You had no control over getting PD, but you do have some control over how well you live with it.

I’ve probably said that thousands of times – it’s a slide in our PD101 presentation. This newsletter contains articles on nutrition, communication, wellness classes and many types of exercise classes listed on the calendar pages. I implore you to take part in fighting Parkinson’s YOURSELF. No one will be more passionate than YOU! And in doing so, you will certainly improve your quality of life and even your longevity.

Thank you to those who accepted the “bucket challenge” since our last newsletter and participated in the year-end campaign. We raised over $83,400, and that will enable us to expand our programs and services. Join us in making 2016 the BEST YEAR ever! - Debbie

Programs & Services Offered by the Greater St. Louis APDA

1. Nutritional Strategies for Living with Parkinson’s
2. Improving Communication Skills for Couples with Parkinson’s
3. Anxiety in Parkinson Disease
4. Mind Your Meds!
5. That’s A Winner!
6. Over-the-Counter Medications
7. OPTIMISM WALKS – Get Ready, Get Set for GO! St. Louis
8. Focus on Wellness – You’re in Charge!
9. Tributes and Donations
10-12. Support Group Calendars
13-14. Exercise Class Calendar
15. Save the Dates
16. Exercise DVDs
17. DVDs
18. Literature
19. Fundraisers
20. Loud Crowd
21. Support Group Calendars
22. Exercise Class Calendar
23. Save the Dates

Our annual Golf Tournament in memory of Jack Buck will be held on Monday, May 16, at Algonquin Golf Club. A special fall fundraiser will be announced later in the year.

Literature – Literature in the form of single booklets and supplemental brochures are available from our Parkinson Resource Center. Welcome packets are mailed out to those who contact our offices and include a LINK newsletter, handbooks, brochures, wallet size medicine card and a literature request form. This request form is also available online on our website at www.stlapda.org.

Loud Crowd – This group incorporates practice and role play to preserve skills that people with PD have worked hard to regain. Loud Crowd is sometimes used as a maintenance course for those who have completed the Lee Silverman Voice Treatment (LSVT), though LSVT is not a prerequisite to enroll. Classes are held at The Center for Outpatient Therapy and Wellness at Missouri Baptist Medical Center. Dates for the spring session will include: April 6 & 20, May 4 & 18, June 1 & 15. Call 636.778.3377 to reserve your spot!
Foods That Promote Brain Health

In the science of brain health, we often use the word neuroprotection — the process by which we can support the health of brain cells and their ability to communicate with one another. Over the years, various food groups have been studied — in animals and in large epidemiological studies of human populations — for their potential to promote brain health. Initial research has provided some evidence about possible benefits of certain foods. Although there isn’t yet evidence about the specific benefits for Parkinson’s disease, what we do know is that these foods are part of a healthy diet.

Neuroprotection

Of all the foods that have been studied for their potential to promote brain health, research into nuts has shown the most promise. (They also are high in calories, so you should limit them to a handful a day.) Here is a summary of what we know.

Walnuts. Walnuts contain an essential fatty acid called omega 3 (as do fish and fish oil) and a variety of minerals, which early studies associate with a decreased risk for dementia. Try eating just five to 10 each day.

Pistachios. Emerging evidence shows these nuts (the vitamin K and antioxidants in them) may have potential for helping to reestablish lost connections between neurons. They also contain a small amount of lithium, which may help to improve mood. You can eat a few of them two or three times a week.

Macadamia nuts. Oils in these nuts may help increase the production of neurotransmitters. They are also high in calories, but eating a few a day is good for you.

Cashews. Iron, zinc and magnesium in cashews may boost serotonin — a neurotransmitter linked to good mood — and may reduce memory loss.

Almonds. Although they have scant effect on brain health, almonds contain fiber, which helps relieve constipation (a common symptom in PD).

Nutritional Strategies for Living with Parkinson’s

By Heather Zwickey, PhD, Dean of Research and Graduate Studies at the National College of Natural Medicine in Portland, OR

For all of us, a balanced diet is a foundation of good health. For people with Parkinson’s disease (PD), a balanced diet and good nutrition are even more important. In Parkinson’s, there are some foods that may help to ease symptoms and others that can affect the way medications work. There are also foods that may help brain health in general. The good news is this: while there are many things about PD that cannot be changed, the informed choice of diet is one that can, helping people to live better with the disease. If you find it hard to adjust your dietary habits, make changes one at a time. Read the tips that are offered below, and try the ones that make the best sense for you. Small changes can have a big benefit.

Foods That Promote Brain Health

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Brazil nuts. These nuts contain selenium, a mineral that may have the potential to counteract environmental toxins like pesticides and herbicides. Eat no more than one or two a day.

**Tip:** Make a healthy granola out of chopped nuts and dried fruit, with no oatmeal or other grain. If you have difficulty swallowing nuts, try adding a nut butter, like cashew butter, to your diet. Be sure to stir in the oil that tends to separate out of the mixture — it contains lots of minerals.

**Herbs** make up another food group that may help to keep our brains healthy. Among them:

**Turmeric.** This is the spice that turns Indian food orange. Its active ingredient is curcumin. Eat Indian food occasionally, but don’t take turmeric as a supplement.

**Ceylon cinnamon.** In animal studies, this spice has shown potential for normalizing neurotransmitter levels and other PD brain changes. Look for Ceylon cinnamon, which is grown in Sri Lanka (formerly known as Ceylon) and labeled as such. Organic cinnamon is also preferable. Most of the cinnamon that you find in the grocery store comes from other sources.

**Rosemary.** Add rosemary to soups, quiches or grilled chicken. Rosemary contains antioxidants and has anti-inflammatory properties, which early animal research shows may be beneficial for brain health.

**Tip:** Feel free to consume nuts and herbs as food — but don’t mega-dose or seek out dietary supplements that are made up of the same active ingredients as those listed above. Similar to medications, taking high doses of nuts or herbs can lead to negative side effects.

**Anti-Inflammatory Foods**

Fighting inflammation may be another important strategy for keeping the brain healthy. The types of fats you consume may play a role in reducing inflammation in the body, and those known as “medium-chain triglycerides” may be particularly helpful. Coconut oil contains this fat. You can cook with it just as you would with olive oil. Other anti-inflammatory foods include oily fishes like salmon, tuna and mackerel; dark leafy green vegetables like kale, collard greens and spinach; and soy products.

