YOU Can Make a Difference!
Ambassadors for Increasing Awareness of Parkinson Disease and Resources

Deborah Guyer, M.A., Executive Director, St. Louis Chapter

You, too, can make a difference. Each and every one of you reading this newsletter can make a difference. Are you up to the challenge? It doesn't even require writing a check (although we never turn those away); you don't have to be wealthy but you can still make a huge difference. Let me share some stories about people making a difference.

Mark, an individual who has Parkinson disease, is an artist. His artwork is displayed on consignment at various studios around town, and he donates the proceeds of his sales to APDA as his way of contributing to our mission. Another artist and individual with Parkinson’s, Celeste, renders drawings of fellow residents at her nursing facility and sends in their donations to APDA.

We have featured many individuals and families who have hosted their own local fundraisers as Optimism Events. The Vermillion family held a fish fry and bean bag toss for family and friends in their rural community, raising $1,551 for DBS research. Friends of Joe, a musician who had Parkinson disease, held a benefit in honor of their fellow musician who played in various bands spanning a 40-year period. Tommy from Columbia, Missouri, memorialized his dad who had Parkinson’s by fundraising and hosting a tractor pull. We feature these Optimism Events in every newsletter, and there are three more to read about in this issue.

More and more families are requesting tributes to honor birthdays, anniversaries, and holidays for individuals who don’t need another gift but are thrilled to be notified of a tribute made in their name. Memorial tributes are often requested in lieu of flowers by families suffering a loss—families paying it forward, paying it back for services and care they have received over the years. One family wrote about their recently deceased loved one, “She courageously battled Parkinson disease for 18 years, and she was greatly supported by the patient programs provided by the St. Louis Chapter of the American Parkinson Disease Association,” raising awareness and funds for APDA simultaneously. We also receive a number of memorial tributes from families and friends of individuals who were never connected to our Chapter of the APDA. It always saddens me that we missed an opportunity to be connected and to help someone who may have been struggling to live with this disease, unaware of the million-and-a-half other individuals who have Parkinson’s in this country.

One man asked his church to include information about Parkinson disease in its bulletin, including information on how to contact the Greater St. Louis APDA for resources. Now many other members of the church will benefit from having this information at their fingertips. Also, there are individuals we are connected to who return

There is never a donation too small. We have a loyal Blue Ball, Pennsylvania, donor, Char Ann, who sends a $1 bill hidden within newspaper coupons she clips every week and sometimes twice a week. Monetary donations of any size are gladly accepted and always appreciated, no matter how many zeros precede the decimal point.

The printing and distribution of this newsletter was partially sponsored by a grant from Abbvie.
to their internist and neurologist, showing them the welcome packet of information that we send out to newly diagnosed individuals and family members. We will gladly supply doctors with this information for their waiting rooms so all of their patients have access to Parkinson literature and the St. Louis APDA!

Awareness is the key to funding and finding a cure for this devastating disease. We hope you will consider planned giving. Including a gift as part of your estate plan can be a meaningful and impactful way to leave a legacy. We are deeply grateful for the gifts you have already given and continue to give in support of our work. You can have an even greater impact on changing the course of Parkinson disease. If you are interested in exploring ways to leave a lasting legacy through your will, living trust, annuity, or retirement plan, please let us know, as we have professionals on our board that can help you consider your options, big or small.

We’re counting on your generosity and creativity. You are not alone. According to the research findings conducted by Dr. Allison Willis in 2009, there are over 132,000 newly-diagnosed cases of Parkinson’s in this country every year. My friend, Pam Quinn, recently offered this thought: “Awareness of Parkinson’s leads to compassion; compassion leads to giving; giving leads to research; and research will lead to a cure.” You CAN make a difference — let’s start now!

**Coming to Terms with Parkinson Disease**

Thomas Teichmann, Pastor, Messiah Lutheran Church, Amherst, NH

It’s been more than ten years since I was diagnosed with Parkinson’s. It was devastating, and I told no one except my spouse. After five years of leading a covert life, I came to a point where I could finally admit PD’s existence in my life—to myself, as well as to those around me. A big part of that initial denial and subsequent recognition of the condition was an ongoing inner dialog concerning the spiritual dimension of chronic illness. The questions of “why” and “why me” and the search for meaning in a life dramatically altered by a disease I did not cause, challenged my spirituality.

You may shy away from your spiritual self. Although you may not consider yourself to be “religious,” there is a spiritual part of you. A part that seeks meaning in life; a part that recognizes you can discover order even in a chaotic world; a part that hopes, even when there seems to be no hope. You are a spiritual being. And just as “use it or lose it” is your slogan for both physical and cognitive training—so, too, your spirit can be exercised, nourished, and used to promote the wellness of the whole body.

I began to see my relationship with this condition as “living with Parkinson’s.” Accent on the with. Accepting its presence as a part of my life—then stretching its limitations, adapting to its progression, and not allowing it to define my life—provided a means through which I could interact with others in a world that is largely uninformed about PD. Living with Parkinson’s is integrating the hard reality of the disease into the ever-changing story that I, and all of us, tell about ourselves. It becomes a thread that runs through our lives.

The wise use of an ever-evolving vanguard of Parkinson’s medications, joined with taking care of oneself through diet, exercise, and supplements, makes up the familiar physical routine of “living with.” Staying connected to the world, treating depression, and actively engaging the brain in exercises designed to promote healthy cognition, all work towards the mental goals of living with Parkinson’s.

I would venture this—somewhere along the line you are going to accept this Parkinson’s as yours. Unique to you, neither good nor bad—it just is—like a hand… an eye… a birthmark. PD is like a visitor who stays in your guest room and eats every meal with you and has no thought of leaving. But he is not a foreign intruder. He was always there. It is like your hair going gray. Something to manage, adjust to, admit to, negotiate with, subjugate at times, but always acknowledge.
DUOPA – A New Levodopa Delivery System to Treat Motor Fluctuations

Paul Kotzbauer MD, PhD, Associate Professor of Neurology, Washington University School of Medicine

The US Food and Drug Administration (FDA) recently approved a new delivery system for carbidopa/levodopa, the most commonly used drug for managing the symptoms of Parkinson disease (PD). This new approach uses a pump to deliver a carbidopa/levodopa suspension (Duopa) to the small intestine, and aims to overcome issues such as variable absorption and short half-life that lead to fluctuations in PD symptoms when carbidopa/levodopa is taken in tablet form. The Duopa system is designed to provide more consistent and steady dopamine levels, which is difficult to achieve with oral medications as the disease progresses.

The motor symptoms of PD (tremor, rigidity, difficulty with walking and mobility) typically respond very well to carbidopa/levodopa, also known by its brand name Sinemet. The production of dopamine in the brain gradually declines in PD, and levodopa is helpful because it increases dopamine production, which is essential for the proper function of brain circuits that control movement. The carbidopa component has no effect on symptoms but is included to prevent side effects such as nausea caused by levodopa.

Levodopa typically produces clear improvement in symptoms, but over time many people develop fluctuations in their response to levodopa. They fluctuate between the “on” state, during which levodopa works well to minimize PD symptoms, and the “off” state, during which PD symptoms re-emerge. These “motor fluctuations” are caused by the rise and fall of drug levels that occur each time tablets are taken by mouth. They are likely related to a decline in the ability of the brain to store the levodopa delivered by each dose. Some people also develop dyskinesias or involuntary movements, which are typically triggered when the peak levodopa level is higher than optimal after a dose of medication.

When people with PD develop difficulty with either “wearing off” or dyskinesias, symptoms can sometimes remain well controlled by adjusting medication doses to keep levodopa levels in the optimal range or by adding other medications that work in combination with levodopa. However, as time goes on, “off” periods and dyskinesias often become more problematic despite attempts to optimize medication.

Deep brain stimulation surgery is a current treatment option that can improve motor fluctuations, but an additional option to directly address the fluctuations in levodopa levels is now available with Duopa. Carbidopa/levodopa has been formulated into a gel (carbidopa-levodopa enteral suspension) that is delivered directly to the small intestine by a pump. A tube, known as a percutaneous endoscopic gastro-jejunostomy or PEG-J tube, is inserted through the skin of the abdomen into the small intestine. A programmable pump is connected to the tube to continuously deliver the medication to the small intestine, the place where it is normally absorbed. This bypasses the unpredictable time required for tablets taken by mouth to move from the stomach to the small intestine. The pump can be programmed to deliver the gel at a rate that is optimized for each individual, an improvement over the irregular delivery that occurs with tablets. The risks of the surgical procedure required to insert the tube and the need to carry the pump are potential drawbacks, but the pump can be carried in a number of ways including attaching it to a belt or shoulder strap.

Clinical studies of the Duopa system were recently completed in the United States (US). The Movement Disorders Center at Washington University School of Medicine was one of multiple sites involved in these clinical studies of Duopa. Studies were also previously conducted in Europe, where it is approved and marketed under the brand name Duodopa. Results of the recent US studies indicate that the Duopa system maintains relatively steady levels of levodopa in the bloodstream. They also demonstrated that conversion from carbidopa/levodopa tablets to the Duopa system resulted in a significant reduction in “off” time and a significant increase in “on” time without bothersome dyskinesias, in people with PD who were experiencing motor fluctuations. The FDA approved the Duopa system for use in the US based on these studies.

Placement of the PEG-J tube is performed by a GI specialist, using endoscopy to guide the placement of the tube in the correct position in the small intestine. The tube enters the stomach through a small incision made in the abdomen and extends through the stomach into the initial portion of the small intestine. The procedure to place the Duopa tube is the same approach that is commonly used to place a feeding tube in individuals who develop difficulty swallowing from conditions such as a stroke. There are risks related to complications of the procedure such as infection. Other potential drawbacks over time are problems such as blockage or displacement of the tube, which require placement of a new tube.

