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GREATER ST. LOUIS CHAPTER

Strength in optimism. Hope in progress.

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www.apdaparkinson.org/greaterstlouis



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Our Twitter feed at
 @APDAStLouis



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 APDAGreaterStLouisChapter](http://YouTube.com/APDAGreaterStLouisChapter)

OUR MISSION

Every day, we provide the support,
 education and research that will
 help everyone impacted by Parkinson
 disease live life to the fullest.

2019 Resolutions to make *and keep!* to help you live your best life with Parkinson disease (PD)

Resolutions made by those **ALREADY ON THE PARKINSON'S JOURNEY:**

- Sign up for a Wellness Course to learn more about managing PD.
- Attend a Freezing of Gait Boot Camp to learn strategies for managing this symptom.
- Attend a Cognitive Stimulation Therapy session to help me manage cognitive symptoms of PD.
- Learn about adaptive strategies and assistive technology.
- Attend a medication management seminar and obtain an advocacy binder for hospitalizations or stays in a nursing facility.
- Register to attend the Midwest Parkinson Congress on March 14.
- Attend exercise class on a weekly or daily basis, or use the live stream feature to exercise at home.
- Read the quarterly *LiNK* newsletter for tips on living well with Parkinson's.
- Attend one of over 35 monthly support groups.

Resolutions made by those **NEWLY DIAGNOSED WITH PARKINSON'S:**

- Visit the APDA Parkinson Resource Center in Chesterfield.
- Pick up a Welcome Packet which includes a wallet medication card and other literature.
- Sign up to receive the quarterly *LiNK* newsletter.
- Schedule a PD101 for myself and my family to learn more about Parkinson disease, medications, and what happens next.
- Attend an exercise class such as Tai Chi, cycling, Tango, or Roll with the Punches, on a weekly and/or daily basis.
- Register to attend the Midwest Parkinson Congress on March 14.

*More on the
following page*



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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.

Resolutions made by CARE PARTNERS:

- Take care of myself so I can take care of my loved one.
- Allow others to help me so I can take a break.
- Find the right support group that fits my needs and personality, and attend to listen and share experiences about the journey.
- Seek professional counseling if and when I feel the need.
- Engage in daily exercise and/or meditation, yoga, or treat myself to a massage. Listen to a progressive relaxation tape.
- Read the quarterly *LiNK* newsletter for valuable information.
- Watch a webinar to learn more about care partner topics and/or PD.
- Register to attend the Midwest Parkinson Congress on March 14 to learn more about planning for the future or handling challenging situations like hallucinations.
- Accept change and be open to what may be the next steps for me and my loved one.
- Attend a medication management seminar and obtain an advocacy binder and Medications to Avoid flyer to ensure the best care for my loved one in case of hospitalizations or stays in a nursing facility.

Resolutions made by those with YOUNG-ONSET PARKINSON'S:

- Subscribe to the quarterly *LiNK* newsletter.
- Sign up to be paired with a trained mentor to provide resources and support.
- Schedule a PD101 session for myself and my family members.
- Attend the Living and Working with PD monthly support group.
- View an archived exercise class that I can do before or after work.
- Register to attend the Midwest Parkinson Congress-YOPD evening session on March 14.

SPRING



Cognitive Stimulation Therapy (CST) 14-session small group program designed for people with moderate thinking and memory problems to stimulate and enhance these areas. A concurrent CST program will also be offered that teaches care partners how to implement this program at home.

NEW! **Driving Retirement Workshop** Four-session program for people with Parkinson's and their families to help plan for driving retirement. The workshop will address understanding how Parkinson's can affect someone's ability to drive, assessing safety on the road, exploring local transportation options, and creating a personalized plan to maintain independence.

Freezing of Gait Boot Camp Six-session small group program designed for people who experience freezing of gait as a symptom of their PD. Learn evidence-based strategies for overcoming freezing episodes and then practice them under the supervision of a physical therapist.

SUMMER



Wellness Course Six-session small group program designed for couples that focuses on coping with and managing PD. This course combines education and support in a small group format.

Freezing of Gait Boot Camp Six-session small group program designed for people who experience freezing of gait as a symptom of their PD. Learn evidence-based strategies for overcoming freezing episodes and then practice them under the supervision of a physical therapist.

The APDA – Greater St. Louis Chapter is excited to offer a wide range of programs in 2019. Some of the programs are new this year and are designed to meet the needs of our growing Parkinson's community. We are also pleased to continue offering programs that have been helpful in the past. If you are interested in registering for any of the programs or would like more information, please call us at 636.788.3377 or email us at apdastlouis@apdaparkinson.org.

PROGRAMS & SERVICES OFFERED in 2019

By the APDA – Greater St. Louis Chapter

FALL



NEW! **Driving Retirement Workshop** Four-session program for people with Parkinson's and their families to help plan for driving retirement. The workshop will address understanding how Parkinson's can affect someone's ability to drive, assessing safety on the road, exploring local transportation options, and creating a personalized plan to maintain independence.