**Benefits of Purple and Red**

Foods that contain antioxidants may also protect brain health. Antioxidants neutralize molecules known as “free radicals,” which can damage healthy cells including neurons. Fruits that are purple and red, like blueberries and raspberries, contain pigments called anthocyanins, which are well-known antioxidants. Some studies suggest that drinking green tea — three cups a day — is neuroprotective, because EGCG, found in green tea, is both an anti-inflammatory agent and an antioxidant.

**Tip:** Eat more colorful foods and fewer that are white.

**Tip:** To avoid pesticide residues on fruits and vegetables when you are going to eat the skin, buy organic. The fruits with the highest pesticide levels are apples, peaches, nectarines, strawberries and grapes.

**Foods for PD Symptoms**

Nutrition adjustments can help ease some of PD’s most common symptoms, both of a motor and a non-motor nature. For example, if you experience digestive difficulties, especially constipation (which is very common in PD), try to drink more fluids, and increase your fiber intake with fruits and vegetables such as kiwi, apples, prunes, dates, figs, radishes, berries, nuts and beans. In addition, probiotic supplements like Bifidobacterium (B. breve, B. adolescentis and B. infantis) that add healthy bacteria to the gut may also be helpful.

If drinking more water leads to urinary incontinence or urgency, increase your fluid intake by eating foods with a high water content in place of beverages. These include tomatoes, cucumbers, radishes, celery, broccoli and grapefruit. If you struggle with weight loss or loss of appetite — both common in PD — try increasing your calorie intake by eating nuts and foods that contain healthy fats, like coconut and avocado. To stimulate your appetite, try bitter greens like collard and beet greens or hot spicy foods. Exercise too can increase muscle mass and hunger.

Fatigue and sleep difficulties are also common symptoms of PD. If either or both of these are a problem, the culprit may be sugar. When eaten during the day, sweets briefly boost energy but make you sleepy later. When eaten in the evening, they may keep you awake.

Another reason to limit sugar is that it causes a spike in blood glucose, which contributes to inflammation. When reaching for a snack, try foods that offer a balance of protein and fat, like nuts or avocado, or whole-grain complex carbohydrates.

**How Foods Affect PD Medication**

Another benefit of dietary changes can be an improvement in the effectiveness of PD medications. For example, taking medications at mealtime can affect how quickly they are absorbed into your body.

**Nutritional Strategies**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch and Dinner</th>
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<tbody>
<tr>
<td>Eat This</td>
<td>Avoid This</td>
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<tr>
<td>Eggs: scrambled, poached, fried, quiche, frittata</td>
<td>Pastries, including cinnamon rolls, donuts, coffee cake, and wheat-based muffins</td>
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<td>Nut-based granolas</td>
<td>Processed cereals</td>
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<td>Muffins made with nut and coconut flours</td>
<td>Pancakes</td>
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<td>Smoothies made with berries, coconut milk and ice</td>
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<td>Caffeine, in coffee or tea</td>
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continued on page 6
One of the most common complaints I hear from family members of a person with Parkinson disease (PWP) is that their loved one sometimes seems to struggle in both sending and receiving emotional signals. I often hear that the person with PD “just doesn’t get me,” particularly in moments of disagreement or tension. A growing body of research suggests that Parkinson disease (PD) actually can lead to a decline in the emotional intelligence so important to effective social interaction.

The ability to infer and effectively respond to the emotional state of others is known by researchers as emotional intelligence (EI). Think of EI as the collection of “people skills” we all possess to some degree as we interact with family, friends or strangers. And because EI is a measure of our transactional abilities with people, it is a far more powerful predictor of life success than IQ or personality. For most of us, EI-based skills can be learned through life experience or direct teaching.

Whereas most of us continue to improve our EI over the course of our life, for a variety of reasons beyond the scope of this article, neurological changes are often associated with a decline. Thus, folks with PD may find themselves encumbered with yet another very subtle challenge to their personal presentation. Stagnant or receding EI skills can easily be a source of frustration to both a PWP and those with whom they must interact.

My interest in EI has arisen out of my personal coaching practice because it is a critical part of how I help my clients define and attain their personal goals. Empathy, stress management, interpersonal expression and healthy assertiveness are highly valued, teachable skills for anyone who seeks to maximize the hand life has dealt. Although the goals are more modest when there is neurological compromise, I have had some success teaching families with PD better communication with a few simple techniques:

**Active Listening.** Take time once a day for dedicated communication. Each person should share a one-to-three-minute thought, observation, request, etc., without interruption. Don’t forget to keep and maintain eye contact. When finished, have the partner repeat back what he or she heard. Provide feedback about how well the response captured what was said (without judgment or negative emotion). Switch roles.

**Look in the Mirror:** Active mirroring of another’s expression has been shown to activate brain regions associated with the corresponding emotions. In fact, subliminal mimicry of another’s facial displays may play an important part in everyone’s experience of empathy. I have found it helpful to have a partner think of an experience evoking an extreme emotion like sadness, anger or disgust, then have the person with PD mirror the expression these thoughts produce. The PWP then labels the accompanying emotion without knowing anything about the underlying thought that produces it. Although facial masking sometimes makes expressive modeling difficult for folks with PD, this exercise does help them become better attuned to what is happening in their partner.

**Use Words to Express What the Body Can No Longer Say:** Masking, reduced spontaneous gestures and monotonic speech rob a person with PD of an important communication channel. Although human communication occurs through word and gesture, the PWP can no longer count on this medium for full expression. It is important to think of the message one wishes to convey and do it as completely as possible with words. Even saying, “I don’t know how I feel,” is a meaningful statement.

**No Mind Reading- Concrete Expressions Only:** Even when PD is not part of a relationship, it is always risky to expect another person to read between the lines of dialog to understand what you want or are feeling. State your needs or thoughts precisely as in “I would like…”

Continued on page 9
Anxiety in Parkinson Disease

By Joseph H. Friedman, MD, Stanley Aronson Chair in Neurodegenerative Disorders, Director, Movement Disorders Program at Butler Hospital, Professor and Chief, Division of Movement Disorders at Alpert Medical School of Brown University, Providence, RI

I t is normal to feel anxious at times. We worry about our children, our spouses, our friends, our finances and arriving on time for an appointment. There is always something to worry about. But some people worry too much. They worry to the point that it interferes with their lives. An appropriate amount of anxiety is a necessity for a normal life. But where “appropriate” crosses the line to “inappropriate” is not always clear.