A Movement Disorders Specialist oversees the initiation of Duopa following placement of the PEG-J tube. The Duopa system needs to be carefully measured to deliver levodopa at the optimal rate for each individual. This is accomplished by observing the individual’s response to Duopa as the settings on the pump are gradually adjusted over several days in order to program the pump for optimal Duopa delivery. Adjustments can be made as needed to improve control of symptoms over time. Those who are interested in whether Duopa is an appropriate option to address problems with motor fluctuations should discuss it with their neurologist. The Movement Disorders Center at Washington University will offer consultations to those interested in further evaluation and advice regarding whether Duopa would be an appropriate choice for treatment of their PD symptoms.
With 135 APDA team members participating in the walking or running events in St. Louis on April 11 and 12, our APDA Greater St. Louis chapter topped the chart of participating charities in both number of participants and monies raised for the organization for the second consecutive year. Through individual and business sponsorships, over $55,000 was raised to support Parkinson research and the APDA Information & Referral Centers across the nation in our second year with GO! St. Louis. This Parkinson disease research includes new therapies that will increase quality of life for many individuals with Parkinson disease. Scientists across the world are hard at work trying to find a therapy to slow or stop the disease progression. Special recognition is given gratefully to committee member Gail Glenn, who exceeded her first year personal goal by raising $12,500. Gail made sure that friends knew of her passion and the importance of raising funds for promising Parkinson research. She wanted everyone to know that real progress is being made toward a new generation of Parkinson treatments and a cure. Gail realized how much help she needed in order to reach her personal and our shared goals. As a result of the generosity of friends and family of all of our team members, over 600 separate donations were received. A large tent at the Saturday 5K run/walk event helped raise awareness about the APDA and Parkinson disease, and APDA staff were all on hand to answer questions as part of the April Awareness Campaign “30 Days, 30 Ways to Make a Difference.”

We regret that we are only able to list gifts of $50 or more which were received by April 1, 2015. Please refer to a complete listing which is available on our website. Our gratitude is extended to members of the walk/run committee who have given their hearts and “sole” (pun intended!) to make this event a resounding success. For participants, we hope you enjoyed the weekend and plan to join us again in 2016! For a complete viewing of the photos captured during the weekend, visit our website at www.stlapda.org.

COMMITTEE MEMBERS:
Sarah Schmerber (co-chairperson)
Melinda Mierek (co-chairperson)
John Basilico
Kena Blanton
Gail Glenn
Matt Reding
Doug Schroeder
Stephanie Scimeci
Andrea Snowden
Joe Vernon

ADDITIONAL APDA GO! ST. LOUIS VOLUNTEERS:
Neil Brown
Ann Cook
Rob Goren
Karl Guyer
Craig Miller
Andrea Snowden
Jeff and Patty Waller

COMMITTEE MEMBERS:
Sarah Schmerber (co-chairperson)
Melinda Mierek (co-chairperson)
John Basilico
Kena Blanton
Gail Glenn
Matt Reding
Doug Schroeder
Stephanie Scimeci
Andrea Snowden
Joe Vernon

ADDITIONAL APDA GO! ST. LOUIS VOLUNTEERS:
Neil Brown
Ann Cook
Rob Goren
Karl Guyer
Craig Miller
Andrea Snowden
Jeff and Patty Waller

On Your Mark – Get Set – GO!
St. Louis Marathon & Family Fitness Weekend

With 135 APDA team members participating in the walking or running events in St. Louis on April 11 and 12, our APDA Greater St. Louis chapter topped the chart of participating charities in both number of participants and monies raised for the organization for the second consecutive year. Through individual and business sponsorships, over $55,000 was raised to support Parkinson research and the APDA Information & Referral Centers across the nation in our second year with GO! St. Louis. This Parkinson disease research includes new therapies that will increase quality of life for many individuals with Parkinson disease. Scientists across the world are hard at work trying to find a therapy to slow or stop the disease progression. Special recognition is given gratefully to committee member Gail Glenn, who exceeded her first year personal goal by raising $12,500. Gail made sure that friends knew of her passion and the importance of raising funds for promising Parkinson research. She wanted everyone to know that real progress is being made toward a new generation of Parkinson treatments and a cure. Gail realized how much help she needed in order to reach her personal and our shared goals. As a result of the generosity of friends and family of all of our team members, over 600 separate donations were received. A large tent at the Saturday 5K run/walk event helped raise awareness about the APDA and Parkinson disease, and APDA staff were all on hand to answer questions as part of the April Awareness Campaign “30 Days, 30 Ways to Make a Difference.”

We regret that we are only able to list gifts of $50 or more which were received by April 1, 2015. Please refer to a complete listing which is available on our website. Our gratitude is extended to members of the walk/run committee who have given their hearts and “sole” (pun intended!) to make this event a resounding success. For participants, we hope you enjoyed the weekend and plan to join us again in 2016! For a complete viewing of the photos captured during the weekend, visit our website at www.stlapda.org.
Donations $100-$199
Bob & Jan Abrams
Anon
Anonymous
BBS
Carrie Becker
Wendy Bell
Patty & Steve Berry
Paul Black
Lorry & Richard Blath
Maddie Wagner
Jeffrey Waller
Patricia Watson
Erin Whitehall
Duron Witherspoon
Sherry Wolz
Donations $500-$1000
Anonymous
Cindy Florin
Ken & Tricia Goldman
Susie Luten
Andrey Shaw
The Spanos Family-Vetta Sports
Donations $300-$499
Cheryl Lawier
Steve Rufner
Donations $200-$299
(s)
Mike & Melissa Blanton
Jodi H. Brown
Rich & Kathy Bucholz
Joan & Gary Burger
Alan & Nancy Charleston
Andy & Sarah Blumenfeld
Donna Bonan
Bill & Peggy Bredenkoetter
Suzanne C. Brown
Tom & Linda Byrnes
Carnaghi’s
Patricia Casey
Kelli & Brian Colas
Christopher Dankmyer
Todd Deran
Mark & Sally Demling
Beth & Marc Diamond
Don & Diane Donlon
Kate & Peter Donnelly
Dudas Fitness
Ruth Evans
Joyce Fidell
Jane & Terry Flanagan
Frank Fleisch
Robert & Deena Fowler
Iain Fraser
Carol & Kevin Fries
Jesse & Annie (McCarty)
Ghare
GMW
Becky Goldstein
Jackie Grossklos
Matthew Gum-Tamal
Vista Holdings
Laurie Hacker
Rick & Deby Halpern
Ryan Hanisco
Sally & Bob Harrison
Paul & Mary Hartz
Kathy Higginson
Marcia Hunter
Patti & Don Hurst
Steve & Elizabeth Jasper
Marcus T. Jones
Thomas & Robin King
Joan & Jary Kvitt
Matt, Roby, Ollie & Lee Komen
Max & Sammy Komen
Sandy Komen
Jeffrey & Kathi Kurtzman
Gary & Karen Rensing
Benji Ring
Eric Roth
Peter Ruderman
Tony & Jodie Ryndak
Bob Sanderson
Amy & Matt Schamroth
Tom & Katie (McCarty)
Schenk
Britt-Marie Schiller
Nick & Linda Schneider
Lauren & Nick Schreder
Brittany Schulze
Patrick & Janice Scott
Pat & Al Segall
Bryan & Sarah Selbie
Kathleen Shaver
Don & Kristie Skor
James Stewart
Cary & Jeff Stolar
John & Kassie Tettinger
Beth Tierney
Phyllis Trigg
Charlie Wagner
Rick Walsh
Mark Warchol
Marilyn Wechter
Evelyn & Barry Witten
Andrea Witton
Sherry Wolz
Donations $50-$99
Earl & Cathy Adkinson
Anonymous
(s)
Kevin Austin
Mary Austin
Chris Bahr
Dan Barbatti
Brent Bowden
Dennie & Nancy Bowden
Rodger Brayden
Connie Break
Terri & Gerry Brennan
Martha Bromley
Wendy & Alan Bruck
John & Lynn Budde
Susan & Paul Buse
Callie Byrus
Deacon & Sister Carter
Jill Cassell
Leigh Cockrum
Tony Cross
Bruce Davidson
Marc & Sheila Debrick
Liz Dennison
Ruth DePew
David Dixon
The Dunns
Wiley & Jodi Lafferty
Kevin & Pat Laury
John & Maria Lee
Kristi Matschiner
Valerie Maynard
Michael & Verna Mitchell
MPS
MRC Services LLC
Linda & Mike Nava
Neal & Pamela Neuman
Mary Nickhof
Kim O’Connor
Andrew Orlins
Matt Orlins
Steve Orlins
Zach Orlins
Oliver Osborne
Kevin & Maggie (McCarty)
Perry
Aruls & Lacey Pierce
David Pierce
Alice & Jack Powell
Kenneth & Joan Pruett
Mindy Pullman
Mary Lou Eakin
Vita Erdman
The Family of P. Hayden
Joe & Madame Feldker
Jan Ferguson
Sheille & Danny Fiddel
The Fischer Family
Ben & Lydia Franklin
Gary & Laura Friedmeyer
Friend of Andrea Snowden
Friend of Shirley Parisi
Aaron Fries
Kurt & Judy Fritz
Ellen Gale
David & Sue Geiger
Masha Gersten
Jon & Jon Goldman
Michelle & Miles Goldman
Jeff Grainger
Steve & Nancy Greenwood
Jon Gurtan
Svetlana Gwin
Joe Hamm
Lindsey Haupt
Jim & Pete Heddinghaus
The Held Family
Kevin Hemmelgarn
The Heschmamp Family
The Hummels
Janet & Douglas Ille
Dorothy Janssen
Brian & Lauren Jepp
Matt & Julia Johnson
Mark & Hillary Katzman
Kelling Family
Joyce Kelly
Dave & Sue Key
Randy & Julie Kindred
Mike, Steph, Lily, Max & Laney Kleffe
Russ Klicker
John & Marsha Leigh
Andrea LeVan
Pat & Cathy Maloney
Mark Pope Construction
Jimmy McCarty
Phil & Nancy McCord
The McCords
Ray & Lynn Morgan
Nurses & Company
Hospice & Home Care
Pat & Tom Oates
Doris & Jerry
Obernuefemman
Dan & Grace O’Connor
Shary Parisi
Cathy Philippi
Dale & Norma Plank
Mark & Tricia Potts
Bryson & Leah Pouw
Rilla & Dennis Pugh
Norman & Phyllis Ross
Pat Ross
Rusty & Willi Ryan
Mark & Kim Schroeder
Jim & Kathy Schweigert
Bob & Carole Simon
Ally Smith
Floyd & Martha Smith
R. Smith
Lauren Sobol
Dave & Deb Steppig
Sandy Steppig
Scott & Nicole Steppig
Stites Draft Cleaning
Jeff, Dawn, Vera &
Gavin Stremilau
Lauren Sundersgill
Tan Co-Wentzley
Daniel O. Trigg
Patrick & Tiffany
Umphenour
Ron & MJ
Waechterle
Wally Werner
Jan & Jim Weston
Dave & Cyndy Winslett
Julia Witton
James Lyle Young
Matt Zimmerman
Christopher Zenza
APDA–GREATER ST. LOUIS CHAPTER
MA Y 2015
5
Determining What Types of Care You Need

