

## IN THIS ISSUE

Use It and Keep It! .....	3
Help Us Help You.....	3
Avoid The Dangers Of Dehydration 4	
GO! St. Louis .....	5
Lori's Lessons.....	5
Q&A.....	6
Best Kept Secrets – Programs And Services.....	7
Tributes and Donations.....	8-10
Fall Prevention.....	10
Occupational Therapy .....	11
Support Group Calendars.....	13-14
Exercise Class Calendar .....	15
That's A(nother) Winner! .....	16
Save the Dates.....	16



American Parkinson Disease Association

### APDA Greater St. Louis Chapter

1415 Elbridge Payne Road, Suite 150  
Chesterfield, Missouri 63017

314-362-3299 [www.stlapda.org](http://www.stlapda.org)

#### OUR MISSION

Our mission is to enhance the quality of life for people with Parkinson disease, their families, and caregivers in our communities throughout Missouri and southern Illinois, and to provide funding for ongoing Parkinson research.

Disclaimer: The information and reference material contained herein concerning research being done in the field of Parkinson disease and answers to readers' questions are solely for the information of the reader. It should not be used for treatment purposes, rather for discussion with the patient's own physician.

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

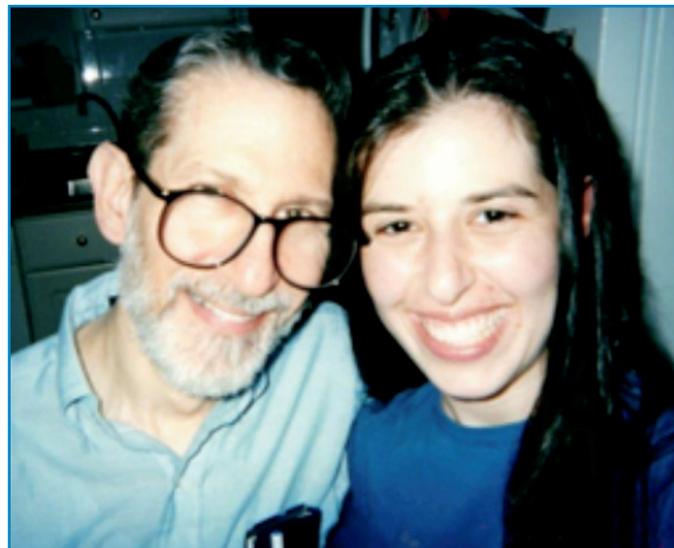


Photo courtesy Kvellar.com

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

*continued on next page*

## APDA GREATER ST. LOUIS CHAPTER

Deborah Dalin Guyer, MA,

Executive Director

[guyerd@neuro.wustl.edu](mailto:guyerd@neuro.wustl.edu)

Sarah Schmerber, OTD

Program Coordinator/Development

[sschmerber@apdaparkinson.org](mailto:sschmerber@apdaparkinson.org)

Michelle Almengor, BA

Program Coordinator/Administration

[malmengor@apdaparkinson.org](mailto:malmengor@apdaparkinson.org)

## APDA COMMUNITY RESOURCE CENTER

1415 Elbridge Payne ■ Suite 150

Chesterfield, MO 63017

Hours: 7:30 a.m.–4:00 p.m. M–F

Phone: 314-362-3299

[www.stlapda.org](http://www.stlapda.org)

## BOARD OF DIRECTORS OFFICERS

David Dankmyer ■ President

Matt Schumacher ■ 1st Vice President

David Butler ■ 2nd Vice President

Melinda Mierek ■ Secretary

Brian Hantsbarger ■ Treasurer

Rebecca B. Farris ■ Member-at-Large

Bob Goldsticker ■ Member-at-Large

## DIRECTORS

Patsy Dalton

Joe Marchbein

Rob Goren

Anne Ross-Weldy

Ted Hume

Robert Sanderson

Jack Strosnider

## DIRECTOR EMERITUS

Susan B. Levin

## MEDICAL DIRECTOR

Joel S. Perlmutter, MD

## NATIONAL AFFILIATION

APDA • 135 Parkinson Ave.

Staten Island, NY 10305

800-223-2732

## EDITOR

Deborah D. Guyer

## CONTRIBUTING EDITORS

Elaine Dreher

Betty Hayward

Sarah Schmerber

## 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 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 disseminate 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 indications 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 urine 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!

*continued from page 3*

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! ■

# Join Team APDA at the 2015 GO! St. Louis Marathon & Family Fitness Weekend

The Greater St. Louis Chapter of the American Parkinson Disease Association (APDA) is an official charity of the 2015 GO! St. Louis Marathon & Family Fitness Weekend, which takes place the weekend of April 11-12, 2015. Last year we raised \$61,440, placing APDA as the top fundraising charity from among all participating organizations. Our goal for 2015 is to raise \$100,000. One hundred percent of funds raised support Parkinson research deemed as the most promising nationwide by the members of the Scientific Advisory Board of the APDA and also support the APDA Information and Referral Centers located in host institutions across the country, such as the one at Washington University School of Medicine.

Help us raise awareness and find a cure for this chronic and progressive disease by joining Team APDA in one of the GO! St. Louis events as a walker or runner.



