performing everyday activities that can be complicated by Parkinson Disease (PD). The goal of our program is to ensure that you are able to live independently and safely at home and to maintain quality of life.

What is occupational therapy?
Occupational therapists work to break down barriers that limit your ability to do the things you want and need to do every day. We do this by adapting tasks and the environment to help you perform activities more independently. Occupational therapy also provides education in self-management with chronic conditions like PD to address the skills needed to manage your condition on a daily basis.

Why is occupational therapy recommended for individuals with PD?
The neurologic changes that occur with PD can result in slowed movement, stiff joints, impaired coordination, forgetfulness and trouble concentrating, fatigue or lack of energy, impaired balance, tripping, and falls. All of these symptoms can lead to difficulties with accomplishing everyday tasks.

In-Home Occupational Therapy at Washington University:
With in-home therapy at Washington University, an occupational therapist comes to your home and provides a skilled evaluation to determine the areas in which you are experiencing difficulty. We do this through interviewing you and your family and/or caregivers. We also assess the physical setup of your home and the resources you have available to you. We might also ask to observe you doing some of your normal daily activities or parts of activities to further assess your abilities. Then, we work with you to make a plan for how to address each of your personal goals. Occupational therapists also make recommendations regarding what we think might be helpful for you to manage living with PD as you age. Once you and your therapist identify problems, you’ll work together as a team to come up with solutions that may include use of adaptive equipment, making changes to your home environment, changing the way you do things, or developing new skills. After the evaluation, the occupational therapist will work with you to determine when it is best to return and begin working on each of your goals. For each visit, we will come to your home. The number of visits is determined by your needs and your insurance coverage.

Occupational therapy services are now also available at the Movement Disorders Clinic at Washington University School of Medicine. Ask your physician if you are interested in a referral for occupational therapy.

continued on next page
Fall Prevention

continued from page 10

such as electrical cords and loose throw rugs, which may be a cause of tripping. Keep the pathways in your home clear, especially the path from your bed to the bathroom. In the kitchen, place commonly used items on shelves that are easy to reach.

To protect against falls in the bathroom, place grab bars, a tub rail, and non-slip mats to aid in safely getting in and out of the shower or bathtub. Consider adding a raised toilet seat and/or a toilet frame to make it easier getting up and down from the toilet.

Use the Home Safety Self Assessment Tool (HSSAT) as a resource to help identify other fall risk factors in your home (http://agingresearch.buffalo.edu/hssat/), or contact an Occupational Therapist for an in-home safety assessment (see article in this newsletter for information).

Exercise

Exercise is also a highly effective way to reduce the risk of falling. Exercise helps prevent weakness or stiffness and increases endurance to participate in daily activities. There are many different types of exercises; the key is finding the right ones for you and making them a part of your daily life.

Tai Chi is one of the most effective exercises to reduce fall risks. It is an exercise that pairs slow movements and breathing and is very slow and gentle. It has been proven effective in improving balance.

There are other types of exercises that can help improve endurance, strength, and balance. These include chair exercises, walking, and water aerobics. Try to do some of these exercises with family and friends to make it more fun and engaging.

Contact the Greater St. Louis Chapter of the APDA to find an exercise class that is right for you. Other local agencies such as OASIS, Area Agency on Aging, the YMCA or the Jewish Federation may also have exercise classes.

Foot Care

Our feet are our base of support and we depend on them to help keep us balanced and safe when walking or standing. See your doctor if you have any numbness, tingling, or pain. These symptoms can negatively impact the way you walk, which can lead to a fall.

Wear footwear that is supportive and comfortable because they will keep you balanced. Types of shoes to avoid include flip-flops, slip-on shoes, shoes with heels, and shoes that don’t fit adequately. Invest in a pair of slip on shoe ice grippers (available at many sporting goods stores) to wear if you must go outside in icy weather.

