IN THIS ISSUE

Director’s Commentary 1
The Year in Review 1-2
Another Year Of Advances At The Advanced Center for Parkinson Research 3
Three Reasons Why You Should Use A Dairy Alternative 4
Tips And Tricks – Necessity Is The Mother Of Invention 5
Tricks Of The Trade – Lessons Learned When I Became A Care Partner 6
My Mother Loved Her Music 7
Optimism Events 8
Cycling Stars Rock The Cycle Challenge! 9
Tributes And Donations 10-11
Support Group Calendars 13-14
Exercise Class Calendar 15
Website Notice 16
Save The Dates 16

DIRECTOR’S COMMENTARY
DEBORAH GUYER, EXECUTIVE DIRECTOR, GREATER ST. LOUIS CHAPTER, APDA

It is always a challenge to select just the right topics and articles for our LiNK newsletters, not only because I send 24 pages worth of material to squeeze into our 16 pages, but also because we are mailing this to 12,000 homes/businesses. Our readers are at various stages in their journeys, so I hope that the newsletters contain something of interest for everyone. Therein lies the challenge. In this issue, I have asked two loving care partners to share things they learned as they made life comfortable for their loved ones in the later stages of life with Parkinson’s. Some readers may not like to read articles like this, just as some individuals choose not to attend support group meetings because of the fear of not wanting to see or learn something they don’t wish to know.

Others will find these tips to be most useful, and because of Ruth and Rich’s desire to share what they have learned along the way, I am pleased to provide their tips in this newsletter. It is so interesting to me to see the difference between a male care partner’s perspective and that of a female care partner. My dad always said that he was the best dentist because he was educated and experienced and driven to be the best dentist there was – but that no one taught him how to be a care partner. I have to tell you that he was one heck of a care partner, and when the time came to close their condo, I found tips and tricks in post-it notes and books Dad had acquired to learn to be the best care partner. Don’t lose sight of the fact that you are loving spouses first and foremost and that the care you provide will be an extension of that love. And I think your loved one will be forgiving of your efforts even if they are not perfect.

THE YEAR IN REVIEW
MICHAEL GARAVALIA, CAMPAIGN MANAGER, GREATER ST. LOUIS CHAPTER, APDA

It is said that through the strength of others we are able to move through our life challenges. You have made it possible for us to help so many that have Parkinson disease (PD). I want to share with you a heartfelt observation from an individual with Parkinson’s and how much your support has meant to him.

“My thinking was not as clear, my gait was off and I was becoming more introverted. I felt alone even though I was surrounded by a loving family. After my diagnosis, the first building block to living my life with PD was the PD 101 session with Greater St. Louis Chapter Executive Director, Debbie Guyer. Her compassion, guidance and information put to rest so many fears. I now have a far better understanding of my ‘new normal’ and how to manage my Parkinson’s symptoms with diet, exercise and a commitment to staying abreast of new treatment opportunities. I am so thankful for the APDA Resource Center; it provides so much.”

Providing for the PD community is our passion and
Privilege. Your financial contributions have made it possible for us to achieve even more in 2017.

The following were made possible with your support this past year:

- Almost 12,000 households received the print LiNK newsletter quarterly. It provides research updates, resource opportunities, support groups, exercise options and information to help manage Parkinson’s. This is a 10% increase in households over 2016.
- Almost 600 Welcome Packets were distributed to people newly diagnosed with PD, conveying guidance and information on managing Parkinson’s and what to expect as the disease progresses. We have sent out 180 more packets than we did in 2016.
- Over 1,100 attended our exercise classes, informational programs and support groups across the bi-state region every month. We provide 30 exercise classes each week and 43 support groups each month. We introduced online and archived videos of exercise programming, accessible on our website.
- We added multiple new exercise classes this year, including tango, yoga and small group training.
- We created a new class for people with freezing of gait, which included education strategies for management of this symptom of PD.
- Over 1,500 people attended our support groups on an annual basis. Support groups provide people with Parkinson’s, their families and care partners a place to go to share information, education and feelings in a comfortable and caring environment.
- Presented Parkinson Education Programs (PEP) with attendance averaging 500 individuals at each PEP. Topics included:
  - Dr. Heather Zwiecky: Nutrition for People with Parkinson’s
  - Midwest Parkinson Congress: Treatment for Advancing Parkinson Disease, Movement as Medicine and Care Partner Resources: Planning for the Future
- Provided $255,000 in grants to support research conducted at the Advanced Center for Parkinson Research at Washington University in St. Louis, led by Dr. Joel Perlmuter.

We have dynamic plans taking shape for 2018 that include the inaugural Elliot and Mary Ann Stein Speaker Series, which commences on October 4, 2018, featuring Dr. Michael Greger. He will speak on the topic of How Not To Die: The Role of Diet in Preventing, Arresting and Reversing Our Top 15 Killers.

It is because of you that we are able to do so much. Thank you hardly reflects our gratitude for what we have accomplished. Our year-end fundraising goal is $150,000, which will give us more opportunities to improve and grow our capabilities to help everyone impacted by Parkinson’s live life to the fullest.

We ask that you continue to help us by providing financial support for our goals and objectives in 2018. We’d love for you to make a donation of $25, $50, $100 or any amount that you’re able, which will help us realize our mission.

Here are the ways you can make a donation:

1. **Send a check in the enclosed envelope made out to the APDA-St. Louis.**
2. **Go online at [www.apdaparkinson.org/greaterstlouis](http://www.apdaparkinson.org/greaterstlouis) and click “Ways to Give.”**
3. **Call us at 636.778.3377 and we can assist you with the donation.**

In addition to outright cash donations, please consider the following donation options that can be good tax-saving strategies.

1. **Individuals age 70 ½ and older can distribute otherwise taxable traditional IRA amounts directly to charities. A qualified charitable distribution counts as a distribution for purposes of the required minimum distribution rules. The distributions are tax-free to the donor, and while not deductible as charitable contributions, have valuable tax-saving advantages. This direct transfer of otherwise taxable amounts by an IRA trustee to a qualified charity provides an above-the-line deduction. This reduction in adjusted gross income (AGI) lowers the odds that the donor will be affected by various other unfavorable AGI-based provisions such as the threshold for deduction of medical expenses or cash contributions to charities. No more than $100,000 can be donated under this rule in any year.**

2. **Direct gifts to a charity of appreciated stock that has been owned for over a year (long-term capital gain property), allows an individual to avoid tax on the stock appreciation and receive a tax deduction for the fair market value of the donated stock. This direct stock donation provides a doubling of tax benefits to a donor compared to a cash donation.**

We encourage you to discuss these options with your tax advisor to determine how they may benefit you and meet your charitable giving goals.

There are not enough hours in the day to provide all that is needed – but with your generosity we can continue to make an impact. We are very excited about what 2018 will bring and the progress that will be made in the fight to find a cure for Parkinson’s and our goal to provide programs and services to help those with PD live life to the fullest.

Thank you in advance for your donation, for caring and for giving so much to others.
We had another year of advances at our APDA Center for Advanced Parkinson Research at Washington University. Dr. Albert (Gus) Davis joined our faculty after completing his fellowship. We also want to thank Dr. Brent Wright who has been with us for the last three years for his terrific care of many of our patients and wish him well in his new position. He is moving to the University of California at San Diego. We are also looking to hire two new clinicians and have a new research post-doctoral fellow, Dr. John O’Donnell, who just completed his PhD at the University of Rochester.