**Saturday  
April 11, 2015  
in Forest Park**  
5k run/walk (8:00 a.m.)  
Children's fun runs  
(10:45 a.m.)  
Mature Mile  
(11:15 a.m.)

**Sunday  
April 12, 2015  
in downtown St. Louis**  
Marathon (7:00 a.m.)  
Half-marathon (7:00 a.m.)  
Marathon relay  
(7:00 a.m.)

Team APDA members are asked to raise a minimum of \$250 for individual participants or \$1,000 for a "family" of 4-5 participants in exchange for:

- Free race registration.
- Team t-shirt.
- Complimentary training (marathon & half-marathon participants only).

If you're interested in participating, volunteering, or sponsoring Team APDA at GO! St. Louis on April 11-12, 2015, please call us at 314-362-3299 or email Debbie Guyer ([guyerd@neuro.wustl.edu](mailto:guyerd@neuro.wustl.edu)) or Sarah Schmerber ([sschmerber@apdaparkinson.org](mailto:sschmerber@apdaparkinson.org)).

We look forward to your participation in helping APDA fight and win this battle against Parkinson disease.

Stay tuned to our website, [www.stlapda.org](http://www.stlapda.org), or our Facebook page, [Facebook.com/APDAGreaterStLouisChapter](https://www.facebook.com/APDAGreaterStLouisChapter), for more information and updates as we near the race weekend date. ■



Lori Patin

## 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

*continued on next page*

big withdrawals when you get hit with the unexpected.

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

**8** 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.

**9** 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.

**10** 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.

**11** 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.

**12** 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.

**13** 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

**14** 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.

**15** 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.

**16** 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.

**17** 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.

**18** 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.

**19** 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.

**20** 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 naïve but potentially destructive.

**21** 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 Ferring Shepley.*

### Q: What can I do to have less "off" time?

**A:** You need to be able to explain to your doctor when you have "off" time. Very importantly, once you begin having "off" time, you must be devout about taking your PD medication at exactly the same times each day. For instance, NOT just taking your medication "three times a day" but at specific times that are the same each day. Or NOT just taking your medication "before meals and at bedtime" unless you always eat and go to bed at exactly the same times every day. Then the second step is to be able to describe when you have "off" time with respect to when you take your medication. The most common thing is to start getting "off" time near the end of a dose OR just as you take the next dose OR even after you take the next dose (but before it has a chance to start working). You need to be able to describe which doses this happens near and how long it happens. An additional issue to consider is that you have to be able to describe what usually happens, not just when it might happen once in a while. Then with your doctor, you can begin to make changes in the amount of the medications you already take OR shorten the interval between medications OR add another medicine. ■

# 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](http://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](mailto: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](http://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](http://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 Shaare Emeth-  
Ronnie & 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  
Zinselmeier

*Robert S. Coulter*  
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*  
Curt & Judy Fritz

*The birthday of  
Tricia Goldman*  
Gail Glenn

*Ralph & Helen Goldsticker*  
Larry & Andi Goldsticker

*The birthday of Ralph P.  
Goldsticker, Jr*  
Larry & Andi Goldsticker

*Robert Goodson*  
Judy Goodson

*Merry Christmas -  
Jane Goeringer*  
Martha Dyer

*Debbie Guyer with thanks*  
Kay Bruchhauser  
Rochelle Weiss

*Debbie Guyer for helping  
Parkinsonians and their  
Care partners*  
Dick & Phyllis Duesenberg

*Lawrence W. Hamtil, MD*  
Laura Hamtil Klages

*Brian Hantsbarger*  
Conner Ash P.C.

*Merry Christmas -  
Pam Hayes*  
The Hayes Family

*Speedy recovery of  
D.J. Hubbard*  
Debbie Guyer

*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 Guyer

*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 McVoy*  
Kathy McVoy

*Gerald Medoff*  
Judith Medoff

*Craig Miller for helping  
Parkinsonians and their  
Care Partners*  
Dick & Phyllis Duesenberg

*Rosati 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

*Robert Goodson*  
Dan & Katie Niehoff  
Kate & Eleanor  
Levinson  
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  
Morovitz  
Ron & Donna Tierney

*Dr. Joel Perlmutter for  
his presentation to our  
Parkinson community*  
Debbie Guyer

*Dr. Joel Perlmutter and team  
for advancement of clinical  
trials and Carboxyfullerone*  
Vicky & Tom Young

*Robert & Nancy Potter*  
Matter Family Office

*Nancy Potter*  
Jean Fitzgerald  
Tom & Ruth Iversen

*Speedy recovery of  
Jerry Raskas*  
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 Guyer

*Douglas Schroeder*  
Matt & Ashley Arrigo  
Brad King  
Tom & Robin King  
RaDonna Landgraf  
Claude & 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 Guyer