Medication

For people with Parkinson’s, medication management can be complex and difficult. Certain types of medications can contribute to the risk of having a fall including pain medication, anti-depression or anxiety medication, and sleeping aids. It is important to have a good understanding about what medications you are taking, why you are taking them, and what the possible side effects are. Keep an up to date medication list of all prescription and over the counter medication and have your doctor or pharmacist review it to make sure that you are taking the appropriate medication.

Communicate with your health care provider

In the event that a fall has occurred, it is critical to report this to a health professional. After having one fall, the chances of having another fall significantly increase. A health professional can help prevent another fall from occurring in the future. If you are experiencing frequent falls, you may want to consider keeping a fall diary. Reducing the occurrence of falls is imperative for people living with PD. Taking preventative steps to prevent falls is important for maintaining a good quality of life. Know your risks and work to minimize them during daily activities.
Missouri Support Group Calendar

Sponsored by the American Parkinson Disease Association, Greater St. Louis Chapter

Our support groups meet once a month or as noted. Support group day and time may change periodically. For current updates on support groups and exercise classes, check our website, [www.stlapda.org](http://www.stlapda.org), or call the APDA Information & Referral Center or the facilitator. Information that has changed since the last LINK appears in bold.

<table>
<thead>
<tr>
<th>City</th>
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<th>Meeting Site</th>
<th>Day of Meeting</th>
<th>Time</th>
<th>Leader(s)</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballwin</td>
<td>St. Louis</td>
<td>Meramec Bluffs Care Center 40 Meramec Trails Dr., Activities Rm.</td>
<td>4th Tuesday</td>
<td>2:00 PM</td>
<td>Gayle Truesdell</td>
<td>636-923-2364</td>
</tr>
<tr>
<td>Cape Girardeau</td>
<td>Cape Girardeau</td>
<td>Cape Girardeau Public Library 711 N Clark Street, Oscar Hirsch Room</td>
<td>3rd Monday</td>
<td>6:00 PM</td>
<td>Desma Reno, RN, MSN</td>
<td>573-651-2939</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>APDA Community Resource Center 1415 Elbridge Payne, Suite 150</td>
<td>1st Tuesday</td>
<td>10:30 AM</td>
<td>Mary Buck, Nancy Rapp</td>
<td>636-532-6504</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>For Caregivers Only APDA Community Resource Center 1415 Elbridge Payne, Suite 150</td>
<td>2nd Monday</td>
<td>10:30 AM</td>
<td>Dee Jay Hubbard</td>
<td>314-362-3299</td>
</tr>
<tr>
<td>Columbia</td>
<td>Boone</td>
<td>Lenoir Community Center 1 Hourigan Drive</td>
<td>1st Thursday</td>
<td>4:00 PM</td>
<td>Patsy &amp; David Dalton</td>
<td>573-356-6036</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>573-434-4566</td>
</tr>
<tr>
<td>Creve Coeur</td>
<td>St. Louis</td>
<td>Pre/Post-DBS Group Missouri Baptist Medical Center 3015 N. Ballas, Main Parking Garage 4th fl. CLI Rm. 419</td>