This has been a good year for our research. Our group has a large ongoing study on the causes of cognitive impairment in people with PD. We continue to publish new papers in this area, and our latest activities have identified new methods to detect changes in brain function using MRI methods in people with PD. This particular work represents a new collaboration headed by Dr. Meghan Campbell with other investigators including Drs. Bill Shannon, Avi Snyder and Steve Petersen, who are new to the study of Parkinson disease (PD). Dr. Campbell also has worked with Dr. Christina N. Lessov-Schlaggar on a new way to classify people with PD that may have importance for predicting how people change with time and how to focus selected treatments with PD. We also published a recent paper that found that one of the “tried and true” clinical means of distinguishing different types of parkinsonism is not nearly as reliable as Parkinson specialists have thought. This study was done in collaboration with Dr. Wayne Martin from the University of Alberta, who came here to work with us because of our brain bank resources that we have developed over the years. We evaluated the postmortem brain findings in about 230 people with parkinsonism and found that eye movement abnormalities do not distinguish the types of parkinsonism as well as we had thought. These longitudinal studies of people with PD are now supported by three NIH RO1 grants including the one that I originally obtained, by another that Dr. Kotzbauer obtained this past year and a third awarded to Dr. Meghan Campbell.

Investigation of DBS continues to be a major area of our research activities. This work was started with support from the St. Louis Chapter. Our new fellow, Dr. John O’Donnell, who is also supported by the Chapter, will focus on the comparing of postmortem brain findings with some of our PET imaging data in this study. We hope to find new targets for treatment of non-motor problems that develop in PD.

We have continued to make progress on our studies about mapping the area of the subthalamic nucleus (STN), the site of surgical implantation of electrodes in the brain for DBS in people with PD. We have revised a paper for publication describing the first component of this study that describes a new way to identify the STN using MRI scans. This study is led by Dr. Scott Norris in collaboration with Drs. Avi Snyder and Misha Milchenko.

We have made major progress in development and validation of neuroimaging measures of PD severity. Of course, this is absolutely critical for us to determine whether any new treatment can slow disease progression. We published additional papers describing and validating the use of new PET radiotracers to a new PDE10A radioligand – PDE10A is important for signal transduction from dopaminergic neurons in the striatum. Signal transduction is the effect of dopamine hitting the dopamine receptor and is converted to action in nerve cells in the brain. This work is done in collaboration with Dr. Will Tu, a radiochemist at Washington University. This initial work was supported by the
THREE REASONS WHY YOU SHOULD USE A DAIRY ALTERNATIVE

HEATHER ZWICKEY, PHD, DEAN OF GRADUATE STUDIES & DIRECTOR OF HELFGOTT RESEARCH INSTITUTE AT THE NATIONAL UNIVERSITY OF NATURAL MEDICINE (NUNM) LOCATED IN PORTLAND, OREGON

I remember the first time I suggested to a friend with Parkinson’s that he should avoid dairy. “Surely, you must be joking” was his response. Dairy has become a huge part of our life in the US. Suggesting that we avoid it is almost sacrilege. While I appreciate a good joke as much as the next person, I was serious. I’d been following the research, and I had good reasons why dairy isn’t a good idea for people with Parkinson’s.

REASON ONE: TOO MANY CHEMICALS.

Dairy cows usually eat around 100 pounds a day of feed, which is made from corn, hay, grains and alfalfa silage. We often forget that these plants can be covered in pesticides. And when pesticides are ingested, they tend to accumulate in fat. In dairy cows, the fat is in milk. So milk can be full of pesticides.

For many people, eating pesticides may not be great for them, but research is showing that there’s an association between pesticide exposure and Parkinson’s. Thus, avoiding pesticides is crucial for people with Parkinson’s. If dairy is polluted with pesticides, it’s one thing to avoid.

Note that for people who live on farms, often the pesticides and insecticides leach into ground water, and can be found in well water. If you have concerns, you can have your well water tested.

REASON TWO: BREAKS DOWN NEURO-PROTECTION.

There’s a second reason to avoid dairy if you have Parkinson disease. Milk breaks down urate, a natural antioxidant that your body makes. Uric acid is protective in Parkinson’s. In fact, uric acid is so protective that researchers are looking at how to make a uric acid based drug. If dairy breaks down this important, neuro-protective protein, you should avoid dairy. Remember that dairy includes more than milk. Dairy is also cheese, yogurt, butter and ice cream.

Note that two other things break down uric acid, cherries and pineapple. So avoid these too.

REASON THREE: NUT MILKS ARE BENEFICIAL.

Many of the dairy alternatives are made from nuts. You can find almond milk, cashew milk, hazelnut milk and coconut milk at the grocery store. The good news is that these milks taste good and actually have neuro-protective properties. Nut milks have fats that are anti-inflammatory. That means that replacing dairy with a nut milk is doubly good: no bad chemicals and healthy ingredients!

There are cheese alternatives made from cashews, and ice cream and yogurt alternatives made from coconut milk.

WHAT ABOUT CALCIUM?

It’s true that dairy is a good source of calcium. However, if you’re not eating dairy, there are many other places to get calcium. Broccoli, kale, figs and even oranges (or orange juice) have calcium. Sardines and salmon are fish with calcium. Okra and collard greens also have calcium. If these aren’t foods that are part of your diet, you could also take a calcium supplement.

SUMMARY

While it may be inconvenient to replace your dairy with nut-based alternatives, your brain will thank you for it! If dairy is a huge part of your life, I recommend making changes one at a time. First remove it from breakfast, then lunch, then dinner. If you’re anything like me, you’ll get rid of the ice cream last.

RECIPE FOR COCONUT MILK ICE CREAM:

Here’s a link to my favorite coconut milk ice cream recipe. http://www.thekitchn.com/how-to-make-vegan-ice-cream-cooking-lessons-from-the-kitchn-204755

You can also buy it at the grocery store.
TIPS AND TRICKS – NECESSITY IS THE MOTHER OF INVENTION

RUTH SANDLER, CARE PARTNER AND CO-FOUNDER OF MEDICAL WEST HEALTHCARE CENTER

Being the caregiver for a person with PD during those later stages of changing ability left our family innovating on the run. No doubt, there is heartwarming satisfaction when you discover something that works...and we wanted to share our family experience. We were fortunate to have each other- parents and children - all in town. Having the experience and personnel available to us at a local durable medical equipment company was such a comfort as the choices and options seemed endless as were suggestions for new products as they became available.

TAKING MEDS & EATING

1. Using a pill crusher, mix the meds in just one spoon of ice cream. Place the spoon on top of a bowl of ice cream so the first bite dispenses all the meds. Then it doesn't matter how little of the rest is eaten. This also worked with popsicles or pedialite popsicles or applesauce. Do not tell them what you are doing, and you may be successful with encouraging just one bite.

2. A large whiteboard listed a schedule of times and meds, phone numbers of our children and doctors-which was helpful for us and home care workers and easy to update.

3. Having someone join us at meals improved his appetite while maintaining his position as head of the family. This is the time to make a schedule for visitors, and it helped friends and family satisfy their desire to help and visit.

SOMETHING TO DO

1. There is no doubt that helping someone requires a large dose of patience...sorry...that is not sold in stores. To stave off times of boredom, we filled a box with a number of smaller boxes with little surprises inside for something to open. Add old greeting cards, a wallet with some dollars in it, photos, things to handle and look over.

2. A basket filled with toys for all ages makes it fun for everyone.

3. Even when he couldn’t exactly participate, sorting a deck of cards together was fun.

BEDS, LIFT CHAIRS & MOBILITY

1. An electric hospital bed with a fluctuating air flow mattress pad helped prevent bed sores and adjusting the bed height made it easier to get in and out of bed. An electric lift chair also allowed for comfortable changes of position.

2. As things progressed the rollator (walker with seat) that had been so valuable now moved too fast, and switching back to a traditional aluminum walker was much steadier.

MANAGING INCONTINENCE

The trick is layering. Inside the adult pull-on we stacked one or two separate, flow-thru booster pads which increased absorbency and reduced the number of changes. When a pull-on garment became too hard, a tape tab garment with the same flow-thru pads was easier to don. Our trick was to put an extra pull-on over the first. Then you can slip out the inside one, and a second garment is right there ready to go-less commotion for everyone.

