



# AMERICAN PARKINSON DISEASE ASSOCIATION

MISSOURI CHAPTER NEWSLETTER

April/May/June  
2025

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## May 1, 2025

# MIDWEST PARKINSON'S conference

### Keynote Speaker: Rebecca Gilbert

- **Parkinson Disease Treatments:**  
The Tried & True and the New & Novel



### Explore the topics that matter most to you.

- **Nutrient Power for Living with Parkinson's**  
Kim Hoff, Pharm D, BCPS, BCACP, MTM, CDE
- **The Movement Advantage: Living Well with Parkinson's through Exercise and Physical Activity**  
Gammon M Earhart, PT, PhD
- **Keys to Healthy Caregiving**  
Terri Hosto, MSW, LCSW



Scan for more information!  
\*Registration Required

#### Details

May 1st from 12:30 am - 4:00 pm



Manchester United Methodist Church  
129 Woods Mill Rd. Manchester, MO 63011



apdamo@apdaparkinson.org  
636-778-3377



# UNDERSTANDING THE GENETIC CONTRIBUTIONS TO PD

By Dr. Erin Foster, PhD, OTD, OTR/L



Understanding the genetic contributions to Parkinson disease (PD) is a high priority priority. It will allow scientists to develop better predictions of disease risk as well as targeted and effective treatments. Although PD can

affect anyone, regardless of their race, ethnicity or ancestry, studies of the genetics of PD have primarily included people of European descent and/or those who identify as White. This lack of diversity has resulted in an incomplete picture of the risk, biology, and treatment of PD across populations and has limited the generalizability and impact of research findings. In particular, Black and African American people are largely underrepresented in PD research studies. In addition to limiting our understanding of the biological basis and clinical course of PD, this underrepresentation has contributed to considerable health inequities and disparities among Black and African American people with PD, including later diagnosis, lower access to specialized care, and worse health outcomes.

To address this problem, the Global Parkinson's Genetics Program (GP2), supported by the Aligning Science Across Parkinson's initiative and implemented by The Michael J. Fox Foundation for Parkinson's Research, launched the Black and African American Connections to Parkinson's Disease (BLAAC PD) study.

BLAAC PD is a multi-site study in the United States that aims to create a cohort of 2,000 people of Black and/or African American ancestry (1,000 with PD and 1,000 without) to help researchers better understand the genetics of PD. It has enrolled over 730 participants to-date. Critically, thanks in part to data contributed by the BLAAC PD study, a new genetic risk factor for PD has been discovered! By expanding PD research to involve underrepresented populations, we are already broadening our knowledge of the genetics of PD. Such information will benefit ALL people with PD by increasing our understanding of the risk and contributors to PD, bringing us closer to the creation of personalized and targeted treatments.

Washington University School of Medicine in St. Louis, UChicago Duchossois Center for Advanced Medicine, and Rush University Medical Center are sites for the BLAAC PD study and are actively recruiting adults with or without PD. Also, you do not need to identify as Black or African American to help! If you are interested in contributing to our effort improve health equity and reduce health disparities among people with PD by increasing diversity and representation in PD research, clinical care, and community services, please contact: **Dr. Erin Foster at [erfoster@wustl.edu](mailto:erfoster@wustl.edu)!**

St. Louis area:  
**[NIL-BLAACPD@email.wustl.edu](mailto:NIL-BLAACPD@email.wustl.edu)**  
Or Kandace Davis at **phone number**



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for more information and to register

## PD ESSENTIALS

**Feeling Overwhelmed  
with Parkinson's Disease?**

**Let's Focus on  
What's Important!**

PD Essentials takes place each month either on zoom or in person. In person classes are held at the APDA Chesterfield office or at Barnes St. Peters. Visit [www.apdparkinson.org/mo](http://www.apdparkinson.org/mo) for more details and to register.

# TRAVELLING WITH PD

By Sydney Marshman, OTD, OTR/L, BCG



Whether you are a routine snowbird or traveling for an adventure, flying can be quite the task for someone with PD. Check out these tips below on ways to make your flying experience easier.