*Judy Taylor*  
Mary Birkel

*Happy Hanukah -  
Terri & Bill Taylor*  
Bob & Donna Cohen

*Betty Underkofler*  
Steve & Joyce Crangle

*Merry Christmas -  
Janie Walter*  
Kay Bruchhauser

*Robert Weber*  
Tractor Charity Run  
Janet Rudd

*Father Augustine Wetta*  
Barbara Kruse

*Speedy recovery of  
Joe Vernon*  
Debbie Guyer

*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

*Alroy Chambers*  
June V. Stolinski

*Joseph Anthony Chiecsek*  
Nancy Bollig  
Lorette 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 & Lauralea Rath  
Bob & Mary Sinak  
Vicky Ladage-Sondag  
Jack Strosnider  
Gus & Mary Ullo  
Lou & Dottie Vinyard  
Jim, Marty, & Julie Weidlich  
Lizzie & Rusty Wright

*William Cribbin*  
Jack & Peggy Cribbin

*Harry & Lillian Dalin & 70  
years of Marriage*  
Karl & Debbie Guyer

*Elwood Daugherty*  
Marilyn Daugherty

*Helen Dickmeyer*  
Linda Delk

*Audrey Dori*  
Rose Hodel

*Sherri Druck*  
Terri & Bill Taylor

*Joseph Emmerich*  
Marilyn Hoferlin

**Bill Erdman**  
Thomas & Connie Cameron  
Kris & Bert Emmons  
John & Carol Galgani  
Tim & Carrie Genovese  
Linda & Michael Goorvich  
Lori & Scott Hagely  
Joe & Linda Holdman  
The Hayes Family  
Ron & Irma Jenkins  
Janice C. Kilgen  
Vera Parker  
Bonnie Paulsmeyer  
Diane & Bruce Rich  
Sauk Valley Bank  
Sharon Southerland  
Catherine Vespereny &  
Dennis Hannon  
Mary & Kirk Volding  
Frank & Evelyn Volski

**Norman Finger**  
Marge & Larry Buxner

**Joan Fitzgerald**  
Timothy Fitzgerald

**Samuel Friedman**  
Leslie Friedman

**Bernard L. Fritz**  
Patrick & Sharon Ryan  
B.J. Stringer

**Norman Gerhart**  
Charles & Mary Hughes

**Marvin Gernstein**  
Charles Manley &  
Kimberly Perry

**Fran & Irv Glazer**  
Mildred Poletsky

**Ben Goldman**  
Gail & Larry Glenn

**Helen Goldsticker**  
Larry & Andi Goldsticker

**Reuben Goodman**  
Sydney Brown

**Ray Grither**  
Margaret Pauley  
Kathy Rodgers

**Howard Grunewald**  
Tricia Thompson

**Lois Gusdorf**  
Mike & Bernice Resnick

**William Haas**  
Robert Searfoss

**James R. Haynes**  
Maxine M. Bauer  
Brian Croxford & Family  
Marie Dealey

**Larry Holder**  
Jackie Welsh-Holder

**Ruth Honerkamp**  
AW Healthcare

**Diane Hume**  
Travis Harper  
Ron & Madelan Krueger

**Donald Hurt**  
Wanda Bartley  
Bernice Hicks  
Richard & Sandra Hicks  
Rita Taylor

**Father of Marci Kahn**  
Kathi & Stuart Rosenberg

**Frank J. Kasal**  
Meagan & Mark Berlin

**Alberto Kaufman**  
Roberta Hayman

**Frank B. Kellogg**  
Harvey & Shirley Kimble  
Raymond/Margaret Rustige  
Pat Wardlow

**Dorothy Kessler**  
Billy & Terri Taylor

**Mother of Jerry Kneemiller**  
Kathi & Stuart Rosenberg

**Mother of Gillian Kolb**  
Kathi & Stuart Rosenberg

**Albert P. Kopolow**  
Renee & Jack Rosen

**Mel & Arline Kretschman**  
Bruce & Sue Gibson

**John L. Krieger**  
John S. Krieger

**Rose Krouper**  
Sharon Bumberry  
Marilyn Leckroner  
Rae McLaughlin  
Charlotte Shelburne

**Irene Kullmann**  
Paul & Roberta Van  
Wagenen

**Maurine Lamar**  
Robert Miles  
Raymond & Doris Plahn

**Charles Tom Lansden**  
Elsworth & Clea Fildes  
Rita Lovshe  
Maureen Owens  
David & Debra Rathje  
Matti Schultz

**Harold & Nelda Lay**  
Nancy & Mac McMullen

**Fred Levin, DDS**  
Roberta Hayman

**James Lowrier**  
Susanne McHale

**David Martin**  
Barbara Maroscher  
Tamra Walker

**Nancy McHenry**  
Debbie Guyer

**Clifford M. McNames**  
Lois McNames

**Betty Medcalf**  
Lin Alexander  
Bob & Virginia Ashford  
George & Doris Butcher  
Brenda Coffman  
Darlene Collins  
Larry Crawford  
Cumberland Presbyterian  
Church  
Bill Gauldin  
Linda McDaniel  
Ed & Roberta Nelson  
Kevin & Pam Riggs  
Joe & Doris Samson  
Bernice Sporleder  
Don Stouffer