While we used our energy to become effective caregivers, the true reward came with the knowledge that we respected my husband, Sylvan, and made his life better. Together, we defined love.

Our family wishes your family all the best.

ADDITIONAL RESOURCES:


Parkinson TV, https://is.gd/ParkinsonTV

APDA–GREATER ST. LOUIS CHAPTER

NOVEMBER 2017 LiNK
Rich cared for Joyce, the love of his life, for the past many years as she bravely struggled with late-stage Parkinson disease. He participated actively in the APDA care partner support group and researched Parkinson’s to understand how Joyce was progressing in all stages of the disease. There was no obstacle too big to work around, and Joyce and Rich learned to swing dance and tango for fun and to help maintain Joyce’s physical mobility and well-being, even in the later stages of PD.

SEATING
If your loved one sits in a wheelchair for most of the day, an alternating air cushion seat makes things more bearable. Also transferring a person with PD to different sitting or napping positions can make them more comfortable. A pillow under the knees was especially necessary for my wife because she had to lie on her back all night.

DRINKING AND SWALLOWING
A cup with handles and a lid was necessary for my wife as she had difficulty swallowing. A straw caused her to choke. Early in the morning a person with PD may have difficulty swallowing, so some very small sips of thickened water while sitting up will ‘prep’ the swallowing mechanism. I found it took at least 10 minutes of slowly introducing a liquid so that choking could be held to a minimum.

Use of a thickening agent (i.e., Simply Thick) was necessary to help my wife swallow. This can be used in water, juices, tea, coffee, etc. I recommend adding a flavoring agent to the Simply Thick because it may not taste good to a person with PD. The reason I suggest Simply Thick is that it is already in liquid form. It just takes a few shakes to make liquids the right consistency. Also the amount of Simply Thick can be varied in order to make the liquid thinner or thicker. (In order to get ALL of the product out of the 64-oz. container, I recommend purchasing a set of funnels from the dollar store and cutting off about ¼ of the large funnel’s spout. Use this to drain the rest of the Simply Thick into another 64-oz. container of Simply Thick after using some from the new bottle; this way you don’t waste what the pump can’t extract.)

MANAGING INCONTINENCE
I always used a ‘light’ sanitary pad in my wife’s underwear just in case she had a minor accident. I used a ‘heavy’ sanitary pad plus an absorbent, disposable type underwear for nighttime use. My wife slept VERY soundly and needed extra protection through the night. Also, since she had difficulty moving her legs, it was very difficult to get her up during the night. She never complained about this precaution.

Once in a while my wife would soil her underwear. I would sit her on the toilet, remove the soiled underwear and use the spray hose attachment to clean her body. (This may be more information than you need, but it made a messy job a lot easier on the person and on the caregiver.) As my wife became less able to help with the transfers, it became more difficult to remove her underwear to relieve herself. I started using ‘tab type’ absorbent underwear to be able to undo the underwear before the transfer and then transfer her directly onto the commode.

NUTRITION
Pressure sores are bound to happen with loved ones that have to sit a lot. I used a whey protein powder mixed with high protein Boost (25 grams) which gave the drink about 35 grams of protein. For my wife’s body weight (100#) she needed about 50 grams of protein total for the day. Additional protein was supplied with eggs and meat. Of course, I had a nutritionist figure this out for me. This additional protein helped heal the pressure soles that she had on her buttocks (again maybe too much information) in addition to using ointments recommended by wound experts from a home care agency.

MEDICAL EQUIPMENT: TILTING WHEELCHAIR
This was one of the most important items of medical equipment that we received through Medicare. It tilted backwards to help relieve pressure on her back and buttocks. This was a good way for my wife to take a nap in the afternoon when she didn’t want to use the bed.

COMMUNICATION AND SAFETY
When leaving a loved one to do something that may take the caregiver out of sight and hearing, such as mowing the lawn, doing laundry, or sitting on the patio, I found that a remote doorbell was handy. The person with PD has the ‘button’ and the caregiver has the doorbell in a fanny pack. The sound can be changed to your liking, usually about four to
MY MOTHER LOVED HER MUSIC

JOHN W. KOZYAK, ESQ., CHAIRMAN OF THE BOARD OF THE PARKINSON'S FOUNDATION

Both of my parents had Parkinson disease, and my mother and sister, Kathi, worked with the Greater St. Louis Chapter of the American Parkinson Disease Association and the Helpline staff at the National Parkinson Foundation to start and grow a Parkinson’s support group in Glen Carbon, Illinois. Mom was so proud of each new member and anxious to help each of them learn more about how to live the best life possible with the disease.

My mother never had any music lessons in her life, as far as I know. She could not sing particularly well, but she sure could whistle. She literally “whistled while she worked” in the kitchen and elsewhere. For example, she’d whistle for me to come to dinner. When she lost the ability to whistle due to Parkinson disease, I could tell that it saddened her. She recovered her whistling ability while working with a voice coach and music therapist in Naples, Florida. She would blow up balloons and practice like an opera singer (of sorts). I will never forget her pride when she called months later. Not a word was spoken, but tears started flowing from both of us as she whistled “Mary Had a Little Lamb” to me over the phone.

My brother Bob plays guitar, and we noticed how Mom enjoyed his playing and singing. I had witnessed the magic of Tremble Clefs and other groups focusing on music for people living with Parkinson’s. People’s voices rose, they sat up a little straighter, they could walk in a straighter line listening to marching music, they felt better about themselves, they smiled more and they really looked forward to the next session. I believe exercise, group support and mental stimuli are quite valuable for all people living with Parkinson’s, as are dancing and music programs of all types. I began looking for a music therapist for Mom and turned to the American Music Therapy Association website. Maria at the Midwest Music Therapy Services helped me find Tracie. My parents, who grew up in the Depression era, were skeptical about the cost and the benefits, so my brother paid for the first sessions to get her started.

Tracie sings and plays guitar and gently befriended and became a very positive influence in Mom’s life. She would listen to our mother and encourage her to speak about her life, her uncertainties and concerns—which were numerous and sometimes overwhelming for Mom. They started writing a song together about Mom’s life, and my mother took such pride in completing it. It was not a cheerful song and I don’t particularly want to hear it again, but I know it was a great accomplishment for Mom.

My father passed away a year before Mom. He had fallen, broken his hip and knew he’d probably never walk again. He and Mom had been married 67 years, and he told me in rehab that he had hoped he could survive our mom’s death by 5 minutes and then join her. He was sad when he knew he couldn’t do it. Shortly thereafter, he had a stroke and died quickly. Tracie played at his funeral. During the next 13 months, Mom fell several times and declined fairly rapidly. My brother and sister had Tracie spend more time with Mom. There were days when Mom just listened, but she was always comforted and often perked up when Tracie was with her. I am absolutely positive that music therapy helped our mother have a better, happier life as she fought her battle against Parkinson’s. I have seen hundreds of other people benefit similarly. Watching Parkinson’s music groups perform to standing ovations will bring tears to your eyes and overwhelming pride in the performers and their coaches.

My parents worked hard and had the resources to retain a music therapist. They did it reluctantly, at times, and my siblings and I had to then insist that it was worth it. In fact, it was worth much more than what we paid. My advice for anyone living with or caring for someone with Parkinson’s is to look for music support groups and to retain a music therapist if you are able. Parkinson’s advocates should unite and tell insurance companies and Congress that music therapy really does work and should be reimbursable. We can all help spread the word about the importance of music as part of a program for better care.

My mom’s whistle is gone. She is gone, but I will never forget Tracie singing at her funeral. A team of excellent doctors and an exceptional nurse practitioner from Washington University in St. Louis provided the best medical care possible. My siblings and extended family were with Mom almost every day. Tracie’s singing and guitar playing provided all of us comfort. I hope Mom’s favorite songs never leave my mind. I wish I could provide a music therapist or group lessons to everyone living with Parkinson’s.

