

MISSOURI CHAPTER

- Note from Executive Director
 - Research
 - Staff List
- 2

- Better Sleep Brighter Days: Mental Health Guide
- 3 + 4

- Community Feature: Parkinson Disease Library Kit
- 5

- Exercise Class Schedule
 - Support Group Schedule
- 6 + 7

- Preparing for Medicaid: Spend Down and Myths
 - Giving Highlight
- 8 + 9

- Upcoming Events
 - Optimism Walk Recap
- 10 + 11



Up to 80% of people with Parkinson’s disease experience sleep difficulties.

BETTER SLEEP BRIGHTER DAYS

Sleep: A Core Part of Parkinson’s Care

Up to 80% of people with Parkinson’s disease (PD) experience sleep difficulties. These issues can appear early and often change over time. While common, sleep problems are treatable—and improving sleep can boost mood, thinking, mobility, and overall quality of life.

Common Sleep Difficulties in PD

Sleep challenges in PD can include:

- Insomnia – Trouble falling or staying asleep
- Excessive daytime sleepiness – Overwhelming tiredness or sudden “sleep attacks”
- Restless legs syndrome (RLS) – Urge to move the legs at night
- REM sleep behavior disorder (RBD) – Acting out dreams during sleep
- Obstructive sleep apnea (OSA) – Snoring, breathing pauses, frequent awakenings
- Circadian rhythm changes – Shifts in the body’s internal clock

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NOTE FROM EXECUTIVE DIRECTOR

As Spring begins to emerge after what feels like an eternal winter, bringing with it longer days and slowly warming temperatures, we're reminded that even the darkest and most trying times don't last forever. Whether you're opening this newsletter still reeling after a PD diagnosis, struggling with worsening/new symptoms, or you're trying to navigate your role as a care partner for someone with Parkinson's – my hope is that this newsletter helps you find glimmers of hope, optimism, and community in the midst of whatever you may be feeling.

You are not alone. Your local APDA Chapter is here to help support you on your PD journey. From our numerous free program offerings to our information and referral services, we have a multitude of ways to support you.

Parkinson's can be a very socially isolating disease – with symptoms causing you to limit your interactions with others. My challenge to you this Spring is to step outside of your comfort zone and engage with a person or an activity that is new for you. Flip through the pages of this newsletter and find something that you can get involved in this Spring!

In addition to our ongoing exercise classes and support groups, make sure to register for our Midwest Parkinson's Conference, taking place on April 27th! Check out page 10 for more information. And our annual Golf Classic at Top Golf on May 14th is a wonderful (& accessible) way to enjoy laughter and fun with others in the PD community. Learn more on page 10.

Thank you for your continued generosity and support, helping to ensure that our services remain free to everyone. May you step into the light and warmth of Spring in new ways, confident that you aren't alone.

Yours In Service,

Beth Elders

Executive Director
APDA Missouri Chapter



PD CLINICAL TRIALS

Clinical trials play a vital role in advancing Parkinson's research and developing new treatments—and ultimately, a cure.

APDA provides access to information on ongoing clinical trials across the country, all reviewed and approved by Institutional Review Boards.

Scan the QR code to learn more about current studies and how research is moving Parkinson's care forward.



OR VISIT:

<https://www.apdaparkinson.org/research/clinical-trials/>

BETTER SLEEP, BRIGHTER DAYS: A MENTAL HEALTH GUIDE TO REST AND RENEWAL



Kathleen Matthews PhD
Geropsychologist & Founder
Perennial Pathways

These issues often stem from a mix of brain changes, medications, nighttime motor symptoms, mental health conditions, and age-related sleep changes.

Why Sleep Matters

Sleep affects how we feel, think, and move:

- **Mood:** Anxiety or depression disrupt sleep; poor sleep worsens emotional resilience.
- **Thinking:** Fatigue affects attention, memory, and judgement.
- **Movement:** Exhaustion worsens motor symptoms and increases fall risk.
- **Relationships:** Sleep loss can strain families and intimacy.

Improving sleep means clearer thinking, steadier movement, and improved quality of life.