## Booking Your Flight

Several flight search engines offer filter options to optimize your travel. Two filters that may be helpful as you're planning:

- **Arrival and Departure Times** Filter out flights during off times, such as early mornings or late into the evening. Avoiding off times may help you have an easier time getting through the airport.
- **Layover Length** Avoid rushing through the airport to make a connecting flight OR sitting too long in the airport. Filter flights with layovers that allow you enough time to find the restroom, get to the next gate, and maybe eat something too.

Once you've selected the ideal flight, move carefully from screen to screen. Eventually, you will be provided an option to enter "passenger assistance." This is where you can indicate for wheelchair assistance through security, or gate to gate transportation during a connection.

If you plan to rent a car during your trip, consider if the rental car agency is onsite or offsite. An onsite rental car agency allows for pickups at the airport and does not require an additional transfer. While this is not available at all airports, it can be helpful to know in advance. An offsite car rental agency will require a transfer from the airport to the rental agency. This is typically done by bus, and depending on the airport may be one bus to a centralized off-site area of individual rental car agency busses. To check if your agency is on site, simply search for the company's address online. This will show whether it is listed at the airport or at another location.

## Packing

There are three types of luggage used while traveling. Depending on the airline, you may need to pay for different types of luggage.

- **Personal Item** - A backpack, purse, or other small bag that fits under the seat in front of you.
- **Carry On** - Generally a medium sized suitcase or duffle bag that is stored in the overhead bins on the plane.
- **Checked Bag** - This is a larger suitcase, or other item that will be stored in the cargo area of the plane.

It may be worthwhile to check your luggage to your final destination. This allows for easier movement through the airport with both hands free to navigate moving walkways and escalators.

All medications should be stored in your personal item, as this will never be separated from you. While carryon items are often stored in the overhead bin, there is a chance carryon luggage is gate checked or checked to your final destination if there is not ample overhead space. This particularly happens when traveling from a smaller airport to a connecting flight at a larger airport. Carrying your medications in your personal item can prevent any delays in medication schedule. It should also be noted your medication list should be readily available when you travel, whether it is available in print or digitally on a smart device.

Choosing the bags you travel with is just as important as how you pack them. Personal items should be easy to carry. Ideally, a personal item such as a purse or backpack is not heavy. A heavy backpack or over the shoulder bag could negatively affect your balance. Another important consideration is ease of access, a front wearing cross body bag can provide easy access to your ID, phone, and a place to store your boarding pass.

Luggage comes in all shapes, sizes, and wheel types. Luggage with 4 caster wheels can be easier to push and manage through a busy airport, in comparison with its two wheel counterpart. If you do plan to push luggage

through an airport, consider a personal item with a luggage strap. This allows it to easily slide over the handle of your luggage and prevents it from falling off.

Medical equipment such as walkers and wheelchairs can be gate checked at no charge. It's important to consider that any checked equipment has the potential to be damaged. Purchasing a cover for equipment can help protect it in the process. It may be necessary to find creative covers such as a golf club case for a device like a U step walker.

### At the Airport

You'll need your ID and boarding pass handy throughout your time at the airport. A simple lanyard ID carrying case can help keep these items readily available for checking bags, security, and boarding the plane. If you don't plan to check a bag, you may consider using your smart phone to check in and access your boarding pass. This generally requires downloading the airline's app, with check in available 24 hours in advance. After checking in, your boarding pass is loaded onto your phone and scannable at the gate when boarding the plane. Another great feature of airline apps on your smart phone is they often have airport maps and can help identify time between gates and accessible routes.

Passing through security can be a daunting task for anyone, particularly as you are feeling rushed to move through the line. TSA provides Passenger Support Services which can help individuals move through security. This is separate from wheelchair assistance provided by each airline. While this service does not exempt you from screening, it can be helpful to move through security with additional assistance. Passenger Support Services need to be scheduled 72 hours in advance and can be done so on by completing the TSA Cares form or calling **TSA Cares at (855) 787-2227**.

