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apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
GREATER ST. LOUIS CHAPTER
Strength in optimism. Hope in progress.

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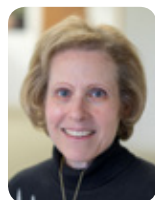
And our Youtube channel at
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 APDAGreaterStLouisChapter](https://www.youtube.com/APDAGreaterStLouisChapter)



OUR MISSION

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

STONE BY STONE



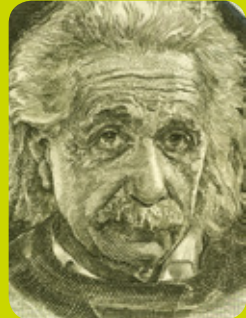
Debbie Guyer, Executive Director, Greater St. Louis Chapter

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



**STRIVE NOT TO
 BE A SUCCESS,
 BUT RATHER TO
 BE OF VALUE.**
 —Albert Einstein

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

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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.

STONE BY STONE

continued from page 1

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 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.

Thank you for enabling us to receive this award for our achievements in the Greater St. Louis area. We will continue to fund local research studies such as the one we supported for Dr. Brad Racette which concluded that it is possible to identify individuals with a high probability of eventually being diagnosed with Parkinson disease by looking at factors in a person's medical history including gastrointestinal problems, sleep disturbances, fatigue, weight loss and more, which may not immediately make physicians think of Parkinson's as a potential cause. An early diagnosis tool such as this one can play a valuable role alongside other treatments.

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.** ■

The American Parkinson Disease Association-Greater St. Louis Chapter was selected as beneficiary of the Lindbergh High School's 2018 Taste of Lindbergh annual fundraiser this past spring. The student council raised

\$3,200 this year which will have a positive influence on our ability to provide support, education and research that will help everyone impacted by Parkinson's live life to the fullest. Lindbergh students have rallied around a classmate who is courageously facing the onset of Parkinsonism-like symptoms. Her determination to return to sports and an active lifestyle was inspiring to her classmates, resulting in their strong desire to support our mission this year through their annual fundraiser. Living life to the fullest was a personal goal that became a unifying purpose for friends, family and community.



FATIGUE IN PARKINSON DISEASE

Rebecca Gilbert, MD, PhD, Vice President and Chief Scientific Officer, American Parkinson Disease Association

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 is common in PD

Multiple studies in the United States and Europe show that about one-third of people with PD consider fatigue their single most bothersome symptom, even more than the motor symptoms of PD such as tremor, slowness, stiffness and difficulty with walking and balance. In addition, about one-half of people rate fatigue as one of their three most bothersome symptoms. Fatigue in PD tends to develop early in the disease, usually in the first few years, if it is going to develop at all. It may appear before the onset of motor symptoms, and typically does not go away. It is not correlated with the severity of other symptoms—a person with only mild motor symptoms may have significant fatigue, and a person with significant motor symptoms may experience little fatigue.

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.