What We Know About Medications

Medication options for sleep in PD are limited. Melatonin, dopamine therapies, or wake-promoting agents may help some, but research is mixed. Sleeping pills can offer short-term relief but raise risks of confusion, falls, and next-day grogginess. Non-drug strategies are the safest starting point.

Your Sleep Toolkit

1. **Keep a Consistent Routine**
 - Go to bed and wake up at the same time daily.
 - Get morning light within 1 hour of waking.
2. **Use Light Wisely**
 - Morning: 20–30 minutes outdoors before 10 a.m.
 - If indoors: Use a 10,000 lux light box for 20–30 minutes.
 - Evening: Dim lights 1–2 hours before bed.



3. **Move Your Body**
 - Aim for 150 minutes of moderate activity weekly—adapt to your abilities.
 - Avoid vigorous exercise within 2 hours of bedtime.
4. **Wind Down Mindfully**
 - Spend 30–60 minutes on calming activities—reading, gentle music, stretching, or breathing exercises.
5. **Nap Smartly**
 - Limit naps to 10–30 minutes; avoid late afternoon naps.
6. **Create a Sleep Friendly Environment**
 - Keep the bedroom cool (60–67°F), dark, and quiet.
 - Use the bed only for sleep and sex.
 - Add nightlights for safety; remove sharp edges if at risk for falls or RBD.
7. **Address Nighttime Symptoms**
 - Avoid caffeine after 2 p.m.
 - Limit fluids 2–3 hours before bed.
 - Avoid screens 30–60 minutes before bed.
 - Talk with your provider about pain, stiffness, or medication timing.
8. **Calm Your Mind, Reset Your Focus**
 - Notice and name thoughts—label them (“planning,” “worrying”) without judgment and let them pass.

- Focus on sensations—breath, sheets, sounds.
 - Remind yourself: “It’s okay to rest without sleeping.”
9. Support Mental Health
- For chronic insomnia, evidence-based therapies delivered by qualified mental health professionals—such as Cognitive Behavioral Therapy (CBT) for insomnia, depression, or anxiety—offer highly effective, non-medication approaches to improving sleep quality.
10. Caregiver Corner
- Track sleep patterns and share with providers.
 - Reinforce routines and morning light.
 - Ensure a safe environment for both of you.
 - Wind down together—pause, breathe, connect.
 - Protect your own sleep, rest is essential for caregiver well-being.

KEY TAKEAWAYS

Sleep problems are common in PD but treatable. Non-drug strategies are powerful first steps toward better rest, brighter days, and improved well-being for both individuals with PD and caregivers.



Each issue, we share practical tips, insights, and encouragement to help you navigate your caregiving journey with confidence and care.

Starting Your Year with Resilience

Spring is a season of new beginnings, not just for the person you care for, but for you as a care partner. Take time this season to focus on your emotional well-being.

Pause & Reflect



Start a simple daily journaling habit to track emotions, victories, and challenges.

Stress Breaks



Try 5 to 10 minute mindfulness, breathing exercises, or meditation each day.

Build Your Network



Reach out to local or online support groups to share your experiences and gain advice.

Some days are heavy, and that’s okay. If you need a listening ear or support along the way, please give us a call, we’re here for you.

Remember: caring for yourself allows you to care better for others.



PARKINSON DISEASE LIBRARY KIT



We are excited to share our new partnerships with rural libraries throughout our service area to increase access to Parkinson disease education through Parkinson Disease Library Kits.

Rural communities often lack access to specialized information and support in managing Parkinson's disease. The Parkinson Disease Library Kits were developed to bridge this gap and empower rural residents with the knowledge and community resources to live well. In rural areas, libraries are vital resources that serve as a trusted location to increase access to health information. The partnership serves as a significant step for increasing access to specialty education and community resources for people living with Parkinson's disease. Each kit offers educational resources, helpful handbooks, books for children,

and ways to connect further to community resources and support.