NEW! **Cognitive Strategies** Multi-session small group program designed for people with mild thinking and memory trouble to address adaptive ways to manage better throughout the day.

Freezing of Gait Boot Camp Six-session small group program designed for people who experience freezing of gait as a symptom of their PD. Learn evidence-based strategies for overcoming freezing episodes and then practice them under the supervision of a physical therapist.

ONGOING



NEW! **Young-Onset Mentor program** This program is for anyone 50 years old or younger who has been diagnosed with PD within the last two years. You will be paired with an experienced mentor who is living with PD to offer guidance and support for a year.

PD101 One-on-one and/or group educational session for anyone who is newly diagnosed with PD and their family to answer questions and talk about how to manage and live well with PD.

NEW! **PD201** This small group seminar is designed for people with PD and their families who have been diagnosed for 5+ years and are looking for ways to manage multiple issues.

NEW! **Medication Management** Small group seminars will address the complexities of managing Parkinson's medications. Includes a Time Matters organizational binder and training on how to effectively use it.

Summary of Research Conducted in 2018 at the APDA Advanced Center for Parkinson Research at Washington University in St. Louis

**We've had
another year of
advances at the
APDA's Center
for Advanced
Parkinson
Research at
Washington
University.**



Joel S. Perlmutter, MD

Thanks to the support of the Greater St. Louis Chapter of the APDA, we've been able to accomplish a lot this past year. We are grateful for the continued support which makes these advances possible.

In 2018, we welcomed Dr. John Younce to our team as a new movement disorders fellow. Dr. Younce completed his neurology residency at Washington University and joined our group officially on July 1, 2018. He is an excellent clinician and a wonderful addition to our faculty.

Our team has been working to identify and validate new indicators of Parkinson disease (PD) progression, called biomarkers, with a particular focus on potential cognitive difficulties. One major approach for these studies has been using MRI scans to measure various types of brain activity needed for movement and attention. Dr. Meghan Campbell, in collaboration with her team, has developed a new method to analyze this type of MRI scan. This led to a newly published manuscript that demonstrates that the greatest differences in people with PD are not changes in networks that directly involve the dopamine centers of the brain, but rather networks involving areas such as language, cognition, problem solving and planning. This is a fundamental shift in our understanding of PD and could potentially lead to new ideas for treatment of cognitive problems that may occur in people with Parkinson's.

Another active area of research emphasizes the development of brain measures using PET scanning. We have been able to describe a new means of measuring cholinergic neurons, which are the nerve cells that use the chemical acetylcholine as a neurotransmitter. New PET radiotracers, which measure cholinergic neurons, have been developed with our radiochemistry colleagues. We have now implemented this type of PET scan in our long-term studies of people with PD.

Dr. John O'Donnell, through the support of the APDA – Greater St. Louis Chapter, is analyzing the preliminary PET data and comparing that data with measures in brain tissues (a study that was led by Dr. Paul Kotzbauer). The gift of these brain tissues after death is incredibly valuable for our research and helps us to make remarkable progress. Dr. O'Donnell was able to use preliminary data from his initial studies to obtain a fellowship grant from the National Institutes of Health (NIH) to continue this line of research. In addition, Dr. Jay Maiti has found specific changes in the functional networks of a part of the brain called the cerebellum that may relate to changes in cholinergic neurons in this area. He has submitted a publication on this work and was just awarded a career development grant to continue these studies.

Dr. Scott Norris, with contributions from his team, has continued to make

Continued on page 12



Seeking Individuals for Clinical Trial

The Measuring Parkinson's Disease Progression (MPDP) study aims to use MRI scans and a controlled dose of levodopa to find a biomarker (objective measurement) of Parkinson disease (PD). Biomarkers would help determine the effectiveness of therapies in slowing or stopping PD progression, and accelerate the pace of research. The study is being conducted at Washington University School of Medicine (WUSM).

MPDP is looking for people who have been diagnosed with PD and have either been treated or have not been treated for their symptoms. Participants are paid for their time and effort. The study is funded by the Michael J. Fox Foundation. To learn more, visit <https://foxtrialfinder.michaeljfox.org/trial/4990/>.

For more information, please contact Emily Bihun, Clinical Research Coordinator, at 314.362.2083 or emilybihun@wustl.edu.



Dr. Brad Racette (above) and his team are hard at work on new PD research regarding predicting PD, traumatic brain injuries, and inflammatory diseases, among other topics.



Racette Lab Update

Brad Racette, MD

Dr. Brad Racette and his team have continued their highly productive research using Medicare claims data to investigate Parkinson disease (PD). In a study led by Dr. Susan Searles Nielsen, the research team developed a predictive computer program to identify people who may develop PD, prior to their diagnosis. In this study, they investigated 89,790 people with PD who were diagnosed in 2009 and 118,095 controls (people without PD), comparing all medical claims codes (diagnoses and procedures) from 2004 to 2008. They found that over 2,000 codes were used differently between the groups and that ultimately 536 codes best

predicted who was most likely to develop Parkinson's. This predictive model could be used to identify those at risk of PD, leading to earlier treatment and better outcomes, including reducing the occurrence of falls and fractures. Additionally, those with the highest risk of developing Parkinson disease could be identified for clinical trials so that medications could be given at an earlier stage of the disease.

In a related study, Dr. Alejandra Camacho-Soto used this same study population to determine if traumatic brain injury (TBI) is associated with a higher risk of developing Parkinson disease. She found that people are at the greatest risk of TBI immediately prior to their diagnosis with PD, strongly suggesting that at least some of the association between PD and TBI may be due to an unrecognized gait impairment causing falls that result in TBI.

In another study, Dr. Searles Nielsen demonstrated that commonly used asthma medications like albuterol did not appear to lower the risk of Parkinson disease, in contrast to recent reports. In the same study, the researchers found that beta blockers, which are commonly used to treat tremor, were not associated with a higher risk of Parkinson's. This study provides reassurance that beta blockers can be used safely in people with PD, but does not support the use of albuterol or related medications as a disease modifying therapy for Parkinson's.

Drs. Camacho-Soto and Searles Nielsen have contributed to three other manuscripts focusing on the risk of PD in relation to inflammatory diseases. In these studies, they demonstrated that people with inflammatory bowel disease (Crohn's disease or ulcerative colitis), solid organ transplant, or those taking certain classes of immunosuppressants have a lower risk of PD. These latter studies provide a new potential avenue for reducing the risk of Parkinson's and even potentially slowing progression of the disease.

How many of us make New Year's resolutions to lose weight? I always do! I was recently reminded that there are many of you who are more concerned about gaining weight, due to a slow and steady weight loss—a known feature of Parkinson disease (PD). Many people believe that weight loss is a natural part of aging, but losing a significant amount of weight without trying can pose a serious health concern for people with Parkinson's and can have harmful effects on one's ability to function and on quality of life.

Weight loss has been found to increase the risk of osteoporosis in people with PD. It also increases the risk for pressure ulcers. Approximately four times as many people with Parkinson disease lose weight unintentionally when compared to people of a similar age and background who do not have the disease. Weight loss appears to be more common in women with Parkinson disease than with men, and increases with age as well as with higher doses of levodopa.

Sometimes it may be difficult to identify the origin of weight loss for people with PD. There may be an imbalance between how much you eat and how much energy you use. Many people living with Parkinson disease experience tremors and dyskinesias. These constant involuntary movements use a significant portion of your body's energy supply and can lead to weight loss and fatigue. Thus, calorie needs may be higher for people with PD. Aim for energy dense meals and snack throughout the day when possible to maintain adequate caloric intake.

The above mentioned motor symptoms of Parkinson's can make meal preparation and eating itself more challenging, as do many of the non-motor symptoms which contribute to a reduced appetite. These non-motor symptoms may include the loss of sense of smell present in over 70% of individuals with Parkinson disease, mood problems such as depression, and constipation, which can result in slow stomach emptying, nausea and bloating which can result in a full feeling.

Dehydration can also be problematic for people with Parkinson disease. Try to consume about half your body weight in ounces of water daily. For example, someone

who weighs 130 pounds would need to drink about 65 ounces or roughly 8 cups of water. If swallowing problems are an issue, thickeners can reduce the risk of choking, as can incorporating water into smoothies. Having Parkinson disease does not prevent you from having other medical conditions which may also impact weight loss, such as gastroparesis and decreased bowel peristalsis, which

keep food from moving through the digestive tract at a normal pace, an overactive thyroid or certain cancers. If you notice a change in your weight, make sure to talk with your doctor to rule out other conditions.

There are several professionals who can be added to your team to help you maintain an appropriate weight. A registered dietitian can review your current diet and suggest ways to improve your calorie, protein and nutritional intake. Dietary amino acids, the building blocks of proteins, can compete with certain Parkinson medications for absorption in the gut. For people experiencing this issue (less than 20%), a "protein-redistribution" diet can maximize the effects of both your medication and the nutrients you're taking in. A speech-language pathologist can evaluate your swallow and make certain that you are swallowing safely. They can make appropriate diet recommendations including changes in consistency or position while eating. Your Movement Disorder Specialist can evaluate your Parkinson's medications, especially if dyskinesias are present, and tweak the combination of drugs to reduce these extra movements. If depression is contributing to decreased appetite, your doctor may also prescribe a medication to help boost your mood.

It's important to recognize and address weight loss because it can lead to malnutrition or exacerbation of your symptoms. Your doctor can help you decide what is best for your overall health. For more information, see the article on unintentional weight loss archived in our February 2018 *LiNK* on our website, apdaparkinson.org/greaterstlouis.