<td>3rd Tuesday</td>
<td>6:30 PM</td>
<td>Joe Vernon</td>
<td>314-614-0182</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Young Onset Living and Working with PD Missouri Baptist Medical Center 3015 N. Ballas, Main Parking Garage 4th fl., CLI Rm. 419</td>
<td>3rd Tuesday</td>
<td>6:30 PM</td>
<td>Doug Schroeder</td>
<td>314-306-4516</td>
</tr>
<tr>
<td>Festus/</td>
<td>Jefferson</td>
<td>Disability Resource Association 130 Brandon Wallace Way</td>
<td>3rd Tuesday</td>
<td>1:00 PM</td>
<td>Penny Roth, Sara Dee</td>
<td>636-931-7696 x129</td>
</tr>
<tr>
<td>Crystal City</td>
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<tr>
<td>Florissant</td>
<td>St. Louis</td>
<td>Garden Villas North 4505 Parker Rd.</td>
<td>4th Thursday</td>
<td>11:00 AM</td>
<td>Nancy Robb</td>
<td>314-869-5296</td>
</tr>
<tr>
<td>Jefferson City</td>
<td>Cole</td>
<td>Capital Regional Medical Center SW Campus, Cafeteria</td>
<td>3rd Wednesday</td>
<td>3:00 PM</td>
<td>Jennifer Urich, PT David Urich</td>
<td>573-632-5440</td>
</tr>
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<td></td>
<td>573-796-2395</td>
</tr>
<tr>
<td>Joplin</td>
<td>Jasper</td>
<td>Byers United Methodist Church 1730 S. Byers, Gymnasium</td>
<td>Every Monday</td>
<td>3:00 PM</td>
<td>Nancy Dunaway</td>
<td>417-623-5560</td>
</tr>
<tr>
<td>Kansas City</td>
<td>Jackson</td>
<td>VA Medical Center 4801 Linwood Blvd. Hall of Heroes Room</td>
<td>3rd Tuesday</td>
<td>11:00 AM</td>
<td>Jesus Torres, Nikki C. Caraveo, RN, BSN, CRN 816-861-4700 x56765</td>
<td></td>
</tr>
<tr>
<td>Kirkwood</td>
<td>St. Louis</td>
<td>Kirkwood United Methodist Church 201 W. Adams, Room 201</td>
<td>4th Tuesday</td>
<td>7:15 PM</td>
<td>Terri Hosto, MSW, LCSW</td>
<td>314-286-2418</td>
</tr>
<tr>
<td>Ladue</td>
<td>St. Louis</td>
<td>The Gatesworth 1 McKnight Place</td>
<td>2nd Wednesday</td>
<td>1:00 PM</td>
<td>Maureen Neusel, BSW</td>
<td>314-372-2369</td>
</tr>
<tr>
<td>Lake Ozark</td>
<td>Camden</td>
<td>Lake Ozark Christian Church 1560 Bagnell Dam Blvd.</td>
<td>3rd Thursday</td>
<td>Noon</td>
<td>Patsy &amp; David Dalton</td>
<td>573-356-6036</td>
</tr>
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<td></td>
<td>573-434-4569</td>
</tr>
<tr>
<td>Poplar Bluff</td>
<td>Butler</td>
<td>Poplar Bluff Regional Medical Center 3100 Oak Grove Rd. Ground Floor Education Room 3</td>
<td>2nd Monday</td>
<td>6:00 PM</td>
<td>Charles Hibler, Charles Hibler register with Beryl or Dana</td>
<td>573-785-6222</td>
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<td>855-444-7276</td>
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<td>573-776-9355</td>
</tr>
<tr>
<td>Rolla</td>
<td>Phelps</td>
<td>Phelps County Regional Medical Center, Pulaski Room, 1000 W. 10th St.</td>
<td>4th Thursday</td>
<td>2:30 PM</td>
<td>Sarah Robinson</td>
<td>573-201-7300</td>
</tr>
<tr>
<td>South St. Louis</td>
<td>St. Louis</td>
<td>Garden Villas South 13457 Tesson Ferry Rd.</td>
<td>2nd Wednesday</td>
<td>10:00 AM</td>
<td>Jack Strosnider</td>
<td>314-846-5919</td>
</tr>
</tbody>
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## Missouri Support Group Calendar