We consider a person to suffer from an anxiety disorder if they have excessive fears or concerns that are beyond what is considered reasonable. It is normal to worry about your adult children’s health but not so much that you call them every hour. The psychiatrists divide anxiety into a number of different forms, but for our purposes, we can consider anxiety a disorder in which someone worries too much about a problem; whether a possible problem, like what will I do if my roof caves in, or an actual problem, like how will I pay the mortgage this month.

It is my belief that anxiety is one of the most important and under appreciated behavioral problems in Parkinson Disease (PD). I write this because anxiety is common, affecting about 20-40% of people with PD (PWP) and because it causes a great deal of distress both to the patient and to those who interact with the patient. It impairs memory by distracting the patient’s ability to concentrate and is occasionally misidentified as dementia. It may interfere with sleep. We all have experienced difficulty falling or staying asleep when we are worried, whether the worry is justified or not. Then the problem with sleep itself causes more anxiety, a worry about being able to sleep! It causes patients to amplify the problems caused by their PD symptoms. Every time a PWP experiences an “off” period or problem getting out of a chair may seem like the end of the world even though the patient has lived through thousands of these spells. It precipitates calls to the doctor and trips to the emergency department. It causes irritability in those around the patient and a great sense of frustration. I believe that it may also cause a sense of restlessness.

Anxiety is relatively common in the general population but generally affects women more than men and it usually begins in young adults.

In PWP, anxiety affects men and women about equally, and starts soon before or with the onset of the motor features of PD. The anxiety in PWP usually falls into one or more of the following three general categories: generalized anxiety, panic attacks or social phobia. People with generalized anxiety are the ones we think of as “nervous.” They are always worried about something, and generally to a level of severity that is unwarranted. Panic attacks are episodes in which the patient suddenly goes into a panicked state, sometimes feeling short of breath, with chest pain and a strong sense of impending doom. Although it is common to think of panic attacks as being exaggerated responses to stressful situations, this is usually not the case. Most panic attacks have no identifiable precipitant. For no apparent reason the patient suddenly has an attack. These usually last about 20 minutes then pass. They cause innumerable trips to the emergency room. The third common anxiety state in PWP is social phobia. This is a fear of being around other people and having to interact. Much of this is understandable as the PWP may have speech problems or difficulty following the train of thought, being unable to always finish sentences, drooling, or having some problem that makes them embarrassed to interact in public. After a time, having to be in the public eye produces a feeling of dread.

Anxiety occasionally appears as an isolated problem, but a large percentage of PWP who suffer anxiety often suffer from depression as well. And both anxiety and depression, like all behavioral problems, are increased in people who have memory and cognitive problems.

Anxiety has been poorly studied in PD. We believe that it can be treated either with medications or with talk therapy. There are data that certain psychological approaches, particularly cognitive behavioral therapy, may be successful in treating anxiety, without the use of any medications. We think that the usual drugs given for anxiety in the general population will also work in PWP, but there are few data to support this. Furthermore, some of the most commonly used drugs for anxiety, drugs like diazepam (Valium), lorazepam (Ativan) and alprazolam (Xanax) are considered “relatively contraindicated” in older people because they contribute to reduced balance and an increased risk of falls. In general, most PD specialists use the same drugs used to treat depression, as most of these also treat anxiety. So, drugs like sertraline (Zoloft), fluoxetine (Prozac), citalopram (Celexa), escitalopram (Lexapro) and mirtazapine (Remeron) are frequently used. This list is not complete, and many other drugs probably work equally well. Sometimes

continued on page 8
Mind Your Meds!

By Robert Baldwin

I opened my eyes. Why was I lying on concrete? I recognized my wife’s shoes and my 10-year old granddaughter’s shoes. Male arms grasped my shoulders and pulled me up. They held me up as I fainted again. My wife reported my eyes were wide open but completely unresponsive — a death stare you sometimes see in movies, she later told me. As I woke up again, I was gently lowered onto the passenger seat of our SUV. “What’s going on?” I asked.

“You fainted,” my wife, Sandra, said. I listened to the men who helped me up talk among themselves as I slowly recovered.

“Are you ok?” someone kept asking. I examined myself introspectively. No bruised knees or elbows or hands or head which would normally result from a fall. However, I did note abrasions on my arms and some bleeding.

“Yes, I’m fine.” To prove it, I stood up and took a step. Everything spun around, my knees wobbled, I felt myself going down. Again hands reached out and held me up. “Ok, so I’m not ok,” I acknowledged. An ambulance arrived. “No, I’m not going to the ER!” But after two more failed attempts to walk I relented.

While lying in the hospital I tried to make sense of my fainting. I remembered taking a prostate tablet at 5 am. Why at that early hour? Because I had missed three days in a row and it had become difficult to void. Back to sleep. Woke up. Took my prostate tablet at my normal time – 10 am. It was a little after 11:30 am when I fainted. I explained my inadvertent overdose to the hospital admission doctor. She had examined all the admissions tests and found no abnormalities. My overdose had almost certainly caused my fainting.

The next day I laid out all the information that came with my prescription medicines: three dealing with age and three with Parkinson’s. I noted the side effects: I was stunned to find that three of the six listed fainting or dizziness as the most frequent side effect. I rearranged my dosage schedule to minimize the dizziness effects, keeping the doctor’s orders in mind (i.e. three pills three times a day). I also requested my primary care physician to change the prostrate medicine. These alterations have minimized my episodes of dizziness and lightheadedness.

Lessons learned:

- Read the information sheet given when you pick up your medicine from the pharmacy.
- If you take more than one medication, lay them side by side and compare side effects.
- Review your medication needs at least every six months.
- Write down questions about your medications as you think of them, then ask your pharmacist/physician.
- Discuss medication schedules with your support group.

ULTIMATELY you are responsible for your own health care. Your primary care physician is probably taking care of 1,200 patients, it is unrealistic to expect him to warn you of every side effect and drug interaction. Similarly, your pharmacy is probably serving thousands of customers. The pharmacist will check for side effects and medicine interactions, but it is your responsibility to initiate the conversation.

Mr. Baldwin was diagnosed with PD in October 2012.

Nutritional Strategies for Living with Parkinson’s continued from page 3

and the rate at which your body uses or metabolizes them.

If you take carbidopa-levodopa (Sinemet®) for PD symptoms, you may find that protein-rich foods — such as meat, fish or eggs — or high-fat foods lengthen the time it takes for the medicine to kick in or make the medication less effective. The latter result can also be triggered by foods that contain vitamin B6 (e.g., meats, bananas, egg yolks or lima beans).