Stacey Barton, MSW, LCSW, Medical Social Worker, Washington University School of Medicine

As a social worker, one of the most common requests I receive is for help getting additional care needs met. People often know there is help “out there” but really have no idea what types, how to access it, or how it is paid for. At a recent APDA workshop, I co-presented on this topic with Lori Zimmerman of Elder Link St. Louis. In this article, I will recap the presentation and provide you with information you need to make a determination about how to get help, what type of help to get, and set some expectations on how it will be funded.

This article will address in-home care such as home health and private duty, adult day care, and residential care options such as independent living, assisted Living/RCF and nursing homes/skilled nursing facilities. In addition, hospice will also be discussed very briefly.

IN-HOME CARE

The first place people often want to begin looking at care they can receive to allow them to stay at home. Many people use the term “home health” generically, but it is important to realize that this term may not actually reflect the needs you have. I will use the term “home health” to refer to temporary health services provided in the home for an illness or injury, typically covered by medical insurance. I distinguish this from “private duty” which is not covered by medical insurance, does not require a skilled service (i.e., professional nurse, physical therapist, occupational therapist, etc.) and can continue for as long as you want this service.

Home Health is in-home care with a goal in mind. It is meant to treat an illness or injury in order to get better and regain independence. Patients must be homebound; otherwise, they are expected to receive these services through outpatient clinics. Care is intermittent and temporary only and is typically covered by Medicare Part A or Part B. Medicare Advantage Plans also provide this coverage but will have specific providers from which the patient must choose. For people with original Medicare, they pay none of the cost of home health care services and 20% of the cost of medical equipment unless they have a supplemental insurance that will pick up these costs. There is no limit to the number of annual visits, but they won’t go on forever. A home visit is about an hour and the patient typically only receives services for a few weeks.

Home health requires a doctor’s order and the patient must be under a doctor’s care. The doctor must certify that the patient needs one or more of the following:

- Intermittent skilled nursing care (but not just blood draws) e.g., wound care, IV therapy, nutrition therapy, injections
- Rehab services: physical, speech or occupational therapies

The condition must be expected to improve in a reasonable, predictable period of time or require a skilled therapist to create or assist with a maintenance program. Once a patient qualifies for nursing or therapy services, s/he may also qualify for social work services, intermittent home health aide, medical supplies, and medical equipment.

Home health is NOT 24-hour a day care (or even extended hours of care), home delivered meals, homemaker, custodial or personal care. This is where private duty comes in.

Private Duty typically consists of personal care and homemaker services. It is not covered by medical insurance such as Medicare or commercial insurance. Some people may be able to receive a few hours of this care through Medicaid if they meet specific criteria, which include being impoverished and otherwise requiring nursing home care. These services may also be covered through VA benefits and are usually covered in long-term care insurance policies if the person meets the requirements of their policy.

Private duty is rather expensive. Although there is a lot of variability, the average is about $20 per hour through an agency, and many agencies require a four hour minimum. People can save money by hiring someone privately, but there are caveats to be aware of if you choose to go that route. That is probably an article in itself, but in general the advantages of hiring an agency are that they assume responsibility for screening, hiring and firing staff, providing liability insurance, training the staff, and administering the taxes. In addition, you will be assured that there are backup staff available if your primary caregiver is ill, or on vacation or if their car breaks down. They can also alter the staffing if the skill set required to care for the patient changes. Finally, for individuals with long-term care coverage for private duty, you may be required to use a licensed agency for the care. There are some advantages of hiring a private aide outside of an agency. Primarily the benefit is one of cost. There may also be greater consistency of having just one worker, you may have more choice in who provides the care and there may be flexibility in scheduling such as not having a minimum number of hours.
ADULT DAY CARE

This is one of the most overlooked resources available. Adult Day Care (ADC) is a safe and therapeutic place for a person with a disability or dementia to go during the day to receive care, social engagement, and oversight and then return to their homes in the afternoon or evening. Most ADCs are open 10-12 hours per day, 5 days a week and some offer regular or occasional Saturdays. Full and half-day options are available at most centers. The cost is quite reasonable with an average of about $75 for a full day of care. The costs are covered through private pay, Medicaid, long-term care insurance and VA benefits. Some ADC centers offer scholarships or sliding scale.

ADC provides a lot of care for the cost. Included in the care at most centers are meals, personal care, activities and medication administration. Some centers also offer transportation, rehabilitation services, beauty salon, podiatry, and more.

RESIDENTIAL CARE

Sometimes remaining at home is no longer an option. There are several types of residential care, and many of these terms are used loosely and generically. When talking to providers, friends, and medical professionals be sure to clarify that you are all talking about the same things. I will use the terms residential care facility (RCF), assisted living (AL), nursing home (NH), and skilled nursing facility (SNF).

First, let’s not overlook independent living. There are a number of campuses that provide housing for people who are older or disabled that are independent. These are often apartment, villa or cottage-like homes that include upkeep of the outside facilities and basic housekeeping. Many offer some meals, scheduled activities and transportation. Additional services, such as medication administration and personal care, may be available but at the same cost as private duty care as described above. Independent living is private pay and may include a refundable or partially refundable admission fee.

Assisted living is probably the term social workers hear most loosely. For our purposes, we will consider AL facilities as well as RCFs together. In addition to RCF and AL, you may also hear the terms Supportive Living Community or Board and Care Home used in this category of care. There are slightly different licensing rules for AL and RCF, but in general these are facilities that provide protective oversight 24 hours a day 7 days a week + meals. Many, but not all, will provide medication administration. It is important to know when looking at AL/RCF what you are getting because of the variation in services provided. Additional services may be provided a la carte, and this can add up quickly if you need a lot of care. Payment is typically private pay although long-term care insurance occasionally will cover this level of care and the VA may partially pay in some instances. For lower-income people, there may be access to a small state grant of $292 per month, but this is only occasionally used because it is often not enough to bridge the cost gap. The average national cost in a residential care facility is around $24,000 per year or about $65 per day.

Nursing homes and skilled nursing facilities are familiar to most of us, but even then there is often some confusion about what these consist of and how they are paid for. These are also terms often used interchangeably, but some people may distinguish the two, and some facilities offer both within their own building. For clarity, I will consider NHs as facilities that provide custodial care to patients with significant care needs due to illness or age. I will define SNFs as facilities that provide 24-hour care also, but typically this is in a rehabilitation setting where patients are recovering from an illness or injury and are attempting to maximize their potential so they can return home or return to a NH bed for ongoing custodial care. Many NHs offer SNF services in a wing of the facility.