Other considerations may be purchasing slip on shoes that are easy to put on and take off, like Sketchers or Kiziks. Another option is investigating if you qualify for TSA Pre-Check. In advance of your trip, you would schedule an appointment at a TSA Pre-Check office

with approved documents. The cost is \$95 and may be reimbursable if you have a travel credit card. If you are TSA Pre-Check it is often a shorter line at airport security, and you do not need to remove your shoes. Keep in mind if you are traveling with another, you would both need to be approved to move through the PreCheck line.

### Don't Forget Your Gym Bag

Traveling is a significant test to your physical fitness and endurance. Just like you would carefully plan an itinerary, consider preparing your body for this adventure! If you have upcoming travel via plane or car, consider touching base with your physical therapist, occupational therapist, and personal trainer.



# EXERCISE CLASS SCHEDULE

For more information please refer to [www.apdaparkinson.org/mo](http://www.apdaparkinson.org/mo) or call 636.778.3377

## MISSOURI CLASS SCHEDULE

### Carondelet YMCA

Tuesday 11:00am - Exercise for Parkinson's  
Friday 12:00pm - Exercise for Parkinson's

### Chesterfield APDA Office

Tuesday 9:00am - Seated Exercise | Level 1  
Tuesday 10:00am - Circuit Training | Level 3  
Tuesday 11:00am - Strength & Cardio | Level 2  
Tuesday 12:00pm - Music & Movement for PD | Level 2  
Wednesday 10:00am - Movement Training | Level 2  
Wednesday 11:00am - Seated Exercise | Level 1  
Thursday 11:00am - Tai Chi for Parkinson's  
Thursday 12:00pm - Parkinson's Boxing | Level 3  
Thursday 1:00pm - Strength & Cardio | Level 2  
Thursday 2:00pm - Seated Exercise | Level 1  
Friday 11:00am - Tai Chi & Meditation

### Chesterfield YMCA

Mon & Wed 12:15pm - Parkinson's Pedalers | Level 2

### Crestwood - Sports Medicine & Training Ctr.

Tuesday 9:00am - Exercise for Parkinson's | Levels 2/3

### Eureka - The Timbers Recreation Center

Tues & Thurs 12:30pm - Exercise for Parkinson's

### Jefferson County YMCA

Mon & Thurs 10:00am - Exercise for Parkinson's

### Kirkwood YMCA

Monday 11:45am - Parkinson's Pedalers

### Maryland Heights YMCA

Tues & Thurs 11:30am - Exercise for Parkinson's | Level 2

### **\*NEW - April 15 | Olive Crossing - SSM Day Institute**

1st & 3rd Tues 3:30pm - Exercise for Parkinson's

### South County YMCA

Tues/Thurs 3:00pm - Exercise for Parkinson's

### **\*NEW | St. Charles - SSM Day Institute**

1st & 3rd Tues 3:30pm - Exercise for Parkinson's | 1/2

### **St. Peters - BJC - Medical Office Building 1**

**(Note: These classes are full at this time)**

Thursday 10:00am - Strength & Cardio | Level 2  
Thursday 11:00am - Seated Exercise | Level 1

### **Ste. Genevieve Co. Community Center**

Wednesday 11:15am - Exercise for Parkinson's | Level 2  
**(Note: New Time)**

### **ON HOLD - Ste. Genevieve Co. Community Center**

Wednesday 11:00am - Exercise for Parkinson's | Level 2

### **Sunset Hills - Friendship Village**

Thursday 1:30pm

### **Warrenton - SSM Day Institute**

1st & 3rd Tues 3:30pm - Exercise for Parkinson's | 1/2

### **Washington YMCA**

Mon & Wed 1:00pm - Exercise for Parkinson's  
Friday 11:30am - Exercise for Parkinson's

### **\*NEW | Wildwood YMCA**

Mon & Wed 12:00pm - Exercise for Parkinson's

### **Virtual via Zoom**

Tuesday 9:00am - Seated Exercise | Level 1  
Thursday 2:00pm - Seated Exercise | Level 1