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<tr>
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</tr>
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<tbody>
<tr>
<td>Springfield</td>
<td>Greene</td>
<td>Mercy Hospital 1235 E. Cherokee</td>
<td>2nd Thursday</td>
<td>2:00 PM</td>
<td>Randi Newsom, RN, BSN</td>
<td>417-820-3157</td>
</tr>
<tr>
<td>St. Peters</td>
<td>St. Charles</td>
<td>Spencer Road Library 427 Spencer Rd., Room 259</td>
<td>1st Tuesday</td>
<td>1:00 PM</td>
<td>Sherrie Rieves Ann Ritter, RN</td>
<td>636-926-3722</td>
</tr>
<tr>
<td>Trenton</td>
<td>Grundy</td>
<td>Royal Inn 1410 E. 9th Street</td>
<td>1st Thursday</td>
<td>10:00 AM</td>
<td>Novy &amp; Mary Ellen Holand Gloria Koon</td>
<td>660-357-2283</td>
</tr>
<tr>
<td>Washington</td>
<td>Franklin</td>
<td>Washington Public Library 410 Lafayette Avenue</td>
<td>2nd Monday</td>
<td>6:30 PM</td>
<td>Carol Weber</td>
<td>314-713-4820</td>
</tr>
<tr>
<td>Webster Groves</td>
<td>St. Louis</td>
<td>Bethesda Institute 8175 Big Bend Blvd., Suite 210</td>
<td>Last Friday</td>
<td>10:30 AM</td>
<td>Laurel Willis, BSW</td>
<td>314-373-7036</td>
</tr>
</tbody>
</table>

## Illinois Support Group Calendar

Our support groups meet once a month or as noted. Support group day and time may change periodically. For current updates on support groups and exercise classes, check our website, [www.stlapda.org](http://www.stlapda.org), or call the APDA Information & Referral Center or the facilitator. Information that has changed since the last LINK appears in bold.

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</thead>
<tbody>
<tr>
<td>Alton</td>
<td>Madison</td>
<td>Senior Services Plus 2603 N. Rodgers Ave.</td>
<td>2nd Tuesday</td>
<td>9:30 AM</td>
<td>Kim Campbell</td>
<td>618-465-3298 x146</td>
</tr>
<tr>
<td>Belleville</td>
<td>St. Clair</td>
<td>Southwestern Illinois College (PSOP) 201 N. Church St., Rm 106</td>
<td>2nd Monday</td>
<td>1:30 PM</td>
<td>Jodi Gardner</td>
<td>618-234-4410 x7031</td>
</tr>
<tr>
<td>Carbondale</td>
<td>Jackson</td>
<td>Southern IL Healthcare Headquarters University Mall</td>
<td>1st Wednesday</td>
<td>1:00 PM</td>
<td>Bill Hamilton, M.D.</td>
<td>618-549-7507</td>
</tr>
<tr>
<td>Champaign</td>
<td>Champaign</td>
<td>Savoy United Methodist Church 3002 W. Old Church Road</td>
<td>Every Monday</td>
<td>10:00 AM</td>
<td>Charles Rohn, Chuck Arbuckle</td>
<td>217-549-6167</td>
</tr>
<tr>
<td>Decatur</td>
<td>Macon</td>
<td>Westminster Presbyterian Church 1360 West Main Street</td>
<td>3rd Thursday</td>
<td>1:30 PM</td>
<td>John Kileen</td>
<td>217-620-8702</td>
</tr>
<tr>
<td>Glen Carbon</td>
<td>Madison</td>
<td>The Senior Community Center 157 N. Main St.</td>
<td>3rd Wednesday</td>
<td>10:30 AM</td>
<td>Nancy Goodson, Rich Rogier, Jeanette Kowalski</td>
<td>618-670-7707</td>
</tr>
<tr>
<td>Jacksonville</td>
<td>Morgan</td>
<td>Passavant Area Hospital 1600 W. Walnut—Meeting Room 2</td>
<td>1st Wednesday</td>
<td>6:00 PM</td>
<td>Karen Ladd</td>
<td>217-377-4973</td>
</tr>
<tr>
<td>Mattoon</td>
<td>Coles</td>
<td>First General Baptist Church 708 S. 9th St.</td>
<td>Last Tuesday</td>
<td>1:30 PM</td>
<td>Roy and Kay Johnson</td>
<td>217-268-4428</td>
</tr>
<tr>
<td>McLeansboro</td>
<td>Hamilton</td>
<td>Heritage Woods – Fox Meadows 605 S. Marshall Ave., Dining Room</td>
<td>1st Wednesday</td>
<td>1:00 PM</td>
<td>Paula K. Mason</td>
<td>618-643-3868</td>
</tr>
<tr>
<td>Springfield</td>
<td>Sangamon</td>
<td>St. John’s Rehab. @ Fit Club South 3631 S. 6th. Street #C</td>
<td>Odd numbered months: 1,3,5,7,9,11</td>
<td>2:00 PM</td>
<td>Kelly Neumann, PT</td>
<td>217-483-4300</td>
</tr>
</tbody>
</table>
### Exercise Classes