You can enroll in one of the Tremble Clefs programs offered by the Greater St. Louis Chapter of the American Parkinson Disease Association. There are still openings available in Tremble Clefs of West County, led by board certified music therapist Megan Moran at Maryville University. We hope you’ll sing with us! To register, contact the APDA office at 636.778.3377.
The 12th Annual Hull of a Race took place on August 19, 2017 in Hull, IL. (just outside of Hannibal, MO). It consisted of a 5K/10K competitive race, professionally timed and held on a certified course, a 5K Fun Walk and a ½ mile Kids’ Fun Run. It concluded with the Hull Picnic and Chicken Supper in the downtown park. A check in the amount of $10,000 was contributed to the Greater St. Louis Chapter of the APDA to be used exclusively for research. Congratulations, participants and supporters, for another wonderful and successful year of fun and fund-raising in Hull. Next year’s date is slotted for August 18, 2018 so save that date! Since 2008, the communities of Hull and Hannibal have raised $86,500 for Parkinson research – YOU ROCK! Keep lacing up those shoes and contributing to make life better and the cure can’t be far behind.

KNIGHTS OF COLUMBUS JOURNEY FOR CHARITY TRACTOR CRUISE is an annual event which Bob Weber has participated in since 2014. Bob’s wife, Carol, facilitates our ever-growing Washington, MO, Parkinson Support Group. Bob and Carol’s son, Dean, was behind the wheel this year, and he collected $1,281 in his dad’s honor during this 30-mile tractor cruise, which begins in St. Claire, MO, and ends in Washington, MO. Each tractor owner selects a favorite charity. Bob chose to collect for the American Parkinson Disease Association, and we’re awfully glad he did! CONGRATULATIONS on a job well done. Since 2014, Bob has collected $3,000. We hope to see Bob back in the tractor cruise next year, raising more money to further our mission of providing the support, education, and research that will help everyone impacted by Parkinson disease live life to the fullest.

I ♥ GRANDMA LEMONADE STAND
Grace Weldy hosted a lemonade stand to benefit the APDA. She raised $265 for the cause! The lessons didn’t stop there. Grace was able to explain to her first grade classmates about Parkinson disease and what benefit her efforts provided to the association. “My name is Grace and I love my grandma, Phyllis Ross. She has Parkinson’s and is so brave in her fight to be healthy. I wanted to raise funds for the American Parkinson Disease Association by hosting a lemonade stand in support of the cause. Your support will help provide local programs and services for those impacted by Parkinson disease and help to fund research into the causes, better treatments and a cure for this disease. As you know, this is a cause that is close to my heart and the more funds I raise, the more people APDA can help! Thank you for helping my grandma and so many others with Parkinson’s. Love, Grace.”

Grandma Phyllis is a regular participant at the Movement Training exercise class at Barnes-Jewish St. Peters Hospital under the direction of Holly Evans and the St. Peters Support Group, and long-standing member and supporter of the Greater St. Louis Chapter of the APDA.

ST. LOUIS CHAOS SOFTBALL TEAM has continued to raise funds honoring “His Honor,” former Mayor of Bellefontaine Neighbors, Marty Rudloff. The softball team hosts a Trivia Night to raise money for the season. Since 2012 these young girls, under Coach Kim Slover’s leadership, have raised funds and awareness contributing significantly to programming and services in our community. This year $450 was raised, bringing the grand total (for the past six years) to $6,000 for individuals and care partners challenged by Parkinson’s. Your team hit another one out of the park!

Never under-estimate the value of community. Every dollar collected results in improved quality of life and enables others to live their lives to the fullest.

For more information about hosting your own Optimism Event, contact the Greater St. Louis Chapter at 636.778.3377.
Avid cyclists, first-time riders, young and old joined together on October 1 for an indoor stationary cycling event to support the APDA-Greater St. Louis Chapter’s exercise programming. Participants cheered for each other and rocked to fun oldies music during the 50-minute ride at the beautiful CycleBar studio in Chesterfield. The ride was followed by an ice cream social and prizes for the top fundraisers and ride winners.

The riders were supported behind the scenes by scores of individuals, family members and friends who donated funds and helped spread the word about the importance of exercise!

Funds raised by the Cycle Challenge will support Parkinson-specific exercise programming in Missouri and Southern Illinois. Currently over 500 individuals benefit from the Greater St. Louis Chapter’s exercise programs each week. Exercise is key to helping people with Parkinson disease manage their symptoms and slow disease progression. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms when people with PD rode a bicycle at a rapid cadence: 80-90 revolutions per minute. With the almost $55,000 raised, we plan to start a spinning for Parkinson’s program in the bi-state region, as well as support our other great exercise programming.

We look forward to seeing you in the saddle in 2018!

Congratulations to these amazing fundraisers, riders, sponsors and to everyone that has supported them in their efforts!

RIDERS
John Brisco
Cathy Brown
Dave Brown
Chris Burgess
Devon Clark
Tricia Creel
Ed Dahl
Chris Edwards
Helen Edwards
Kevin Fairlie
Tom Freeman
Kathleen Garavalia
Michael Garavalia
Angela Gauthier
Dave Geiger
Jim Gidcumb
Larry Glenn
Andra Goestenkors
Karl Guyer
Ruth Kauling
Mike Klein
Nancy Klein
Alicia Krabb Bunn
Chris Kuseliaska
Jim Labitska
Benjy Levin
Andrea Lindner
Allison Macon
Dave Macon
Caryn Mefford
Kim Mehta
Harvey Present
Nancy Robb
Rick Salus
Doug Schroeder
Kathy Schroeder
Art Silverblatt
Margie Silverblatt
Beth Templin
Claire Townsend
Rick Weinstein
Steve Weinstein

TEAM RESULTS
(as of 10-04-17)
Team Kodner - $11,300
Team Edwards - $5,504
Team Blue and Green - $1,975
Born to Ride - $1,175
Ralph's Pedaling Posse - $927
A Bicycle Made for Two - $843
Pratz's Team - $802
Cycle for PD - $753
Team Doug and Kathy - $708
Team HousePT - $700
Team Teflon Fairlie - $652
Team Glenn - $605
Riding for Hope - $546
Team Tremor - $497
SoulMade Cycler - $445
Team Regina - $410
Tricia's Exercise Crowd - $350
Well(S)Eason'd & Optimistic - $304
Team Paul M - $300
Team Karl - $300
Red Vest Rambler - $252
Aquatic Challengers - $220
Andra's Page - $100
Ride for Parkinson's - $100
Art Silverblatt - $100
Body and Soul - $100
Team Equifax - $2
Bill Memory - $50
Ride with Summit - $50
Allison’s Fundraiser Page - $10

SPONSORS
KING OF THE MOUNTAIN - $5,000
AbbVie
James and Alison Bates
Foundation
Delta Dental of Missouri & Rob and Sandy Goren

SPRINT CHAMPION - $2,500
Acadia Pharmaceuticals
Medtronic

WHITE JERSEY - $1,000
Pat and Fred Foster
Jack Strosnider

PELOTON - $750
Functional Elements

FAN - $250
Lundbeck, LLC
Rock Steady-Crestwood
Rock Steady-St. Louis

IN-KIND SPONSORS
Big Shark Bicycle Company
Tricia Creel
CycleBar
Dogfish

Dominic Michael Salon
Fastsigns of Bridgeton
Kathleen and Michael Garavalia
Herbaria
Nothing Bundt Cakes
The Final Touch
Lynda Wiens

VOLUNTEERS
Ann Cook
Kathy Garavalia
Jess Gunnell
TRIBUTES & DONATIONS 07/01/2017-09/30/2017