For people undergoing rehabilitation or nursing care in a SNF (pronounced “sniff”), they will receive 24-hour care by skilled nurse and/or rehabilitation services. This care requires a doctor’s order and is often covered by medical insurance such as Medicare. This is where the confusion often comes in. Patients know that Medicare covers SNF care, and they mistakenly think this means that all NH care is paid for by insurance. This is not correct. Medicare will cover SNF care in very specific situations for a very limited period of time. As you might imagine, there are a lot of government rules managing this coverage, but in general, SNF coverage is available to people who require skilled care beyond their hospitalization and have had at least three midnights in the hospital under inpatient status. This is key, as observation status doesn’t count, and patients often don’t know what status they are admitted under—so if you are in the hospital, ask! Patients no longer have to show continual improvement and rehab potential to stay under this care, but that doesn’t mean that Medicare will cover it for long. At best, Medicare covers the first 20 days of SNF care in full and then there are 80 more days of care available, but Medicare covers only a portion of this expensive care. If you have a Medicare supplement, then your portion is typi-

ADDITIONAL RESOURCES

- Adult Day Care in St. Louis (Courtesy of the Alzheimer’s Association) www.alz.org/stl/documents/streportadc.pdf
- Adult Day Care, Licensed (MO Dept of Health and Senior Services) health.mo.gov/seniors/nursinghomes/pdf/ADC-licensed.pdf
- Family Caregiver Alliance www.caregiver.org
- Medicare and Home Health Care www.medicare.gov/Pubs/pdf/10969.pdf
- Medicare Compare
- Home Health–www.medicare.gov/homehealthcompare
- Nursing Home – www.medicare.gov/nursinghomecompare/search.html
- Veteran’s Aid – www.veteranaid.org
- Understanding Long-Term Care Insurance longtermcare.gov/the-basics/
- VOYCE (Long-term care ombudsman) – check quality of nursing homes in St. Louis www.voycestl.org
- Show Me Long-Term Care www.dhss.mo.gov/showmelongtermcare

continued on page 10
TRIBUTES & DONATIONS 01/01/15 – 03/31/15

Tributes are a thoughtful way of expressing sympathy, giving thanks, celebrating special occasions such as birthdays, anniversaries, holidays; or honoring the memory of a loved one or friend while expressing your commitment to the Greater St. Louis Chapter of the American Parkinson Disease Association. An acknowledgement including your name (but not the amount) will be sent to the person honored or to a relative in case of memorial, and the donor will receive a prompt thank you card/letter which can be used when filing your tax return.

**HONORING**

Al Arbour, former St. Louis Blues player  
Bob Sanderson

Ada Billings, wishing you peace and comfort  
Debbie & Karl Guyer

Steven Dale Bilyeu  
for a quick recovery  
Wayman & Imogene Bilyeu

Sandy Birittier  
Frank & Donna Uhltenbrock

Kay Bruchhauser  
for the many years of loving care she gave to my father, Bill Bruchhauser  
Debra Bruchhauser Walter

Jane Domke  
Harry & Janet Dierker

Carol & Don Eddfielding on their 50th Wedding  
Anniversary  
George Michael Hulsey

Rita Eiseman on her 80th birthday  
Jean Agatstein & Les Loewe  
Barbara Barenholtz & Milton Hieken  
Maureen & Bob Greenberg  
Fanny Katz  
Larry & Shirley Scheimer  
Geraldine Schiller

Rita Eiseman & Gary Zuckerman on their special birthdays  
Marlene & Bob Wolff

Ellen Goldman for a speedy recovery  
Gail & Larry Glenn

The Goldman Family, for the blessing of a new granddaughter Chaya and the Hebrew naming of great grandmother, Wendy Bruck  
Gail & Larry Glenn

Debbie Guyer  
in appreciation & with thanks  
Laurie Dien & Alan Vaillen

Debbie Guyer  
Marilyn & Saul Dien

Robert Levin on his special birthday  
Gerald & Virginia Weiss

Joe Marchbein for a speedy recovery  
Debbie Guyer  
Jack Strosnider, Sr.

Bob & Mitch Meyers  
The Wilkins Group at  
Merrill Lynch

Floyd J Morgan  
Diana E. Morgan

Gary Morris  
for a speedy recovery  
Pam & Jerry Brown

Marshall Myers  
for a speedy recovery  
Pam & Jerry Brown

Bentley Ritchie on his recovery  
Leona L. Boucher

Marty Rubloff  
Susan Houston  
Michelle & David Migliazzo  
St. Louis Esprit

Sylvan Sandler on his birthday  
Gertrude Hulbert

Abby & Lily Schreiber  
on their 4th birthdays  
Jack Strosnider, Sr.

Herbert Seidel  
on his special birthday  
Rita Eiseman & Dr. Gary Zuckerman

Larry Smith  
Fred Ferrell

Jack Strosnider on his 90th birthday  
Karl & Debbie Guyer

Jack Strosnider for a full and speedy recovery  
Karl & Debbie Guyer

Dr. Brent Wright with thanks  
for his presentation  
Debbie Guyer

**IN MEMORY OF**

Harold Abrams  
Mr. & Mrs. Tab Cohen

Dorothy L. Arnone  
Scotttrade, Inc.

Jerry Bandy  
Brenda Bandy  
Judy Becker  
Dan & Darla Brinker  
Don & Valerie Delaney  
Brian & Connie Duncan  
Doris Frank

Bob & Nancy Goodson  
Tom & Lynn Koch

Ron & Brenda Kruckeberg  
Dan & Lisa Neeltner  
Dennis & Sharon Rinderer  
Kent & Lisa Schoeck  
Ron & Brenda VanBooven

Beloved Mother of Diana Beiras  
Sharna Kohn

Joan Berg  
John & Nancy LaMora  
Pat Peer  
Patricia Price  
Richard & Helen Skoff

Ada Billings  
Michelle Almengor  
Thomas & Joan Bialczak  
John & Mary Buck  
Joe & Lisa Clemente  
Celeste & Ed Dillon  
Debbie & Karl Guyer  
Carol Harrison

George & Nancy Marble  
Jeff & Marlon Marx and Family  
Fred & Marlene Petton  
Rilla & Dennis Pugh  
Jack Strosnider  
Sian & Donna Wilensky  
Scott Zipfel

Irvine Birkemeier  
Stephen M. Schmidt, Sr.

Dominic Birittier  
Barry Millstone  
Robert & Karen Price  
Frank & Donna Uhltenbrock  
John, Mary Jo & Emily Wick

Jean Blinne  
Bea Blazek  
Bonnie Dillard  
Don & Diane Donlon  
KCU-Alpha Beta Chapter  
MOAA-St. Louis Chapter  
Phyllis & Norm Ross  
Ann & Robert Schulte

Marjorie & Donald Semon  
St. Peters Exercise Class  
Ann & Michael Tansey

Edmund Blum  
Sandra Mertens

James Boatright  
Standard Laboratories, Inc.

John Henry Bouck  
Denise Bouck  
Dwight Bouck & Family  
Lyle J. Bouck, Jr.  
Krisen Eblen

Robert & Carol Penycuick

William Brandenburger  
William & Pearl Brandenburger  
Philip & Donald Conrado  
Mike & Judy Messmer

Rev. Clyde W. Brickson  
Becky Austermann, Guarantee Electrical  
Phil Briggan  
Mr. & Mrs. Tab Cohen

Eugene “Bud” Bringaze  
Anthony Cordie  
Janet Deeliman  
Marian Heid Englund  
Maureen Grimer

Mary & Keith Hinkbein  
Margie Huck  
Michael & Jean A. McNally  
Janey McKillip

Dan & Bobbie Pierro  
Ann Ross  
Franklin & Ruth Jean Vickers  
Charles Zierrath

Robert Bubla  
Ruth Bubla

Robert G. Burch  
Angela & David Baldwin  
Mary Devaul  
Vera Hughes

Robert & Linda Kimmis  
Frances Vaughn  
Virgil & Susanne Walden  
John & Gena Worden

Maureen Cantillon  
Paul Goss & Wanda Ceresia

Joseph Chiecsek  
Patti Chiecsek Kelsey  
Karen & Mark Leverenz  
Rob & Donna Linderer  
John McCartney

Sharon & Tom Cibulka  
Nancy Kinsfiter

Thomas Cibulka  
Theresa Coppay  
Steve & Lois Fehehenbacher  
Barbara A. Gallo

Paul Cook  
Roger & Juli Buyhnen  
David & Lisa Burr  
Roger & Audrey Deppe  
Brad & Sarah Eschenbach  
Linda & Calvin McCauslin  
Don & Maria Ohmer

The Children of Elliot & Frances Smith

William Cool  
Robert Bax  
Jerry & Dorothy Chambers  
Glen & Laura Mahnken  
Susan Miskell  
Jo Ann Stoda

Barbara Correll  
Carol Correll  
Mary H. Moloney

Francis W. Craig  
Henry Althoff  
Jay & Joan Bender  
Cynthia & Jim Biehle  
Mrs. Louis Craig & her children

Peter & Darlene Craig  
Robert Craig  
Donald Driebeek  
Linda Gamm  
Robert & Kathleen Graydon  
Doug & Betty Jo Klingberg  
James & Marilyn Panter  
Roy Schlumpberger  
Dan Styborski  
Ronald & Judy Taylor  
Kathryn & Alice Tomkawa  
Bob & Mary Lou Wilson

Julie Davis  
Kathleen Tinkham

Nathan Dubman  
Julie Dubman

Donald Ren Dulin  
Kelly Ainsworth  
Marilyn & Don Ainsworth  
Grace, Megan, Beau & J. Bella

McKenna & Ed Bellamy  
Bob & Heidi Glover  
Edward & Marsha Graham  
Mr. & Mrs. Stanley Hemeyer  
William A. McDowell, Jr.

David & Mary Pat Meyer  
Thomas & Cecilia Parchomsky

Gary “Ron” Epstein  
Melvin & Andrea Goldstein  
Evelyn Turner  
Ellen & Michael Rumelt

William Erdman  
Craig Barton  
Kimball Bergman  
June Crowther

Ginger Drone & Steve Symsack  
Cheyler Ashley Ezzy  
Rick Erdman  
Bruce & LaDonna Patterson  
The Petrovich Family  
John & Amy Pollaci  
Jim & Elizabeth Saelens  
Michael Tomaro  
Brian & Jana Wade

Philip Erzinger  
Marrolyn Block  
Jean & Vera Clarke  
Beverly, John & Denise Cooper  
Nancy & Norvell Dummick  
Deborah & Donald Erzinger  
Danna Harrod  
Teresa & Robert Johnson  
Scott Kinney  
Glenda Melton  
James & Dianne Mertz  
Judith & Charles Nelson  
Peggy Ready  
Ronnie & Carla Young

Damiano Falcone  
Joseph & Allison Falcone
Morley Harper
Karen Davis
Wesley & Mary Lou Johnson
Thomas J Mascheke
Paul Treis & Family

Marissa Hillman
Kathi & Stuart Rosenberg

John B. Hoffner, Jr.
Suzanne M. Brown

Dixie Cooley Holland
William & Sue Christie

Ruth Honkerm
Elizabeth & Robert Phelps
Kenneth & Jean Stahlischmidt

Rose Humphell
Jack Strosnider, Sr.