The APDA now offers 13 exercise classes that meet weekly in the Greater St. Louis area. Exercise is essential to managing Parkinson symptoms and slowing the progression of the disease. Our patient services funding comes from donations and is limited, so we encourage those who wish to attend multiple classes to make a $5 per week donation. This minimal donation helps us to defray the cost of the classes which run around $10 per person to cover the instructors’ salaries, room rentals, and equipment. This donation request is on an honor system, and we don’t turn anyone away from attending as many classes as they choose. To make a donation for exercise classes, use the blue envelope in your newsletter and note that it is for exercise class. Many people choose to pay quarterly to reduce the number of checks they write each month. Any amount you can contribute is used exclusively for our patient services to keep these programs free or at little cost to our patients.

Our exercise classes meet once a week or otherwise as noted. Information that has changed since the last LiNK appears in bold. Attend one class per week at no charge, or for $20/month attend as many classes as you want. No RSVPs are required. Check our website, www.stlapda.org, or call to find out any changes since publication.

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</thead>
<tbody>
<tr>
<td>Clayton</td>
<td>St. Louis</td>
<td>The Center of Clayton 50 Gay Ave., Mind/Body Room</td>
<td>Wednesday &amp; Friday</td>
<td>2:00 PM</td>
<td>Mike Scheller, PTA</td>
<td>314-289-4202</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>St. Luke’s Deslodge Outpatient Center 121 St. Luke’s Center Drive Conference Rooms 1 &amp; 2</td>
<td>Monday</td>
<td>10:00 AM</td>
<td>Sarah Farnell, OT</td>
<td>314-205-6934</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>Friendship Village 15201 Olive Blvd. Friendship Hall-Door #5</td>
<td>Tuesday</td>
<td>1:30 PM</td>
<td>Jessica Andrews</td>
<td>636-733-0180 x7719</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>Parkinson Resource Center 1415 Elbridge Payne, Ste. 150</td>
<td>Monday</td>
<td>1:30 PM</td>
<td>Becky Miller, DPT</td>
<td>314-362-3299</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>Tai Chi APDA Community Resource Center 1415 Elbridge Payne, Suite 150</td>
<td>Wednesday or Friday</td>
<td>10:00 AM or 11:30 AM</td>
<td>Craig Miller</td>
<td>314-362-3299</td>
</tr>
<tr>
<td>Creve Coeur</td>
<td>St. Louis</td>
<td>Aquatic Exercise Rainbow Village 1240 Dautel Lane</td>
<td>Winter Session</td>
<td>Jan. 5-March 13</td>
<td>Brenda Neumann</td>
<td>636-896-0999 x21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Spring Session</td>
<td>April 6-June 12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Florissant</td>
<td>St. Louis</td>
<td>Garden Villas North 4505 Parker Rd.</td>
<td>Tuesday</td>
<td>10:00 AM</td>
<td>Bobby Lautenschleger, PTA</td>
<td>314-355-6100</td>
</tr>
<tr>
<td>Joplin</td>
<td>Jasper</td>
<td>United Methodist Church 1730 Byers Ave.</td>
<td>Monday</td>
<td>2:15 PM</td>
<td>Nancy Dunaway</td>
<td>417-623-5560</td>
</tr>
<tr>
<td>Kirkwood</td>
<td>St. Louis</td>
<td>RehabCare 439 S. Kirkwood Rd., Ste.200 Park in rear</td>
<td>Thursday</td>
<td>1:00 PM</td>
<td>Brandon Takacs</td>
<td>618-971-5477</td>
</tr>
<tr>
<td>Ladue</td>
<td>St. Louis</td>
<td>Tremble Clefs Singing Salem United Methodist 1200 S. Lindbergh Blvd. Lower Level Choir Room</td>
<td>Saturday</td>
<td>1:30 PM</td>
<td>Linda McNair</td>
<td>314-362-3299</td>
</tr>
<tr>
<td>South St. Louis County</td>
<td>St. Louis</td>
<td>Garden Villas South 13457 Tesson Ferry Rd.</td>
<td>Monday</td>
<td>11:30 AM</td>
<td>Mike Scheller, PTA</td>
<td>314-289-4202</td>
</tr>
<tr>
<td>St. Peters</td>
<td>St. Charles</td>
<td>Barnes-Jewish St. Peters Hospital Healthwise Center 6 Jungermann Circle</td>
<td>Tuesday</td>
<td>11:00 AM</td>
<td>Holly Evans, COTA</td>
<td>636-916-9650</td>
</tr>
<tr>
<td>St. Peters</td>
<td>St. Charles</td>
<td>Aquatic Exercise St. Charles YMCA 3900 Shady Springs Ln.</td>
<td>Winter Session</td>
<td>Jan. 5-March 13</td>
<td>Brenda Neumann</td>
<td>636-896-0999 x21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Spring Session</td>
<td>April 6-June 12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lake Ozark</td>
<td>Camden</td>
<td>Lake Ozark Christian Church 1560 Bagnell Dam Blvd.</td>
<td>Monday</td>
<td>4:00 PM</td>
<td>Alice Hammel, RN</td>
<td>573-964-6534</td>
</tr>
</tbody>
</table>