UNINTENTIONAL WEIGHT LOSS

Debbie Guyer



Losing a significant amount of weight without trying can pose a serious health concern for people with Parkinson's and can have harmful effects on one's ability to function and on quality of life.

Midwest Parkinson Congress

MARCH 14, 2019

SPECIAL YOUNG ONSET SESSION

March 14, 2019
6:30-8:30pm

For the first time, an evening session will be offered to specifically address the needs of the Young Onset community. Dr. Rebecca Gilbert will discuss the unique needs of individuals who have been diagnosed with young onset PD. Following Dr. Gilbert's address, a panel of professionals will discuss issues regarding employment, disclosure and disability benefits, with opportunities for questions and answers. After the panel of professionals, three individuals who are living with young onset PD will discuss their experiences and be available to answer questions.

Please visit our website at www.apdaparkinson.org/greaterstlouis to register and obtain more information.

The second annual Midwest Parkinson Congress, hosted by the APDA-Greater St. Louis Chapter will take place on March 14, 2019. Participants will have the opportunity to hear from a line-up of industry leading professionals discussing the latest in research, medication management, dystonia, planning for the future, cognition and adaptive strategies. Dr. Rebecca Gilbert will deliver the keynote address, "This Is Not Your Grandmother's Disease – What Does Being Diagnosed with Parkinson Disease Mean Today?", which will cover advances in research, medications and clinical trials in the pipeline, exercise and more.

Registration is required and available online. Thanks to generous support from the JCA Charitable Foundation, Abbott, AbbVie, Acadia, Assistance Home Care, Continuum, Inc., The Delmar Gardens Family, Medtronic Neuro-Modulation, and Seniors Home Care, we are able to offer the Congress at no cost to participants. Visit www.apdaparkinson.org/greaterstlouis to complete the online registration and select three of six break-out sessions.

Interested in becoming a sponsor? There's still time! For more information on how to become a sponsor, contact Melissa Skrivan, Director of Development, at 636.778.3377 or mkskrivan@apdaparkinson.org.

Sessions will cover the following topics:

Research for Advancing Parkinson Disease

Today's Parkinson disease (PD)

drug development pipeline is rich with symptomatic therapies designed to address unmet needs. The Midwest Parkinson Congress will feature Drs. Joel Perlmutter and Brad Racette, both Movement Disorder Specialists, as well as Dr. Meghan Campbell, a Neuropsychologist, who will share what they've learned as they work to unravel the mysteries of Parkinson disease. Various topics covered will include dystonia, Parkinson's risk profiles and clusters of symptoms, cognitive decline, and other areas of interest.

Managing Parkinson Disease

These sessions will focus on how to live

well with PD, including a presentation on protecting your assets as you navigate the healthcare system, managing your medications, an update on the Medications on Time program, and adaptive strategies including assistive technology and communication.

Doors open at 12:00 noon for check-in and vendor visits. The Congress will begin with the keynote presentation at 12:50 pm. Afterwards, three 40-minute break-out sessions will be offered and participants can choose the sessions which best fit their needs. The Congress will take place at Congregation Shaare Emeth, 11645 Ladue Road in St. Louis. We look forward to seeing you there!

Tributes & Donations

10.01.2018 to 12.31.2018

Every donation is greatly appreciated.

IN CELEBRATION OF

Marvel Appleton's Birthday

Bill's friends, Rick, Rich,
Ron and Carmit

Rilla Fisher-Pugh's Birthday

Debbie Guyer

Joanie Goldstein's Special Birthday

Judy & David Capes
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Lila Goldstein's Bat Mitzvah

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Joy Sterneck

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Roz Gad

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Happy Hanukah!

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Martha Wheeler

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We will be known forever by the tracks we leave...

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Create your legacy:

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 Melissa Skrivan at 636.778.3377

**Memorials and Tributes
 to honor family and friends**
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Make an online donation at

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**To set up a recurring
 donation, mark your gift with
 the frequency you wish to
 send a gift and make a
 difference all year long!**

Or use the donation envelope in
 this issue to mail in a check.

Do-it-yourself Fundraising

Throw a party to honor a loved one
 impacted by Parkinson's, such as the
 Pictures for Parkinson parties.

Ask friends to support an adventure,
 such as the Tractor Cruise,
 Hull of a Race, or RAGBRAI bicycle ride.

Plan a bake sale or yard sale
 and donate the proceeds to APDA.

Research Summary *Cont'd from page 4*
progress on Deep Brain Stimulation (DBS) studies and can now describe a new way to identify the subthalamic nucleus (STN) in the brain. Frequently, we surgically aim to place DBS electrodes in the STN, so a better means to identify this structure is important. Furthermore, we have been able to apply this identification technique to help develop a new, more precise method of placing these DBS electrodes in the brain.

Dr. Josh Shimony recently published a paper validating a new MRI method to measure the nigrostriatal dopaminergic pathway in the brain. This is the pathway that PD directly damages, so an objective measure of its integrity is important for assessing new drugs that may slow disease progression. This was

work started by Dr. Morvarid Karimi over two years ago, and it is a good feeling to know that work she began prior to her untimely passing continues.

Finally, we have made substantial progress in our work to develop our drug, carboxyfullerene, which has potential to slow the progression of PD. As you may recall, this drug was developed by Dr. Laura Dugan, with her colleagues, and we were able to demonstrate in animal models that the drug had potential for reversing damage to the nigrostriatal pathway. In the last couple of years, we have been trying to develop a way to measure the action of this drug in the brain. We believe that carboxyfullerene works by reducing neuroinflammation and highly reactive oxygen molecules, sometimes called free radicals. In the past, there

had been no methods to measure these free radicals in the brains of living humans. With help from the APDA – Greater St. Louis Chapter, we have been collecting preliminary data on new PET methods to measure both free radicals and the methods of neuroinflammation. We recently submitted a major NIH grant proposal to follow up on this work and to initiate early phase 1 trials in people. We are cautiously optimistic that this NIH grant will be funded.

We have made substantial progress this past year and have been fortunate to obtain new grants to continue our work. This work would not be possible without the support of the APDA – Greater St. Louis Chapter, including not only financial support but volunteers willing to participate in our studies. Thank you for all of your help.



"That's a
WINNER!"

The annual APDA Golf Classic in honor of Jack Buck will take place May 20, 2019, 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 six 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.

President of Baseball Operations of the St. Louis Cardinals, John "Mo" Mozeliak, will serve as Honorary Chairperson for the tenth consecutive year. Mo's Parkinson connection is twofold as both his grandmother and father-in-law were diagnosed with Parkinson disease. We are grateful that Mo remains passionate about his involvement with our organization and cause. One of the highlights of the evening is the Q-and-A session with John Mozeliak and KMOX Sports Director and broadcaster, Tom Ackerman. Last year, over \$195,000 was raised to support our expanding patient services 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.



John "Mo" Mozeliak
President of Baseball Operations of the St. Louis Cardinals & Honorary Chairperson

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 636.778.3377 or send an email to apdastlouis@apdaparkinson.org.

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.

Missouri 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.apdaparkinson.org/greaterstlouis, or call the APDA Information & Referral Center at 636.778.3377 or the facilitator at the number listed below.

| CITY | COUNTY | MEETING SITE | DAY OF MEETING | TIME | LEADER(S) | PHONE |
|--|----------------|---|----------------|----------|--|--|
| Ballwin | St. Louis | Meramec Bluffs Care Center 1 Meramec , Veterans Rm. | 4th Tuesday | 2:30 PM | Chaplain Chris Nilges | 636.923.2338 |
| Brentwood | St. Louis | Mt. Calvary Lutheran Church 9321 Litzinger Road | 1st Thursday | 2:00 PM | Gayle Truesdell | 636.578.0769 |
| Cape Girardeau | Cape Girardeau | Cape Girardeau Public Library 711 N Clark Street | 4th Monday | 6:00 PM | Desma Reno, RN, MSN | 573.651.2678 |
| Chesterfield | St. Louis | APDA Community Resource Center 1415 Elbridge Payne, Suite 150 | 1st Tuesday | 11:00 AM | Tricia Creel, PT | 636.778.3377 |
| Chesterfield For Care Partners Only | St. Louis | APDA Community Resource Center 1415 Elbridge Payne, Suite 150 | 2nd Monday | 10:30 AM | Jay Bender Lynda Wiens | 636.778.3377 |
| Creve Coeur | St. Louis | DBS/Living & Working with PD Missouri Baptist Medical Center 3015 N. Ballas, Main Parking Garage 4th fl. CLI Rm. 415 | 3rd Tuesday | 6:30 PM | Joe Vernon Doug Schroeder | 314.614.0182 314.985.7708 |
| De Soto | Jefferson | StoneBridge – The Villas 1550 Villas Drive | Last Wednesday | 3:00 PM | Jennie Lessor | 636.586.6559 |
| Festus/ Crystal City | Jefferson | Disability Resource Association 130 Brandon Wallace Way | 3rd Tuesday | 1:00 PM | Penny Roth Laura Sobba | 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 Region Medical Center Community Conference Room | 3rd Friday | 1:00 PM | Jennifer Urich, PT David Urich | 573.632.5440 573.796.2395 |
| Joplin | Jasper | Mercy Hospital 100 Mercy Way Conference Room | Every Monday | 3:00 PM | Nancy Dunaway | 417.556.8760 |
| 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 | First Presbyterian Church of Kirkwood 100 E. Adams Ave., Room 009 | 4th Tuesday | 7:15 PM | Terri Hosto, MSW, LCSW Patty Waller | 314.286.2418 |
| Ladue | St. Louis | The Gatesworth 1 McKnight Place | 2nd Wednesday | 1:00 PM | Maureen Neusel, BSW | 314.372.2369 |
| 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 County | St. Louis | Garden Villas South 13457 Tesson Ferry Rd. | 2nd Wednesday | 10:00 AM | Jack Strosnider Amanda Landsbaum, OT | 314.846.5919 636.778.3377 |
| St. Peters | St. Charles | Spencer Road Library 427 Spencer Rd., Room 259 | 1st Tuesday | 1:00 PM | Jody Peterson, OTA Jessica Womack | 636.778.3377 |
| Ste. Genevieve | Ste. Genevieve | Ste. Genevieve County Mem. Hospital Education Conf. Room, Hwy. 61 & 32 | 2nd Wednesday | 10:00 AM | Teddy Ross | 618.210.7371 |
| 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 | 6:00 PM | Carol Weber | 314.713.4820 |
| Webster Groves | St. Louis | Bethesda Orchard - Parlor Room 21 North Old Orchard Ave. | Last Friday | 10:30 AM | Laurel Willis, MSG | 314.471.6302 |

Non-affiliated support groups are listed on our website only.



Illinois Support Group Calendar

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| CITY | COUNTY | MEETING SITE | DAY OF MEETING | TIME | LEADER(S) | PHONE |
|--------------------------------------|------------|---|---|----------|---|------------------------------|
| Alton | Madison | Senior Services Plus, 2603 N. Rodgers Ave. | 3rd Tuesday | 2:00 PM | Dustin Heiser | 618.465.3298x120 |
| Belleville | St. Clair | Southwestern Illinois College Programs and Services for Older Persons 201 N. Church St. | 2nd Monday | 1:30 PM | Jodi Gardner, MSW, LCSW | 618.234.4410 x7031 |
| Carbondale | Jackson | Southern IL Healthcare Headquarters University Mall | 1st Wednesday | 1:00 PM | Bill Hamilton, MD | 618.549.7507 |
| Carlinville | Macoupin | Carlinville Area Hospital Medical Office Building-Community Room 20613 N. Broad St. | 3rd Wednesday contact leader to verify date and time. | 10:00 AM | Amy Murphy, PT | 217.854.3839 |
| Centralia | Marion | Heritage Woods of Centralia 2049 E. McCord St. | 2nd Wednesday | 2:00 PM | Betty Evans Helena Quaid | 618.533.0224 618.493.6064 |
| Champaign | Champaign | Savoy United Methodist Church 3002 W. Old Church Road | Every Monday | 10:00 AM | Carol and Butch Clark, Dave and Monica Matakas | 217.898.2725 217.720.2016 |
| Charleston | Coles | LifeSpan Center 11021 E. Co. Rd. 800N | Last Tuesday | 1:30 PM | Jean Shobe Jean Penrod | 217.639.5150 |
| 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 | Lin Smith Mary DeLong | 618.344.0680 217.204.2137 |
| Highland | Madison | St. Joseph's Hospital, 12866 Troxler Ave, Sullivan Conference Room | 4th Tuesday | 2:00 PM | Kayla Toennies, OT Olivia Hodges, SLP | 618.651.2720 |
| Jacksonville | Morgan | Passavant Area Hospital 1600 W. Walnut-Meeting Room 2 | 1st Wednesday April-December | 6:00 PM | Larry and Karen Ladd | 217.377.4973 |
| Nashville | Washington | Washington County Hospital 705 S. Grand Ave., Conference Room | 4th Friday | 1:00 PM | Helen Quaid | 618.493.6064 |
| Springfield | Sangamon | St. John's Rehab. @ Fit Club South 3631 S. 6th. Street #C | 3rd Sunday Odd numbered months: 1,3,5,7,9,11 | 2:00 PM | Kelly Neumann, PT | 217.814.8165 |
| Quincy | Adams | Quincy Public Library 526 Jersey St. | 1st or 2nd Saturday contact leader to verify date and time | 10:30 AM | Terri and Dave May | 217.224.7027 |
| Quincy <i>For Caregivers Only</i> | Adams | Quincy Public Library 526 Jersey St. | 2nd Thursday 4th Tuesday contact leader to verify date and time | 12:30 PM | Terri and Dave May | 217.224.7027 |

Non-affiliated support groups are listed on our website only.



Illinois Exercise Classes

| CITY | MEETING SITE | LEVEL | DAY OF MEETING | TIME | LEADER(S) | PHONE |
|-------------|--|---------------|----------------------------------|----------------------------------|--|--------------------------------|
| Breese | Exercise for Parkinson's (cycle + strength) Clinton County YMCA, 14160 Jamestown Road | Level 1 | Monday Wednesday | 2:00 PM | Jack Swank Vicky White | 618.526.5628 (registration) |
| Carlinville | Movement Training Carlinville Area Hospital, Medical Office Building, Community Room, 20613 N. Broad | Level 2 | Thursday | 10:00 AM | Amy Murphy, PT | 217.854.3141 x377 |
| *Highland | Exercise For Parkinson's (cycle + strength) Korte Recreation Center, 1 Nagel | Level 2 | Monday Wednesday | 1:00 PM | Jinee McDonnell- Stewart Ginger Kabureck | 618.651.1386 (registration) |
| O'Fallon | Exercise for Parkinson's (cycle + strength) O'Fallon YMCA, 284 North Seven Hills Road | Level 1 | Tuesday Thursday | 12:00 PM | Amy Weisbrodt | 618.628.7701 (registration) |
| Springfield | Joy of Movement (dance) First Presbyterian Church, 321 South 7th Street | All Levels | Tuesday Wednesday Thursday | 10:00 AM (W) 1:30 PM (Tu, Th) | Eve Fischberg, OT | 217.494.4961 |

Non-affiliated exercise classes are listed on our website only.



Missouri Exercise Classes

Exercise is essential to managing Parkinson symptoms and slowing the progression of the disease. Our funding comes from donations, so we encourage those who attend multiple classes to make a \$5 per week donation. This helps us defray the cost which run around \$10 per person. Any amount you can contribute is used exclusively for our patient services to keep these programs free or at little cost to our community. Our exercise classes meet once a week or otherwise as noted. No RSVPs are required unless noted. Check our website, www.apdaparkinson.org/greaterstlouis, or call 636.778.3377 to find out any changes since publication. Online videos of select classes are available at all times on our website. **Exercise classes are one hour unless otherwise noted.**

| CITY | MEETING SITE | LEVEL | DAY OF MEETING | TIME | LEADER(S) | PHONE |
|------------------------|---|-------------------------------|--------------------------------|----------------------------------|----------------------|------------------------------------|
| *Brentwood | Tango Convergence Dance and Body Center, 8044 Manchester Road | Level 2 | Thursday | 10:30 AM | Roxanne Maier | 636.778.3377 (registration) |
| Chesterfield | 50-50 Fusion 1415 Elbridge Payne, Ste. 163 | Level 3 | Wednesday | 1:00 PM | Alana Krone | 636.778.3377 |
| Chesterfield | Movement Training St. Luke's Outpatient Center, 111 St. Luke's Center Drive Bldg. B, Suite 14B | Level 1 | Monday | 10:00 AM | Ann Towey, PTA | 314.205.6934 (registration) |
| Chesterfield | Circuit/Interval Training 1415 Elbridge Payne, Ste. 163 | Level 2-3 | Monday Tuesday Thursday | 2:30 PM 10:00 AM 1:00 PM | Tricia Creel, PT | 636.778.3377 |
| Chesterfield | Movement Training 1415 Elbridge Payne, Ste. 163 | Level 1 | Monday Thursday | 1:30-2:15 PM 11:30 AM | Tricia Creel, PT | 636.778.3377 |
| Chesterfield | Tai Chi 1415 Elbridge Payne, Ste. 163 | Level 1 Level 2 Level 1 | Tuesday Wednesday Friday | 11:15 AM 10:00 AM 11:30 AM | Craig Miller | 636.778.3377 |
| *Chesterfield | Indoor Cycling CycleBar, 1657 Clarkson Rd. | Level 2-3 | Tuesday | 1:00 PM | Alana Krone | 636.778.3880 (registration) |
| Chesterfield | Exercise for Parkinson's (cycle + strength) Chesterfield YMCA, 16464 Burkhardt Place | Level 2 | Wednesday Friday | 1:00 PM 12:30 PM | Angela Weaver | 636.532.3100 (registration) |
| Clayton | Fit 'n Fun The Center of Clayton, 50 Gay Ave., Mind/Body Room | Level 1 | Wednesday Friday | 2:00 PM | Mike Scheller, PTA | 314.289.4202 |
| *Creve Coeur | Roll With the Punches The J's Staenberg Family Complex, 2 Millstone Campus Dr. | Level 3 | Tuesday Thursday | 1:00 PM | Joe Ryan | 314.442.3452 (registration) |
| Florissant | Movement Training Garden Villas North, 4505 Parker Rd. | Level 1 | Thursday | 10:00 AM | Nancy Robb | 314.869.5296 |
| Ladue | Tremble Clefs Choir Salem United Methodist, 1200 S. Lindbergh Blvd., Lower Level Choir Room | | Saturday | 1:30 PM | Linda McNair, MT-BC | 636.778.3377 (registration) |
| Maryland Heights | Exercise for Parkinson's (cycle + strength) Edward Jones YMCA, 12521 Marine Ave | Level 1-2 | Tuesday | 12:00 PM | Martin Caupp | 314.439.9622 (registration) |
| Oakland | Movement Training Bethesda Hawthorne Place, 1111 S. Berry Road | Level 1-2 | Thursday | 1:45 PM | Teresa Godfrey, PT | 314.942.5750 (registration) |
| O'Fallon | Movement Training Park Place at WingHaven, Independent Living Fitness Room, 2002 Boardwalk Place Dr | Level 1 | Wednesday | 10:00 AM | Colleen Bock, PTA | 636.778.3377 |
| South St. Louis County | Exercise for Parkinson's (cycle + strength) South County YMCA, 12736 Southfork Road | Level 1 | Friday | 10:30 AM | Diane Summers | 314.849.9622 (registration) |
| South St. Louis County | Fit 'n Fun Garden Villas South, 13457 Tesson Ferry Rd. | Level 1 | Monday | 11:30 AM | Mike Scheller, PTA | 314.289.4202 |
| South St. Louis County | Movement Training Friendship Village Sunset Hills, 12563 Village Circle Drive | Level 2 | Friday | 10:00 AM | Marina Clements, PT | 636.778.3377 |
| *St. Louis | Circuit Training Paraquod Health & Wellness Center, 5200 Berthold Ave. | Level 2-3 | Thursday | 10:00 AM | Melissa Smith, OTR/L | 314.289.4202 (registration) |
| Ste. Genevieve | Movement Training Community Center, 21390 Hwy 32 | Level 2 | Thursday | 11:00 AM | Ketta Hill, PT | 573.883.9366 |
| St. Peters | Movement Training Barnes-Jewish St. Peters Hospital Healthwise Center, 6 Jungermann Circle | Level 2 Level 1 | Tuesday | 10:00 AM 11:00 AM | Rachel Lehman, OT | 636.916.9650 |
| *St. Peters | Aquatics St. Charles YMCA, 3900 Shady Springs Ln. | Level 1-2 | Thursday | 1:45 PM | Alicia Bunn, CTRS | 636.896.0999 x21 (registration) |
| Town and Country | Tremble Clefs Choir Maryville University, 650 Maryville University Dr. Walker Building-Community Room | | Thursday | 1:30 PM | Megan Moran, MT | 636.778.3377 (registration) |
| Washington | Exercise for Parkinson's (cycle + strength) Four Rivers YMCA, 400 Grand Avenue | Level 1 | Tuesday Friday | 1:00 PM | Tim Peters | 636.239.5704 (registration) |

* This class has a fee for participation. If you have a need for a scholarship for any exercise class listed on this page that charges a fee, please contact the APDA-Greater St. Louis staff, as we have been fortunate to be recipients of donations to support and sustain these programs.

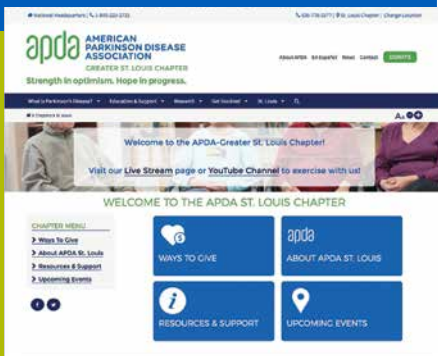
Non-affiliated exercise classes are listed on our website only.

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 **636.778.3377** or email apdastlouis@apdaparkinson.org to keep us updated.

Thank you in advance for helping us spend our resources wisely!

**PLEASE NOTE OUR
EMAIL ADDRESSES
AND WEBSITE**



INFORMATION:
apdastlouis@apdaparkinson.org

WEBSITE:
www.apdaparkinson.org/greaterstlouis

EMAIL:
Debbie Guyer, Executive Director
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2019 CALENDAR OF EVENTS



MARCH 14

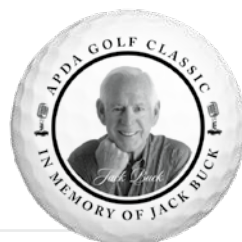
Midwest Parkinson Congress
Congregation Shaare Emeth

Registration available online at apdaparkinson.org/greaterstlouis. Join us for an educational symposium for people with Parkinson disease, care partners, family, and health care professionals featuring Dr. Rebecca Gilbert, MD, PhD, Chief Scientific Officer, APDA National Office.

MAY 20

**Annual APDA Golf Classic
in Memory of Jack Buck**
Algonquin Golf Club

John Mozeliak, President of Baseball Operations of the St. Louis Cardinals, will be our honorary chair, and Tom Ackerman, Sports Director at KMOX, will be our master of ceremonies at the 21st annual Golf Classic. Golf will be followed by dinner and live auction. Reservations are required.



OCTOBER 19

Optimism Walk, Logan University

This fun, family-friendly event provides participants with a short walk, demonstrations, vendor booths, special treats, and a time to visit and meet others who have Parkinson disease.