Benton Hurst
Carol & Chuck Richardson

Joseph Iken
Stuart & Kathi Rosenberg
Dolores Weinstein

Dear Irene
Robert Hayman

Paul “Chris” Johnson
Larry & Judith Hayes
Mary Johnson
David Lenglet
Doris June Mosele
Mr. & Mrs. Olson
Sally Slouffer
Patti Updike

Richard Karney
Barbara & Martin Becker
Rita Sanford Goldman
Janet & Alan Haber
Florann Kessel
Family of Charles Kozloff
Eunice & John Reichman

Anna Kersten
Madonna & James Kersten
David & Susan Rosenwasser
Ann Skroska

Joseph Kinnevan
Marion & Bill Isemann

Teresa Kotte
Laura & Earl Atkinson
William & Sandy Biere
Ernest & Patricia Brethorst
Stephan & Deborah Edwards
Howard & Carol Elmore
Pat & Anne Farnen
William & Lois Farnen
Jeffrey & Robin Gebhardt
Denny & Lebrinda Henke
JoAnn & Donald Hickman
Jim Kothe

Glenn & Stephanie Kuttman
Jan & John Monnig
Lester & Judy Peters
Judy Powell
David & Nancy Rae
Howard & Donna Ratliff
John & Carol Ratliff
Don & Anneliese Reynolds
James & Candace Reynolds
Kim Ricketts

Jacqueline Sturm
John & Mary Pat Westhoff

Harriet Kronick
Joanie & Mark Goldstein

Rose Krouper
Debra Kienstra

Sharon Lambing
Debbie & Karl Guyer
David Lambing
LLC Medical Billing Solutions

Charles “Tom” Lansden
Tanya Smith

Vincent N. Lanzone
Gerald & Christine Barfield
Mary Buchanan
Mr. & Mrs. James Burke
Jean Burnett
Wayne & Kathy Goerss
Glenda & Bob Matulewicz
Faye Murphy
Mark Murphy
Sandra & Kevin O’Shea
Gwen & Ralph Stauber
Sheila Zwillinger

Vance Lischer
Vincent Andrzejewski
Alice Aslin
Steve Bourne
Wade Brodkorb
John & Judy Buchheit
Sarah Budlay
Lyne Campbell
Arlen Chalfeff
Katharine M. Conable, D.C.
Ashley Darling
Grace Dean
Heather Derix
Jeff & Monika DeRousse
Robert & Ellen DeRousse
Doris Dicksgrefe
Henry & Gail Feldstein
Diane & Wayne Ferree
Bob & Nano Graf
Kim Green
Mary Karoly
Fran & John Keller
Sheron Kirsch & Ed Rosen
Dolores Kline
Hadassah & Buddy Lebinam
Mike Lequeuve
Boy & Nancy Lischer
Kathy Lischer
James & Margaret Ludewig
Paula May
Susan & Charles McConnell
Lori Messinga
Timothy Moore & Tchule
Nyrongo-Moore
Larry Mrazek
Cara Newman
June Onby
Ronald & Joyce Parks
Eunice & John Reichman
Robert A. Rosenthal & Sara Joan Rezak
Edwin & Sandra Scherry
Suzanne Sessions
Harold & Ruth Sher
Norman & Bonita Solomon
Betty Stone

Jill Swartwout
Donna Theis
Josh Vinocour
Jen Vorachack
Mr. & Mrs. Arthur J. Wernle
Amy Wilson
Tim Wilson

Lois
Stuart & Kathi Rosenberg

John Mangiameli
Jay & Joan Bender

Tom Manglis
Diane & Jim Bertoluzzi
Courtyard Townhouse Apartments
Kathy & Mike Derges
Kate Manglis
Marilyn Spanos
Tom Spanos
Spirit of St. Louis Lodge #27

Frederick “Dick” Marten
Katie & Steve Amant
Michael Marten
Roselyn Gad

John W. Mayes
Gregory Peden

Francis W. McCready
Janet Schmuker

“Emily” Elizabeth Metzenthin
Elizabeth Butrelow
Joan & Ed Butrelow
Brian Carey
James & Jennie Guenzler
Richard & Joyce Lapp and Families
Marjorie Mueller

Harold Masinger
Ralph Goldsticker

Ken Munger
Janet Munger

The Mother of Steve Nolan
Harlan & Barbara Froom

Frederick Oertel
Becky Austermann, Guarantee Electrical

Estella Mae Palmer
Jim Cochran
Chris & Scott DeRousse
Donald & Geralyn Diesel
Nick & Mary Donze
Delary Drury Family
Paul & Cheryl Drury
Ronald Drury Family
Mr. & Mrs. Charles Flieg
Adam & Julie Gegg
Marvin & Ann Gegg
Rick & Martha Grein
Joan Hammer
Curtis & Kathleen Huck
Robert & Mary Irbebeck
Gary & Geraldine LaRose
Michael & Mary Luk
Mr. & Mrs. Richard Pietsek
Emily & Josh Schlueter
Rick & Rosanne Schwent
Larry & Earlene Stackle- Stahlischmidt
Diane Tessereau

Continued on page 10

Floyd & Sharon Thompson
Elaine & William Tapiak
Joseph & Cynthia Vessell
David & Joan Winters
Ed Wolke Family

Donald Pape
Ken & Pamela Carlson
The Cowill Family
David & Marsha Hohenstein
Harry & Shirley Jennings
Jack & Betty Mason
Sandra McCarthy
Danny & Barbara Pape
Delores Pape
Jim & Linda Penrod
Jean Peterson
Dan & Dawn Plackmeier
Jane & Frank Romano, Jr.
Arthur & Loretta Seltzer
Joleen Shelton
Jack Strosnider, Sr.
Harold & Lois Uthoff
Bob Wright

Brun Puscion
Jeanne Puscion

Lenard Radiatt
Betty Ellis
Marie Janis
Margery Miller

Ann Rieker
Alan & Diana Gordon
Leonard & Shirley Rieker

Eddie Rosencrans
Anna Grim

Agatha Saladino
Parkway South High School

Carl Schaffrin
Mary Donze
Bob & Sissy Reming
Randy Lueber
Donnellan Douglass Retired Group
LaVerne & Wilfred Meiner
John Schaffrin
Mark & Barb Schaffrin
Glen & Patricia Schmidt
Karen Schmidtgecke
Robert & Rhonda Stuckey
Gordon & Theresie Wegan
John & Pamela Winkelmeyer

Raymond Schmid
Deorse & James Descher
John & Kay Descher
Gerriam Fitzgerald
Craig & Karen Foster
Hart & Associates, PC
Chester & Ruth Schmidt

Arnold Schraier
Pam & Jerry Brown

George Schuster, Jr.
AW Health Care

Elizabeth Schweizer
Rita Eiseman

APDA–GREATER ST. LOUIS CHAPTER
MAY 2015 LINK

9
Tributes & Donations  
continued from previous page

Jannette “Jenny” Schweppe
Suzanne Albaugh
Joe & Eileen Beck
André & Marchie Bram
Bill & Jennifer Colletta
Cleman & Diannne Decker
Kevin & Colleen Dohle
Sander & Irene Dombi
Drochter Family
Mary Anne Erts
Tim Flavin
Rita, James & Audrey Goddard
Joyce & Jay Hesskamp
Laura Hillerman
Phil & Inge Holland
Steve Hollycross
David W. & Barbara Huhn
Bill & Mimi Hunter
Keith & Kathy Irvin
Bill & Jennifer Colletta
Andy & Marchie Bram
Joe & Eileen Beck
Jannette “Jenny” Schweppe

Determined What Types of Care You Need  
continued from page 7

cally covered through the gap insurance. Bottom line, at most, SNF lasts for 100 days, but the extensive regulations governing this level of care mean it is not a good planning strategy for covering the cost of residential care.

Like SNF, NH care covers personal care, laundry, meals, medication administration, activities and all the basic needs of life, 24 hours per day, seven days per week. Care is meant to be personalized through a Care Plan, but the care is never one on one. Rehabilitation services are available, but unlike SNF not included in the daily rate (they are usually billed to Medicare separately). For NH care, there are a number of payor sources including private pay, VA benefits, Medicaid (MO HealthNet), and long-term care insurance. NH costs are on the rise, and the current national cost is about $64,000 per year for a NH (about $175 per day). Rates are even higher for a private room.

HOSPICE

Hospice care deserves an article of its own, but is included here since it can be a way to obtain additional care. Hospice is intermittent care provided to people who are approaching the end of their life, defined as an expected prognosis of six months. There are no crystal balls, though, so anyone who is later in the stages of PD might consider asking their physicians about hospice care. Hospice care can be provided wherever anyone lives – in the home or in residential settings. There are very specific admission criteria for hospice care, but once enrolled people typically receive nursing visits and nurse aide visits a couple of times per week each, social work and chaplain support, and volunteer help, and many of your medications and equipment needs will be paid for by hospice. Hospice covers occasional respite and may cover continuous care in periods of crisis, but in general the home visits are about an hour in length, several days per week. In addition, there is 24-hour on-call support and unscheduled visits can occur if there is a need. Medical insurance almost always covers the cost of hospice care in full.