**Exercise Classes Information:**

- **The Center of Clayton, 50 Gay Ave., Mind/Body Room, Clayton, St. Louis:**
  - **Day of Meeting:** Wednesday & Friday
  - **Time:** 2:00 PM
  - **Leader(s):** Mike Scheller, PTA
  - **Phone:** 314-289-4202

- **St. Luke’s Deslodge Outpatient Center, 121 St. Luke’s Center Drive Conference Rooms 1 & 2, Chesterfield, St. Louis:**
  - **Day of Meeting:** Monday
  - **Time:** 10:00 AM
  - **Leader(s):** Sarah Farnell, OT
  - **Phone:** 314-205-6934

- **Friendship Village, 15201 Olive Blvd. Friendship Hall-Door #5, Chesterfield, St. Louis:**
  - **Day of Meeting:** Tuesday
  - **Time:** 1:30 PM
  - **Leader(s):** Jessica Andrews
  - **Phone:** 636-733-0180 x7719

- **Parkinson Resource Center, 1415 Elbridge Payne, Ste. 150, Chesterfield, St. Louis:**
  - **Day of Meeting:** Monday
  - **Time:** 1:30 PM
  - **Leader(s):** Becky Miller, DPT
  - **Phone:** 314-362-3299

- **Tai Chi APDA Community Resource Center, 1415 Elbridge Payne, Suite 150, Chesterfield, St. Louis:**
  - **Day of Meeting:** Wednesday or Friday
  - **Time:** 10:00 AM or 11:30 AM
  - **Leader(s):** Craig Miller
  - **Phone:** 314-362-3299

- **Aquatic Exercise Rainbow Village, 1240 Dautel Lane, Creve Coeur, St. Louis:**
  - **Winter Session:** Jan. 5-March 13
  - **Spring Session:** April 6-June 12
  - **Day of Meeting:** Tuesday
  - **Time:** 1:00 PM
  - **Leader(s):** Brenda Neumann
  - **Phone:** 636-896-0999 x21

- **Garden Villas North, 4505 Parker Rd., Florissant, St. Louis:**
  - **Day of Meeting:** Tuesday
  - **Time:** 10:00 AM
  - **Leader(s):** Bobby Lautenschleger, PTA
  - **Phone:** 314-355-6100