The solution? Talk to your doctor about taking levodopa 30 to 60 minutes before meals to give it a head start on competing with food. Your doctor or a nutritionist can also give advice on how to distribute the protein you eat to avoid having it interfere with levodopa.

Conclusion

People with PD need to eat a balanced diet in order to feel their best and maintain energy. Eating more nuts and berries, cutting back on fried food and sweets, and cooking with herbs are all elements of sound nutrition — and they may also help you manage your PD.

This article was originally published in the Winter 2016 edition of that newsletter, News & Review. It is reprinted, in its entirety, with permission from PDF.
Decongestants: They help with congestion and “sinus headache” associated with cold or allergy. Pseudoephedrine (Sudafed) and phenylephrine (Sudafed PE) are very effective. The MAO-B inhibitors rasagiline (Azilect) and selegiline (Eldepryl) are safe to use with decongestants such as pseudoephedrine or phenylephrine. Nasal sprays such as Afrin can also safely be used with any PD medications, but to avoid worsening congestion, you should limit its use to a maximum of three to five consecutive days.

Antipyretics: These are medications that help reduce fever and pain such as acetaminophen (Tylenol) and the family of NSAIDs (non-steroidal anti-inflammatory drugs) including ibuprofen, naproxen (Aleve), and ASA. Please be aware that there is a limit on daily intake of acetaminophen, and it must not exceed 4000 mg a day. In addition, as you may already know, chronic use of many NSAIDs has been associated with increased risk of cardiovascular disease.

Cough suppressants/expectorants: If you are taking MAO-B inhibitors-selegiline (Eldepryl) or rasagiline (Azilect), please avoid taking medications which contain dextromethorphan. Common brands that often contain dextromethorphan are Delsym, Vicks, Robitussin DM, Theraflu, and Triaminic, as well as other store brands. Other medications such as guaifenesin (Mucinex) are of no proven benefit. Benzonatate (Tessalon Perles) can reduce the cough by numbing the throat and airways. However, it should be avoided in PD as it can worsen difficulty with swallowing or make you drowsy.

Sleeping Aid: Most of them, especially anything with “PM,” contain diphenhydramine (Benadryl). Melatonin is usually well tolerated but might not be as effective. Please be cautious when using products containing St. John’s Wort. They can interact with many medications, in particular with medications commonly

Over-The-Counter Medications – Use With Caution!

Morvarid Karimi, MD, Department of Neurology, Movement Disorders Section, Washington University School of Medicine

(Article continues from November 2015 LINK)

The annual APDA Golf Classic in honor of Jack Buck will take place May 16, 2016, 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 three years. We hope you’ll join us in honoring a man whose own dauntless brand of charity has made him a civic institution in our community.

St. Louis Cardinals GM, John “Mo” Mozeliak, will serve as Honorary Chairperson for the seventh consecutive year. Mo’s Parkinson connection is twofold as both his grandmother and father-in-law were diagnosed with Parkinson disease. We are thrilled that Mo remains passionate about his involvement with our cause. One of the highlights of the evening is the Q-and-A session with John Mozeliak and broadcaster, Tom Ackerman. Last year, over $138,000 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.

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, we welcome your involvement. Please contact the Greater St. Louis APDA Chapter at 636.778.3377 or send an email to info@stlapda.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.
The APDA is once again partnering with GO! St. Louis for our third annual walk/run as an official charity of the GO! St. Louis Marathon & Family Fitness event in St. Louis the weekend of April 9-10, 2016. The walk/run is open to anyone who is willing to walk or run—and includes the mature mile & 5k (our two most popular events), half-marathon, and marathon races.

Last year, walkers, runners and supporters of this fundraiser helped to raise over $54,000 to support research looking for causes of and a cure for Parkinson disease. Our goal for the 2016 walk is $75,000, and proceeds from the 2016 walk/run will benefit an expanded goal this year, encompassing our unique, dual mission. In addition to funding ongoing Parkinson research, funds raised will also support services directed at improving quality of life for the individuals who have the disease, their families and care partners. This includes things such as weekly exercise classes, support groups, wellness courses, information programs for people newly diagnosed with Parkinson’s and many, many other services!

The walk/run is open to anyone. Team APDA usually walks the distance together, but you are more than welcome to join and run in any of the races if you wish! If you are unable to participate in the event, you can always run virtually by supporting other Team APDA participants at https://www.crowdrise.com/apda2016/fundraiser/stlapda. Help us show the St. Louis community who we are—invite your friends, family and neighbors and join us for this family-friendly event. Registration is now easier than ever, featuring a more streamlined process and simpler pricing compared to last year. This year, the fee for all participants is $100 and includes:

- Registration in the event of your choice
- A personal webpage on Crowdrise to help you fundraise
- Two free t-shirts (one from GO! St. Louis and one for Team APDA)
- A free training program for the half or full marathon participants, and
- A discounted shopping day at Big River Running

If you would like to go above and beyond, commit to being an All Star Team Member by raising additional funds to support the APDA’s dual mission. Team members who raise $500 earn a customized sign at the event to honor or memorialize a loved one, and those who raise $1,000 or more will receive a premium shirt for race day.

To register, download the form from http://stlapda.org/services/walkrun/, send Sarah an email (sschmerber@stlapda.org), or give someone at our office a call at 636.778.3377.

Anxiety in Parkinson Disease continued from page 5

the side effect profile of a medicine helps make the choice easier. Mirtazepine, for example, is sedating and often increases appetite, so it’s a good choice for someone who is anxious, losing weight and has insomnia, but not a good choice for an overweight person who sleeps too much. It is important to understand that the antidepressants take a few weeks to treat the anxiety, just as they take several weeks to treat depression. These drugs cannot be used on “as needed” basis. The drugs work to reduce anxiety in general and should not be taken only when feeling anxious. They need to be taken every day, as prescribed. This is different than the valium-like anti-anxiety medications, which can be taken daily or only taken when needed as each pill is effective, whereas the antidepressants take weeks to begin to be effective. Anxiety can be severe enough to require psychiatric hospitalization.

Anxiety is yet another problem that is part of the PD spectrum. It has a strong influence on quality of life, and, we believe is treatable using the same medications as used in the general population. The medications that help PWP move better are not helpful for anxiety.

Anxiety is a common and under-appreciated problem, which should be brought to the attention of your movement disorder physicians.
Over-The-Counter Medications – Use With Caution!  

prescribed for depression/anxiety in PD. Please discuss it with your physician prior to taking any products with St. John’s Wort.