Todd & Beverly Sloan  
Robert & Kim Swisher  
Steve & Mary Tevis

**Walter O. Meyer**  
Sally Anne Meyer

**Loretta Miller**  
Catherine Hencken

**"Moe" Mohesky**  
Lois Mohesky

**Hortense Morgan**  
Roberta Hayman

**Vern Nelson**  
Paul & Carol Hatfield

**Patricia Nigro**  
Betty Cash & Peter Byron

**Fred Oertli**  
Jack & Barb Alberson  
Baker Electric, Inc.  
Tom & Donna Bertani  
Philip Jr. and Candace Cady  
Roger & Alicia Cammon  
John & Debbie Capps  
Jeffrey & Rebecca Cook  
Bob & D'Arcy Elsperman  
Barb & Stephen Fitzgerald  
Karl & Debbie Guyer  
Tracy Hart, Dirk Elsperman,  
& Friends at Tarlton  
Bob & Signa Hermann  
Stanley & Lesley Hoffman  
Dipak & Milan Kapadia  
Mark & Nancy Kodner  
The Korte Company  
Barbi & Bill Macon  
Kevin & Beverly Maher  
Susan Maune  
Charles & Anne McAlpin  
McPhee Electric  
Doug & Cheryl Mertzluft  
Jim & Mimi Murphy  
Gary & Marnie Neal  
NECA St. Louis Chapter  
Charles & Sue Oertli  
Oklahoma Electrical  
Supply Company  
Paric Corporation-  
Joe McKee & Keith Wolkoff  
David Payne  
The Racquet Club  
Mark & Ginger Reinert  
Ann Simpson  
Pat Stark, Dave Calvin &  
Friends at UHY Advisors  
Lynn & Ed Wakefield  
Barbara & Steve Young

**Robert Olendorff**  
Bob & Ann Schulte

**Kurt Olscher**  
Emileigh Ard & Brian  
Heffern  
Louis S. Becker  
Sharon L. Becker  
E. K. Haring & Family  
Mike Olscher- Santa Ana &  
Stephens  
Jessica Platt  
Janet Southmayd

**Rev. Dr. Harold J. Paul**  
Doris Bergst  
Robert & Darteen Bax  
Dorothy Creamer  
Skip & Joan Dickshot  
Rose & Keith Dieckman  
Bob & Blanche Driemeyer

Grace I. Hanser  
Vernon & Marcella Klaus  
Edwin & Ruth Klenke  
Martha Klenke  
Vern & Phyllis Koenig  
Ruth C. Ogles  
Betty Pinkel  
Ivy Schneider  
Darrell & Teri Sy  
Elinor Theins & Craig  
The Thiel Family  
David & Audrey Steiner  
Ulea Vallow  
Yvonne Weber  
Karen Wier  
Gladys Wilkening

**Father of Dennis Persky**  
Kathi & Stuart Rosenberg

**Art Poger**  
Dr. Gordon & Terry  
Bloomberg

**Larry Pozniak**  
Judy & Gregory Harbaugh  
Mary L. Herman  
Mel & Marie Janis  
Richard & Charlene  
Jennings  
Gardner & Earlene  
Washburn  
Marian Watson

**Bob Reed**  
June Reed

**Gregory Rehme, Jr.**  
Karen Beck  
The Benner Family  
David Colvin  
David & Heather Corbitt  
David & Clare Fernandez  
Frank Henning  
D.M. & T.M. Hill  
Mary E. Hill  
Benjamin & Shannon  
Hoskins  
Mark & Theresa Klocker  
Donna LaChance  
Don Larson  
Paul Maltagliati  
Mike & Marian  
McDonough  
Audrey & James Miles  
Rita Shiell  
Ella M Taubel  
Mitch Wagner  
David & Christine White

**Leslie Rich, DDS**  
Mark & Nancy Kodner  
Penny Kodner

**Donald Richmond**  
Dale & Carol Sewald

**Dwight Rogier**  
Jennifer & Chris Stephenson

**Chloe O. Ross**  
Kenny & Kathy Lintner

**Melvin Roth**  
Gene & Bonny Boedeker

**Elfrieda Roth-Roffy**  
Paul Roth-Roffy

**Mahlon Rubin**  
Joe Marchbein

**Marjorie A. Ruser**  
Scott, Jennifer, Bob & Joyce  
Martin

**Robert Salzman**  
Cheryl Perl

**Dorothy Bierman Sandow**  
Cheryl Perl

**Jackie J. Schmidt**  
Larry Schmidt

**John J. Senn**  
George & Nancy Marble

**Marty Shrader**  
Beyond Housing  
Deborah Bloomer &  
Greg Brough  
Ann & Doug Boessneck  
Laura H. Brady  
Mary Burrows  
Cheryl Coffin & Ralph  
Topham  
Nancy Connor &  
Ken Messersmith  
Deborah Dombar  
Diane Dossin  
Judith & Stephen Ellenburg  
Jane Goldberg  
Georgia Green  
John & Janea Klein  
Stephen Koehler  
Evelyn Lieberman  
Dennis Lutz  
Charles Manley &  
Kimberly Perry  
Geoffrey & Marilyn  
Morrison  
Aaron Osherow  
Richard Radford  
Derek & Emily Rapp  
Roger & Margaret Schlueter  
Patricia Schoen  
Shulamith Simon  
H.W. Smith & Mary  
Burrows  
Beth Stohr  
Judith Ugalde