- **United Methodist Church, 1730 Byers Ave., Joplin, Jasper:**
  - **Day of Meeting:** Monday
  - **Time:** 2:15 PM
  - **Leader(s):** Nancy Dunaway
  - **Phone:** 417-623-5560

- **RehabCare 439 S. Kirkwood Rd., Ste.200 Park in rear, Kirkwood, St. Louis:**
  - **Day of Meeting:** Thursday
  - **Time:** 1:00 PM
  - **Leader(s):** Brandon Takacs
  - **Phone:** 618-971-5477

- **Tremble Clefs Singing Salem United Methodist 1200 S. Lindbergh Blvd. Lower Level Choir Room, Ladue, St. Louis:**
  - **Day of Meeting:** Saturday
  - **Time:** 1:30 PM
  - **Leader(s):** Linda McNair
  - **Phone:** 314-362-3299

- **Garden Villas South 13457 Tesson Ferry Rd., South St. Louis County, St. Louis:**
  - **Day of Meeting:** Monday
  - **Time:** 11:30 AM
  - **Leader(s):** Mike Scheller, PTA
  - **Phone:** 314-289-4202

- **Barnes-Jewish St. Peters Hospital Healthwise Center 6 Jungermann Circle, St. Peters, St. Charles:**
  - **Day of Meeting:** Tuesday
  - **Time:** 11:00 AM
  - **Leader(s):** Holly Evans, COTA
  - **Phone:** 636-916-9650

- **Aquatic Exercise St. Charles YMCA 3900 Shady Springs Ln., St. Peters, St. Charles:**
  - **Winter Session:** Jan. 5-March 13
  - **Spring Session:** April 6-June 12
  - **Day of Meeting:** Thursday
  - **Time:** 1:45 PM
  - **Leader(s):** Brenda Neumann
  - **Phone:** 636-896-0999 x21

- **Lake Ozark Christian Church 1560 Bagnell Dam Blvd., Lake Ozark, Camden:**
  - **Day of Meeting:** Monday
  - **Time:** 4:00 PM
  - **Leader(s):** Alice Hammel, RN
  - **Phone:** 573-964-6534

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**Important Information:**

- Attend one class per week at no charge, or for $20/month attend as many classes as you want. No RSVPs are required.
- Check the website, www.stlapda.org, or call to find out any changes since publication.
The annual APDA Golf Classic in honor of Jack Buck will take place May 18, 2015, at Algonquin Golf Club in Glendale, MO. Mark your calendars! Invitations will be mailed out soon, so don’t delay in returning your registration as this event has completely sold out for the past two years. We hope you’ll join us in honoring a man whose own dauntless brand of charity has made him a civic institution in our community.

St. Louis Cardinals GM, John “Mo” Mozeliak, will serve as Honorary Chairperson for the sixth consecutive year. Mo’s Parkinson connection is twofold as both his grandmother and father-in-law were diagnosed with Parkinson disease. We are thrilled that Mo remains passionate about his involvement with our cause. One of the highlights of the evening was the Q-and-A session with John Mozeliak and broadcaster Dan McLaughlin. Last year, over $115,000 was raised to support local patient services and programs and to fund Parkinson research. Participants enjoyed the sit-down dinner and feasting on Chef Brian Bernstein’s delicious creations. If you don’t golf, there is a dinner-only option, but tickets are limited, so sign up early.

If you or someone you know would like to receive an invitation to play in this wonderful tournament, become a corporate or individual sponsor, and/or donate a gift to the auction or raffle, we welcome your involvement. Please contact the Greater St. Louis APDA Chapter at 314-362-3299 or send an email to guyerd@neuro.wustl.edu.

Help us honor Jack’s memory with another winner! The funds generated will assist those living with Parkinson disease in our local communities as well as the researchers hard at work discovering causes and ultimately a cure for Parkinson disease.