Zinc, high-dose vitamin C and echinacea: These over the counters are sold with the claim to boost the immune system. In addition to lack of independent studies confirming these claims, high doses of zinc and echinacea can be harmful. Please keep in mind that a balanced diet with fruit and vegetables along with regular exercise and a good night’s sleep are far more effective tools to boost your immune system.

Non-cold related supplements

Please note that the Food and Drug Administration (FDA) has no oversight over claims and safety of supplements. Hence, before you try any supplements, always check with your physician first.

ON A RELATED NOTE... the editor of the LiNK found a very interesting article in her AAA Midwest Traveler magazine, November/December 2015, called Legitimately DANGEROUS. The article deals with the need for drivers to know the risks of prescription and over-the-counter (OTC) medications. Many drivers may not realize that the medications they are taking can seriously impact safety behind the wheel. And it’s not just prescription medications but OTC products as well.

To help educate the public about these risks, the AAA Foundation for Traffic Safety has developed Roadwise Rx, a free tool drivers can use to see the potential effects of medications and interactions with other medications, supplements, and common foods. Simply launch the website www.roadwisexrx.com and type in the name of your medications – prescription and OTC – by its brand or generic name. Roadwise Rx will provide you with a list of matching medications from which you can select. Roadwise Rx will list your medications’ side effects, in addition to showing you potential interactions the medications may have and how these could affect your ability to drive safely. Of course, side effects vary between individuals, but by being aware of any possible issues, you can remain safe behind the wheel and on the road.

If you are taking a medication that affects your driving ability, talk with your physician about alternative medications or dosage adjustments. Staying safe behind the wheel should’t be a bitter pill to swallow!
TRIBUTES & DONATIONS 10/01/2015-12/31/2015

Tributes are a thoughtful way of expressing sympathy, giving thanks, celebrating special occasions such as birthdays, anniversaries and 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.

IN CELEBRATION OF
APDA Staff- Happy Anniversary!
Debbie & Karl Guyer
Gatesworth Support Group Members
Maureen Neusel
John Paquet
Beverly Paquet

HONORING
Isabella Adkison on her 13th birthday
Dale & Norma Plank
John R. Basilico
Mrs. Stacey Reingel
Barbara Boxer on a speedy recovery
Penny Kodner
John Brisco
Merry Christmas
Janeen Blakely
Denise Brown
Kevin & Tori Ellis
The Jack Buck Family
Steven Horn
Jeanne & Harry Effinger
Tricia Harrison
Marge Evans
David Elsbee
Edward C. Fogarty
Dr. and Mrs. William M. Fogarty, Jr
Bill Gerth Ill
Bill & Erika Gerth
Jane Goeringer
Joan Gingerich
Mr. & Mrs. Larry Goldsticker
Ralph Goldsticker in celebration of his 94th birthday
Mr. & Mrs. Larry Goldsticker
Debbie and Karl Guyer on their daughter, Brittany’s engagement to Benjamin Roskoff
Gail & Larry Glenn
Debbie Guyer in appreciation of her dedication to the APDA
Marc & Erin Schreiber
Ken & Mary Shapiro
Susie Haigwood on her birthday
Mary Christie Wilson

Brian Hantsberger
Conner Ash P.C.
The Kirk Hellweg Family
Ruth Elaine Hellweg
Paul & Teresa Hill
Merry Christmas
Mary Bowers
Skip Johnson
Ed & Virginia Ekstedt
Joanne Kuhn
Joanne Henderson
Dave & Ruth Lake
Merry Christmas
Donald & Diane Lange
Jane Larson
Dave Day
Roger Ligon
Beverly Frey
Mr. & Mrs. Gary Madden on their 80th wedding anniversary
Sally & Stanford Zimmerman
Alan Millner
Marcia & Jeff Herscovitz
Floyd J. Morgan
Diana E. Morgan
Joe & Diana Morgan
Merry Christmas
Robert P. Morgan
John Morton
Marillyn Morton
Nancy Roderman
Dr. Tyler Wadsorth
Joseph Philip Rosenberg on his Bar Mitzvah
Debbie & Tab Cohen
Phyllis Ross
Norm Ross
JoAnn & Ronnie Sandler on their 60th anniversary
Fran & Sid Axelbaum
Eileen Schaeffer
Vince Kundra
Doug Schroeder
Matt & Ashley Arrigo
Bradley King
Tom & Robin King
RaDonna Landgraf
Darren Schroeder
Doug & Kathy Schroeder
Jim Schroeder
Lauren Schroeder
The Schumacher Family
Kathryn C. Palumbo
Charlotte Shelburne
Merry Christmas
John & Sharon Baldwin
Mike Scheller
Anonymous
Exercise Classes at Garden Villa South & the Center of Clayton
Jack Strosnider
Southside Support Group
Ron & Judy Taylor
Mary & Matt Birkel
Terry & Bill Taylor on their birthdays
Roz Gad
Dr. Mwiza Ushe & Dawn Lintzenich
Tom & Vicky Young
Kenneth Weerts
Mary K. Weerts
Mary Christe Wilson
Ronald & Judy Taylor

IN MEMORY OF
Leona Altman
Robert Hayman
Anita Arand
Dolores Musick-Arand
Donald P. Artz
Ed Cole & Family
Teresa Cole
Gerald & Cheryl Deering
Linda Deering
Mr. & Mrs. Fred Egert
Debbie G. Genung
Hanson Professional Services Inc.
Steve & Janet Harris
Larry & Nancy Knop
Stan Kostecki & Family
Jean & Jayson Lockwood
Mike & Laura Lueken
Melody Noel & Jeffrey Bonner
Ed & Kathy Rulevich
Pamela Schimanski
Robert G. Baczewski
Stanley & Judy Baczewski
Raymond & Patricia Burke
Thomas & Candace Minter
Judith A. Schutzenhofer
Joseph J. Werner
Tom & Teresa Wierciak
John Wilson & Kristin Scott
Virginia Baumgartner
Carol & Dennis Grainger
Richard Bergmeier
Carole Bergmeier
Joan Bialczak
Michelle Almengor
Don & Theresa Ballestaros
Karen Baumgartner
Philip & Beth Berra
Robert & Mary Lou Bialczak
Mary & John Buck
Florence Coyne
Paula Cyna
Mary Delaney & Family
Steve DeMaster & Janet Baldwin
Lou Fassi
Jeanette Galkowski
Ann M. Geraty
Mary Giesler
Debbie Guyer
Carol Johaneck & David Dunn
Terry McCarthy Kennebec
Heleen M. Krull
Kenneth & Kathleen Libby
Barb & Scott Liberman
Anne Merles
Janice Merzweiler
Joanie McNulty
Anne & Tom Nisbet
Progenity
Deborah Puttman
Catherine Ruggeri-Rea
Bill, Barb & Scott Schindler
Dave & Debbie Schiro
Terry Larry & Susan Schmidt
Janice & Phillip Shayne
Barb & Greg Shepard
Bob & Pat Shipley
Kay Shreves & Family
Rob Shreves & Family
Ryan Small
Carol Snopek
Jeffrey Stevenson
Mary & Ron Toczykowski
Michael & Linda Toczykowski
John & Jane Torretta
Mr. & Mrs. Tom Torretta
Jack & Cindy Trout
Mrs. Mary Frances Viero
Jennifer Wooldridge
Mary Ann Zerjav
Frank & Terri Zimmermann