We are fortunate in our area to have a lot of resources available for people who need additional help managing day-to-day life. By learning your options, evaluating your resources, and asking the right questions, hopefully, you will utilize the right level of care at the right time and increase quality of life for the person with PD and their families while allowing people to remain as independent as possible for as long as possible.
Hi-VOLT™ 4 PD

Hi-VOLT™ 4 PD is an audio CD containing 27 minutes of guided voice practice, developed by speech-language pathologist, Mary Spremulli, MA, CCC-SLP. The CD contains words, phrases, and sentences, all designed to help users access breath support and feel the effort it takes to achieve or maintain adequate voice loudness.

The accompanying Hi-VOLT™ voice-on-light is a voice-activated bracelet. It has been calibrated so that when the user speaks loud enough to activate the light, they will be loud enough for others to hear them. “In therapy with my own patients,” Spremulli says, “I give only one cue: speak loud enough to activate the light.” The bracelet can be worn like a watch or placed in front of the user. Just like a speedometer on your car provides feedback, the Hi-VOLT™ voice-on-light provides feedback, helping users stay loud enough for everyday conversation.

The battery life on the Voice-on-Light is 30 continuous hours of static and active engagement in the ‘ON’ position. Based on one hour/day of use, the bracelet should provide 30 days of use before needing to be replaced. Many persons have expressed a desire to use these new devices/tools at their website: www.voiceaerobicsdvd.com

Both devices, in addition to other helpful amplifiers and loudness monitors, are available for demonstration in the APDA Resource Center in Chesterfield.

Vibrating Watch

Stop in at the Resource Center and view a sample of Vibe-Lite wrist watches. They have large, easy to read displays, and easy, user-friendly prompts assist in setting. Unique to this medication reminder is that you may select vibration, audible or both as options. There are multiple daily alarm settings, with a countdown timer with auto repeat option and option of alert reminders before zero. www.vibralite.com

Lifeware Spoon

Lifeware is a stabilizing handle and a selection of utensil attachments that include a soup spoon, everyday spoon, and fork designed to help people with hand tremor eat more easily. It works best for those with mild to moderate tremor. This adaptive device automatically stabilizes so the attached utensil shakes 70% less than your hand. It enables you to worry less about spilling and focus more on enjoying your meal. Lifeware automatically turns on the moment both parts are connected, and temporarily “goes to sleep” when not in use.

New Prescription Medication Co-Pay Program

The Patient Access Network recently established a co-pay program for individuals with Parkinson’s. Co-pay programs provide direct financial assistance to qualified patients, assisting them with prescription drug co-payments their insurance requires relative to their diagnosis.

TO QUALIFY:

- Patients must have either Medicare or a commercial insurance, and
- Not have income in excess of 500% above the federal poverty line.

Co-pays for all drugs prescribed for the treatment of Parkinson disease are eligible with a maximum yearly reimbursement of $16,500.

Patients, their clinicians or their pharmacy can register for the program at the Patient Access Network Foundation by phone at (866.316.7263) or through the PAN Web site (www.PANfoundation.org) by answering a few questions. Individuals will know immediately if they are eligible for this new co-pay program.

PillPack – Pharmacy Simplified

People with Parkinson disease often have a large number of medications to manage. Sorting medications can be difficult and time consuming. PillPack, a new kind of pharmacy, simplifies the process of managing medications.

- Medications come organized in individual packs organized by date and time.
- Your PillPack is delivered to your door every 2 weeks.
- The service comes with proactive refill management. Pharmacists manage your refills, so you’ll never run out.
- Pharmacists are available 24 hours a day to answer your questions via phone or email.
- Packs can include prescribed and over-the-counter medications and multivitamins.

There is no charge for PillPack beyond your standard 30-day co-pays. PillPack accepts most major insurance plans, including forms of Medicare Part D. There are no shipping, handling, or extra fees associated with switching to PillPack.

To learn more about PillPack or to enroll, visit the website at www.pillpack.com or call, 1.855.745.5725.
Optimism Dresses Down

Paramount Mortgage Company recently sent a check in the amount of $352 to our chapter. They have a casual day every Friday, and in order to participate in casual day, each employee contributes a dollar in the monthly charity as chosen by their Employee of the Month. Receiving this contribution has been beneficial to the services and programs we provide at APDA. Perhaps you could encourage your employer to offer such a program.

Optimism Trivia Night

You may recall the St. Louis Esprit Softball girls. Every year, since 2012, these young girls have held a Trivia Night in February, honoring “His Honor” former Mayor Marty Rudloff, and this year that event made $500 more than in the previous years, raising $1,700 in February for patient services. The efforts of these young people have resulted in $4,800 for patient services in our community—way to go St. Louis Esprit Softball members. You hit another one out of the park!

Optimism Gives Back

For the second year in a row, Scottrade and its associates participated in a program named Giving Back Together. The program allowed associates to donate a designated amount of money from their paycheck each month to a group of charities, with an additional match from their employer, Scottrade. In two years, Scottrade and its associates have generously provided close to $9,000. How wonderful to work for an employer who encourages philanthropy among its employees that the company matches. Please check with your employer as you may be able to double your gifts simply by completing paperwork requesting a matching gift.

APDA Partnership Will Provide Social Work Services

As of March 1, APDA Greater St. Louis Chapter is funding a pilot effort to offer social work services to its members.

This pilot is very limited in scope but will offer 16 hours a month of social work to people with Parkinson disease and/or their family members. The initial pilot is funded from March 1–August 31, 2015, and may be renewed in subsequent fiscal years.

The social worker, Stacey Barton, MSW, LCSW, works for the Movement Disorders Center in the Department of Neurology at Washington University School of Medicine. These new social work services are not limited to patients receiving care there.

The social worker can assist with concerns such as connection to local resources, transportation, equipment, continuum of care (adult day programs, nursing homes, assisted living, etc.), education on how to select facilities, education about and assistance with understanding insurance (especially selection of Medicare Part D plans), and prescription assistance referrals and education.

Because of the limited scope of the program, requests for referral will have to be prioritized upon receipt.

For more information or for a referral to the social worker, please call the APDA office at 314.362.3299.

Extra help with prescription drug costs
You must be enrolled in a Medicare Prescription Drug Plan.
www.ssa.gov/prescriptionhelp
1.800.772.1213

Optimism dresses down

Paramount Mortgage Company recently sent a check in the amount of $352 to our chapter. They have a casual day every Friday, and in order to participate in casual day, each employee contributes a dollar in the monthly charity as chosen by their Employee of the Month. Receiving this contribution has been beneficial to the services and programs we provide at APDA. Perhaps you could encourage your employer to offer such a program.

Optimism Trivia Night

You may recall the St. Louis Esprit Softball girls. Every year, since 2012, these young girls have held a Trivia Night in February, honoring “His Honor” former Mayor Marty Rudloff, and this year that event made $500 more than in the previous years, raising $1,700 in February for patient services. The efforts of these young people have resulted in $4,800 for patient services in our community—way to go St. Louis Esprit Softball members. You hit another one out of the park!

Optimism Gives Back

For the second year in a row, Scottrade and its associates participated in a program named Giving Back Together. The program allowed associates to donate a designated amount of money from their paycheck each month to a group of charities, with an additional match from their employer, Scottrade. In two years, Scottrade and its associates have generously provided close to $9,000. How wonderful to work for an employer who encourages philanthropy among its employees that the company matches. Please check with your employer as you may be able to double your gifts simply by completing paperwork requesting a matching gift.

APDA Partnership Will Provide Social Work Services

As of March 1, APDA Greater St. Louis Chapter is funding a pilot effort to offer social work services to its members.

This pilot is very limited in scope but will offer 16 hours a month of social work to people with Parkinson disease and/or their family members. The initial pilot is funded from March 1–August 31, 2015, and may be renewed in subsequent fiscal years.

The social worker, Stacey Barton, MSW, LCSW, works for the Movement Disorders Center in the Department of Neurology at Washington University School of Medicine. These new social work services are not limited to patients receiving care there.

The social worker can assist with concerns such as connection to local resources, transportation, equipment, continuum of care (adult day programs, nursing homes, assisted living, etc.), education on how to select facilities, education about and assistance with understanding insurance (especially selection of Medicare Part D plans), and prescription assistance referrals and education.

Because of the limited scope of the program, requests for referral will have to be prioritized upon receipt.

For more information or for a referral to the social worker, please call the APDA office at 314.362.3299.
## 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.stlapda.org](http://www.stlapda.org), or call the APDA Information & Referral Center or the facilitator. Information that has changed since the last LINK appears in **bold**.