## ILLINOIS CLASS SCHEDULE

### **Downtown Belleville YMCA**

Mon/Wed 11:00am - Exercise for Parkinson's

### **East Belleville YMCA**

Tues/Thurs 11:00am - Exercise for Parkinson's

### **Breese/Clinton Co. YMCA**

Tues/Thurs 12:30pm - Exercise for Parkinson's

### **Carlinville Area Hospital**

Tuesday 10:00am - Exercise for Parkinson's

### **Decatur YMCA**

Mon/Wed/Fri 11:00am - Parkinson's Pedalers  
Tues/Thurs 9:00am - Parkinson's on the Move

### **Edwardsville YMCA**

Tues/Thurs 11:00am - Parkinson's Pedalers

### **O'Fallon YMCA**

Tues/Thurs 12:00pm - Exercise for Parkinson's

### **Quincy YMCA**

Tues/Fri 10:30am - Fit to Fight PD Boxing

### **Springfield - First Christian Church**

Tues/Thurs 1:30pm - The Joy of Movement

### **Virtual via Zoom**

Wednesday 10:30am - The Joy of Movement

# SUPPORT GROUP SCHEDULE

For more information, please call 636.778.3377 or email [apdamo@apdaparkinson.org](mailto:apdamo@apdaparkinson.org)

## MISSOURI SUPPORT GROUPS

### **Ballwin - Meramec Bluffs Care Center**

4th Tuesday 2:00pm

### **Cape Girardeau - Cape Girardeau Library**

2nd Monday 5:30pm

### **Chesterfield - APDA Office**

2nd Monday 10:30am - Caregivers ONLY

2nd Tuesday 1:00pm - Early in diagnoses

4th Tuesday 1:00pm - Newly diagnosed

### **Kansas City - Johnson County Rehab Hospital**

2nd Wednesday 4:00pm

### **Olivette - Private Home Care Company - Hybrid**

3rd Tuesday 11:00am

### **Rolla - Phelps Health Cancer Institute, Conf. Rm. B**

3rd Tuesday 2:30pm

### **South County - Cedarhurst of Tesson Heights**

4th Wednesday 10:00am

### **\*NEW | South City (St. Louis) -**

### **Carondelet Park Rec Plex**

2nd Tuesday 12:10pm

### **\*NEW hybrid | St. Ann - Rock Road Branch Library Rm. 2**

2nd Thursday 12:00pm - Black & African American families

### **St. Charles - Kisker Road Library**

2nd Tuesday 10:00am - Caregivers ONLY

### **Ste. Genevieve - Community Center**

2nd Wednesday 10:00am

### **St. Peters - Spencer Road Library**

1st Tuesday 1:00pm

### **\*NEW | Sullivan -**

### **Missouri Baptist Sullivan Hospital Bldg. 3**

2nd Wednesday 1:30pm

### **Washington - Public Library**

2nd Monday 3:00pm

### **Virtual via Zoom - Register online for link**

3rd Monday 1:00pm - Caregivers ONLY

4th Tuesday 6:30pm - All welcome

2nd Wednesday 9:00am - Adult Children ONLY

Every Thursday 6:00pm - Young onset ONLY

3rd Friday 2:00pm - We Care: South Asian families

## ILLINOIS SUPPORT GROUPS

### **Alton - SSP Wellness Center**

2nd Tuesday 2:00pm - Caregivers ONLY

2nd Wednesday 2:00pm

### **Belleville - Southwestern Illinois College's Programs & Services for Older Persons**

3rd Monday 1:30pm

### **Carbondale - Prairie Living at Chautauqua**

1st Wednesday 1:00pm

### **Carlinville - Carlinville Area Hospital, MOB Comm Rm.**

4th Tuesday 11:00am

### **\*NEW | Centralia - Heritage Woods of Centralia**

2nd Wednesday 2:00pm

### **Edwardsville - YMCA Niebur Center**

1st Tuesday 2:00pm

### **Greenville - Bond County Senior Citizens**

2nd Tuesday 1:00pm

### **Highland - St. Joseph Hospital, Sullivan Conf. Rm.**

2nd Wednesday 2:00pm

### **\*NEW | Springfield - Chatham United Methodist Church**

4th Friday of most months, please email

[joyofmovement2@gmail.com](mailto:joyofmovement2@gmail.com) to attend

### **Quincy**

2nd Saturday 10:00am | Public Library

4th Thursday 1:00pm - Small group discussion | Senior Center

# NUTRITION STRATEGIES TO SUPPORT PARKINSON'S SYMPTOMS

Parkinson's disease (PD) affects movement, coordination, and quality of life. While there is no cure, nutrition plays a key role in managing symptoms, improving well-being, and supporting brain health. A well-balanced diet can help optimize medication effectiveness, maintain energy levels, and reduce complications. Here are key nutrition strategies for individuals with Parkinson's.