Currently, Library kits are available for checkout in the following Missouri communities:

- Bowling Green
- Gallatin
- Hermann
- Moberly
- New Haven
- Owensville
- Pacific
- St. Clair
- Sullivan
- Troy
- Union
- Warrenton
- Wright City

If you know any libraries in rural communities (Missouri or Central/Southern Illinois) who may be interested in a kit, please contact us at: (636) 778-3377 or apdamo@apdaparkinson.org

*Initial test site – Kirkwood Public Library

JOIN THE OPTIMISM CIRCLE

The Optimism Circle recognizes the generous leaders who make an annual gift of \$1,000 or more to advance our mission and bring hope to individuals and families impacted by Parkinson disease right here in Missouri and Central/Southern Illinois.

Members of the Optimism Circle play a vital role in sustaining life-changing programs and ensuring our community has access to education, support, and opportunities to live well with Parkinson's. As a member, you're invited to our exclusive Optimism Circle reception, an intimate gathering to celebrate your impact, share updates on the difference your generosity makes, and connect with others who believe in a future filled with hope and optimism.

Contact Michelle Bolk, Director of Development, today to learn more about joining the Optimism Circle.

Phone: 636-778-3378
Email: mbolk@apdaparkinson.org

EXERCISE CLASS SCHEDULE

Register online at apdaparkinson.org/mo

MISSOURI

CARONDELET - YMCA

Tues 11:00 am- Exercise for Parkinson's
Fri 12:00 pm- Exercise for Parkinson's

CHESTERFIELD - APDA Office

Tues 9:00 am – Seated Exercise | Level 1
Tues 10:00 am – Circuit Training | Level 3
Tues 11:00 am – Strength and Cardio | Level 2
Tues 12:00 pm – Strength and Cardio | Level 2
Wed 10:00 am – Movement Training | Level 2
Wed 11:00 am – Seated Exercise | Level 1
Thurs 11:00 am – Tai Chi for Parkinson's
Thurs 12:00 pm – Parkinson's Boxing | Level 3
Thurs 1:00 pm - Strength and Cardio | Level 2
Thurs 2:00 pm – Seated Exercise | Level 1
Fri 11:00 am – Tai Chi and Meditation

CHESTERFIELD - SSM Health and Day Institute

1st and 3rd Tuesday of Each month - 3:30 pm

CHESTERFIELD - YMCA

Mon/Wed 12:15 pm – Parkinson's Pedalers | Level 2

CRESTWOOD - Sports Medicine and Training

Tuesday 9:00 am – Exercise for Parkinson's | Level 2
Thursday 2:00 pm – Exercise for Parkinson's | Level 2

EUREKA - Timbers of Eureka

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

JEFFERSON COUNTY - YMCA

Mon/Thurs 10:00 am – Exercise for Parkinson's

KIRKWOOD - YMCA

Mon 11:45 am – Parkinson's Pedalers | Level 2

MARYLAND HEIGHTS - YMCA

Tues/Thurs 11:30 am – Exercise for Parkinson's

OLIVE CROSSING - SSM Health and Day Institute

1st and 3rd Tuesday of Each month – 3:30 pm

SOUTH CITY - YMCA

Monday/Wednesday 12:00 pm – Exercise for Parkinson's

SOUTH COUNTY - YMCA

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

ST. CHARLES - SSM Health and Day Institute

1st and 3rd Tuesday of Each month – 3:30 pm

ST. PETERS - BJC (FULL at this time, check on website)

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

STE. GENEVIEVE - Potential Therapy Services

Thursday at 10:00 am- Exercise for Parkinson's | Level 2

SUNSET HILLS - SSM Health and Day Institute

1st and 3rd Tuesday of each month - 3:30 pm

WASHINGTON - YMCA

Mon & Wed 1:00 pm – Exercise for Parkinson's
Fri 11:30 am – Exercise for Parkinson's

WARRENTON - SSM Health and Day Institute

1st and 3rd Tuesday of Each month – 3:30 pm

VIRTUAL VIA ZOOM

Tues 9:00 am – Seated Exercise | Level 1
Thurs 2:00 pm – Seated Exercise | Level 1