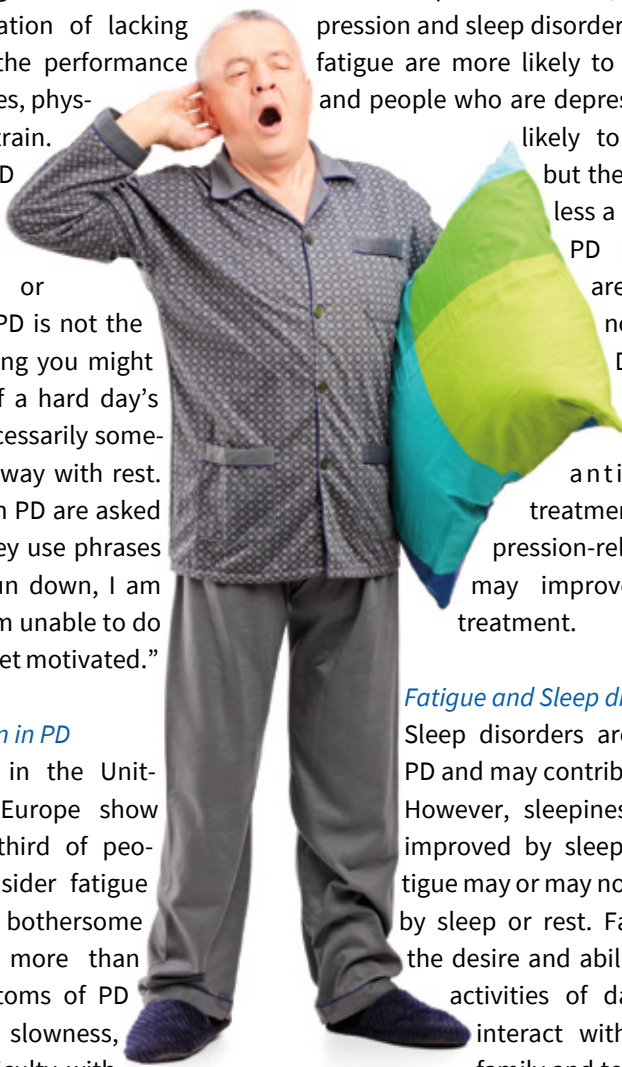
Fatigue and Sleep disorders

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 modafinil 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. ■



YOUNG-ONSET MENTORSHIP PROGRAM



We are looking for volunteers who would like to be a mentor for a person newly diagnosed with young-onset Parkinson disease. Potential mentors need to have been diagnosed before the age of 50 and have some years of experience managing Parkinson's. A training will be provided for all mentors. For additional information or to sign up, contact Amanda Landsbaum, OT at 636.778.3377 or alandsbaum@apdaparkinson.org.

HOPE IN MOTION

Held on Saturday, June 2, 2018

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**

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. Moina Turkey, neurosurgeon and neurologist with SSM Health Saint Louis University Hospital, sharing information about deep brain stimulation.



Abby Schreiber and Lily Schreiber



Craig Miller, Emcee



Bill Donius, Honorary Chair

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,

Craig Miller, our esteemed Tai Chi instructor, serving again as Emcee extraordinaire, keeping the crowd informed and moving.

- OPTIMISM WALK

Maryville University

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 Goey Butter Cakes from Prairie City Bakery, and delicious Milk Snacks from Prairie Farms. Our breakfast booth was compliments of Panera Bread and Dierbergs Markets.

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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):

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Gold Sponsors (\$3,000):

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Jack Strosnider

Friends of the APDA:

\$1,000

The Gatesworth

\$750

Edward Jones

\$500

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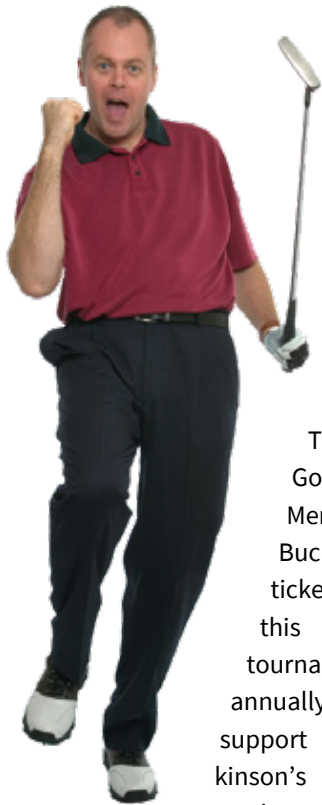
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Kathy and Doug Schroeder
Seeger Toyota
Jeri Wagner
Wellbridge Athletic Club & Spa in Clayton
Delphine Williams

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 Krew - \$920
Wellness Walkers - \$823
Team Forsman - \$700
Chesterfield YMCA Superstars - \$680
Wells-Eason'd & 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
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Stan's Clan - \$225
Maw-Maw's Marchers - \$200
Team Spector - \$160
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Karl's Cruisers - \$150
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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. Regretfully, 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>



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:

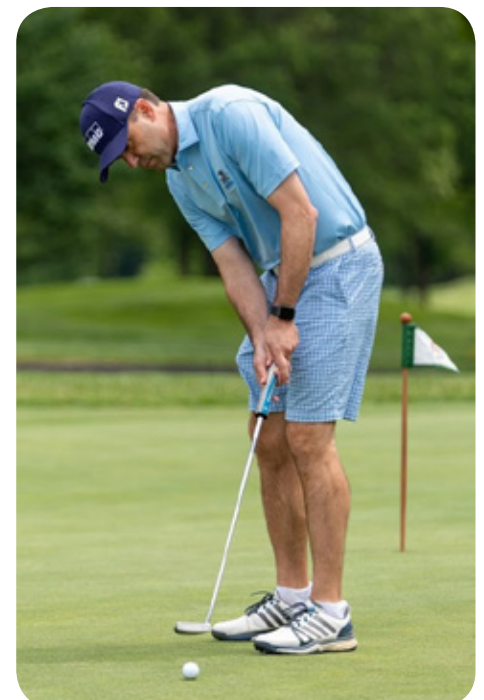
- Guest speaker Chris Burgess describing the challenges that Parkinson disease presents for her husband Ralph, who

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 Basilio, 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.

