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OUR MISSION

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

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.

"Today my life was renewed because I began to manage my Parkinson disease. For so long I had ignored what was changing and tried to tell myself that I was just fine. 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



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

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 Zwickey: 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 Perlmutter.

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:

- Send a check in the enclosed envelope made out to the APDA-St. Louis.
- Go online at www.apdaparkinson.org/greaterstlouis and click "Ways to Give."
- 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-savings 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. ■

ANOTHER YEAR OF ADVANCES AT THE APDA CENTER FOR ADVANCED PARKINSON RESEARCH AT WASHINGTON UNIVERSITY IN ST. LOUIS



JOEL S. PERLMUTTER, MD, CHIEF OF THE MOVEMENT DISORDERS SECTION, DEPARTMENT OF NEUROLOGY, WASHINGTON UNIVERSITY SCHOOL OF MEDICINE, MEDICAL DIRECTOR OF THE GREATER ST. LOUIS CHAPTER OF THE APDA

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

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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:



Just released fifth edition of Davis Phinney Foundation, *Every Victory Counts* Manual.

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

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

RICHARD DISTLER, LOVING HUSBAND AND CARE PARTNER TO JOYCE WHO PASSED AWAY IN JULY

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 sores 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

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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. ■



DO-IT-YOURSELF OPTIMISM EVENTS

Several Optimism Events have been held since our August newsletter was published. We wanted to showcase their efforts to inspire you to consider small ways you can increase awareness and help make a BIG difference in people's lives. Take the challenge and host your own Optimism Event. In the words of Ralph Waldo Emerson, "You cannot do a kindness too soon, for you never know how soon it will be too late."



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.



PICTURES FOR PARKINSON'S

has become associated with the lovely evening Parties with a Purpose held at gracious hosts Gail and Larry Glenn's magnificent home. This event features prints of photos Larry has taken over the years that guests are happy to bid on and add to their personal collections. This past September another \$1,175 was raised which will be reserved for Team

Glenn for the Optimism Walk on June 2, 2018. Since this event began in 2015, sale of these prints has raised close to \$10,000. The overwhelming support from Gail and Larry Glenn and their community of family and friends continues to be an inspiration to us all. Team Glenn is challenging other teams to catch them if you can...Good Luck! Team Glenn has raised **\$23,500** since 2015 in the Optimism Walks held for the Greater St. Louis APDA, and over **\$35,000** since joining APDA. We are so fortunate to be the recipients of their generosity. We're also excited to announce that Gail has joined the Board of Directors for 2017-2018.

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. ■

CYCLING STARS ROCK THE CYCLE CHALLENGE!



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
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Dave Macon
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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 Cyclers - \$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 - \$52
Bill Memory - \$50
Ride with Summit - \$50
Allison's Fundraiser Page - \$10

SPONSORS

KING OF THE MOUNTAIN - \$5,000

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James and Alison Bates Foundation
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SPRINT CHAMPION - \$2,500

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FAN - \$250

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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 Kohner

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 Eiseinan

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

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CONTINUED FROM PAGE 3

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. ■



Missouri Support Group Calendar

Our support groups meet once a month or as noted. Support group day and time may change periodically. For current updates on support groups and exercise classes, check our website, www.apdaparkinson.org/greaterstlouis, or call the APDA Information & Referral Center at 636.778.3377 or the facilitator at the number listed below.