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
Bonnie Barber’s Bat Mitzvah
Sharna Kohnke
Eileen Edelman on her birthday
Pam & Jerry Brown
Charlie Eisenkramer on his 80th birthday
Pam & Jerry Brown
Mr. & Mrs. Handelman on their 60th anniversary
Rita Eisenman
Becky Harlow on her work anniversary
Elsevier
Colleen Khoury on her birthday
Wallace & Sylvia Stuart
Penny Kodner’s special birthday
Carol Blinder
Debbie Guyer
Lynne Palan on her birthday
Pam & Jerry Brown
Mrs. Joyce Sass on her 80th birthday
Fran & Sid Axelbaum
Marilyn Wechter on her birthday
Gail & Larry Glenn
Pat Wendling being named into the Sports Hall of Fame
Gail & Larry Glenn

IN MEMORY OF
William Allison
Linda & Lawrence Altmsanger
Nancy Beasley
Donn & Jacqueline Beedle
Jane Bonaldi
Janet & Richard Boyle
Edward Constance
Mary Louise Crawley
Martha Dexheimer
John & Angeline English
Alice Gannon
Brian & Candace Hamilton
Alice Hawk
Janice Haydon
Jack & Elizabeth Heller
Donna & Charles Hill
SK & JD Karstens
Duk & Seon Choo Kim
Charles & Janet Lenz
John & Marlene Lintz
Carol Prunty
Richard Reno
Wayne & Susan Reno
Paul & Louise Schwartz
Henry & Donna Siekmann
Louis Spika
John & Judith Strebel
Judith Wagner
Nancy Alper
Sid & Fran Axelbaum
Lucy Bauman
The Commerce Trust Company - Martha Heinzmann, Kevin Westerheide & David True
Debbie & Karl Guyer
Ted Hume
Lloyd Behrens
Ted & Linda Greenwald
Dwight Guerrant
Mary & Don Hacker
Herb Mueller
Fred & Rita Potthoff
Robert Snyder
Lucille Bell
Margaret & Fred Colliflower
Andre & Alice Nuts
Dorothy Strawn
James “Jim” Blair
Joe Ashbrook
Bill & Jeannine Blair
Darlene & Danny Brinkman
Dolores Childers
Eula Ann Haier
Barbara Hess & Dale Hamment
Connie Haire-Blake
Dannon & Jill Harre
Julia, Jane, Debra & Bryan Harre
Patrick & Elena Hess
Carol Hicks
Gale & Dolores Hill
Stan & Kathy Holtgrave
Charlotte Jensen
Del & Naomi Karmeier
Vickie & Jay Lewis
David & Florence Luetchefeld
Jane McCorkle
Monken Dodge Jeep
Chrysler
Karl & Evelyn Powers
Shelley & Dennis Pruehsner
William Riechmann
Edith & Douglas Sahlin
Bernice Snead
Richard & Carolyn Stubblefield
Henry & Linda Windler
Matilda “Tillie” Blomberg
Dave & Cheryl Warren
Sidney Bogin
Sue & Jerry Tessler
Gary Bowers
Thursday Night Golf Team-The Ladybugs
Patricia Brackett
Sandy Curran
J & Carie Dunn
Raymond & Kathleen Migneco
Brenda Ocello
Nancy Turmbink
Frank Brown
Dale & Norma Plank
Jim & Kathy Schweigert
James Bucheke
Mary Bucheke
Charlene Burks
Nancy George
William Chasteen
poage Cadillac Buick GMC
Dr. John Paul Chupp
Bill Allen & Mary Knickmeyer
Auburn University Industrial and Systems Engineering
Doris Ferguson
Dr. Bruce Hamper
Lila & Jim Hershfield
Boyd & Barbara Jones
Martha Kaelble
Roland and Barbara Lindhorst
Judith Matthews
PEO Chapter LB
Mary Phillips
Sylvia Weisheit
Dorothy Close
Bette Kornm
Sharon Cohen
Jerry & Pam Brown
David Conoyer
Emil & Alice Horstmeier
Gene Danes & Jo Ellen Majewski
Linda Corray
Roger & Bettwey Bannister
Dick & Joyce Barth
William & Margie Basler
Bill & Nancy Berry
Robert & Susan Bowman
David Butler
Mike & Linda Corray
Roger & Judy Corray
Robert Cruthis
Ron & Becky Debilin
Jeff DeMatei
Rick & Tami Duft
Steve & Jayne Fergesen
William & Patty Frey
Skip & Jean Gall
Missy Glassmaker & Will Becker
Ken & Rita Gustin
Jim & Lori Gutzler
Tom & Lee Anne Head
Tom & Bonnie Hill
Tom & Gina Hirsh
Paul & Sue Holtgrave
Jerry and Cheryl Holtzclaw
Sandra Hundsdrofker
Linda Iberg
Lonnie Judy & Mary Vaughn
Ron & Carol Kapp
Denny & Connie Knebel
Keith & Lorene Koch
Larry Koch & Jean Gall
Tom & Lynn Koch
Mr. & Mrs. Edward Kohlbrecher
Kent & Ann Linenfelsier
Don Matlock
Sue Messerli
Bob, Jim, & Tom Ordner
Family
Linda & Bernie Poettker
Darren & Daphne Reding
Gene & Paula Redman
Dr. Jim & Lynn Rehberger
Monica Rehkemper
Don & Ruth Richter
Michelle Schaal
Rick & Kay Schuette
David & Carol Schwend
Linda Schwend
Joe & Nancy Schwierjohn
Ron & Karla Smith
Dan Stack
Duane & Melanie Steiner
Jan & Joe Tebbe
Helen & Mack Weckel
Kim & Pat White
David & Jean Wirz
Kenny & Carol Ziegler
Patricia Cragen
Laura & John Donovan
Brenda Wheeler & Glenn Sharp
William Cribbin
Jack & Peggy Cribbin
Dr. Frederick Dankmyer
Diane & Richard Biever
Joyce Distler
Jay Bender
Lynda Wiens
Elizabeth Doyle
Karen & Charles Elbert
Merle Duff
Nate Cunnniff
Eileen Frank
Larry Elliott
Lois & Robert Dowd
Julie & Ryan Lally
Vince & Charlotte Lena
Jay Metzger
Marcia & Carl Queisert
Shirley Finbloom
Melissa & Robert Friedland
Betsy Hamra
Elaine Fox
Kevin Zievogel
Dr. Dennis Furlong
Robert & Michelle Baker
Karen Foster
Vivian & Lee Hammers
Kim & Dustin Lingle
Mr. & Mrs. Terry McGuire
Cynthia & Robert Merkel
Curtis & Shalyn Settlemoir
Jerry & Patty Supancic
Wesla & Terry Tennant
William “Bill” Grone
Gerald & Karen Griesman
Richard & Jane Merz
Dot & Don Nanna
Joyce Ralston
TRIBUTES & DONATIONS 07/01/2017-09/30/2017

continued from previous page

Anna Haegele
Sarah Westover

Conrad Haubrich, Sr.
Karen & Chuck Bewig
Nancy Hessler
Dean & Diane Little
Gene & Cindy Morgenthaler
Tom & Cecilia Parchomski
William & Mary Schmidt
VFW Post 3500

Patricia Haumesser
Darrell & Kathy Drissell

John Havey Jr.
Deacon Tom & Gail Burke
Jim & Peggy Hade
Ron & Gerry Huck
Don & Ginny Mossinghoff
William & Mary Nabholz
Rich & Helen Skoff
Bill & Marge Stuesse
Ernie & Mary Jo Verhulst
Don & Ruth Williams
Richard & Robin Williams

Leo Hawkins
Pamela Hawkins

Merle Horowitz
Fran & Sid Axelbaum

Bob Hughes
Gail & Larry Glenn

Patricia Hurster
Debbie & Karl Guyer

Delores Kersting
Jim & Kris Bannes
David & Mary Haase
Mary Kurowski
Paul & Jan Oberle
Judy & Steve Pazur
Chris & Brenda Schildz
Joseph & Donna Westermayer