Golde Boland
AW Health Care
Harry Bozoian
Delores Bozoian
William Bruchhauser
Alexander, Benjamin, Elizabeth & Kay Bruchhauser
Ken Brune
Richard & Rita Wagner
Stan Buruszescu
Ed & Patty Goldstein
B. Gordon Byron
Jean Byron
Peter Byron & Betty Cash
Al Chambers
June Stolinski
William Cormann
Edward LaBelle
Frances Craig
Doug & Betty Jo Klingberg
Michael Creasy
AW Health Care
William Cribbin
Jack & Peggy Cribbin
Lil & Harry Dalin
Marilyn & Saul Dien
Debbie & Karl Guyer
Elwood Daughtery
Marla Daughtery
Helen Dickmeyer
Ming Delk
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Mr. & Mrs. Joseph Vander Haar
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Donald James Edgar
Janice Baxter
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Julia Edgar
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Mark Hoermann
Rosella Schenieder
Steve Schultz
Susan Van Booven
Mr. & Mrs. Wendell Webb
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Jim Meekle
Bonnie Elder
Bill Erdman
Jan Erdman
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Jay & Joan Bender
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Vince & Madonna York
Joan Fitzgerald
R Emmett Fitzgerald
Timothy Fitzgerald
Robert W. Flassig
Robert K. Flassig
James Noel Flynn
Mary Willett
Robert E. French
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Maureen Frey
AW Health Care
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Leopold Friedlander
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Terri & Billy Taylor
Robert Gelles
Elizabeth McCarthy
Nancy Geiser
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Lori A. Wehmeyer
Fran & Irv Glazer
Mildred Polatsky
Beth Goldsmith
Sally & Stanford Zimmerman
Helen Goldsticker
Mr. & Mrs. Larry Goldsticker
Jane Goss
Margaret Bowen
Jessie Cole
Geoff, Tina & Jon Harris
Skip & Kathy Huls
Mrs. Jean Lussier
Virginia Lussier
Midwest Employers Casualty Company Team
National Nonwovens
Cassandra Rashman
Tammya Ridings
Eddie & Tiffany Wanat
Tony C. Grant
Durakoeo Financial, Inc.
Laverne & Wayne Kolweier
David & Ruth Lake
Ruth & Herbert Lange
Eugene & Theresa McLuigan
Dennis & Sheila Pruehsner
Stanley & Naomi Szylokow
Janice & Daniel Wiegmann
Walter Griffith
Stacy Howell
Roger D. Shaw, Jr.
continued from previous page

TRIBUTES & DONATIONS

10/01/2015-12/31/2015

Nancy Bowser
Cheryl Boyll
Karen Braatz
Pearl Brandenburger
Gerry & Terri Brennan
Richard Brothers
Carole Bruggemann
Mary Buehne
David & Sarah Butler
Barbara Cassens
Paul & Linda Clark
Thomas Cole & Elaine Krul
David & Patty Coleman
Mr. & Mrs. Terry K. Conner
Sandra Corey
Mr. & Mrs. Robert Coufier
Bamby Craig
Myra Crandall
Lowell & Sandra Crow
Mary Donze
James & Bonnie Diemer
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Linda Delk
Mary Anne Delker
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Mary Donze
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Ronald Dunham
Phyllis & Richard Duesenberg
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Ed & Virginia Ekstedt
Bonnie L. Elder
Jan Erdman
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Marolyn C. Fehr
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Beverly Frey
Leslie Friedman
Ron Gabbard
Bruce & Sue Gibson
Robertta Gittermeier
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Vincent Gocke
JoAnn Goff
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Kenneth & Lisa Grasse
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Paul Griffin
Debbie & Karl Guyer
Robert & Charlotte Hanpeter
Brian & Barbara Hantsbarger
Hord Hardin II
Janie & Andy Hargreave
Maxine Harris
Paul & Carol Hatfield
Howard Heileman
Joanne Henderson
Richard & Nancy Herholz
Mike & Salie Herzog
Rose Hodel
Mark Hoemann
James F. Holsinger
Jody & Richard Homans
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Martha Hughes
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Mr. & Mrs. Raymond Keating
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Vincent Kunderman
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Hedva & Donald Levy
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Donna Marshall
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Bob & Ida Neil Wargel
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Mary K. Weerts
Sharon Wein
Rochelle Weiss
Marcella L. Welge
Lynda & Robert Wiens
David Wisec
Joe & Lauren Wilder
Mary Christie Wilson
Robert L. Wilson
Joan Zavitsky

Programs & Services Offered by the Greater St. Louis APDA

Newsletter – The Chapter publishes a quarterly newsletter, the LINK, which is mailed to over 9,500 households and doctors’ offices. Included in the newsletter are PD-related articles, a listing of tributes and donations and updated listings of support group and exercise classes in Missouri and Southern Illinois.

Optimism Events – An optimism event is a great way for an individual or company to fundraise on behalf of the Greater St. Louis APDA. Examples of these include a jeans day at your place of employment, ticket sales from a local theater production, dining at a loved one as well as honor those who mean so much to you. Tribute envelopes can be made directly on the Greater St. Louis APDA website (www.stlapda.org).

Wellness Classes – A series of six-week classes will be held this spring for a small group of people with PD and their family members. The class helps develop skills and confidence in managing everyday activities and relationships that can be challenging when living with Parkinson’s. The wellness class begins on March 10 and runs through April 14. Registration is required as class is limited to six couples per session.