<table>
<thead>
<tr>
<th>CITY</th>
<th>COUNTY</th>
<th>MEETING SITE</th>
<th>DAY OF MEETING</th>
<th>TIME</th>
<th>LEADER(S)</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballwin</td>
<td>St. Louis</td>
<td>Meramec Bluffs Care Center 40 Meramec Trails Dr., Activities Rm.</td>
<td>4th Tuesday</td>
<td>2:00 PM</td>
<td>Gayle Truesdell</td>
<td>636.923.2364</td>
</tr>
<tr>
<td>Cape Girardeau</td>
<td>Cape Girardeau</td>
<td>Cape Girardeau Public Library 711 N Clark Street, Oscar Hirsch Room</td>
<td>3rd Monday</td>
<td>6:00 PM</td>
<td>Desma Reno, RN, MSN</td>
<td>573.651.2939</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>APDA Community Resource Center 1415 Elbridge Payne, Suite 150</td>
<td>1st Tuesday</td>
<td>10:30 AM</td>
<td>Mary Buck, Nancy Rapp</td>
<td>636.532.6504, 636.537.3761</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>For Caregivers Only APDA Community Resource Center 1415 Elbridge Payne, Suite 150</td>
<td>2nd Monday</td>
<td>10:30 AM</td>
<td>Dee Jay Hubbard</td>
<td>314.362.3299</td>
</tr>
<tr>
<td>Columbia</td>
<td>Boone</td>
<td>Lenoir Community Center 1 Hourigan Drive</td>
<td>1st Thursday</td>
<td>4:00 PM</td>
<td>Patsy &amp; David Dalton</td>
<td>573.356.6036, 573.434.4569</td>
</tr>
<tr>
<td>Creve Coeur</td>
<td>St. Louis</td>
<td>Pre/Post-DBS Group Missouri Baptist Medical Center 3015 N. Ballas, Main Parking Garage 4th fl., CLI Rm. 419</td>
<td>3rd Tuesday</td>
<td>6:30 PM</td>
<td>Joe Vernon</td>
<td>314.614.0182</td>
</tr>
<tr>
<td>Creve Coeur</td>
<td>St. Louis</td>
<td>Young Onset Living and Working with PD Missouri Baptist Medical Center 3015 N. Ballas, Main Parking Garage 4th fl., CLI Rm. 419</td>
<td>3rd Tuesday</td>
<td>6:30 PM</td>
<td>Doug Schroeder</td>
<td>314.306.4516</td>
</tr>
<tr>
<td>Festus/ Crystal City</td>
<td>Jefferson</td>
<td>Disability Resource Association 130 Brandon Wallace Way</td>
<td>3rd Tuesday</td>
<td>1:00 PM</td>
<td>Penny Roth, Sara Dee</td>
<td>636.931.7696 x129</td>
</tr>
<tr>
<td>Florissant</td>
<td>St. Louis</td>
<td>Garden Villas North 4505 Parker Rd.</td>
<td>4th Thursday</td>
<td>11:00 AM</td>
<td>Nancy Robb</td>
<td>314.869.5296</td>
</tr>
<tr>
<td>Jefferson City</td>
<td>Cole</td>
<td>Capital Regional Medical Center SW Campus, Cafeteria</td>
<td>3rd Wednesday</td>
<td>3:00 PM</td>
<td>Jennifer Urich, PT David Urich</td>
<td>573.632.5440, 573.796.2395</td>
</tr>
<tr>
<td>Joplin</td>
<td>Jasper</td>
<td>Byers United Methodist Church 1730 S. Byers, Gymnasium</td>
<td>Every Monday</td>
<td>3:00 PM</td>
<td>Nancy Dunaway</td>
<td>417.623.5560</td>
</tr>
<tr>
<td>Kansas City</td>
<td>Jackson</td>
<td>VA Medical Center 4801 Linwood Blvd. Hall of Heroes Room</td>
<td>3rd Tuesday</td>
<td>11:00 AM</td>
<td>Jesus Torres, Nikki C. Caraveo, RN, BSN, CNRN</td>
<td>816.861.4700 x56765</td>
</tr>
<tr>
<td>Kirkwood</td>
<td>St. Louis</td>
<td>Kirkwood United Methodist Church 201 W. Adams, Room 201</td>
<td>4th Tuesday</td>
<td>7:15 PM</td>
<td>Terri Hosto, MSW, LCSW</td>
<td>314.286.2418</td>
</tr>
<tr>
<td>Ladue</td>
<td>St. Louis</td>
<td>The Gatesworth 1 McKnight Place</td>
<td>2nd Wednesday</td>
<td>1:00 PM</td>
<td>Maureen Neusel, BSW</td>
<td>314.372.2369</td>
</tr>
<tr>
<td>Lake Ozark</td>
<td>Camden</td>
<td>Lake Ozark Christian Church 1560 Bagnell Dam Blvd.</td>
<td>3rd Thursday</td>
<td>Noon</td>
<td>Patsy &amp; David Dalton</td>
<td>573.356.6036, 573.434.4569</td>
</tr>
<tr>
<td>Poplar Bluff</td>
<td>Butler</td>
<td>Poplar Bluff Regional Medical Center 3100 Oak Grove Rd. Ground Floor Education Room 3</td>
<td>2nd Monday</td>
<td>6:00 PM</td>
<td>Charles Hibler, register with Beryl or Dana</td>
<td>573.785.6222, 855.444.7276, 573.776.9355</td>
</tr>
<tr>
<td>Rolla</td>
<td>Phelps</td>
<td>Phelps County Regional Medical Center, Pulaski Room, 1000 W. 10th St.</td>
<td>4th Thursday</td>
<td>2:30 PM</td>
<td>Sarah Robinson</td>
<td>573.201.7300</td>
</tr>
<tr>
<td>South St. Louis</td>
<td>St. Louis</td>
<td>Garden Villas South 13457 Tesson Ferry Rd.</td>
<td>2nd Wednesday</td>
<td>10:00 AM</td>
<td>Jack Strosnider</td>
<td>314.846.5919</td>
</tr>
<tr>
<td>Springfield</td>
<td>Greene</td>
<td>Mercy Hospital 1235 E. Cherokee</td>
<td>2nd Thursday</td>
<td>2:00 PM</td>
<td>Randi Newsom, RN, BSN</td>
<td>417.820.3157</td>
</tr>
</tbody>
</table>

**continued on next page**
### 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.stlapda.org](http://www.stlapda.org), or call the APDA Information & Referral Center or the facilitator. Information that has changed since the last *LiNK* appears in **bold**.

<table>
<thead>
<tr>
<th>CITY</th>
<th>COUNTY</th>
<th>MEETING SITE</th>
<th>DAY OF MEETING</th>
<th>TIME</th>
<th>LEADER(S)</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Peters</td>
<td>St. Charles</td>
<td>Spencer Road Library</td>
<td>1st Tuesday</td>
<td>1:00 PM</td>
<td>Sherrie Rieves, Ann Ritter</td>
<td>636.926.3722</td>
</tr>
<tr>
<td>Trenton</td>
<td>Grundy</td>
<td>Royal Inn</td>
<td>1st Thursday</td>
<td>10:00 AM</td>
<td>Novy &amp; Karen Ellen Foland, Gloria Koon</td>
<td>660.357.2283, 660.485.6558</td>
</tr>
<tr>
<td>Washington</td>
<td>Franklin</td>
<td>Washington Public Library</td>
<td>2nd Monday</td>
<td>6:30 PM</td>
<td>Carol Weber</td>
<td>314.713.4820</td>
</tr>
<tr>
<td>Webster Groves</td>
<td>St. Louis</td>
<td>Bethesda Institute</td>
<td>Last Friday</td>
<td>10:30 AM</td>
<td>Laurel Willis, BSW</td>
<td>314.373.7036</td>
</tr>
<tr>
<td>Webster Groves</td>
<td>St. Louis</td>
<td>Laclede Groves</td>
<td>3rd Wednesday</td>
<td>3:00 PM</td>
<td>Dina Spies</td>
<td>314.446.2594</td>
</tr>
</tbody>
</table>

### Illinois Support Group Calendar

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

<table>
<thead>
<tr>
<th>CITY</th>
<th>COUNTY</th>
<th>MEETING SITE</th>
<th>DAY OF MEETING</th>
<th>TIME</th>
<th>LEADER(S)</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alton</td>
<td>Madison</td>
<td>Senior Services Plus</td>
<td>2nd Tuesday</td>
<td>9:30 AM</td>
<td>Kim Campbell</td>
<td>618.465.3298 x146</td>
</tr>
<tr>
<td>Belleville</td>
<td>St. Clair</td>
<td>Southwestern Illinois College (PSOP)</td>
<td>2nd Monday</td>
<td>1:30 PM</td>
<td>Jodi Gardner</td>
<td>618.234.4410 x7031</td>
</tr>
<tr>
<td>Carbondale</td>
<td>Jackson</td>
<td>Southern IL Healthcare Headquarters</td>
<td>1st Wednesday</td>
<td>1:00 PM</td>
<td>Bill Hamilton, M.D.</td>
<td>618.549.7507</td>
</tr>
<tr>
<td>Centralia</td>
<td>Washington</td>
<td>Heritage Woods of Centralia</td>
<td>2nd Wednesday</td>
<td>2:00 PM</td>
<td>Dennis Krupp, Betty Evans, Helena Quaid</td>
<td>618.545.6597, 618.533.0224, 618.493.6064</td>
</tr>
<tr>
<td>Champaign</td>
<td>Champaign</td>
<td>Savoy United Methodist Church</td>
<td>Every Monday</td>
<td>10:00 AM</td>
<td>Charles Rohn, Chuck Arbuckle</td>
<td>217.549.6167, 217.586.3100</td>
</tr>
<tr>
<td>Decatur</td>
<td>Macon</td>
<td>Westminster Presbyterian Church</td>
<td>3rd Thursday</td>
<td>1:30 PM</td>
<td>John Kilee</td>
<td>217.620.8702</td>
</tr>
<tr>
<td>Glen Carbon</td>
<td>Madison</td>
<td>The Senior Community Center</td>
<td>3rd Wednesday</td>
<td>10:30 AM</td>
<td>Nancy Goodson, Rich Rogler, Jeanette Kowalski</td>
<td>618.670.7707, 618.288.3297, 618.288.9843</td>
</tr>
<tr>
<td>Greenville</td>
<td>Bond</td>
<td>Bond County Sr. Center</td>
<td>4th Monday</td>
<td>10:30 AM</td>
<td>Anna Oestreic</td>
<td>618.664.1465</td>
</tr>
<tr>
<td>Greenville</td>
<td>Bond</td>
<td>Bond County Sr. Center</td>
<td>4th Friday</td>
<td>1:00 PM</td>
<td>Anna Oestreic</td>
<td>618.664.1465</td>
</tr>
<tr>
<td>Jacksonville</td>
<td>Morgan</td>
<td>Passavant Area Hospital</td>
<td>1st Wednesday</td>
<td>6:00 PM</td>
<td>Karen Ladd</td>
<td>217.377.4973</td>
</tr>
<tr>
<td>Mattoon</td>
<td>Coles</td>
<td>First General Baptist Church</td>
<td>Last Tuesday</td>
<td>1:30 PM</td>
<td>Roy and Kay Johnson</td>
<td>217.268.4428</td>
</tr>
<tr>
<td>McLeansboro</td>
<td>Hamilton</td>
<td>Heritage Woods – Fox Meadows</td>
<td>1st Wednesday</td>
<td>1:00 PM</td>
<td>Paula K. Mason</td>
<td>618.643.3868</td>
</tr>
<tr>
<td>Springfield</td>
<td>Sangamon</td>
<td>St. John’s Rehab. @ Fit Club South</td>
<td>Odd numbered months: 1,3,5,7,9,11</td>
<td>2:00 PM</td>
<td>Kelly Neumann, PT</td>
<td>217.483.4300</td>
</tr>
</tbody>
</table>
## Exercise Classes