**Irv Siegel**  
Bryan Fadem  
Alice Ripley  
Beverly & Jerry Silverman  
Jo Ann Treumann

**Merle L. Silverstein**  
Roberta Hayman

**Patsy Jean Smith**  
Gail Perry  
Norma K. Rolling

**Paul A. Spada**  
Barbara Boenig  
Mary & Bruce Curry  
Bill & Sheila Dettmann  
Ronald G. Gerdes  
Marjorie Nations  
Maryellen Phillips  
Kathleen Ryan  
Darren & Katie Zimmerle

**Richard Stang**  
Susan Hacker Stang

**Hattie Thal**  
Debora Lay  
Debbie Skelly

**Emma Lou Thompson**  
Memorial Baptist Church

continued on page 10

## 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 Wanninger**  
Mary Oestereich

**Ken Weerts, Sr.**  
Mary K. Weerts

**Margaret & Peter Wilder**  
Joseph & Laureen Wilder

**Dolores Willimann's mother**  
Marvin & Judy Willimann

**Michael Worth**  
Pam & Jerry Brown

**Norma J. Ziegenhorn**  
Donald L. Ziegenhorn

### General Gifts up to \$99

Gary & Linda Anderson  
Anonymous  
Robert Babione  
Grace Berding  
Kay K. Best  
David Billo  
Regis & Louise Blutas  
Don & Carole Brohm  
Allen Brouk  
Barbara Cassens  
Dick & Nancy Chin  
Dr. & Mrs. J.E. Creed  
John & Cynthia Daly  
Mary Anne Dickler  
Delphine Dickneite  
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 Goldsticker  
Paul Griffin  
Donna Haerr  
Robert & Charlotte  
Hanpeter  
Judith M. Hayes  
Brenda Klinkerman  
James & Ruth Konrad  
Teresa Kosar  
Barbara Kruse  
Carol Lane  
David Michael Lansdown  
Elizabeth Luster  
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 Sheffield  
Ken & Olga Smith  
Perry & Shirley Sparks  
Beverly Spindler  
Sanford Spitzer  
Richard & Marilyn Sprung  
Vijaya Swamy  
Patricia Swope  
Anna Tranuler  
Dan & Carola Von Berg  
Karen White  
Marvin D. Willimann  
Jerry & Mary Jane Young  
Flora Zeytoonian

### General Gifts \$100 – \$499

Jeanne Abbott  
Earl & Cathy Adkison  
Nancy C. Amling  
Anonymous  
Jay & Ruth Ellen Barr  
Herb & Marge Bilinsky  
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 Cody 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  
Don & Anne Whitaker

### General Gifts \$1,000 – \$9,999

Anonymous  
Tom & Charlotte Benton  
Florissant Elks Ladies Club  
Roxanne H. Frank  
J & S Charitable Foundation  
Brad & Cindy Marrs

### Year-End Campaign

Jagan Ailiani  
Greg Anderson  
Dennis & Kay Anstine  
Robert Baldwin  
Edward & Rita Balk  
John & Jean Basilio  
Alison & James Bates  
Charitable Foundation

Jay & Joan Bender  
Martin & Carolyn Berutti  
Janet Bollinger  
Charles & Carole Borchelt  
Cheryl & Patrick Boyll  
Theresa & Gerald Brennan  
Edie & Harvey Brown  
Thomas & Margaret Bruno  
Jerry & Anne Carlson  
Paul & Linda Clark  
Bob & Donna Cohen  
Thomas Cole  
Bill & Linda Corray  
Terry & Jean Davis  
Teresa DeLorey  
James & Bonnie Diemer  
Marilyn Dien  
Doris Drew  
Larry M. Dwyer  
John Earney  
David & Joan Elhoffer  
Richard & Marolyn Fehr  
Judith Fehrmann  
Tim & Terrie Fitzgerald  
Patricia & Fred Foster  
Lois S. Frank  
Elizabeth (Betty) Gaffney  
Roberta Gittemeier  
Cathy & Bob Goldsticker  
Vincent Gocke  
Ken and Lisa Grasse  
Maureen Greenberg  
Jo & Art Greenwood  
Steve & Nancy Greenwood  
Karl & Debbie Guyer  
Brian Hantsbarger  
Hord Hardin III  
Howard Heileman  
Mark H. Hoemann  
Jody & Richard Homans  
Michael & Linda Honigfort  
Steven B. Horn  
Nancy Johann  
Bruce & Kathleen Kendrick  
Cheryl & Martin Kinert  
Charles & Pat Kloepper  
Penny Kodner  
Tom & Noreen Laffey  
Donald & Diane Lange  
Linda Laramie & Philip  
Scharf  
Susan & Robert Levin  
Hedva Barenholtz Levy  
The Leyerle Family  
Herman Leibovich  
Kent Linenfeler  
Stephen & Leanne Lyle