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PD 101 – Newly diagnosed people with PD meet one-on-one with Debbie Guyer, Executive Director of the Greater St. Louis APDA, for an informational session that includes a PowerPoint presentation and opportunity to ask questions specific to their diagnosis.

Role Reversal – For caregivers who find it hard to manage their loved one and chores around the house, the Greater St. Louis Chapter of the APDA, along with the assistance of Washington University occupational therapy students, offer a series of classes to help caregivers with role reversal. Classes may include money management, cooking, sewing, car maintenance, hair care, home repairs, etc.

Support Groups – Monthly support groups offer people with PD and their caregivers the opportunity to exchange thoughts and share concerns and solutions to problems. The Greater St. Louis APDA sponsors over 30 support groups throughout Missouri and Southern Illinois, including Caregiver Only, Young-Onset and DBS specific support groups.

Tremble Clefs – This a nation-wide program for people with Parkinson’s, their family members and care partners. The goal of this group is to be a participant-led, musical experience. Through vocal exercises, singing as a group and playing instruments, members will come together and bond over a shared joy of making music. Tremble Clefs meet on Saturday afternoons.

Tributes – Tributes are a wonderful way to acknowledge the memory of a loved one as well as honor those who mean so much to you. Tribute envelopes can be obtained from the Resource Center or contributions can be made directly on the Greater St. Louis APDA website (www.stlapda.org).
### Missouri Support Group Calendar

<table>
<thead>
<tr>
<th>CITY</th>
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<th>MEETING SITE</th>
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<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 Ebridge Payne, Suite 150</td>
<td>1st Tuesday</td>
<td>10:30 AM</td>
<td>Mary Buck</td>
<td>636.532.6504</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>For Caregivers Only APDA Community Resource Center 1415 Ebridge Payne, Suite 150</td>
<td>2nd Monday</td>
<td>10:30 AM</td>
<td>Dee Jay Hubbard, PhD</td>
<td>636.778.3377</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 Vemon</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, Laura Sobba</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>Mercy Hospital 100 Mercy Way Conference Room</td>
<td>Every Monday</td>
<td>3:00 PM</td>
<td>Nancy Dunaway</td>
<td>417.556.8760</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 Patty Waller</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>Valerie Givens, RN</td>
<td>417.820.3157</td>
</tr>
<tr>
<td>Springfield*</td>
<td>Greene</td>
<td>Parkinson’s Caregivers Support Group Meyer Orthopedic and Rehabilitation Hospital 3535 S National Ave. Administrative Classroom</td>
<td>1st Wednesday</td>
<td>5:00 PM</td>
<td></td>
<td>417.269.3616</td>
</tr>
<tr>
<td>Springfield*</td>
<td>Greene</td>
<td>Parkinson’s Young Onset Support Group Cox Medical Center 1423 N Jefferson Ave Meyer Center Conference Room C</td>
<td>4th Thursday</td>
<td>7:00 PM</td>
<td></td>
<td>417.269.3616</td>
</tr>
</tbody>
</table>

*APDA–GREATER ST. LOUIS CHAPTER

Our support groups meet once a month or as noted. Support group day and time may change periodically. For current updates on support groups and exercise classes, check our website, www.stlapda.org, or call the APDA Information & Referral Center or the facilitator. Information that has changed since the last LiNK appears in bold.
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</tr>
</thead>
<tbody>
<tr>
<td>Springfield</td>
<td>Greene</td>
<td>Parkinson’s Senior Support Group Cox Medical Center 1423 N Jefferson Ave Meyer Center Conference Room C</td>
<td>Last Wednesday</td>
<td>2:30 PM</td>
<td>Sherrie Rieves Ann Grooms, RN</td>
<td>417.269.3616</td>
</tr>
<tr>
<td>St. Peters</td>
<td>St. Charles</td>
<td>Spencer Road Library 427 Spencer Rd., Room 259</td>
<td>1st Tuesday</td>
<td>1:00 PM</td>
<td>Sherrie Rieves Ann Grooms, RN</td>
<td>636.926.3722</td>
</tr>
<tr>
<td>Trenton</td>
<td>Grundy</td>
<td>Royal Inn 1410 E. 9th Street</td>
<td>1st Thursday</td>
<td>10:00 AM</td>
<td>Novy &amp; Mary Ellen Foland Gloria Koon</td>
<td>660.357.2283 660.485.6558</td>
</tr>
<tr>
<td>Washington</td>
<td>Franklin</td>
<td>Washington Public Library 410 Lafayette Avenue</td>
<td>2nd Monday</td>
<td>6:30 PM</td>
<td>Carol Weber</td>
<td>314.713.4820</td>
</tr>
<tr>
<td>Webster Groves</td>
<td>St. Louis</td>
<td>Bethesda Institute 8175 Big Bend Blvd., Suite 210</td>
<td>Last Friday</td>
<td>10:30 AM</td>
<td>Laurel Willis, MSG</td>
<td>314.373.7036</td>
</tr>
<tr>
<td>Webster Groves</td>
<td>St. Louis</td>
<td>Laclede Groves 723 S. Laclede Station Rd.</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

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, or call the APDA Information & Referral Center or the facilitator. Information that has changed since the last LiNK appears in **bold**.