Anne Kindorf
Thomas Shocklin

Rosalie Krojanker
Mike & Bernice Resnick

Harold Laramore
Patricia Gains
Bonnie Laramore
Kevin Laramore

Anne Limbaugh
Don & Carol Carlson

Judy Zisk Lincoff
Mark & Nancy Kodner

Theresa Mackowiak
Debbie & Karl Guyer
Lynda Wiens

Bernard Markowitz
David Markowitz

Joyce McBride
Diana Bell
Donna Ringwald

John McCarthy, Sr.
Bernice & Mike Resnick

Henry Mintert
Dave & Debbie Russo

Eugene Poelker
Karen Bartlett & Family
Rose & Craig Kaintz
Joanne Kissel
Tom & Cathy Kissel
Joanne & Blake Noyes
Sports Medicine & Training Center

James Porter
Alan & Sue Kramer
Christian Kramer
Martin & Sue Kramer

Frank Presker
Jerry & Susie Comensky

Robert Prichard
Jean Prichard

William Rankey
Kay & Harry Klein

Shirley Robb
Margaret & Vincent Connors

Roy Rosen
William Bolk

Elfrieda Roth-Roffy
Paul Roth-Roffy

Jackie Schmidt
Larry Schmidt

Robert Schweiger
Mary & Tootie Jeffers
Jim & Kathy Schweiger

Ed Seematter
Anthony & Joellen McDonald

Ron Shadwick
Robert Reinwart, Jr.
Rosemary Shadwick
Jane Stecher

Harvey & Popie Shapiro
Ken & Mary Shapiro

Norman Shapiro
Rita Eiseman

Irvin Shore
Gail Glenn

Marty Shradar
Jean Cody
Mr. & Mrs. Steven Ellenburg
Judith Ugalde

Eli Shrauner
Barbara Shrauner

Marcia Sloan
Sharna Kohner

Mother of Jill Sneider
Joanie & Mark Goldstein

Fran Sterner
Donna & Angela Decker

Charles “Butch” Straw
Residents of Cedar Green
Condo Complex

Judith G. Taylor
Joan & Kenneth Grawe
Mary Scoby

Charlotte Trockman
Donald & Clarice Pfarrer

Joel Viles
Jerry & Pam Brown

Mari Wanningter
Mr. & Mrs. Henry Oestereich

Albert G. Watkins
Mark & Nancy Kodner

Dr. Robert Wiens
Paul & Linda Clark
Bambry Craig
Murrell Cunningham
Nancy Goodson
Marie Ingraham
Barbara Jacober
James & Sarah Kimmey
Joe Marchbein
David & Lynn McQuiston-Fall
Dorothy Reimers
Russell & Katherine Schamburg
Jean & Bob Wunderlich

Elizabeth Theresa Wild
Nora & Brian McMorrow
Richard & Marilyn Niska

Louis Wilhelms
Patricia Brickey
Scott & Barbara Brozek
Connie & Richard Forschner
Kathy & Jim Henson
Leonard & Helen Knobbe
Carol Nejelski
Lucinda Reznikor
Karen Veatch

Bob Wilkerson
Fran & Sid Axelbaum
Robert Hayman

Lucille & Arthur Winkler
Janet Deranja

Jerry Young
Linda Bianchi
Verna Gerhardt
Edwin & Sharon Loida
Barbara & Arthur Minor

Robert Young
Bob & Rosalie Wilhelm

Robert Younger
Gerry & Jane Eschmann

Lisa & Bob Gaylor
Paul & Kerri Grooms
John & Judy Hummel
Alexander & Judith Minton
Rosemary Cox Myers
Joe & Kelly Richardson
Russ & Phillip Venezuela
Ralph & Vivian Vogel
Wunderman
Jo & Jim Younker

Bob Ziervogel
Kevin Ziervogel

GENERAL GIFTS

Jagan & Uma Aliani
Wayne & Jo Behymen
Bill Billings
Lewis Billingsley
Angelo & Brenda Carapella
Cathy Combs
Gerald & Janice Commens
Roy Conner
Terry Councilor
Barbara Crow
Patty Desrosiers
Richard Distler
Emie Edelmann
Nancy Freeman
Larry Gassie
Richard Gatz, Jr.
Sandra & Gary Graf
Robert Green
Jack & Cheryl Grieves
Ken Hammann
Hord & Ann Hardin
Lucius & Sandra Hernandez
Edith Kapfensteiner
AI & Elizabeth Kissel
Lloyd & Donna Kraatz
Bruce & Margo Kreyck
Joyce Langendoerfer
Linda Laramie
Jewel Levertit
Christel Maassen
Alice Mastrandelo
Robert & Dorothy McColly
Ann S. Moglia
Kanda Morris
Les & Judy Muckerman
Charlie & Lynne O’Connell
Harvey & Jody Present
Joseph Price
Margie Pritzker
Khalid & Asma Qayum
Gale Rose
Jeff Rose
Jim & Debra Roth
Judith Schuster
Arthur & Loretta Seltzer
Beverly Spindler
AI & Patty Swain
Ludwig Treiber
Pat Watson

David & Marilyn Wiethop
Stanley & Marie Williams
Bob & Audrey Winstead
Vivian Zvibleman

$100-$499
Robert & Alexandra Babione
Robert Bell
Linda Bouchard
Thomas & Margaret Bruno
Ralph & Christine Burgess
Ron & Charlotte Calhoun
Christopher Comerford
Gerald & Cecile Davis
Nancy & Susan Dool
Joann & Brian Elliott
John & Phyllis Evans
Nancy & John Gerber
Jim & Mary Hacking
William & Margaret Jamison
Nancy Janney
Keiko Karlson
Steve & Linda Kilgore
Mike & Nancy Klein
Mayer & Patricia Levy
Herz & Hannah Locks
Linda McDonald
Kathy McVoy
Nalini & Kirti Mehta
Dr. John & LaVerne Meyer
Harold & Mary Jo Rehg
Karl & Diane Schoenfeld
Margie & Art Silverblatt
David & Cindy Smalley
Judy BremerTaxman

$500-$1,999
Helen Daffron
Diane & Don Donlon
Russell & Deanna Lentz

$2,000 - $4,999
Tim & Terrie Fitzgerald

$5,000 AND ABOVE
George Von Hoffman
Foundation

ANNUAL CAMPAIGN
Michael Horrell

APDA–GREATER ST. LOUIS CHAPTER NOVEMBER 2017 LI NK

11
 Greater St. Louis Chapter of the APDA, and we just obtained a new five-year NIH grant to continue and extend this work. This is just another example of how your dollars are leveraged to jump start new research projects. We couldn’t accomplish this without your continued support of these research efforts.

**We continue to make progress on development of a new drug with potential to slow progression of PD.** This exciting work was done in collaboration with Dr. Laura Dugan, now at Vanderbilt University. This study was initially supported by NIH grants that helped us do the experiments that demonstrate the potential of the drug carboxyfullerene, now called synoxizyme. With support from the St. Louis Chapter and other donations, we have been able to collect additional preliminary data on how to measure the action of synoxizyme in the brain. This has resulted in the development of new PET methods to measure inflammation in the brain and toxic chemicals called reactive oxygen species. We are now making preparations for doing phase I clinical trials in humans – this means testing tolerability and safety in healthy humans. This requires producing pharmacy grade synoxizyme, which we are now doing with help from the Greater St. Louis Chapter. All of the studies are quite challenging and require collaborations with Drs. Dugan, Xu, Tu, Norris and others. We are hoping that we will have sufficient preliminary data to obtain support from NIH to complete these studies and then move forward with studies in people with PD. That is so exciting for all of us.