CITY	COUNTY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Ballwin	St. Louis	Meramec Bluffs Care Center 40 Meramec Trails Dr., Activities Rm.	4th Tuesday	2:00 PM	Gayle Truesdell	636.923.2364
Cape Girardeau	Cape Girardeau	Cape Girardeau Public Library 711 N Clark Street	4th Monday	6:00 PM	Desma Reno, RN, MSN	573.651.2678
Chesterfield	St. Louis	APDA Community Resource Center 1415 Elbridge Payne, Suite 150	1st Tuesday	11:00 AM	Tricia Creel, DPT	678.951.3361
Chesterfield	St. Louis	For Caregivers Only APDA Community Resource Center 1415 Elbridge Payne, Suite 150	2nd Monday	10:30 AM	Dee Jay Hubbard, PhD	636.778.3377
Columbia*	Boone	Broadway Christian Church 2601 W. Broadway	1st Thursday	4:00 PM	Patsy & David Dalton	573.356.6036 573.434.4569
Creve Coeur	St. Louis	Pre/Post-DBS Group Missouri Baptist Medical Center 3015 N. Ballas, Main Parking Garage 4th fl. CLI Rm. 415	3rd Tuesday	6:30 PM	Joe Vernon	314.614.0182
Creve Coeur	St. Louis	Young Onset Living and Working with PD Missouri Baptist Medical Center 3015 N. Ballas, Main Parking Garage 4th fl., CLI Rm. 415	3rd Tuesday	6:30 PM	Doug Schroeder	314.985.7708
Festus/ Crystal City	Jefferson	Disability Resource Association 130 Brandon Wallace Way	3rd Tuesday	1:00 PM	Penny Roth Laura Sobba	636.931.7696 x129
Florissant	St. Louis	Garden Villas North 4505 Parker Rd.	4th Thursday	11:00 AM	Nancy Robb	314.869.5296
Jefferson City	Cole	Capital Region Medical Center Community Conference Room	3rd Friday	1:00 PM	Jennifer Urich, PT David Urich	573.632.5440 573.796.2395
Joplin	Jasper	Mercy Hospital 100 Mercy Way Conference Room	Every Monday	3:00 PM	Nancy Dunaway	417.556.8760
Kansas City	Jackson	VA Medical Center 4801 Linwood Blvd. Hall of Heroes Room	3rd Tuesday	11:00 AM	Jesus Torres Nikki C. Caraveo, RN, BSN, CNRN	816.861.4700 x56765
Kirkwood	St. Louis	Kirkwood United Methodist Church 201 W. Adams, Room 201	4th Tuesday	7:15 PM	Terri Hosto, MSW, LCSW Patty Waller	314.286.2418
Ladue	St. Louis	The Gatesworth 1 McKnight Place	2nd Wednesday	1:00 PM	Maureen Neusel, BSW	314.372.2369
Lake Ozark*	Camden	Lake Ozark Christian Church 1560 Bagnell Dam Blvd.	3rd Thursday	Noon	Patsy & David Dalton	573.356.6036 573.434.4569
Poplar Bluff	Butler	Poplar Bluff Regional Medical Center 3100 Oak Grove Rd. Ground Floor Education Room 3	2nd Monday	6:00 PM	Charles Hibler register with Beryl or Dana	573.785.6222 855.444.7276 573.776.9355
Rolla	Phelps	Phelps County Regional Medical Center, Pulaski Room, 1000 W. 10th St.	4th Thursday	2:30 PM	Sarah Robinson	573.201.7300
South St. Louis	St. Louis	Garden Villas South 13457 Tesson Ferry Rd.	2nd Wednesday	10:00 AM	Jack Strosnider	314.846.5919
South City St. Louis*	St. Louis	Cure PSP Group - St. Louis Altenheim 5408 South Broadway St. Louis, MO 63111	4th Friday	11:00 AM	Beth Evans	314.732.3433
Springfield*	Greene	Parkinson's Caregivers Support Group Meyer Orthopedic and Rehabilitation Hospital 3535 S National Ave. Administrative Classroom	1st Wednesday	5:00 PM		417.269.3616
Springfield*	Greene	Parkinson's Young Onset Support Group Cox Medical Center 1423 N Jefferson Ave Meyer Center Conference Room C	4th Thursday	7:00 PM		417.269.3616

*denotes non-affiliated APDA support group

continued on next page



continued from previous page

Missouri Support Group Calendar

CITY	COUNTY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Springfield*	Greene	Parkinson's Senior Support Group Cox Medical Center 1423 N Jefferson Ave Meyer Center Conference Room C	Last Wednesday	2:30 PM		417.269.3616
St. Peters	St. Charles	Spencer Road Library 427 Spencer Rd., Room 259	1st Tuesday	1:00 PM	Sherrie Rieves Ann Groomes, RN	636.926.3722
Ste. Genevieve	Ste. Genevieve	Ste. Genevieve County Mem. Hospital Education Conf. Room, Hwy. 61 & 32	2nd Wednesday	10:00 AM	Jean Griffard, RN	573.543.2162
Trenton	Grundy	Royal Inn 1410 E. 9th Street	1st Thursday	10:00 AM	Novy & Mary Ellen Foland Gloria Koon	660.357.2283 660.485.6558
Washington	Franklin	Washington Public Library 410 Lafayette Avenue	2nd Monday	6:30 PM	Carol Weber	314.713.4820
Webster Groves	St. Louis	Bethesda Orchard - Parlor Room 21 North Old Orchard Ave.	Last Friday	10:30 AM	Laurel Willis, MSG	314.471.6302
Webster Groves	St. Louis	Laclede Groves 723 S. Laclede Station Rd.	3rd Wednesday	3:00 PM	Shawn Riley, MSW	314.446.2452



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, or call the APDA Information & Referral Center at 636.778.3377 or the facilitator at the number listed below.

CITY	COUNTY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Alton	Madison	Senior Services Plus 2603 N. Rodgers Ave.	3rd Thursday	2:00 PM	Dustin Heiser	618.465.3298 x120
Belleville	St. Clair	Southwestern Illinois College Programs and Services for Older Persons 201 N. Church St.	2nd Monday	1:30 PM	Jodi Gardner, MSW, LCSW	618.234.4410 x7031
Carbondale	Jackson	Southern IL Healthcare Headquarters University Mall	1st Wednesday	1:00 PM	Bill Hamilton, MD	618.549.7507
Carlinville	Macoupin	Carlinville Area Hospital Medical Office Building-Community Room 20613 N. Broad St.	3rd Wednesday - Schedule can fluctuate, please contact leader to verify date and time.	10:00 AM	Amy Murphy PT, DPT, NCS	217.854.3839
Centralia	Marion	Heritage Woods of Centralia 2049 E. McCord St.	2nd Wednesday	2:00 PM	Betty Evans Helena Quaid	618.533.0224 618.493.6064
Champaign	Champaign	Savoy United Methodist Church 3002 W. Old Church Road	Every Monday	10:00 AM	Charles Rohn Chuck Arbuckle	217.549.6167 217.586.3100
Decatur	Macon	Westminster Presbyterian Church 1360 West Main Street	3rd Thursday	1:30 PM	John Kileen	217.620.8702
Glen Carbon	Madison	The Senior Community Center 157 N. Main St.	3rd Wednesday	10:30 AM	Mary DeLong Paula Beals	618.692.1346
Jacksonville	Morgan	Passavant Area Hospital 1600 W. Walnut-Meeting Room 2	1st Wednesday April-December	6:00 PM	Larry and Karen Ladd	217.377.4973
Mattoon	Coles	Odd Fellow-Rebekah Home 201 Lafayette Ave.	Last Tuesday	1:30 PM	Roy and Kay Johnson	217.268.4428
Springfield	Sangamon	St. John's Rehab. @ Fit Club South 3631 S. 6th. Street #C	3rd Sunday Odd num- bered months: 1,3,5,7,9,11	2:00 PM	Kelly Neumann, PT	217.483.4300
Quincy	Adams	Quincy Public Library 526 Jersey St.	1st or 2nd Saturday-Please contact leader	10:30 AM	Terri and Dave May	217.224.7027

*denotes non-affiliated APDA support group



Missouri and Illinois Exercise Classes

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

MISSOURI

CITY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Clayton	Fit 'n Fun The Center of Clayton, 50 Gay Ave., Mind/Body Room	Wednesday & Friday	2:00 PM	Mike Scheller, PTA	314.289.4202
Chesterfield	Movement Training: Chair Side St. Luke's Outpatient Center, 111 St. Luke's Center Drive Bldg. B, Suite 14B	Monday	10:00 AM	Ann Towey, PTA	314.205.6934
Chesterfield	Movement Training: Chair Side Friendship Village 15201 Olive Blvd., Friendship Hall-Door #5	Tuesday	1:30 PM	Travis Harper	314.223.9575
Chesterfield	Circuit/Interval Training 1415 Elbridge Payne, Ste. 163	Monday Tuesday Thursday	2:30 PM 10:00 AM 1:00 PM	Tricia Creel, PT	636.778.3377
Chesterfield	Movement Training: Chair Side 1415 Elbridge Payne, Ste. 163	Monday	1:30-2:15 PM	Tricia Creel, PT	636.778.3377
Chesterfield	Tai Chi 1415 Elbridge Payne, Ste. 163	Tuesday Wednesday Friday	Chair Side - 11:15 AM Dynamic Standing - 10:00 AM Chair Side - 11:30 AM Dynamic Standing 12:45 PM	Craig Miller	636.778.3377
Chesterfield	Yoga 1415 Elbridge Payne, Ste 163	Thursday	2:30 PM	Diane Davis	636.778.3377
Florissant	Movement Training: Chair Side Garden Villas North, 4505 Parker Rd.	Thursday	10:00 AM	Nancy Robb	314.869.5296
Kirkwood	Movement Training: Chair Side SSM Day Institute, 1001 S Kirkwood Rd.	Thursday	1:00 PM	Teresa Godfrey, PT	314.821.7554 (registration)
O'Fallon	Movement Training: Chair Side Park Place at WingHaven, Independent Living Fitness Room, 2002 Boardwalk Place Dr	Wednesday	11:30 AM	Beth Templin, PT	636.778.3377
Richmond Heights	Parkinson's Performance THE HEIGHTS, 8001 Dale Ave.	Saturday	1:00 PM	Barry Nicholson	314.645.1476 (registration)
Richmond Heights	Tango Convergence Dance and Body Center, 7700 Clayton Rd., Ste. 120	Thursday	10:00 AM	Roxanne Maier	636.778.3377 (registration)
Ladue	Tremble Clefs Salem United Methodist, 1200 S. Lindbergh Blvd., Lower Level Choir Room	Saturday	1:30 PM	Linda McNair, MT-BC	636.778.3377 (registration)
South St. Louis County	Fit 'n Fun Garden Villas South, 13457 Tesson Ferry Rd.	Monday	11:30 AM	Mike Scheller, PTA	314.289.4202
South St. Louis County	Movement Training: Dynamic Standing Friendship Village Sunset Hills, 12563 Village Circle Drive	Friday	10:00 AM	Beth Templin, PT	636.778.3377
Ste. Genevieve	Circuit Training Community Center, 21390 Hwy 32	Thursday	11:00 AM	Ketta Hill, PT	573.883.5244
St. Peters	Movement Training Barnes-Jewish St. Peters Hospital Healthwise Center, 6 Jungermann Circle	Tuesday	Dynamic Standing - 10:00 AM Chair Side - 11:00 AM	Holly Evans, COTA	636.916.9650
St. Peters	Aquatics St. Charles YMCA 3900 Shady Springs Ln.	Thursday Fall Session Oct. 2 -Dec. 8	1:45 PM	Alicia Bunn, CTRS	636.896.0999 x21 (Kathleen)
Town and Country	Tremble Clefs Maryville University, 650 Maryville University Dr. Walker Building-Community Room	Thursday	1:30 PM	Megan Moran, MT	636.778.3377 (registration)

ILLINOIS

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

*denotes non-affiliated APDA support group

Help us manage our expenses by letting us know when you move, if you want to be removed from the mailing list or if you'd rather receive an electronic version. Just call **636.778.3377** or email **apdastlouis@apdaparkinson.org** to let us know! Thank you in advance for helping us spend our resources wisely!

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WEBSITE**



INFORMATION

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◀ SAVE THE DATES ▶



MICHAEL KORS

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*