The APDA now offers 17 exercise classes that meet weekly. 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 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.

<table>
<thead>
<tr>
<th>CITY</th>
<th>COUNTY</th>
<th>MEETING SITE</th>
<th>DAY OF MEETING</th>
<th>TIME</th>
<th>LEADER(S)</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clayton</td>
<td>St. Louis</td>
<td>The Center of Clayton 50 Gay Ave., Mind/Body Room</td>
<td>Wednesday &amp; Friday</td>
<td>2:00 PM</td>
<td>Mike Scheller, PTA</td>
<td>314.289.4202</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>St. Luke’s Deslodge Outpatient Center 121 St. Luke’s Center Drive Conference Rooms 1 &amp; 2</td>
<td>Monday</td>
<td>10:00 AM</td>
<td>Sarah Farnell, OT</td>
<td>314.205.6934</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>Friendship Village 15201 Olive Blvd. Friendship Hall-Door #5</td>
<td>Tuesday</td>
<td>1:30 PM</td>
<td>Jessica Andrews</td>
<td>636.733.0180 x7719</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>Parkinson Resource Center 1415 Elbridge Payne, Ste. 150</td>
<td>Monday</td>
<td>1:30 PM</td>
<td>Becky Miller, DPT</td>
<td>314-362-3299</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>Tai Chi APDA Community Resource Center 1415 Elbridge Payne, Suite 150</td>
<td>Wednesday or Friday</td>
<td>10:00 AM 11:30 AM</td>
<td>Craig Miller</td>
<td>314.362.3299</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>Yoga Maryville University, Walker Hall</td>
<td>Wednesday</td>
<td>6:30 PM</td>
<td>Pradip Ghosh, PT, PhD</td>
<td>314.362.3299</td>
</tr>
<tr>
<td>Creve Coeur</td>
<td>St. Louis</td>
<td>Aquatic Exercise Rainbow Village 1240 Daulet Lane</td>
<td>Spring Session April 6 – June 12</td>
<td>1:00 PM Tuesdays</td>
<td>Brenda Neumann, COTA</td>
<td>636.896.0999 x21</td>
</tr>
<tr>
<td>Creve Coeur</td>
<td>St. Louis</td>
<td>LOUD Crowd Mo. Baptist Medical Center</td>
<td>June 10 &amp; 24 July 8 &amp; 22 Aug. 5 &amp; 19</td>
<td>12:00 PM Wednesdays</td>
<td>LSVT certified SLP clinicians</td>
<td>314.362.3299</td>
</tr>
<tr>
<td>Florissant</td>
<td>St. Louis</td>
<td>Garden Villas North 4505 Parker Rd.</td>
<td>Tuesday</td>
<td>10:00 AM</td>
<td>Bobby Lautenschleger, PTA</td>
<td>314.355.6100</td>
</tr>
<tr>
<td>Joplin</td>
<td>Jasper</td>
<td>United Methodist Church 1730 Byers Ave.</td>
<td>Monday</td>
<td>2:15 PM</td>
<td>Nancy Dunaway</td>
<td>417.623.5560</td>
</tr>
<tr>
<td>Kirkwood</td>
<td>St. Louis</td>
<td>RehabCare 439 S. Kirkwood Rd., Ste.200 Park in rear</td>
<td>Thursday</td>
<td>1:00 PM</td>
<td>Brandon Takacs, PTA</td>
<td>618.971.5477</td>
</tr>
<tr>
<td>Ladue</td>
<td>St. Louis</td>
<td>Tremble Clefs Singing Salem United Methodist 1200 S. Lindbergh Blvd. Lower Level Choir Room</td>
<td>Saturday</td>
<td>1:30 PM</td>
<td>Linda McNair</td>
<td>314.362.3299</td>
</tr>
<tr>
<td>South St. Louis County</td>
<td>St. Louis</td>
<td>Garden Villas South 13457 Tesson Ferry Rd.</td>
<td>Monday</td>
<td>11:30 AM</td>
<td>Mike Scheller, PTA</td>
<td>314.289.4202</td>
</tr>
<tr>
<td>St. Peters</td>
<td>St. Charles</td>
<td>Barnes-Jewish St. Peters Hospital Healthwise Center, 6 Jungermann Circle</td>
<td>Tuesday</td>
<td>11:00 AM</td>
<td>Holly Evans, COTA</td>
<td>636.916.9650</td>
</tr>
<tr>
<td>St. Peters</td>
<td>St. Charles</td>
<td>Aquatic Exercise St. Charles YMCA 3900 Shady Springs Ln.</td>
<td>Spring Session April 6 – June 12 Summer Session July 6 – Sept. 1</td>
<td>1:45 PM Thursdays</td>
<td>Brenda Neumann, COTA</td>
<td>636.896.0999 x21</td>
</tr>
<tr>
<td>Lake Ozark</td>
<td>Camden</td>
<td>Lake Ozark Christian Church 1560 Bagnell Dam Blvd.</td>
<td>Monday</td>
<td>4:00 PM</td>
<td>Alice Hammel, RN</td>
<td>573.964.6534</td>
</tr>
<tr>
<td>Greenville, IL</td>
<td>Bond</td>
<td>Bond County Sr. Center 1001 E. Harris Ave.</td>
<td>Wednesday</td>
<td>10:30 AM</td>
<td>Anna Oestreich</td>
<td>618.664.1465</td>
</tr>
</tbody>
</table>
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 to let us know! Thank you in advance for helping us spend our resources wisely!

SAVE THE DATES

MAY 18, 2015
17th Annual APDA Memorial Golf Tournament Honoring the Memory of Jack Buck at Algonquin Golf Club, 340 N. Berry Rd., St. Louis, MO—Reservations required for golf and dinner only option. Honorary Chair—John Mozeliak, Senior VP and General Manager, St. Louis Cardinals.

JULY 25, 2015
Annual Mid-Missouri Patient/Care Partner Conference on Parkinson Disease held in Columbia, MO, at the Holiday Inn Executive Center. Registration will take place 8:30-9:00 a.m., and the conference will be from 9:00 a.m.-12:30 p.m. Speakers will include Bokwan Jun, MD, Neuro-Ophthalmology; James Roller, MD, dermatology; Thorkild Norregaard, MD, functional neurosurgery; Irving Asher, MD, movement disorders neurology; and Patsy Dalton, Support Group Coordinator. Attendance is free.

AUGUST 15, 2015
Hull of a Race, Hull, IL
10th year for this annual event, which began under the direction of Quincy, IL APDA Parkinson Support Group facilitator and continues as a tribute to Marilyn White, beloved former teacher who has Parkinson disease. Both 5k and 10k race courses are certified. Hull of a Race uses a professional timer and chips for more accurate timing. The race is the kickoff for the Hull picnic—featuring a fried chicken dinner that same night.
You can register online, by mail or the morning of the race. Registration opens at 7 a.m. Visit the website, www.hullofarace.com for more details.

We are happy to announce that the LOUD CROWD is returning for the summer months. If you are an LSVT graduate, or wish to have an opportunity to practice your speech at an acceptable loudness level, you are invited to join the LOUD CROWD group which will meet at Missouri Baptist Medical Center on June 10 and 24, July 8 and 22, and August 5 and 19. This group is led by certified and trained LSVT instructors, and the class is limited to 10-12 participants.

It will be held in the Missouri Baptist new outpatient rehabilitation center, located on the main hospital campus, 3015 N. Ballas in Creve Coeur. Participants may valet their cars at the front door and walk straight in. The outpatient clinic is located just down the main corridor on the right side of the hall.

Reservations are required and will be taken on a first-come, first-serve basis, so call the APDA Center at 314.362.3299 to reserve a spot for this special group!

Tremble Clefs Sings Broadway Tunes
Tremble Clefs, under the direction of music therapist extraordinaire Linda McNair, performed in the chapel of Salem Methodist church on Sunday, March 29. They entertained 50 guests “Whistling a Happy Tune” “On the Street Where You Live” among other Broadway favorites. We hope you will consider joining the group, which meets on Saturdays from 1:30-2:45 p.m. at Salem Methodist on Lindbergh at Highway 40/64. Their calendar for rehearsals in April and May is posted on our website.

Please let us know if you would like to improve your voice and speech while enjoying the socialization provided by this group choir.