AUCTION/IN-KIND DONATIONS:

Tom Ackerman & KMOX, Algonquin Golf Club, Autohaus BMW, John Cella (Truffles), Fastsigns of Bridgeton, FlightSafety International, Golf Discount, Golf Galaxy, Mark Hinkle (The Clover and the Bee), Kyle Lucks, Carolyn McKee & Rock Steady Boxing Chesterfield, Mister Guy Clothiers, John Mozeliak, Poppy & Pine, Pretzel Boy's, Barry Roufa, Tom James Clothiers, Thom Sehnert (Annie Gunn's), St. Louis Blues, St. Louis Cardinals.

FUND-A-NEED GIFTS: Rich Schumacher, Annemarie & Matt Schumacher, Julie & John Mozeliak, Mike Mooney, Christine & Dave Sadler, Shari & Bill Reller, Caryn & Greg Mefford, Chuck Fandos, Susan & Rick Sullivan, John Hogan, Don Carlson, Kathy & Doug Schroeder, Jean & John Basilio, Sally & Stan Zimmerman, Rich Smith, Allen Serfas, Gretchen & Paul Ross, Sharon & Nathan Landsbaum, Ted Kettman, Carol & Paul Hatfield, Conrad Franey, Izzie Denlow, Marty Zygmund, Erica Takac, Bill Sutter, Steve Ostrander, Jason Morris,

Gail Moran, Charles Hirsch, Mike Grote, Sue & Terry Gold, Gail & Larry Glenn, Kevin Brauer, Paul Gallant, Jason Flower, Tom Ditchfield, Rita & Bill Brinkmann, Karen & Bob Baumgartner, Jane Edwards, Gregory Bray, Julie Boothman, Lauren & Kevin Fairlie, Monica & Joel Perlmutter, Paul

Andrew Davidson, Andrew Espe, Chris Kuseliauskas, Rick Halpern, Ling Zheng, Avery Seidel, Margie & Art Silverblatt, Marilyn & Bob Warren, Mary Calzaretta, Matt Specter, Terry Friedman, Keith Ackerman, Scott Brauer, Rich Kees, Debra Mahler.

CHARITABLE DONATIONS: Delta Dental of Missouri, Sharyn & Ron Kessler, Joe Marchbein, Sandy Schonwald, Kathy & Doug Schroeder, Jennifer & Bob Schuller, Marilyn & Bob Warren, Suzanne H. Wood.

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

continued on next page



Tom Ackerman, Debbie Guyer, Dr. Joel Perlmutter, John Mozeliak



Jim Dunn, Rich Smith

Petruska, Jeanne Tallman, Gerald Basilio, Mark Ullrich, Thomas Ditchfield, Erica & Joe Fridlin, Tony Orf, Michael Feller, David Pfeil, Frank Janoski, Doug Liebrock,

GOLFERS SWING INTO ACTION

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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 lineup 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.



**Kathy & Doug Schroeder,
Dr. Mwiza Ushe**



Chuck Fandos

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. ■



**standing: Margie Silverblatt, Ing Siegrist, Delphine Williams, Stan & Sally Zimmerman, Bill & Rita Brinkmann
seated: Terry Friedman, Debbie Mahler, Scott Lentin, Avery Seidel, Joe Ryan, Tricia Creel
(Box Your B.E.S.T. friends)**

OPTIMISM WALK

continued from page 5

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



Bill Donius and Gail Glenn

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. ■

HOW NOT TO DIE

“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

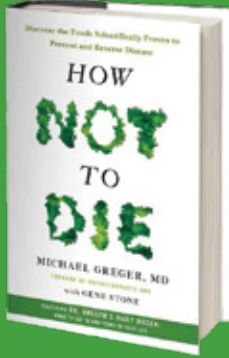
Exercise and good nutrition can help everyone live life to the fullest. The APDA-Greater St. Louis Chapter is pleased to invite the entire St. Louis community to the first Elliot and Mary Ann Stein Speakers Series on Thursday, October 4 at Congregation Shaare Emeth. Generous sponsors have enabled us 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*

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.