Christel Maassen  
Joe Marchbein  
Raymond & Judith  
Markham  
John Mazzola  
James & Carol McClain  
Lois McNames  
John C. Meehan, Jr.  
Etta & Tom Mertens  
Sally Anne Meyer  
Ken & Doris Mihill  
Audrey A. Naumann  
Sylvia Nicozisin  
Dennis & Susan O'Leary  
Angelo & Betty Panourgias  
Shirley Parisi  
Austin & Helen Peppin  
Mary K. Perisho  
Donald Pfarrer  
Karen Pfitzinger & John  
Kehoe III  
Pat & Glenn Phillips  
Dennis & Christine Puricelli  
Lawrence & Betty  
Rakestraw  
Dorothy Reimers  
Frank Reynard  
Thomas J. Rielly  
Monika Roberts  
Vincent Gocke  
Donna Sartor  
Patricia Schmid  
Robert & Paula Schewpe  
Patrick & Janice Scott  
Rev. Eugene P. Selzer  
Larry & Carol Shapiro  
Peter C. Sharamitaro, Jr.  
Charles Siebert  
Sharry Slaughter  
Susan Stang  
Donald & Mary Ann Stohr  
William & Marjorie Stuesse  
Paul & Judy-Bremmer  
Taxman  
Robert Thach  
Virginia Ulmer  
Roland Von Holten  
Sheldon Wallerstein  
The Washburn Family  
Mary K. Weerts  
Sara Jane Weinhaus  
Rochelle Weiss  
Russell & Sharon Wells  
Maria E. Wendl  
David Wiese  
Joseph & Laureen Wilder  
With Open Hearts Fund

## 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,

*continued on page 12*



## Occupational Therapy

*continued from previous page*

### Who can benefit from occupational therapy?

Anyone who is experiencing difficulty with performing his or her daily activities can benefit from occupational therapy. Occupational therapists can assist individuals with PD at any stage – it's never too early. In fact, we encourage therapy services early in your diagnosis to help you maintain an active lifestyle while adjusting to changes in function caused by PD. Having an occupational therapy assessment several times throughout the course of the disease is not uncommon. Due to the progression of PD and related changes in function over time, therapists

often reassess individuals to assist with adaptations to daily activity. Caregivers of individuals with PD can also benefit from working with an occupational therapist to determine the safest ways to assist your loved one with the activities they do every day and to ensure caregiver health and well-being.

### Who covers the cost of occupational therapy?

Most health insurance plans, including Medicare Part B, cover a majority of the cost for occupational therapy services. If you have secondary insurance, it will usually cover the rest. Call the number provided below for specific details on coverage related to your insurance plan.

### How do I become eligible for these services? How do I set up an appointment?

If you think you or your loved one might benefit from in-home occupational therapy, talk to your physician and ask for a referral. Upon receipt of your referral, someone from the occupational therapy program will call you to set up an appointment at a time that is convenient for you. If you or your physician would like to learn more about Washington University's In-Home Occupational Therapy Services, contact Curtis Comer at 314-286-1669 or [comerc@wustl.edu](mailto:comerc@wustl.edu). ■

## 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**.

City	County	Meeting Site	Day of Meeting	Time	Leader(s)	Phone
Ballwin	St. Louis	Meramec Bluffs Care Center 40 Meramec Trails Dr., Activities Rm.	4th Tuesday	2:00 PM	Gayle Truesdell	636-923-2364
Cape Girardeau	Cape Girardeau	Cape Girardeau Public Library 711 N Clark Street, Oscar Hirsch Room	3rd Monday	6:00 PM	Desma Reno, RN, MSN	573-651-2939
Chesterfield	St. Louis	APDA Community Resource Center 1415 Elbridge Payne, Suite 150	1st Tuesday	10:30 AM	Mary Buck Nancy Rapp	636-532-6504 636-537-3761
Chesterfield	St. Louis	For Caregivers Only APDA Community Resource Center 1415 Elbridge Payne, Suite 150	2nd Monday	10:30 AM	Dee Jay Hubbard	314-362-3299
Columbia	Boone	Lenoir Community Center 1 Hourigan Drive	1st Thursday	4:00 PM	Patsy & David Dalton	<b>573-356-6036</b> <b>573-434-4569</b>
Creve Coeur	St. Louis	Pre/Post-DBS Group Missouri Baptist Medical Center 3015 N. Ballas, Main Parking Garage 4th fl. CLI Rm. 419	3rd Tuesday	6:30 PM	Joe Vernon	314-614-0182
Creve Coeur	St. Louis	Young Onset Living and Working with PD Missouri Baptist Medical Center 3015 N. Ballas, Main Parking Garage 4th fl., CLI Rm. 419	3rd Tuesday	6:30 PM	Doug Schroeder	314-306-4516
Festus/ Crystal City	Jefferson	Disability Resource Association 130 Brandon Wallace Way	3rd Tuesday	1:00 PM	Penny Roth Sara Dee	636-931-7696 x129
Florissant	St. Louis	Garden Villas North 4505 Parker Rd.	4th Thursday	11:00 AM	Nancy Robb	314-869-5296
Jefferson City	Cole	Capital Regional Medical Center SW Campus, Cafeteria	3rd Wednesday	3:00 PM	<b>Jennifer Ulrich, PT</b> <b>David Ulrich</b>	<b>573-632-5440</b> <b>573-796-2395</b>
Joplin	Jasper	Byers United Methodist Church 1730 S. Byers, Gymnasium	Every Monday	3:00 PM	Nancy Dunaway	417-623-5560
Kansas City	Jackson	VA Medical Center 4801 Linwood Blvd. Hall of Heroes Room	3rd Tuesday	11:00 AM	Jesus Torres Nikki C. Caraveo, RN, BSN, CNRN	816-861-4700 x56765
Kirkwood	St. Louis	Kirkwood United Methodist Church 201 W. Adams, Room 201	4th Tuesday	7:15 PM	Terri Hosto, MSW, LCSW	314-286-2418
Ladue	St. Louis	The Gatesworth 1 McKnight Place	2nd Wednesday	1:00 PM	Maureen Neusel, BSW	314-372-2369
Lake Ozark	Camden	Lake Ozark Christian Church 1560 Bagnell Dam Blvd.	3rd Thursday	Noon	<b>Patsy &amp; David Dalton</b>	573-356-6036 573-434-4569
Poplar Bluff	Butler	Poplar Bluff Regional Medical Center 3100 Oak Grove Rd. Ground Floor Education Room 3	2nd Monday	6:00 PM	Charles Hibler register with Beryl or Dana	573-785-6222 855-444-7276 573-776-9355
Rolla	Phelps	Phelps County Regional Medical Center, Pulaski Room, 1000 W. 10th St.	4th Thursday	2:30 PM	Sarah Robinson	573-201-7300
South St. Louis	St. Louis	Garden Villas South 13457 Tesson Ferry Rd.	2nd Wednesday	10:00 AM	Jack Strosnider	314-846-5919