## 1. Eat a Balanced Diet

*Focus on nutrient-dense foods:*

- **Fruits and Vegetables** – Rich in antioxidants, vitamins, and minerals to combat oxidative stress.
- **Whole Grains** – Provide fiber for digestive health and sustained energy.
- **Lean Proteins** – Poultry, fish, tofu, beans, and lentils maintain muscle strength.
- **Healthy Fats** – Omega-3s in salmon, flaxseeds, and walnuts support brain function.



## 2. Manage Protein Timing for Medication

*Levodopa, a primary PD medication, can be affected by protein intake.*

*To improve absorption:*

- Space protein intake throughout the day.
- Take levodopa 30-60 minutes before meals.



## 3. Stay Hydrated & Maintain Electrolytes

Dehydration can worsen symptoms like dizziness and constipation.

Stay hydrated by:

- Drinking 6-8 glasses of water daily.
- Eating hydrating foods like cucumbers and watermelon.
- Consuming electrolyte-rich foods like bananas and leafy greens.



## 4. Support Gut Health

Digestive issues like constipation are common in PD. Improve gut health by:

- Eating 25-30g of fiber daily from fruits, vegetables, and whole grains.
- Consuming probiotic foods like yogurt and kefir.
- Staying active to promote digestion.



## 5. Reduce Inflammation and Support Brain Health

Chronic inflammation is linked to neurodegeneration.

Anti-inflammatory foods include:

- **Turmeric & Ginger** – May reduce inflammation and support brain function.
- **Green Tea** – Contains polyphenols with neuroprotective effects.
- **Berries** – Provide antioxidants that support cognitive health.



## 6. Maintain Bone & Muscle Strength



People with PD are at increased risk of falls and fractures. Key nutrients include:

- **Calcium** – Found in dairy, fortified plant milks, and leafy greens.
- **Vitamin D** – Obtained from sunlight, fatty fish, and fortified foods.
- **Magnesium** – Supports muscle relaxation and nerve function.

## 7. Manage Weight & Energy



Weight changes are common in PD. Maintain a healthy weight by:

- Eating small, frequent meals if appetite is low.
- Choosing nutrient-dense foods like avocados and nut butters.
- Engaging in regular physical activity to preserve muscle mass.

## Final Thoughts

A well-planned diet can improve quality of life for those with Parkinson's. Working with a healthcare professional or dietitian can help create a personalized nutrition plan. Small dietary changes can significantly impact symptom management and overall health.



**Monday, July 14th**

**1:30 - 2:30 pm**

**Ask the Doctor with Joel Perlmutter, MD**

**AN APDA PARKINSON'S EDUCATION PROGRAM**



Join us for a special occasion featuring one of America's top Parkinson's specialists, offering you a unique chance to have your questions addressed. You can submit your questions in advance during registration or ask on the day of the event.

### Location:

**Clark Family Branch** St. Louis County Library  
1640 S Lindbergh Blvd., St. Louis, MO 63131



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September 1, 2024 thru November 30, 2024

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Mary & Roger Nasser  
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Katrina & Joe Pfeiffer  
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John Allen Love Foundation  
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16100 Chesterfield Parkway W, Ste. 125  
Chesterfield, Missouri 63017



2025 APDA  
**Golf Classic**

**Thursday, May 15th**  
4:00 - 8:00 PM

**Top Golf Chesterfield**  
16851 N Outer 40 Rd  
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Join APDA's Annual Golf Classic for a thrilling day! Open to all skill levels. Participants can golf or enjoy a spectator pass with food and drinks while cheering for their favorite teams.

## APDA Missouri Chapter

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