These brief paragraphs highlight some of the PD research done at the APDA Center for Advanced Parkinson Research at Washington University in 2017. Our multidisciplinary team reaches across departments and programs to include a wide ranging group of faculty, staff, students, volunteers and supporters. However, this article has not addressed a large body of research headed by Dr. Brad Racette. His group is doing important research in the epidemiology, environmental risk factors and clinical predictors of subsequent development of PD. He will have a separate article updating his team’s efforts in the February, 2018 *LiNK.*

**Our studies have been possible due to generous support from individuals and the APDA Greater St. Louis Chapter.** Of course, Chapter support includes both monetary support and all of the people that volunteer to participate in our research studies. We could not do this work without everyone’s help. Together, we have been able to pursue exciting new areas of research that will make a difference in the lives of people with PD. We are in this battle together, and need to continue to maintain our focus to help everyone impacted by PD live their lives to the fullest, as we work tirelessly to find a cure.

---

**TRICKS OF THE TRADE – LESSONS LEARNED WHEN I BECAME A CARE PARTNER**

Continued from page 6

six different sounds. The range for this can be up to 100+ feet. Another tool that works great is a room monitor (i.e., baby monitor) that has 2 rechargeable receivers. These will usually have a 50-75 foot range depending upon how many walls separate you and the person with PD. There is also a device manufactured by “POSEY” that attaches to the back of the bedpost with Velcro. A small clip attaches to the garment of the person with PD. A lanyard from the clip attaches magnetically to the device on the bedpost. If the person falls out of bed or decides to get up (which may not be in their best interest), the lanyard is pulled away from the device and an alarm is sounded.

**BEDROOM**

An alternating pressure mattress is a must if the person with PD does not move much at night. There is a machine that produces air pressure to the mattress. There are two separate chambers that alternate pressure and moves the person’s body ever so slightly. There is an air machine that has a variable pressure dial. These are not expensive and are available through online retailers.

**EMOTIONAL WELL-BEING**

This may not be in the purview of the article, but I found that being honest about my wife’s hallucinations was best for both of us. If she saw someone down the street and I did not, I would be honest with her and say I did not see them. Fortunately, my wife had a sense of humor and we could make up silly reasons for her seeing things that I didn’t. Sometimes I would ask her to describe the person and she would usually say, “Oh, he/she isn’t there; is he/she?”

**ENTERTAINMENT**

I used the RECORD button on the DVR a LOT. My wife enjoyed certain sit-coms that I could record and she could enjoy anytime she wanted. She usually could not sit through a complete movie but a ½ hour program was just right.
Our support groups meet once a month or as noted. Support group day and time may change periodically. For current updates on support groups and exercise classes, check our website, www.apdaparkinson.org/greaterstlouis, or call the APDA Information & Referral Center at 636.778.3377 or the facilitator at the number listed below.

<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</td>
<td>4th Monday</td>
<td>6:00 PM</td>
<td>Desma Reno, RN, MSN</td>
<td>573.651.2678</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>11:00 AM</td>
<td>Tricia Creel, DPT</td>
<td>678.951.3361</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, PhD</td>
<td>636.778.3377</td>
</tr>
<tr>
<td>Columbia*</td>
<td>Boone</td>
<td>Broadway Christian Church 2601 W. Broadway</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. 415</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. 415</td>
<td>3rd Tuesday</td>
<td>6:30 PM</td>
<td>Doug Schroeder</td>
<td>314.985.7708</td>
</tr>
<tr>
<td>Festus/</td>
<td>Jefferson</td>
<td>Disability Resource Association 130 Brandon Wallace Way</td>
<td>3rd Tuesday</td>
<td>1:00 PM</td>
<td>Penny Roth, 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 Region Medical Center Community Conference Room</td>
<td>3rd Friday</td>
<td>1:00 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>Rolia</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>South City St. Louis*</td>
<td>St. Louis</td>
<td>Cure PSP Group - St. Louis Altenheim 5408 South Broadway St. Louis, MO 63111</td>
<td>4th Friday</td>
<td>11:00 AM</td>
<td>Beth Evans</td>
<td>314.732.3433</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>

*denotes non-affiliated APDA support group
**Missouri Support Group Calendar**

<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>Springfield*</td>
<td>Greene</td>
<td>Parkinson’s Senior Support Group</td>
<td>Last Wednesday</td>
<td>2:30 PM</td>
<td>Dustin Heiser</td>
<td>417.269.3616</td>
</tr>
<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 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 Orchard - Parlor Room 21 North Old Orchard Ave.</td>
<td>Last Friday</td>
<td>10:30 AM</td>
<td>Laurel Willis, MSG</td>
<td>314.471.6302</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>Shawn Riley, MSW</td>
<td>314.446.2452</td>
</tr>
</tbody>
</table>

*denotes non-affiliated APDA support group

**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.apdaparkinson.org/greaterstlouis](http://www.apdaparkinson.org/greaterstlouis), or call the APDA Information & Referral Center at 636.778.3377 or the facilitator at the number listed below.

<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 2603 N. Rodgers Ave.</td>
<td>3rd Thursday</td>
<td>2:00 PM</td>
<td>Dustin Heiser</td>
<td>618.465.3298 x120</td>
</tr>
<tr>
<td>Belleville</td>
<td>St. Clair</td>
<td>Southwestern Illinois College Programs and Services for Older Persons 201 N. Church St.</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>Carlinville</td>
<td>Macoupin</td>
<td>Carlinville Area Hospital Medical Office Building-Community Room 20613 N. Broad St.</td>
<td>3rd Wednesday - Schedule can fluctuate, please contact leader to verify date and time.</td>
<td>10:00 AM</td>
<td>Amy Murphy PT, DPT, NCS</td>
<td>217.854.3839</td>
</tr>
<tr>
<td>Centralia</td>
<td>Marion</td>
<td>Heritage Woods of Centralia 2049 E. Mc Cord 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>Mary DeLong Paula Beals</td>
<td>618.692.1346</td>
</tr>
<tr>
<td>Jacksonville</td>
<td>Morgan</td>
<td>Passavant Area Hospital 1600 W. Walnut-Meeting Room 2</td>
<td>1st Wednesday April-December</td>
<td>6:00 PM</td>
<td>Larry and Karen Ladd</td>
<td>217.377.4973</td>
</tr>
<tr>
<td>Mattoon</td>
<td>Coles</td>
<td>Odd Fellow-Rebekah Home 201 Lafayette Ave.</td>
<td>Last Tuesday</td>
<td>1:30 PM</td>
<td>Roy and Kay Johnson</td>
<td>217.268.4428</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>217.224.7027</td>
</tr>
</tbody>
</table>
Exercise is essential to managing Parkinson symptoms and slowing the progression of the disease. Our funding comes from donations, so we encourage those who attend multiple classes to make a $5 per week donation. This helps us defray the cost which run around $10 per person. Any amount you can contribute is used exclusively for our patient services to keep these programs free or at little cost to our community. Our exercise classes meet once a week or otherwise as noted. No RSVPs are required unless noted. Check our website, www.apdaparkinson.org/greaterstlouis, or call 636.778.3377 to find out any changes since publication. Online videos of classes available at all times on our website.