*continued on next page*



continued from previous page

# Missouri Support Group Calendar

City	County	Meeting Site	Day of Meeting	Time	Leader(s)	Phone
Springfield	Greene	Mercy Hospital 1235 E. Cherokee	2nd Thursday	2:00 PM	Randi Newsom, RN, BSN	417-820-3157
St. Peters	St. Charles	Spencer Road Library 427 Spencer Rd., Room 259	1st Tuesday	1:00 PM	Sherrie Rieves Ann Ritter, RN	636-926-3722
Ste. Genevieve	Ste. Genevieve	Ste. Genevieve County Mem. Hospital Education Conf. Room, Hwy. 61 & 32	2nd Wednesday	10:00 AM	Jean Griffard, RN	573-543-2162
Trenton	Grundy	Royal Inn 1410 E. 9th Street	1st Thursday	10:00 AM	Novy & Mary Ellen Foland Gloria Koon	660-357-2283 660-485-6558
Washington	Franklin	Washington Public Library 410 Lafayette Avenue	2nd Monday	6:30 PM	Carol Weber	314-713-4820
Webster Groves	St. Louis	Bethesda Institute 8175 Big Bend Blvd., Suite 210	Last Friday	10:30 AM	Laurel Willis, BSW	314-373-7036



# 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.

City	County	Meeting Site	Day of Meeting	Time	Leader(s)	Phone
Alton	Madison	Senior Services Plus 2603 N. Rodgers Ave.	2nd Tuesday	9:30 AM	Kim Campbell	618-465-3298 x146
Belleville	St. Clair	Southwestern Illinois College (PSOP) 201 N. Church St., Rm 106	2nd Monday	1:30 PM	Jodi Gardner	618-234-4410 x7031
Carbondale	Jackson	Southern IL Healthcare Headquarters University Mall	1st Wednesday	1:00 PM	Bill Hamilton, M.D.	618-549-7507
Champaign	Champaign	Savoy United Methodist Church 3002 W. Old Church Road	Every Monday	10:00 AM	Charles Rohn Chuck Arbuckle	217-549-6167 217-586-3100
Decatur	Macon	Westminster Presbyterian Church 1360 West Main Street	3rd Thursday	1:30 PM	John Kileen	217-620-8702
Glen Carbon	Madison	The Senior Community Center 157 N. Main St.	3rd Wednesday	10:30 AM	Nancy Goodson Rich Rogier Jeanette Kowalski	618-670-7707 618-288-3297 618-288-9843
Jacksonville	Morgan	Passavant Area Hospital 1600 W. Walnut—Meeting Room 2	<b>1st Wednesday March-December</b>	6:00 PM	Karen Ladd	<b>217-377-4973</b>
Mattoon	Coles	First General Baptist Church 708 S. 9th St.	Last Tuesday	1:30 PM	Roy and Kay Johnson	217-268-4428
McLeansboro	Hamilton	Heritage Woods – Fox Meadows 605 S. Marshall Ave., Dining Room	1st Wednesday	1:00 PM	Paula K. Mason	618-643-3868
Springfield	Sangamon	St. John's Rehab. @ Fit Club South 3631 S. 6th. Street #C	<b>Odd numbered months: 1,3,5,7,9,11</b>	2:00 PM	<b>Kelly Neumann, PT</b>	<b>217-483-4300</b>

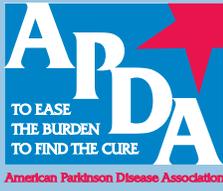


## Exercise Classes

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](http://www.stlapda.org), or call to find out any changes since publication.