Dr. Greger
Thursday, October 4, 2018
Congregation Shaare Emeth, 11645 Ladue Road
7:30 PM–9:00 PM

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

- 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

Amanda Landsbaum, MS, OTR/L, APDA-Greater St. Louis Chapter Wellness Program Coordinator

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...

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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 Uni-

versity 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. ■



Debbie Guyer with Erin Foster

versity 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 laborato-



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. **New classes are in bold.**

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	Chaplain Chris Nilges	636.923.2338
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, PT	636.778.3377
Chesterfield For Care Partners Only	St. Louis	APDA Community Resource Center 1415 Elbridge Payne, Suite 150	2nd Monday	10:30 AM	Jay Bender Lynda Wiens	636.778.3377
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
De Soto	Jefferson	StoneBridge – The Villas 1550 Villas Drive	Last Wednesday	3:00 PM	Jennie Lessor	636.586.6559
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
Hermann	Gasconade	StoneBridge – Frene Valley 1800 Wein St. The Falls Conference Room	4th Tuesday	5:00 PM	Emilie Hegerfeld	573.486.3155
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	First Presbyterian Church of Kirkwood 100 E. Adams Ave., Room 009	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
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 County	St. Louis	Garden Villas South 13457 Tesson Ferry Rd.	2nd Wednesday	10:00 AM	Jack Strosnider Amanda Landsbaum, OT	314.846.5919 636.778.3377
St. Louis (city)	St. Louis	Health & Wellness Center-Paraquad 5200 Berthold Ave.	1st Tuesday	11:00 AM	Melissa Smith, OT	314.289.4202
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	6:00 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

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



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 contact leader to verify date and time.	10:00 AM	Amy Murphy, PT	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
Charleston	Coles	LifeSpan Center 11021 E. Co. Rd. 800N	Last Tuesday	1:30 PM	Jean Shobe	217.639.5150
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	Lin Smith Mary DeLong	618.344.0680 217.204.2137
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
Nashville	Washington	Washington County Hospital 705 S. Grand Ave., Conference Room	4th Friday	1:00 PM	Helen Quaid	618.493.6064
Springfield	Sangamon	St. John's Rehab. @ Fit Club South 3631 S. 6th. Street #C	3rd Sunday Odd numbered 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 contact leader to verify date and time	10:30 AM	Terri and Dave May	217.224.7027
Quincy For Caregivers Only	Adams	Quincy Public Library 526 Jersey St.	2nd Thursday 4th Tuesday contact leader to verify date and time	12:30 PM	Terri and Dave May	217.224.7027

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



Missouri and Illinois Exercise Classes (Continued on page 15)

CITY	MEETING SITE	LEVEL	DAY OF MEETING	TIME	LEADER(S)	PHONE
Belleville	Exercise for Parkinson's (Cycle + Strength) East Belleville YMCA, 2627 Carlyle Avenue	Level 1	Wednesday	12:00 PM	Stefanie McLaughlin	618.236.9983 (registration)
Carlinville	Movement Training Carlinville Area Hospital, Medical Office Building, Community Room, 20613 N. Broad	Level 2	Thursday	10:00 AM	Amy Murphy, PT	217.854.3141 x377
O' Fallon	Exercise for Parkinson's (Cycle + Strength) O'Fallon YMCA, 284 North Seven Hills Road	Level 1	Tuesday Thursday	12:00 PM	Amy Weisbrodt	618.628.7701 (registration)
Springfield	Joy of Movement (Dance) First Presbyterian Church, 321 South 7th Street	All Levels	Tuesday Thursday	1:30 PM	Eve Fischberg, OT	217.494.4961

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 636.778.3377 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.**

MISSOURI

CITY	MEETING SITE	LEVEL	DAY OF MEETING	TIME	LEADER(S)	PHONE
*Brentwood	Tango Convergence Dance and Body Center 8044 Manchester Road	Level 2	Thursday	11:00 AM	Roxanne Maier	636.778.3377 (registration)
Chesterfield	Kickboxing 1415 Elbridge Payne, Ste. 163	Level 3	Wednesday	1:00 PM	Alana Krone	636.778.3377
*Chesterfield	Aquatics The J's Marilyn Fox Building, 16801 Baxter Road	Level 1-2	Monday Wednesday	10:00 AM	Phyllis Shulman	314.442.3296 (registration)
Chesterfield	Movement Training St. Luke's Outpatient Center, 111 St. Luke's Center Drive Bldg. B, Suite 14B	Level 1	Monday	10:00 AM	Ann Towey, PTA	314.205.6934 (registration)
Chesterfield	Circuit/Interval Training 1415 Elbridge Payne, Ste. 163	Level 2-3	Monday Tuesday Thursday	2:30 PM 10:00 AM 1:00 PM	Tricia Creel, PT	636.778.3377
Chesterfield	Movement Training 1415 Elbridge Payne, Ste. 163	Level 1	Monday	1:30-2:15 PM	Tricia Creel, PT	636.778.3377
Chesterfield	Tai Chi 1415 Elbridge Payne, Ste. 163	Level 1 Level 2 Level 1	Tuesday Wednesday Friday	11:15 AM 10:00 AM 11:30 AM	Craig Miller	636.778.3377
*Chesterfield	Indoor Cycling CycleBar, 1657 Clarkson Rd.	Level 2-3	Tuesday	1:00 pm	Alana Krone	636.778.3880 (registration)
Chesterfield	Exercise for Parkinson's (cycle + strength) Chesterfield YMCA, 16464 Burkhardt Place	Level 2	Friday	12:30 PM	Angela Weaver	636.532.3100 (registration)
Clayton	Fit 'n Fun The Center of Clayton, 50 Gay Ave., Mind/Body Room	Level 1	Wednesday & Friday	2:00 PM	Mike Scheller, PTA	314.289.4202
*Creve Coeur	Box Your B.E.S.T. The J's Staenberg Family Complex, 2 Millstone Campus Dr.	Level 3	Tuesday Thursday	1:00 PM	Joe Ryan	314.442.3452 (registration)
Florissant	Movement Training Garden Villas North, 4505 Parker Rd.	Level 1	Thursday	10:00 AM	Nancy Robb	314.869.5296
Hermann	Movement Training Stonebridge-Frene Valley, 1800 Wein St., Activity Room	Level 1-2	2nd & 4th Wednesday	4:00 PM	Emilie Hegerfeld	573.486.3155
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)
Oakland	Movement Training Bethesda Hawthorne Place, 1111 S. Berry Road	Level 1-2	Thursday	1:45 PM	Teresa Godfrey, PT	314.942.5750 (registration)
O'Fallon	Movement Training Park Place at WingHaven, Independent Living Fitness Room, 2002 Boardwalk Place Dr	Level 1	Wednesday	10:00 AM	Beth Templin, PT	636.778.3377
*Richmond Heights	Parkinson's Performance THE HEIGHTS, 8001 Dale Ave.	Level 3	Saturday	1:00 PM	Jon Gutmann	314.645.1476 (registration)
South St. Louis County	Fit 'n Fun Garden Villas South, 13457 Tesson Ferry Rd.	Level 1	Monday	11:30 AM	Mike Scheller, PTA	314.289.4202
South St. Louis County	Movement Training Friendship Village Sunset Hills, 12563 Village Circle Drive	Level 2	Friday	10:00 AM	Beth Templin, PT	636.778.3377
*St. Louis	Circuit Training Paraquad Health & Wellness Center, 5200 Berthold Ave.	Level 2-3	Thursday	10:00 AM	Melissa Smith, OTR/L	314.289.4202 (registration)
Ste. Genevieve	Movement Training Community Center, 21390 Hwy 32	Level 2	Thursday	11:00 AM	Ketta Hill, PT	573.883.9366
St. Peters	Movement Training Barnes-Jewish St. Peters Hospital Healthwise Center, 6 Jungermann Circle	Level 2 Level 1	Tuesday	10:00 AM 11:00 AM	Holly Evans, COTA	636.916.9650
*St. Peters	Aquatics St. Charles YMCA, 3900 Shady Springs Ln.	Level 1-2	Thursday	1:45 PM	Alicia Bunn, CTRS	636.896.0999 x21 (registration)
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)
Washington	Exercise for Parkinson's (cycle + strength) Four Rivers YMCA, 400 Grand Avenue	Level 1	Tuesday Thursday	1:00 PM	Tim Peters	636.239.5704 (registration)

*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!

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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

**SHOULD MS. DAISY BE
DRIVING?**

David B. Carr, MD

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

Sylvia Nissenboim, LCSW