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</tr>
</thead>
<tbody>
<tr>
<td>Alton</td>
<td>Madison</td>
<td>Senior Services Plus 2603 N. Rodgers Ave.</td>
<td>2nd Tuesday</td>
<td>9:30 AM</td>
<td>Kim Campbell</td>
<td>618.465.3298 x146</td>
</tr>
<tr>
<td>Belleville</td>
<td>St. Clair</td>
<td>Southwestern Illinois College (PSOP) 201 N. Church St., Rm 106</td>
<td>2nd Monday</td>
<td>1:30 PM</td>
<td>Jodi Gardner, MSW, LCSW</td>
<td>618.234.4410 x7031</td>
</tr>
<tr>
<td>Carbondale</td>
<td>Jackson</td>
<td>Southern IL Healthcare Headquarters University Mall</td>
<td>1st Wednesday</td>
<td>1:00 PM</td>
<td>Bill Hamilton, MD</td>
<td>618.549.7507</td>
</tr>
<tr>
<td>Centralia</td>
<td>Washington</td>
<td>Heritage Woods of Centralia 2049 E. McCord St.</td>
<td>2nd Wednesday</td>
<td>2:00 PM</td>
<td>Betty Evans Helena Quaid</td>
<td>618.533.0224 618.493.6064</td>
</tr>
<tr>
<td>Champaign</td>
<td>Champaign</td>
<td>Savoy United Methodist Church 3002 W. Old Church Road</td>
<td>Every Monday</td>
<td>10:00 AM</td>
<td>Charles Rohn Chuck Arbuckle</td>
<td>217.549.6167 217.586.3100</td>
</tr>
<tr>
<td>Decatur</td>
<td>Macon</td>
<td>Westminster Presbyterian Church 1360 West Main Street</td>
<td>3rd Thursday</td>
<td>1:30 PM</td>
<td>John Kileen</td>
<td>217.620.8702</td>
</tr>
<tr>
<td>Glen Carbon</td>
<td>Madison</td>
<td>The Senior Community Center 157 N. Main St.</td>
<td>3rd Wednesday</td>
<td>10:30 AM</td>
<td>Nancy Goodson Mary DeLong Rich Rogier</td>
<td>618.670.7707 618.288.3297</td>
</tr>
<tr>
<td>Greenville</td>
<td>Bond</td>
<td>Bond County Sr. Center 1001 E. Harris Ave.</td>
<td>4th Monday</td>
<td>10:30 AM</td>
<td>Anna Oestreich</td>
<td>618.664.1465</td>
</tr>
<tr>
<td>Greenville</td>
<td>Bond</td>
<td>Bond County Sr. Center Baumberger Comm. Rm. CAREGIVERS ONLY</td>
<td>4th Friday</td>
<td>1:00 PM</td>
<td>Anna Oestreich</td>
<td>618.664.1465</td>
</tr>
<tr>
<td>Jacksonville</td>
<td>Morgan</td>
<td>Passavant Area Hospital 1600 W. Walnut-Meeting Room 2</td>
<td>1st Wednesday March-December</td>
<td>6:00 PM</td>
<td>Karen Ladd</td>
<td>217.373.4973</td>
</tr>
<tr>
<td>Mattoon</td>
<td>Coles</td>
<td>First General Baptist Church 708 S. 9th St.</td>
<td>Last Tuesday</td>
<td>1:30 PM</td>
<td>Roy and Kay Johnson</td>
<td>217.269.4428</td>
</tr>
<tr>
<td>McLeansboro</td>
<td>Hamilton</td>
<td>Heritage Woods – Fox Meadows 605 S. Marshall Ave., Dining Room</td>
<td>1st Wednesday</td>
<td>1:00 PM</td>
<td>Paula K. Mason</td>
<td>618.643.3868</td>
</tr>
<tr>
<td>Springfield</td>
<td>Sangamon</td>
<td>St. John’s Rehab. © Fit Club South 3631 S. 6th. Street #C</td>
<td>3rd Sunday 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>
<tr>
<td>Quincy</td>
<td>Adams</td>
<td>Quincy Public Library 526 Jersey St.</td>
<td>1st or 2nd Saturday-Please contact leader</td>
<td>10:30 AM</td>
<td>Terri and Dave May</td>
<td>217.653.7027</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 Desloge Outpatient Center 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 #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>1:30-2:15 PM</td>
<td>Tricia Creel, DPT</td>
<td>636.778.3377</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2:30-3:30 PM Standing Class</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Thursday</td>
<td>12:30 PM</td>
<td>Craig Miller</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Wednesday</td>
<td>Intermediate-10:00 AM</td>
<td>Pradip Ghosh, PT, Phd</td>
<td>636.778.3377</td>
</tr>
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<td></td>
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<td></td>
<td></td>
<td>Advanced-12:30 PM Beginning-11:30 AM</td>
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<tr>
<td>Chesterfield</td>
<td>St. Louis</td>
<td>Yoga/Meditation Maryville University Walker Hall, Room 132</td>
<td>Every Thursday</td>
<td>12:00 PM</td>
<td>Pradip Ghosh, PT, Phd</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Reservations Required</td>
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<td></td>
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<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 Lautenschlager, PTA</td>
<td>314.355.6100</td>
</tr>
<tr>
<td>Joplin</td>
<td>Jasper</td>
<td>Mercy Hospital 100 Mercy Way Conference Room</td>
<td>Monday</td>
<td>2:15 PM</td>
<td>Nancy Dunaway</td>
<td>417.781.2727</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></td>
<td>314.822.6297</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, MT-BC</td>
<td>636.778.3377</td>
</tr>
<tr>
<td>South St. Louis County</td>
<td>St. Louis</td>
<td>Garden Villas South 13457 Tesson Ferry Rd.</td>
<td>Monday</td>
<td>11:30 AM</td>
<td>Mike Scheller, PTA</td>
<td>314.289.4202</td>
</tr>
<tr>
<td>St. Peters</td>
<td>St. Charles</td>
<td>Barnes-Jewish St. Peters Hospital Healthwise Center, 6 Jungermann Circle</td>
<td>Tuesday</td>
<td>11:00 AM</td>
<td>Holly Evans, COTA</td>
<td>636.916.9650</td>
</tr>
<tr>
<td>St. Peters</td>
<td>St. Charles</td>
<td>Aquatic Exercise St. Charles YMCA 3900 Shady Springs Ln.</td>
<td>Winter Session Jan 4 - March 11</td>
<td>1:45 PM</td>
<td>Brenda Neumann</td>
<td>636.896.0999 x21</td>
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<td></td>
<td>Spring Session April 4 - June 10</td>
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<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 636.778.3377 or email info@stlapda.org to let us know! Thank you in advance for helping us spend our resources wisely!

Check out our Facebook page at www.facebook.com/APDAGreaterStLouisChapter

Remember to use your eScrip card every time you check out at Schnucks grocery stores and earn dollars for APDA Greater St. Louis Chapter!

Save the Dates!

APRIL 3, 2016
PEP Meeting, Tools in the Toolbox
Comparisons of Candidacy for Treatments-Deep Brain Stimulation and Duopa Gel, presented by Movement Disorder Specialists Dr. Mwiza Ushe (DBS) and Dr. Brent Wright (Duopa Gel) and moderated by Dr. Scott Norris.

APRIL 9 & 10, 2016
Optimism Walks
GO! St. Louis Marathon & Family Fitness weekend. Join a team and register today!

MAY 16, 2016
Annual Golf Tournament
honoring the memory of St. Louis legend, Jack Buck, at Algonquin Golf Club. Reservations required. John Mozeliak, GM St. Louis Cardinals, will be the Honorary Chair and Tom Ackerman, Sports Director at KMOX Radio, will be the emcee.