<table>
<thead>
<tr>
<th>CITY</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>Fit’n Fun</td>
<td>Wednesday &amp; Friday</td>
<td>2:00 PM</td>
<td>Mike Scheller, PTA</td>
<td>314.289.4202</td>
</tr>
<tr>
<td></td>
<td>The Center of Clayton, 50 Gay Ave., Mind/Body Room</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chesterfield</td>
<td>Movement Training: Chair Side</td>
<td>Monday</td>
<td>10:00 AM</td>
<td>Ann Towey, PTA</td>
<td>314.205.6934</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>Movement Training: Chair Side</td>
<td>Tuesday</td>
<td>1:30 PM</td>
<td>Travis Harper</td>
<td>314.223.9575</td>
</tr>
<tr>
<td></td>
<td>Friendship Village 15201 Olive Blvd., Friendship Hall-Door #5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chesterfield</td>
<td>Circuit/Interval Training</td>
<td>Monday</td>
<td>2:30 PM</td>
<td>Tricia Creet, PT</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>1415 Elbridge Payne, Ste. 163</td>
<td>Tuesday</td>
<td>10:00 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Thursday</td>
<td>1:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chesterfield</td>
<td>Movement Training: Chair Side</td>
<td>Monday</td>
<td>1:30-2:15 PM</td>
<td>Tricia Creet, PT</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>1415 Elbridge Payne, Ste. 163</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chesterfield</td>
<td>Tai Chi</td>
<td>Tuesday</td>
<td>Chair Side - 11:15 AM</td>
<td>Craig Miller</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>1415 Elbridge Payne, Ste. 163</td>
<td>Wednesday</td>
<td>Dynamic Standing - 10:00 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Friday</td>
<td>Chair Side - 11:30 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Dynamic Standing 12:45 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chesterfield</td>
<td>Yoga</td>
<td>Thursday</td>
<td>2:30 PM</td>
<td>Diane Davis</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>1415 Elbridge Payne, Ste 163</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Florissant</td>
<td>Movement Training: Chair Side</td>
<td>Thursday</td>
<td>10:00 AM</td>
<td>Nancy Robb</td>
<td>314.869.5296</td>
</tr>
<tr>
<td></td>
<td>Garden Villas North, 4505 Parker Rd.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kirkwood</td>
<td>Movement Training: Chair Side</td>
<td>Thursday</td>
<td>1:00 PM</td>
<td>Teresa Godfrey, PT</td>
<td>314.821.7554 (registration)</td>
</tr>
<tr>
<td></td>
<td>SSM Day Institute, 1001 S Kirkwood Rd.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>O’Fallon</td>
<td>Movement Training: Chair Side</td>
<td>Wednesday</td>
<td>11:30 AM</td>
<td>Beth Templin, PT</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>Park Place at WingHaven, Independent Living Fitness Room, 2002 Boardwalk Place Dr</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Richmond Heights</td>
<td>Parkinson’s Performance THE HEIGHTS, 8001 Dale Ave.</td>
<td>Saturday</td>
<td>1:00 PM</td>
<td>Barry Nicholson</td>
<td>314.645.1476 (registration)</td>
</tr>
<tr>
<td>Richmond Heights</td>
<td>Tango</td>
<td>Thursday</td>
<td>10:00 AM</td>
<td>Roxanne Maier</td>
<td>636.778.3377 (registration)</td>
</tr>
<tr>
<td></td>
<td>Convergence Dance and Body Center, 7700 Clayton Rd., Ste. 120</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ladue</td>
<td>Tremble Clefs</td>
<td>Saturday</td>
<td>1:30 PM</td>
<td>Linda McNair, MT-BC</td>
<td>636.778.3377 (registration)</td>
</tr>
<tr>
<td></td>
<td>Salem United Methodist, 1200 S. Lindbergh Blvd., Lower Level Choir Room</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>South St. Louis County</td>
<td>Fit’n Fun</td>
<td>Monday</td>
<td>11:30 AM</td>
<td>Mike Scheller, PTA</td>
<td>314.289.4202</td>
</tr>
<tr>
<td></td>
<td>Garden Villas South, 13457 Tesson Ferry Rd.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>South St. Louis County</td>
<td>Movement Training: Dynamic Standing</td>
<td>Friday</td>
<td>10:00 AM</td>
<td>Beth Templin, PT</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>Friendship Village Sunset Hills, 12563 Village Circle Drive</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ste. Genevieve</td>
<td>Circuit Training</td>
<td>Thursday</td>
<td>11:00 AM</td>
<td>Ketta Hill, PT</td>
<td>573.883.5244</td>
</tr>
<tr>
<td></td>
<td>Community Center, 21390 Hwy 32</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>St. Peters</td>
<td>Movement Training</td>
<td>Tuesday</td>
<td>Dynamic Standing - 10:00 AM</td>
<td>Holly Evans, COTA</td>
<td>636.916.9650</td>
</tr>
<tr>
<td></td>
<td>Barnes-Jewish St. Peters Hospital Healthwise Center, 6 Jungermann Circle</td>
<td></td>
<td>Chair Side - 11:00 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>St. Peters</td>
<td>Aquatics</td>
<td>Thursday</td>
<td>Chair Side - 11:00 AM</td>
<td>Holly Evans, COTA</td>
<td>636.916.9650</td>
</tr>
<tr>
<td></td>
<td>St. Charles YMCA</td>
<td>Fall Session</td>
<td>1:45 PM</td>
<td>Alicia Bunn, CTRS</td>
<td>636.896.0999 x21 (Kathleen)</td>
</tr>
<tr>
<td></td>
<td>3900 Shady Springs Ln.</td>
<td>Oct. 2 - Dec. 8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Town and Country</td>
<td>Tremble Clefs</td>
<td>Thursday</td>
<td>1:30 PM</td>
<td>Megan Moran, MT</td>
<td>636.778.3377 (registration)</td>
</tr>
<tr>
<td></td>
<td>Maryville University, 650 Maryville University Dr. Walker Building-Community Room</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CITY</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>Carlinville, IL</td>
<td>Movement Training: Dynamic Standing</td>
<td>Thursday</td>
<td>10:00 AM</td>
<td>Amy Murphy, PT</td>
<td>217.854.3141 x377</td>
</tr>
<tr>
<td></td>
<td>Carlinville Area Hospital, Medical Office Building, Community Room, 20613 N. Broad</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jacksonville, IL</td>
<td>Joy of Movement</td>
<td>Thursday</td>
<td>1:30 PM</td>
<td>Eve Fischberg, OT</td>
<td>217.494.4961</td>
</tr>
<tr>
<td></td>
<td>Spirit of Faith Church, 105 East Dunlap Street</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quincy, IL</td>
<td>Be Well with Parkinson’s Blessing Wellness Center, 4917 Oak Street</td>
<td>Wednesday</td>
<td>10:00 AM</td>
<td>Rita Arment, PT</td>
<td>217.223.8400 (registration, ask for Home Care)</td>
</tr>
<tr>
<td>Quincy, IL</td>
<td>BIG For Life Blessing Wellness Center, 4917 Oak Street</td>
<td>Monday</td>
<td>10:00 AM</td>
<td>Rita Arment, PT</td>
<td>217.223.8400 (registration, ask for Home Care)</td>
</tr>
<tr>
<td>Springfield, IL</td>
<td>Joy of Movement</td>
<td>Tuesday</td>
<td>1:30 PM</td>
<td>Eve Fischberg, OT</td>
<td>217.494.4961</td>
</tr>
<tr>
<td></td>
<td>Laurel United Methodist Church, 631 South Grand Ave. West</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*denotes non-affiliated APDA support group
DECEMBER 2-3, 2017

**What:** SHOPPING FOR A CAUSE! (an exciting opportunity to support our Greater St. Louis APDA Chapter)

**When:** December 2 - 3, 2017

**Where:** Michael Kors retail stores at the St. Louis Galleria, West County Shopping Mall, Frontenac Plaza (St. Louis locations) PLUS two more stores in White Oaks Mall (Springfield, IL) and Country Club Plaza (Kansas City, MO)

**Why:** Last year we partnered with the three Michael Kors stores here in St. Louis for a special shopping day. For a four hour period, 10% of all sales were donated to APDA, raising $1,200 to provide education, create public awareness, foster a supportive environment and fund research. This year Michael Kors has expanded the reach to five regional stores, involving a two-day shopping opportunity and will donate 10% of all sales to support the Greater St. Louis Chapter.

We hope you will shop for our cause this December 2 & 3, so save your list for holiday gifts.

MAY 21, 2018

20th Annual APDA Golf Classic in Memory of Jack Buck at Algonquin Golf Club

JUNE 2, 2018

Annual Optimism Walk at Maryville University, St. Louis, MO

OCTOBER 4, 2018

Elliot and Mary Ann Stein Speaker Series will feature Dr. Michael Greger, author of the best seller, *HOW NOT TO DIE: The Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers*