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STONE BY STONE

Debbie Guyer, Executive Director, Greater St. Louis Chapter

The man who moves a mountain must start by moving away small stones.
—Confucius

I always tell people that the secret of our success at the APDA-Greater St. Louis Chapter lies not in corporate contributions, but with individual gifts of $25, $50, $100, $500 and $1,000 received as memorial tributes, through fundraising for the Optimism Walk, at the Golf Classic Fund-A-Need or from dedicated sponsors. This year we received recognition at the APDA Leadership Conference for funds raised by our Chapter and for our support of research – and the recognition belongs to you! One example of the generosity of our Chapter donors is a very special individual who contributed $100,000 to support the study of carboxyfullerene (synoxizyme) as it moves to Phase 1 Clinical Trials and $200,000 to fund programs and services for people with Parkinson’s through our local chapter. Our funding of local research at the APDA Advanced Center for Parkinson Research at Washington University School of Medicine, through our annual $125,000 grant, triggered an additional $25,000 grant of support from our Chapter to the national Scientific Advisory Board, which awards research grants to promising researchers who are involved in studies conducted around the country.

It is only through the continued generosity of good friends like you that we are able to stride towards our mission that every day, we provide the support, education and research that will help everyone impacted by Parkinson disease live life to the fullest. I’d like to share what these mission dollars resulted in for those in our community this past year. We host over 70 support groups and exercise classes across the state of Missouri and Southern Illinois. Our new partnership with the Gateway Region YMCA will mean that services designed for individuals with Parkinson’s will be available in rural as well as urban communities. Four donors contributed a total of $10,000 to help establish new exercise classes at the Jewish Community Center (JCC) which include the popular Box Your B.E.S.T. small group and a new aquatics class. A cycling program is under consideration as well. For our city dwellers, we have entered into a partnership with Paraquad where people with Parkinson’s may now engage in exercise and a support group in the city of St. Louis.

continued on next page
STONE BY STONE

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Tango and CycleBar are two boutique programs which, because of the setting and structure of the classes, require a small shared cost with the Chapter subsidizing part of the class cost from mission dollars raised this year.

I listened to a recent webinar predicting a Parkinson Pandemic – which reinforced our own perception of Parkinson’s growing at an alarming rate. In fact, the number of people with Parkinson’s is expected to double again in number by the year 2040, with a projection to pass the number of new Alzheimer’s diagnoses. With age being the only known risk factor and the prediction that older individuals will outnumber younger ones, along with the role of pesticides and other environmental toxins in the development of Parkinson’s, we have to be ready for increasing numbers of affected individuals affected by PD. We now send out more informational packets, have increased our distribution of LINK newsletters to more than 11,000 per quarter, created more programs and services in underserved communities, and are conducting more PD101 sessions than ever before.

We are developing curriculum for another Midwest Parkinson Congress to be held in the spring which will include a track for our young-onset population, and are working on creating a mentoring program for these individuals and their families. We are expanding our volunteer corps, and will be presenting another seminar on assistive technology. We will continue to move small stones and remain grateful for your gifts that allow us to do so much for our growing Parkinson community. In the words of Albert Einstein, Strive not to be a success, but rather to be of value. Hopefully our success reflects this value and we give thanks to you for making it so. ■
Fatigue is a common but under-recognized problem for people with Parkinson disease (PD). Fatigue can be defined as an unpleasant sensation of lacking energy, making the performance of routine activities, physical or mental, a strain. People with PD may experience physical fatigue, mental fatigue, or both. Fatigue in PD is not the same as the feeling you might get at the end of a hard day’s work. It is not necessarily something that goes away with rest. When people with PD are asked about fatigue, they use phrases such as “I feel run down, I am out of energy, I am unable to do anything, I can’t get motivated.”

Fatigue and Depression
There is a large overlap between fatigue and other problems in PD, especially depression and sleep disorders. People with fatigue are more likely to be depressed and people who are depressed are more likely to be fatigued, but there is nonetheless a large group of PD patients who are fatigued but not depressed. Depression in PD typically responds to antidepressant treatment, and depression-related fatigue may improve with such treatment.

Fatigue and Sleep disorders
Sleep disorders are common in PD and may contribute to fatigue. However, sleepiness is typically improved by sleep, whereas fatigue may or may not be improved by sleep or rest. Fatigue lessens the desire and ability to perform activities of daily living, to interact with friends and family and to participate in social activities.

Causes of Fatigue
Researchers still don’t know what causes fatigue in PD. It is likely a combination of interacting causes, only some of which we understand and can modify. For many people, medications taken for the motor symptoms of Parkinson disease can worsen fatigue. Altering the regimen of PD medications can therefore sometimes help. Being in poor physical condition can worsen fatigue and for some people, exercise can improve fatigue. Because of the overlap of fatigue with depression and sleep disorders, treating these other non-motor symptoms of PD can be helpful as well. Some people find benefit from medications, such as modafnil and methylphenidate, although studies are not conclusive of their true benefits. Be sure to routinely discuss your fatigue with your doctor, in the same way you report the severity of your other symptoms.
The second annual APDA Optimism Walk at Maryville University was an outstanding success, raising funds and awareness for the Parkinson’s community. The Greater St. Louis Optimism Walk led the nation in fundraising over $147,000, a new record for this event! Even the arrival of a thunderstorm couldn’t dampen the fun. Team spirit was evident throughout, with many family and friends wearing unique team shirts and proudly displaying walk bibs in honor of the person for whom they walked. Debbie Guyer, Executive Director, kicked off the opening ceremony sharing thoughts about the importance of community in living well with Parkinson disease. We also heard encouraging words from Honorary Chair Bill Donius, who returned to St. Louis to be part of the event, honoring the memory of his parents Connie and Walter Donius.

We are deeply grateful to the many individuals who made this event a success. We will be able to help many people with Parkinson’s, their families and care partners because of the generosity of so many supporting this annual event. In addition, we were delighted to be able to promote the Optimism Walk and increase awareness about Parkinson disease in the larger community through our exclusive media sponsor Fox 2. Wellness Program Coordinator and Walk Co-Chair, Tricia Creel, appeared as a guest on both Fox 2 and KPLR11 news shows the Friday prior to the walk, encouraging people to utilize the many resources available through the APDA.

Contributing to our success were several outstanding individuals who donated over $1,000: Rick Arredondo, Chris and Ralph Burgess, Michael Donius, Helen and Chris Edwards, James Espy, Sue and Huston Henry, Steven Hiler, Scott Lentin, Kathy and Doug Schroeder, Susan Stafford, Judy and Ron Taylor, Lisa and Joe Vonder Haar, Sandi Young and Sharon Zelman. We also want to recognize Team Glenn, a returning top contributor to the walk who broke their fundraising record with an outstanding $12,750 raised. Thank you, Team Glenn! Along with Team Glenn, every team that raised $1,000+ was honored with a special sign along the walk route.

Other noteworthy happenings at the walk included:

- An outstanding turnout from Team Rock Steady Boxing - St. Louis and Crestwood, who brought over 90 walkers to the event.
- Dr. Richard Bucholz and Dr. Monmina Turkey, neurosurgeon and neurologist with SSM Health Saint Louis University Hospital, sharing information about deep brain stimulation.
- An exciting raffle that included a stay at The Ritz-Carlton and unique items handmade by two artists living with PD in our community, Delphine Williams and Jeri Wagner.
- Hearing from Karl Schoenefeld about how APDA exercise classes have positively impacted his life and help him keep Parkinson’s symptoms at bay.

Craig Miller, our esteemed Tai Chi instructor, serving again as Emcee extraordinaire, keeping the crowd informed and moving.
Please thank our generous sponsors when supporting their businesses and recognize their superb contributions to our community. Our appreciation goes out to:

**Celebrity Sponsors ($10,000):**
- James & Alison Bates Foundation
- William A. Donius

**Diamond Sponsors ($5,000):**
- Carol House Furniture
- Medtronic

**Gold Sponsors ($3,000):**
- ACADIA Pharmaceuticals
- Ascension
- The Delmar Gardens Family
- US WorldMeds

**Bronze Sponsors ($1,500):**
- Assistance Home Care
- Boston Scientific
- Impax Specialty Pharmacy
- Prairie City Bakery
- Jack Strosnider

**Friends of the APDA:**
- $1,000: The Gatesworth
- $750: Edward Jones
- $500: Bethesda Health Group
- HOUSEPT - Rehab & Wellness for Older Adults
- In-Step Mobility
- Rock Steady Boxing – St. Louis & Crestwood
- Seniors Helping Seniors

**In-Kind Sponsors:**
- Alobars
- Continuum - Private Duty Home Care
- Craig Miller
- Dierbergs Markets
- Maryville University
- Panera Bread
- Prairie City Bakery
- Prairie Farms
- Schnucks
- Sia’s Italian Ice
- Ted Drewes

**Raffle Donors:**
- Convergence Dance and Body Center
- CycleBar – Chesterfield
- Drury Hotels
- The Gatesworth
- HousePT - Rehab & Wellness for Older Adults
- The J
- Just Dancing
- Michael Kors
- Premier Entertainment
- The Ritz-Carlton St. Louis
- Schreiber Family
- Kathy and Doug Schroeder
- Seeger Toyota
- Jeri Wagner
- Wellbridge Athletic Club
- & Spa in Clayton
- Delphine Williams

**Teams:**
- Team Donius - $20,475 (includes Bill Donius's generous contribution as a Celebrity Level Sponsor)
- Team Glenn - $12,750
- Tricia’s Exercise Crew - $5,659
- Team Tai Chi - $4,210
- Team Stafford - $3,660
- Dream Team – $3,396
- Rock Steady Boxing – St. Louis & Crestwood - $3,265
- Team Oma – $2,705
- Hope in Motion – $2,460
- Team Dan - $2,355
- Team Tremor (St. Peter’s Exercise Group) - $1,945
- Shake it Off - $1,800
- Team Nancy – Walking for Hope - $1,730
- Martha’s Marchers - $1,650
- For Goodness Shake - $1,630
- Wallus Walkers - $1,575
- Team Delphine - $1,515
- Lenora’s Legion - $1,405
- Combs Crew - $1,118
- ACE Pack - $1,000
- The King and His Crew - $920
- Wellness Walkers - $823
- Team Forsman - $700
- Chesterfield YMCA Superstars - $680
- Wells-Eason & Optimistic - $650
- Team Betty - $575
- Terri B’s Team - $525
- I Love Grandma Group - $523
- Team CarePatrol - $500
- JerryB - $435

Wayne’s Wobblers - $350
The Brisco’s Bunch - $335
Team Fahr’s - $315
Team M Lucy - $300
Nana’s Lil Shakers - $300
Team Gatesworth - $300
Nalini’s Team - $300
Team Albert - $300
Stan’s Clan - $225
Maw-Maw’s Marchers - $200
Team Spector - $160
Cosas-Grimwalt Team - $160
Karl’s Cruisers - $150
Aging Life Care Association - $150
Rock Steady Boxing-Alton - $130
Jerry’s Family - $100
Team Lash - $100
Christian Companion
Home Care - $100
Friendship Village Sunset Hills - $100
Team Lamb - $100
Team Herbig - $100
Team Tremble Clefs - $40
Saint Louis University CSD - $30

We hope that you will join us again next year for our 2019 Optimism Walk and invite even more friends and family! We promise to make it an equally memorable morning. Regrettably, we are unable to list all of our walk donors because of space constraints, but we encourage you to view a complete listing at: https://bit.ly/2uHX2sB

Our wonderful 50+ volunteers taking great care of all the walk participants and pitching in to move everyone into the Donius Center when the rain started.

APDA Board members Dennis Barnes, Christine Eason, Erin Foster, Gail Glenn, Brian Hantsbarger, Angie Lawing, Kathy Schroeder, Matt Specter and Jeff Waldman serving where needed to answer questions, sell raffle tickets, hand out shirts and help set up and take down the event. They were amazing!

Sia’s Italian Ice truck was on hand after the walk to provide participants with a refreshing treat. Walkers also enjoyed Ted Drewes frozen custard, Ooey Gooey Butter Cakes from Prairie City Bakery, and delicious Milk Snacks from Prairie Farms. Our breakfast booth was compliments of Panera Bread and Dierbergs Markets.

Our breakfast booth was compliments of Panera Bread and Dierbergs Markets.

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Golfers Swing Into Action!
for Parkinson’s 20th Annual Golf Tournament, Breaking Fundraising Record!

The APDA Golf Classic in Memory of Jack Buck was THE ticket to have this spring! The tournament, held annually in May to support local Parkinson’s programs, services and research, was sold out by April. We are deeply grateful to participants who enabled us to raise over $195,600, a new record for any fundraising event hosted by the Greater St. Louis Chapter since we were chartered in 1984. We will be able to help the growing number of people with Parkinson’s, their families and care partners because of the generosity of those supporting this annual tournament.

The golfers enjoyed a wonderful day of great golf in spite of the heat and occasional drizzle. A lively Putt Shoot Out preceded the shotgun start at noon. Dinner guests enjoyed a reception with hors d’oeuvres, a question-and-answer period with John Mozeliak, President of Baseball Operations for the St. Louis Cardinals, and Tom Ackerman, Sports Director for KMOX radio, and a delicious dinner prepared by the Chef at Algonquin Golf Club.

Highlights of the evening included:

- Guest speaker Chris Burgess describing the challenges that Parkinson disease presents for her husband Ralph, who was diagnosed several years ago, and the benefits they derive by participating in programs and services offered at the APDA Resource Center.

- Dr. Joel Perlmutter sharing news about exciting studies that are taking place at the APDA Advanced Center for Parkinson Research at Washington University School of Medicine.

- An exceedingly successful auction, raising $23,800, led by our returning eminent auctioneer, Tom Ackerman.

- An exceptionally generous Fund-a-Need, with guests funding over $36,000 to support the quarterly newsletter, Midwest Parkinson Congress, Parkinson Education Programs, Freezing of Gait Boot Camp, support groups, kickboxing, Tai Chi and PD101 sessions.

- Our success is tied directly to the generosity of our sponsors who contributed $88,200 this year. You will note that many of these are returning sponsors who continue to increase their support year after year. We encourage you to express your thanks when supporting their businesses and recognize their outstanding contributions to our community. Our EXCLUSIVE RADIO PARTNER: KMOX NewsRadio 1120 allowed us to market and promote the golf tournament, helping raise awareness of the APDA and Parkinson disease. Other sponsors included: MASTERS SPONSORS ($10,000): Carol House Furniture, James & Alison Bates Foundation; MAJOR SPONSORS ($5,000): AbbVie, Buck Family (Carole, Joe and Julie), Burkhill Real Estate (Mark Burkhart), Scott G. Lentin, Luxco, Moneta; GOLF CART SPONSORS ($3,000): Fairlie Law, KPMG;
CONTEST SPONSORS ($3,000): Benton Homebuilders, Boston Scientific, Morgan Stanley (John Buck), Wells Fargo; GOLF SHIRT SPONSOR ($2,000): Wunderman; COCKTAIL RECEPTION SPONSORS ($1,500): Budget Billboards & For Pete’s Sake, Sandy & Rob Goren, Lynn & Steve Hurster, Barry Roufa, St. Louis Cardinals; PRACTICE AREA SPONSORS ($1,000): Barnes-Jewish Hospital, Jean & John Basilico, Ted Hume; HOLE SPONSORS ($500): 4 Hands Brewing Co., Don Carlson, The Delmar Gardens Family, Dowd Bennett LLP, Cindi & Keith Guller, Henges Interiors, Husch Blackwell, Lundbeck, Martha’s Hands Home Care Services, Shillington Box Company, Suzie & Dave Spence, Jack Strosnider, TuckerAllen.


Special recognition to our hard working VOLUNTEERS who assisted us during the day from Edward Jones and our APDA volunteers who assisted during the auction and Fund-a-Need evening activities: Lisa & Keith Ackerman, Lisa Ackerman, Katie Cahn, Robert Carroll, Ed Dahl, Rebecca Farris, Karl Guyer, Karen Hampton, Brian Hantsbarger, Sarah Kalishman, Ashley Kichura, Jen Kingston, Stacey Kohner, Joyce & Benjy Levin, Annie Marshall, Robin & Craig Miller, Joe Murphy, Erin & Marc Schreiber, Grant Sjurson, Matt Specter, Danielle Tainter, Megan Tattitch, Beth Templin.

We can’t forget to thank our 112 golfers who had a great day on the greens, bidding on our unique and much-sought-after auction items, enjoying the question-and-answer session with John Mozeliak and Tom Ackerman, and feasting on the delicious dinner. Tom Ackerman secured exceptional bids on our one-of-a-kind live auction items including Diana Krall Concert Tickets and dinner at The Clover and the Bee; a Sports Open Line Visit with the privilege of sitting in on a live broadcast with one of Tom Ackerman’s very special guests and afterwards, dinner for four at Truffles Restaurant; a custom-designed Chef’s Dinner for four at award-winning Annie Golfers Swing Into Action! Tom Ackerman, Debbie Guyer, Dr. Joel Perlmutter, John Mozeliak

Jim Dunn, Rich Smith


continued on next page
GUNN’S; hitting the links in style with a golf outing for four at Algonquin Golf Club including a lunch prepared by acclaimed chef Brian Bernstein, and a $500 gift certificate to Mister Guy Clothiers; a custom suit by Tom James Clothiers; two BMW cruise bicycles with exclusive Shimano Deore 30 gear derailleur system; a Cardinals game for eight from the UMB Champion Club at Busch Stadium with an all-you-can eat buffet; two hour-long rides in FlightSafety simulators where you and a companion can taxi the aircraft to the runway, take off and fly above some of the world’s best known cities and airports; an exclusive Kyle D. Lucks acrylic painting featuring Cardinals and future HOF Yadier Molina; and a Blues Hockey Dream including a Club Level Suite for 16, a food and beverage package, a ride on the Olympia during intermission, and a Vladimir Tarasenko autographed jersey. The unexpected and much-sought-after bonus auction gift donated by John Mozeliak included a meet-and-greet with Cardinals manager Mike Matheny, taking the line-up card to the umpire and throwing out the first pitch, four box seat tickets to a Cardinals game, an autographed Matheny jersey and a round of golf for a threesome with John Mozeliak at Old Warson Country Club.

If you are interested in volunteering to join our golf committee or if you wish to receive an invitation for next year’s golf tournament to be held on Monday, May 20, 2019, at Algonquin Golf Club, let us know by phone: 636.778.3377 or email: apdastlouis@apdaparkinson.org.

No one went hungry! The number of families attending was evident by the crowd in the Kid’s Zone area, where the young and young-at-heart enjoyed face painting and balloon twisting. A special thanks to Zach Dalin Photography for capturing many of the event’s special moments. The photos may be viewed on our website at www.apdaparkinson.org/greaterstlouis. Click on Optimism Walk under events menu in left column.

The walk provided even our youngest participants with an opportunity to make a difference. One seven-year-old girl was so inspired by the kids selling lemonade at the walk that she wanted to raise additional funds afterwards. Due to the thunderstorm, we had leftover cups of Ted Drewes frozen custard. She noticed and asked if she could sell them at her local pool. She made a sign and spent her weekend talking with people about Parkinson’s and asking them to support the APDA. She sold all of the remaining cups and donated $73 in proceeds to the walk! The walk brings together friends and family of all ages, providing a positive venue to celebrate the accomplishments of people with Parkinson disease living life to the fullest. We hope to continue this fundraising spirit in 2019.
“Lifestyle changes are often more effective in reducing the rates of heart disease, hypertension, heart failure, stroke, cancer, diabetes and premature death than almost any other medical intervention”

—Dr. Michael Greger

Exercise and good nutrition can help everyone live life to the fullest. The APDA-Greater St. Louis Chapter is pleased to invite the entire St. Louis community to the first Elliot and Mary Ann Stein Speakers Series on Thursday, October 4 at Congregation Shaare Emeth. Generous sponsors have enabled us to present a program that will interest individuals and families throughout the bi-state region. This information will benefit both our Parkinson community and the community at large by raising awareness about Parkinson disease through education on a topic that touches us all.

Dr. Michael Greger is a physician, New York Times bestselling author, and internationally recognized speaker on nutrition, food safety and public health issues. He is a graduate of Cornell University and Tufts University School of Medicine. Dr. Greger developed this presentation, How Not to Die: The Role of Diet in Preventing, Arresting and Reversing Our Top 15 Killers, based on cutting-edge research exploring the role diet may play in preventing, arresting and even reversing our leading causes of death and disability. Seating is limited, so reserve your ticket today! Visit www.apdaparkinson.org/greaterstlouis for more information and to register.

All are invited to attend – admission will be open to the public and not just to our Parkinson community.

- General admission: $40 per person
- General admission plus How Not to Die book: $65 per person
- VIP ticket includes reserved premium seating, an autographed How Not to Die book, a pre-event reception with Dr. Greger (6:00 PM), and a demonstration of recipes taken from Dr. Greger’s Cookbook by Caryn Dugan (stlveggirl) and tasting by Chef Marianne Moore: $150 per person. (Limited number of VIP tickets available, so reserve your VIP ticket today in order to be guaranteed this option.)

LIVING WELL - HELPFUL EVERYDAY TIPS

Managing Parkinson’s medication is a common topic of discussion. As you know, it’s very important to take your Parkinson’s medications on time, every time and not miss a dose. I often hear people say they can remember the morning and evening doses, but it’s tough to remember doses in the middle of the day. The following strategies may be helpful for those mid-day doses:

- Carry a small pill box in your purse or use a pill tube keychain.
- Carry a water bottle when you are away from home
- Set your phone alarm for your dosage times. This can be audio or vibration.
- Wear a watch with alarm settings. Most have an audible alarm, while others have a vibrate capability if you prefer a silent alarm. Talk to others and find out what strategy works for them. Making these small changes in your routine can lead to big improvements. Live well!

For ordering information and to view sample materials, contact Amanda Landsbaum or visit us at the Parkinson Resource Center located at 1415 Elbridge Payne, Suite 150, Chesterfield, MO, 63017.
TRIBUTES & DONATIONS 04.01.2018 TO 06.30.2018

Donations of $25 or more are listed on the tribute pages. Every donation in any amount is greatly appreciated. We will be known forever by the tracks we leave.

IN CELEBRATION OF

Sid Axelbaum’s Birthday
Rochele Popkin

John Basilico’s Birthday
Debbie & Karl Guyer

Lisa Brockman’s Wedding
Gail & Larry Glenn

Doris Butler’s Birthday
Marie Dealey

Marilyn Dien’s 85th Birthday
Debbie & Karl Guyer

Saul Dien’s 90th Birthday
Debbie & Karl Guyer

Marilyn & Saul Dien’s 61st Wedding Anniversary
Debbie & Karl Guyer

Lee Ladley & Glen Gottshall’s Wedding
Dee Gottshall

Emily Klamer’s Graduation
Gail Glenn

Tracy Lehman’s Retirement
Parkway South High School

Susan & Denny O’Leary’s 50th Wedding Anniversary
Debbie Guyer

Phil Schreiber’s 80th Birthday
Jennifer & Bill Porter

Mike Stokes’ Birthday
Gail & Larry Glenn

Robert Trachtenberg’s Birthday
Rochele Popkin

Elaine Varnadore’s Birthday
Sharon Holt

IN APPRECIATION OF

The APDA Team and Their Hard Work and Dedication
Margie Silverblatt

Wonderful APDA Staff & Volunteers
Linda & Jerry Cohen

Debbie Guyer
Erika & Bill Gerth

IN MEMORY OF

Alexandra Babione
Susan Bromberg

Donald Banashek
Doris Dieckgraefe & Larry Mrazek

Arnold Goldman
Daniel Goldman

Wendy Guebert’s Recovery
Gail & Larry Glenn

Nancy Klein
Bill Black

Mark Kodner’s Recovery
Debbie Guyer

Gloria Lash
Jeff Lash

Bill Lott
Betty Tang

Michael Nava
Mr. & Mrs. John Nava

John W. Patton
Carolyn & Ronnie Drodkic

Harvey Present’s Recovery
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Stan & Phyllis Pylipow
David Pylipow

John Rocco
Betty Rocco

Margie Silverblatt
Diane Scott

Brian Ullione’s Recovery
Gail & Larry Glenn

Darrell Beyer
Shirly & David Martens

Gilbert Brewer
Cindy & Phillip Brewer

Donald Ray Brockmiller
Elke & Paul Koch
Fran & Roger Koch
Kathy Lea & Mark Matthews

Al Brouk
Gayle Brouk

The Father of Kathy Bucholz
Gail & Larry Glenn

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Carl Lee Foltz
Christy Henke Ratliff & Eric Hayes

Elaine Fox
Kevin Zierovgeli

The Uncle of Amy Gage
Gail & Larry Glenn

The Brother of Judy Glaser
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Michael Miller
Mary Lynn Moellenhoff
Barbara & Michael Paquet
Nancy & Joe Paquet
Jean & Harry Pfiffig
Gerry Puglisi
The Rabbitt Family
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Stan Weir
Karen & Kevin Willis
Ralph Pusateri
Elizabeth & Roy Sansaucie
Tony Rash
Deborah & Dennis Carroll
Meredith & Robert Parsons
Gina Snider
Pranab Kumar Ray
Maria D’Souza
NHC Healthcare Town & Country
Stefanie Rapp
Debbie Salomon
Sydney Rinarid
Leslie Brown
Donna & Jerold Reid
Linda & Jerry Weis

Dr. Raymond Ritter, Jr.
Liz & Chuck Burns
Stanley A. Schneider
Joyce & Charles Brandt
Betty Jane Sexton
Rita Schulze
Sheldon Shapiro
Rebecca Esler
Tamara Johnson
Jerry Karr & Brenda Shapiro
Sandra Wiersma
Jonathan Young

Mary Shrader
Mary Cody
Mary Specking
Paul McAlister
Dr. Wallace Stuart
Sylvia Stuart
JoAnn Sturm
June & Ted Anderson
Sue & Greg Bearce
Mary Belton
Irene & Dennis Bertelsman
Faye Cady
Janet & Alan Dissler
Pat Etting
Laurie & Todd Fournie
Janet & Roger Hervatin
Kryshelle & Bud Jacobs
Marlyn Lamb
Cyndi & Ted Lewis
Nancy & Stephen Raben
Dianne & Larry Randoll
Gwen Stauder & Kathleen Stauder Mueller
Pam & Jeff Taylor
Lester Weissett
Paula & Dwight Yaeger
Dr. Joseph Swope
Patricia Swope
William Timken
Ann Rahn
Jeannie Vickers
Sandy Steppig
Wellness Course, (Spring 2010)
remembering our departed friends:
Jim DeLaet, Brad Marrs, Joan Bender, Dick Fehr, Bob Gamm
Judy & Ron Taylor
Ruby Whitmore
Myrtle Dean
Clifford Dean & Jane Stafford
Sandy Winford
Carin & Brandi Lowry
Barb & John McDougal
Gene Wittman
Alexia & Brett Allen
Mr. & Mrs. Jim Armstrong
Mary Becker
Jane & John Bird
The Liz Cornelius Family
Sarah & David Cunningham
Mary Daly
The Fedders Cousins
Debbie Guyer
Jennifer & Lee Hamann
Jenny Heim
Colette & Gary Hinson
Terri & Ed Jarboe
Johnson Becker, PLLC
Jones Day
Mary Beth & Robert Kerns
Elizabeth Lawrence
Julie & Jeffrey Lazaroff & Family
Nici & Ross Leibovitz
Carma & Derryl McLaren
Amy & Lee Nelson
Mary Pavlov
Craig Pirner
Annette & Steve Pummel
Sandra & Edwin Scherry
Judy Schuster
Julie Shipway
Noah Tabor
Tremble Clefs of St. Louis
Donald Wolf
Barbara & Joyce Burney
Julie & Peter Sharamitaro
Rosemary & Don Shea
Frankie Wood
Arthur Muskin & Charles Goralnik
Mary Wood
Robert Zierovgel
Kevin Zierovgel

GENERAL GIFTS

Up to $99
Robert Bader
Bill Billings
Lewis Billingsley
Susan Bivins
Karen Castanis
Kathy & Garry Chaput
Nancy & Dick Chin
Cynthia & Bill Cummins
Lori DePillo
Kathleen & Phillip Dermody
Rich Distler
Tammy & Ronald Dunham
Ernestine Edelmann
Chelsea Edmiston
Penny Engelsman
Larry Gassei
Jerry Gunn
Alyson Harper
Joan & Ron Hemingway
Dulce & Bobby Katinbok
Linda & Bill Kennedy
Karen & Larry Ladd
Barbara Lane
Marlyn Lehman
Elizabeth Lester
Shirley & Jerrel Lewis
Trudy & Robert Lewis
Josie & John Mazzola
Terry McDonald
Jared McLean
Mary & Arnold Montgomery
John Morris
Debra & Ralph Morrisey
Barb & Eric Nelson
Joseph Price
Jeff Ross
Debra & Jim Roth
Debra Schmidt
Judith Schuster
Avery Seidel
Patricia Sheehan
Bill Sorrell
Perry Sparks
Gloria & Sanford Spitzer
Carol & Rod Stecher
John Streber
Keith Szolga
Barbara & Gordon Thomson
Joseph Warzycky
Grace & James Watson
David Wiese
APDA-GREATER ST. LOUIS CHAPTER RECEIVES OUTSTANDING COMMUNITY PARTNER AWARD

Michele Berhorst, Media/Marketing Administrator, Washington University School of Medicine, Program in Occupational Therapy

The Program in Occupational Therapy selected the Greater St. Louis Chapter of the American Parkinson Disease Association (APDA) as this year’s recipient of its Outstanding Community Partner Award. The award recognizes organizations that have developed and sustained a collaborative relationship with the Program, and share our vision, values and goals.

The Greater St. Louis Chapter is the largest APDA chapter in the United States. It’s primary function is to serve as a central location where people with Parkinson disease (PD), care partners, medical professionals, students and other interested individuals can call or write to receive the latest information, including free printed material, medical and support system referrals, quarterly newsletters, exercise classes, support groups, educational programs and much more. Individuals are informed about current studies and research projects related to Parkinson disease in which they might wish to participate. The APDA offers over 70 exercise classes and support groups and sees more than 600 individuals and family members each month across Missouri and Southern Illinois.

“Like the Program in Occupational Therapy, the APDA takes a biopsychosocial view of health and well-being. It strives to provide opportunities for meaningful engagement and programs/tools so people with PD can live well with their condition,” says Erin Foster, OTD, MSCI, OTR/L, who nominated the organization. “It is especially good at conveying the benefits of, and providing opportunities for, social participation and physical activity. It works to raise public awareness of PD and build a strong supportive community of people with PD and their families, care partners, medical professionals and students.”

Chartered in 1984, the APDA-Greater St. Louis Chapter selected Washington University as its host institution and has been under the medical supervision of neurologist Dr. Joel Perlmutter for the past 32 years. Over the years, the APDA has welcomed Occupational Therapy student involvement including providing them with numerous volunteer opportunities, inviting students to conduct educational programming, allowing students to observe programs, and publishing student articles in their nationally-distributed newsletter. Students in Foster’s laboratory specifically collaborate with the APDA on various research projects. In terms of curricular activities, the APDA is currently working with students on a needs assessment for young-onset PD for a community course.

“We feel so fortunate to have a wonderful partnership with Washington University and have its students and alumni facilitate community PD exercise classes and support groups,” says Deborah Dalin Guyer, Executive Director of the APDA-Greater St. Louis Chapter. “It is a joy to help individuals and families navigate the journey and serve as a central resource for people with Parkinson disease, care partners, medical professionals, students and members of the community. Public awareness and educational programs play a vital role in the Chapter’s activities.”

Guyer accepted the award on May 4 during the Program’s 10th annual Occupational Therapy Scholarship Day.
<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>Chaplain Chris Nilges</td>
<td>636.923.2338</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, PT</td>
<td>636.778.3377</td>
</tr>
<tr>
<td>Chesterfield</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>De Soto</td>
<td>Jefferson</td>
<td>StoneBridge – The Villas 1550 Villas Drive</td>
<td>Last Wednesday</td>
<td>3:00 PM</td>
<td>Jennie Lessor</td>
<td>636.586.6559</td>
</tr>
<tr>
<td>Festus/Crystal City</td>
<td>Jefferson</td>
<td>Disability Resource Association 130 Brandon Wallace Way</td>
<td>3rd Tuesday</td>
<td>1:00 PM</td>
<td>Penny Roth, Laura Sobba</td>
<td>636.931.7696 x129</td>
</tr>
<tr>
<td>Florissant</td>
<td>St. Louis</td>
<td>Garden Villas North 4505 Parker Rd.</td>
<td>4th Thursday</td>
<td>11:00 AM</td>
<td>Nancy Robb</td>
<td>314.869.5296</td>
</tr>
<tr>
<td>Hermann</td>
<td>Gasconade</td>
<td>StoneBridge – Frene Valley 1800 Wein St. The Falls Conference Room</td>
<td>4th Tuesday</td>
<td>5:00 PM</td>
<td>Emilie Hegerfeld</td>
<td>573.486.3155</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>First Presbyterian Church of Kirkwood 100 E. Adams Ave., Room 009</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>Poplar Bluff</td>
<td>Butler</td>
<td>Poplar Bluff Regional Medical Center 3100 Oak Grove Rd. Ground Floor Education Room 3</td>
<td>2nd Monday</td>
<td>6:00 PM</td>
<td>Charles Hibler register with Beryl or Dana</td>
<td>573.785.6222, 855.444.7276, 573.776.9355</td>
</tr>
<tr>
<td>Rolla</td>
<td>Phelps</td>
<td>Phelps County Regional Medical Center, Pulaski Room, 1000 W. 10th St.</td>
<td>4th Thursday</td>
<td>2:30 PM</td>
<td>Sarah Robinson</td>
<td>573.201.7300</td>
</tr>
<tr>
<td>South County</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, Amanda Landsbaum, OT</td>
<td>314.846.5919, 636.778.3377</td>
</tr>
<tr>
<td>St. Louis (city)</td>
<td>St. Louis</td>
<td>Health &amp; Wellness Center-Paraplegia 5200 Berthold Ave.</td>
<td>1st Tuesday</td>
<td>11:00 AM</td>
<td>Melissa Smith, OT</td>
<td>314.289.4202</td>
</tr>
<tr>
<td>St. Peters</td>
<td>St. Charles</td>
<td>Spencer Road Library 427 Spencer Rd., Room 259</td>
<td>1st Tuesday</td>
<td>1:00 PM</td>
<td>Sherrie Rieves, Ann Grooms, RN</td>
<td>636.926.3722</td>
</tr>
<tr>
<td>Trenton</td>
<td>Grundy</td>
<td>Royal Inn 1410 E. 9th Street</td>
<td>1st Thursday</td>
<td>10:00 AM</td>
<td>Novy &amp; Mary Ellen Poland, 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>6:00 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>
</tbody>
</table>
### Illinois Support Group Calendar

Our support groups meet once a month or as noted. Support group day and time may change periodically. For current updates on support groups and exercise classes, check our website, [www.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>
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<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</td>
<td>10:00 AM</td>
<td>Amy Murphy, PT</td>
<td>217.854.3839</td>
</tr>
<tr>
<td>Centralia</td>
<td>Marion</td>
<td>Heritage Woods of Centralia 2049 E. McCor St.</td>
<td>2nd Wednesday</td>
<td>2:00 PM</td>
<td>Betty Evans, Helena Quaid</td>
<td>618.533.0224 x6064</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 x568</td>
</tr>
<tr>
<td>Charleston</td>
<td>Coles</td>
<td>LifeSpan Center 11021 E. Co. Rd. 800N</td>
<td>Last Tuesday</td>
<td>1:30 PM</td>
<td>Jean Shobe</td>
<td>217.639.5150</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>Lin Smith, Mary DeLong</td>
<td>618.344.0680 x241</td>
</tr>
<tr>
<td>Jacksonville</td>
<td>Morgan</td>
<td>Passavant Area Hospital 1600 W. Walnut–Meeting Room 2</td>
<td>1st or 2nd Wednesday April-December</td>
<td>6:00 PM</td>
<td>Larry and Karen Ladd</td>
<td>217.377.4973</td>
</tr>
<tr>
<td>Nashville</td>
<td>Washington</td>
<td>Washington County Hospital 705 S. Grand Ave., Conference Room</td>
<td>4th Friday</td>
<td>1:00 PM</td>
<td>Helen Quaid</td>
<td>618.493.6064</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</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 contact leader to verify date and time</td>
<td>10:30 AM</td>
<td>Terri and Dave May</td>
<td>217.224.7027</td>
</tr>
<tr>
<td>Quincy</td>
<td>Adams</td>
<td>Quincy Public Library 526 Jersey St.</td>
<td>2nd or 3rd Thursday contact leader to verify date and time</td>
<td>12:30 PM</td>
<td>Terri and Dave May</td>
<td>217.224.7027</td>
</tr>
</tbody>
</table>

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

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### Missouri and Illinois Exercise Classes

(Continued on page 15)

<table>
<thead>
<tr>
<th>CITY</th>
<th>MEETING SITE</th>
<th>LEVEL</th>
<th>DAY OF MEETING</th>
<th>TIME</th>
<th>LEADER(S)</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belleville</td>
<td>Exercise for Parkinson’s (Cycle + Strength) East Belleville YMCA, 2627 Carlyle Avenue</td>
<td>Level 1</td>
<td>Wednesday</td>
<td>12:00 PM</td>
<td>Stefanie McLaughlin</td>
<td>618.226.9983 (registration)</td>
</tr>
<tr>
<td>Carlinville</td>
<td>Movement Training Carlinville Area Hospital, Medical Office Building, Community Room, 20613 N. Broad</td>
<td>Level 2</td>
<td>Thursday</td>
<td>10:00 AM</td>
<td>Amy Murphy, PT</td>
<td>217.854.3141 x377</td>
</tr>
<tr>
<td>O’Fallon</td>
<td>Exercise for Parkinson’s (Cycle + Strength) O’Fallon YMCA, 284 North Seven Hills Road</td>
<td>Level 1</td>
<td>Tuesday</td>
<td>12:00 PM</td>
<td>Amy Weisbrodt</td>
<td>618.628.7701 (registration)</td>
</tr>
<tr>
<td>Springfield</td>
<td>Joy of Movement (Dance) First Presbyterian Church, 321 South 7th Street</td>
<td>All Levels</td>
<td>Tuesday</td>
<td>1:30 PM</td>
<td>Eve Fischberg, OT</td>
<td>217.494.4961</td>
</tr>
</tbody>
</table>

*Non-affiliated exercise classes are listed on our website only.*
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 636.788.3377 to find out any changes since publication. Online videos of classes are available at all times on our website. New classes are bold. Exercise classes are one hour unless otherwise noted.

<table>
<thead>
<tr>
<th>CITY</th>
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<th>LEADER(S)</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brentwood</td>
<td>Convergence Dance and Body Center</td>
<td>Level 2</td>
<td>Wednesday</td>
<td>11:00 AM</td>
<td>Roxanne Maier</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>8044 Manchester Road</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(registration)</td>
</tr>
<tr>
<td>Chesterfield</td>
<td>Kickboxing</td>
<td>Level 3</td>
<td>Wednesday</td>
<td>1:00 PM</td>
<td>Alana Krone</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>
<td>(registration)</td>
</tr>
<tr>
<td>*Chesterfield</td>
<td>Aquatics, The J’s Marilyn Fox Building, 16801 Baxter Road</td>
<td>Level 1-2</td>
<td>Monday</td>
<td>10:00 AM</td>
<td>Phyllis Shulman</td>
<td>314.442.3296</td>
</tr>
<tr>
<td></td>
<td>Movement Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(registration)</td>
</tr>
<tr>
<td></td>
<td>St. Luke’s Outpatient Center, 111 St. Luke’s Center Drive Bldg. B, Suite 14B</td>
<td>Level 1</td>
<td>Monday</td>
<td>10:00 AM</td>
<td>Ann Towey, PTA</td>
<td>314.205.6934</td>
</tr>
<tr>
<td></td>
<td>Circuit/Interval Training</td>
<td>Level 2-3</td>
<td>Monday</td>
<td>2:30 PM</td>
<td>Tricia Creel, PT</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>1415 Elbridge Payne, Ste. 163</td>
<td></td>
<td></td>
<td>10:00 AM</td>
<td></td>
<td>(registration)</td>
</tr>
<tr>
<td></td>
<td>Movement Training</td>
<td>Level 1</td>
<td>Monday</td>
<td>10:00 AM</td>
<td>Ann Towey, PTA</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>1415 Elbridge Payne, Ste. 163</td>
<td></td>
<td></td>
<td>10:00 AM</td>
<td></td>
<td>(registration)</td>
</tr>
<tr>
<td></td>
<td>Movement Training</td>
<td>Level 1</td>
<td>Tuesday</td>
<td>10:00 AM</td>
<td></td>
<td>(registration)</td>
</tr>
<tr>
<td></td>
<td>Tai Chi</td>
<td>Level 2</td>
<td>Wednesday</td>
<td>11:15 AM</td>
<td>Nancy Robb</td>
<td>314.869.5296</td>
</tr>
<tr>
<td></td>
<td>1415 Elbridge Payne, Ste. 163</td>
<td></td>
<td></td>
<td>10:00 AM</td>
<td></td>
<td>(registration)</td>
</tr>
<tr>
<td></td>
<td>Indoor Cycling</td>
<td>Level 1</td>
<td>Wednesday</td>
<td>11:30 AM</td>
<td>Craig Miller</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>CycleBar, 1657 Clarkson Rd.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(registration)</td>
</tr>
<tr>
<td></td>
<td>Movement Training</td>
<td>Level 2-3</td>
<td>Tuesday</td>
<td>1:00 pm</td>
<td>Alana Krone</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>Exercise for Parkinson’s (cycle + strength)</td>
<td>Level 2</td>
<td>Tuesday</td>
<td>11:00 AM</td>
<td></td>
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<tr>
<td></td>
<td>Chesterfield YMCA, 16464 Burkhardt Place</td>
<td></td>
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<td></td>
<td>Movement Training</td>
<td>Level 1</td>
<td>Friday</td>
<td>12:30 PM</td>
<td>Angela Weaver</td>
<td>636.532.3100</td>
</tr>
<tr>
<td></td>
<td>Stonebridge-Frene Valley, 1800 Wein St., Activity Room</td>
<td>Level 1-2</td>
<td>2nd &amp; 4th Wednesday</td>
<td>4:00 PM</td>
<td>Emilee Hegerfeld</td>
<td>573.486.3155</td>
</tr>
<tr>
<td></td>
<td>Movement Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(registration)</td>
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<tr>
<td></td>
<td>Stonebridge-Frene Valley, 1800 Wein St., Activity Room</td>
<td>Level 1</td>
<td>Tuesday</td>
<td>1:00 PM</td>
<td>Mike Scheller, PTA</td>
<td>314.289.4202</td>
</tr>
<tr>
<td></td>
<td>Fit ‘n Fun</td>
<td>Level 1</td>
<td>Wednesday &amp; Friday</td>
<td>2:00 PM</td>
<td>Linda McNair, MT-BC</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>The Center of Clayton, 50 Gay Ave., Mind/Body Room</td>
<td></td>
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<td>(registration)</td>
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<tr>
<td>*Creve Coeur</td>
<td>Box Your B.E.S.T.</td>
<td>Level 3</td>
<td>Tuesday</td>
<td>1:00 PM</td>
<td>Joe Ryan</td>
<td>314.442.3452</td>
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<tr>
<td></td>
<td>The J’s Stebenberg Family Complex, 2 Millstone Campus Dr.</td>
<td></td>
<td></td>
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<td>Florissant</td>
<td>Movement Training</td>
<td>Level 1</td>
<td>Thursday</td>
<td>10:00 AM</td>
<td>Nancy Robb</td>
<td>314.869.5296</td>
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<tr>
<td></td>
<td>Garden Villas North, 4505 Parker Rd.</td>
<td></td>
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<tr>
<td>Hermann</td>
<td>Movement Training</td>
<td>Level 1-2</td>
<td>Tuesday</td>
<td>10:00 AM</td>
<td>Beth Templin, PT</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>Stonebridge-Frene Valley, 1800 Wein St., Activity Room</td>
<td></td>
<td></td>
<td>10:00 AM</td>
<td></td>
<td>(registration)</td>
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<tr>
<td></td>
<td>Movement Training</td>
<td>Level 2</td>
<td>Thursday</td>
<td>11:00 AM</td>
<td>Beth Templin, PT</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>Bethesda Hawthorne Place, 1111 S. Berry Road</td>
<td></td>
<td></td>
<td>11:00 AM</td>
<td></td>
<td>(registration)</td>
</tr>
<tr>
<td>Ladue</td>
<td>Tremble Clefs</td>
<td>Level 2</td>
<td>Saturday</td>
<td>1:30 PM</td>
<td>Linda McNair, MT-BC</td>
<td>636.778.3377</td>
</tr>
<tr>
<td></td>
<td>Salem United Methodist, 1200 S. Lindbergh Blvd., Lower Level</td>
<td></td>
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<tr>
<td></td>
<td>Lower Level Choir Room</td>
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<tr>
<td>Oakland</td>
<td>Movement Training</td>
<td>Level 1-2</td>
<td>Thursday</td>
<td>1:45 PM</td>
<td>Teresa Godfrey, PT</td>
<td>314.942.5750</td>
</tr>
<tr>
<td></td>
<td>Bethesda Hawthorne Place, 1111 S. Berry Road</td>
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<td>(registration)</td>
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<tr>
<td>O’Fallon</td>
<td>Movement Training</td>
<td>Level 1</td>
<td>Wednesday</td>
<td>10:00 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>10:00 AM</td>
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<td>(registration)</td>
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<tr>
<td>*Richmond Heights</td>
<td>Parkinson’s Performance</td>
<td>Level 3</td>
<td>Saturday</td>
<td>1:00 PM</td>
<td>Jon Gutmann</td>
<td>314.645.1476</td>
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<tr>
<td></td>
<td>THE HEIGHTS, 8001 Dale Ave.</td>
<td></td>
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<td>(registration)</td>
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<tr>
<td>South St. Louis County</td>
<td>Fit ‘n Fun</td>
<td>Level 1</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>11:30 AM</td>
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<tr>
<td>South St. Louis County</td>
<td>Movement Training</td>
<td>Level 2</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>
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<td>*St. Louis</td>
<td>Circuit Training</td>
<td>Level 2-3</td>
<td>Thursday</td>
<td>10:00 AM</td>
<td>Melissa Smith, OTR/L</td>
<td>314.289.4202</td>
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<tr>
<td></td>
<td>Paraplegic Health &amp; Wellness Center, 5200 Berthold Ave.</td>
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<td>Ste. Genevieve</td>
<td>Movement Training</td>
<td>Level 2</td>
<td>Thursday</td>
<td>11:00 AM</td>
<td>Ketta Hill, PT</td>
<td>573.883.9666</td>
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<tr>
<td></td>
<td>Community Center, 21390 Hwy 32</td>
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<td>11:00 AM</td>
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<td></td>
<td>Barnes-Jewish St. Peters Hospital Healthwise Center, 6 Jungermann Circle</td>
<td>Level 2</td>
<td>Tuesday</td>
<td>10:00 AM</td>
<td>Holly Evans, COTA</td>
<td>636.916.9650</td>
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<tr>
<td></td>
<td>8044 Manchester Road</td>
<td></td>
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<td>11:00 AM</td>
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<td>(registration)</td>
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<tr>
<td>St. Peters</td>
<td>Movement Training</td>
<td>Level 1-2</td>
<td>Thursday</td>
<td>1:45 PM</td>
<td>Alicia Bunn, CTRS</td>
<td>636.869.0999</td>
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<tr>
<td></td>
<td>Aquatics</td>
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<td>St. Charles YMCA, 3900 Shady Springs Ln.</td>
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<tr>
<td>*St. Peters</td>
<td>Town and Country</td>
<td>Level 2</td>
<td>Thursday</td>
<td>1:30 PM</td>
<td>Megan Moran, MT</td>
<td>636.778.3377</td>
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<td></td>
<td>Tremble Clefs</td>
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<td>1:30 PM</td>
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<td>(registration)</td>
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<td></td>
<td>Maryville University, 650 Maryville University Dr. Walker Building-Community Room</td>
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<td>(registration)</td>
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<td>Washington</td>
<td>Exercise for Parkinson’s (cycle + strength)</td>
<td>Level 1</td>
<td>Tuesday</td>
<td>1:00 PM</td>
<td>Tim Peters</td>
<td>636.239.5704</td>
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<tr>
<td></td>
<td>Four Rivers YMCA, 400 Grand Avenue</td>
<td></td>
<td></td>
<td>1:00 PM</td>
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<td>(registration)</td>
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</tbody>
</table>

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

Non-affiliated exercise classes are listed on our website only.
Help us manage our expenses by letting us know when you move, if you want to be removed from the mailing list or if you’d rather receive an electronic version. Just call 636.778.3377 or email apdastlouis@apdaparkinson.org to let us know! Thank you in advance for helping us spend our resources wisely!

**PLEASE NOTE OUR NEW EMAIL ADDRESSES AND WEBSITE**

### INFORMATION

**WEBSITE:**
www.apdaparkinson.org/greaterstlouis

**EMAIL:**

- **Debbie Guyer, Executive Director**
  dguyer@apdaparkinson.org

- **Tricia Creel, Wellness Coordinator**
  tcreel@apdaparkinson.org

- **Amanda Landsbaum, Wellness Coordinator**
  alandsbaum@apdaparkinson.org

- **Meredith Wallus, Office Coordinator**
  mwallus@apdaparkinson.org

### SAVE THE DATE!

**PEP Meeting: August 26, 2018, 2:00-4:00 PM**

**Congregation Shaare Emeth**

11645 Ladue Rd., St. Louis, MO 63141

Some of the most difficult conversations people with Parkinson disease can have with their families are about whether it’s safe to continue driving. Driving is often central to a person’s independence and sense of control, and giving it up is a challenging decision. To facilitate this discussion, we have invited a knowledgeable speaker, Dr. David Carr, to our next PEP meeting in August. We have also invited Sylvia Nissenboim, LCSW, to assist us all in learning how to discuss complicated topics in a productive way.

Register online: [www.apdaparkinson.org/greaterstlouis](http://www.apdaparkinson.org/greaterstlouis)

**SHOULD MS. DAISY BE DRIVING?**

David B. Carr, MD

**HOW TO TALK ABOUT THE “HARD STUFF” WITH YOUR FAMILY MEMBER**

Sylvia Nissenboim, LCSW