City	County	Meeting Site	Day of Meeting	Time	Leader(s)	Phone
Clayton	St. Louis	The Center of Clayton 50 Gay Ave., Mind/Body Room	Wednesday & Friday	2:00 PM	Mike Scheller, PTA	314-289-4202
Chesterfield	St. Louis	St. Luke's Deslodge Outpatient Center 121 St. Luke's Center Drive Conference Rooms 1 & 2	Monday	10:00 AM	Sarah Farnell, OT	314-205-6934
Chesterfield	St. Louis	Friendship Village 15201 Olive Blvd. Friendship Hall-Door #5	Tuesday	1:30 PM	Jessica Andrews	636-733-0180 x7719
<b>Chesterfield</b>	<b>St. Louis</b>	<b>Parkinson Resource Center 1415 Elbridge Payne, Ste. 150</b>	<b>Monday</b>	<b>1:30 PM</b>	<b>Becky Miller, DPT</b>	<b>314-362-3299</b>
Chesterfield	St. Louis	Tai Chi APDA Community Resource Center 1415 Elbridge Payne, Suite 150	Wednesday or Friday	10:00 AM 11:30 AM	Craig Miller	314-362-3299
Creve Coeur	St. Louis	Aquatic Exercise Rainbow Village 1240 Dautel Lane	<b>Winter Session Jan. 5-March 13 Spring Session April 6-June 12</b>	1:00 PM Tuesdays	Brenda Neumann	636-896-0999 x21
Florissant	St. Louis	Garden Villas North 4505 Parker Rd.	Tuesday	10:00 AM	Bobby Lautenschleger, PTA	314-355-6100
Joplin	Jasper	United Methodist Church 1730 Byers Ave.	Monday	2:15 PM	Nancy Dunaway	417-623-5560
Kirkwood	St. Louis	RehabCare 439 S. Kirkwood Rd., Ste.200 Park in rear	Thursday	1:00 PM	Brandon Takacs	618-971-5477
Ladue	St. Louis	Tremble Clefs Singing Salem United Methodist 1200 S. Lindbergh Blvd. Lower Level Choir Room	Saturday	1:30 PM	Linda McNair	314-362-3299
South St. Louis County	St. Louis	Garden Villas South 13457 Tesson Ferry Rd.	Monday	11:30 AM	Mike Scheller, PTA	314-289-4202
St. Peters	St. Charles	Barnes-Jewish St. Peters Hospital Healthwise Center 6 Jungermann Circle	<b>Tuesday</b>	11:00 AM	Holly Evans, COTA	636-916-9650
St. Peters	St. Charles	Aquatic Exercise St. Charles YMCA 3900 Shady Springs Ln.	<b>Winter Session Jan. 5-March 13 Spring Session April 6-June 12</b>	<b>1:45 PM Thursdays</b>	Brenda Neumann	636-896-0999 x21
Lake Ozark	Camden	Lake Ozark Christian Church 1560 Bagnell Dam Blvd.	Monday	4:00 PM	Alice Hammel, RN	573-964-6534



Washington University School of Medicine  
 American Parkinson Disease Association  
 Campus Box 8111  
 660 S. Euclid Ave.  
 St. Louis, MO 63110  
 Address Service Requested

Non-Profit Org.  
 U.S. Postage  
**PAID**  
 Permit #1032

Help us manage our expenses by letting us know when you move, if you want to be removed from the mailing list, or if you'd rather receive an electronic version. Just call 314-362-3299 or email [guyerd@neuro.wustl.edu](mailto:guyerd@neuro.wustl.edu) to let us know! Thank you in advance for helping us spend our resources wisely!

## Save The Dates

### April 11-12, 2015

GO! St. Louis Walk/Run  
 Family Fitness Weekend  
 (registration required – [www.stlapda.org](http://www.stlapda.org))

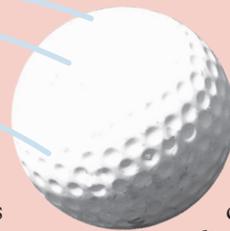
### April 19, 2015

PEP Program with Dr. Mohammed Hassan from University of Connecticut  
 (watch for invitation in the mail)

### May 18, 2015

APDA Golf Tournament Honoring the Memory of Jack Buck  
 (registration required)

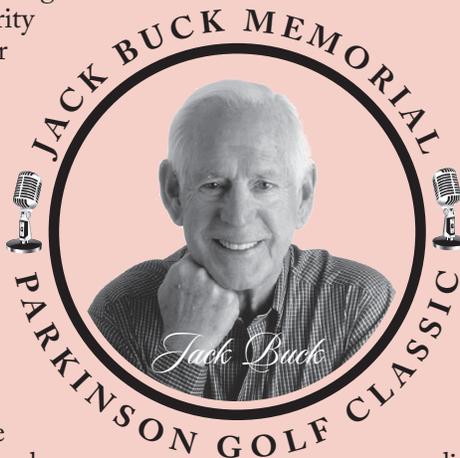
**"THAT'S A(NOTHER) WINNER!!"**



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.

and programs and to fund Parkinson research. Participants commented that they 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.

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



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](mailto: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. ■