ILLINOIS

BREESE - Clinton Co. YMCA

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

CARLINVILLE - Area Hospital

Tuesday 10:00 am – Exercise for Parkinson's

COLUMBIA - Monroe County YMCA

Mon/Wed 12:05 pm- Exercise for Parkinson

DECATUR - YMCA

Mon/Wed/Fri 11:00 am – Pedaling for Parkinson's
Tues/Thurs 9:00 am – Parkinson's on the Move

DOWNTOWN BELLEVILLE - YMCA

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

EAST BELLEVILLE - YMCA

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

EDWARDSVILLE - YMCA

Tues/Thurs 11:00 am – Exercise for Parkinson

HIGHLAND - Korte Rec Center

Mon/Wed/Thurs 11:00 am – Cycle and Strength

O'FALLON - YMCA

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

QUINCY - YMCA

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

SPRINGFIELD - Grant Conservatory of Music and Dance

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

VIRTUAL VIA ZOOM

Wed 10:30 am – The Joy of Movement

SUPPORT GROUP SCHEDULE

Register online at apdaparkinson.org/mo

MISSOURI

BALLWIN – Meramec Bluffs Care Center

4th Tuesday 2:00pm

BRENTWOOD – Mid-County YMCA

1st Saturday 10:30am

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 (2-4 years)

4th Tuesday 1:00pm – Newly Diagnosed (0-2 years)

EUREKA - Timbers of Eureka

1st Tuesday 1:45 pm

KANSAS CITY – Johnson County Rehab Hospital

2nd Wednesday 4:00pm

OLIVETTE – Private Home Care Company- Hybrid

3rd Tuesday 11:00am

OVERLAND – Parkview Library – Hybrid

2nd Thursday 12pm – Black and African American families

ROLLA – Phelps Health Cancer Inst., Conf. Rm B

3rd Tuesday 2:30pm

SOUTH COUNTY - Cedarhurst of Tesson Heights

4th Wednesday 10:00am

STE. GENEVIEVE - Potential Therapy Services

2nd Thursday 11:00am

SOUTH ST. LOUIS CITY - Carondelet YMCA

2nd Tuesday 12:10pm

ST. PETERS - Spencer Road Library

1st Tuesday 1:00 pm

ST. PETERS - Spencer Road Library

2nd Tuesday 10:00 am – Caregivers (only)

SULLIVAN - Missouri Baptist of Sullivan

2nd Wednesday 1:30 pm

WASHINGTON - Public Library

2nd Monday 3:00 pm

VIRTUAL VIA ZOOM

Adult Children (only) – 2nd Wednesday 9am

Black & African American Families – 2nd Thursday 12pm

Caregivers (only) – 3rd Monday 1pm

We Care, South Asian Families – 3rd Friday 2pm

All welcome – 4th Tuesday 6:30pm

Young onset (only) – Every Thursday 6pm

ILLINOIS

ALTON - SSP Main Bldg., The Meeting Room

2nd Wednesday 1:00 pm

ALTON - SSP Wellness Center

2nd Tuesday 2:00 pm - **Caregivers ONLY**

BELLEVILLE - SWIC Programs and Services

for Older Persons

3rd Monday 1:30 pm

CARBONDALE - Prairie Living at Chautauqua

1st Wednesday 1:00 pm - [check with APDA first](#)

CARLINVILLE - Carlinvill Area Hospital, MOB Com Rm.

4th Tuesday 11:00 am

CENTRALIA - Heritage Woods Independent Living

2nd Wednesday 2:00pm

DECATUR - Westminster Presbyterian Church

3rd Thursday 1:30 pm

EDWARDSVILLE - YMCA Niebur Center

1st Tuesday 2:00 pm

GREENVILLE - Bond County Senior Center

2nd Tuesday 1:00 pm

HIGHLAND - St. Joseph's Hosp., Sullivan Conf. Rm

4th Wednesday 2:00 pm

OKAWVILLE - St. Peters UCC Church Hall

1st Tuesday 6:30pm

QUINCY - Public Library

2nd Saturday 10:00 am

SPRINGFIELD - Chatham United Methodist Church

4th Friday 1:30 pm

PREPARING FOR MEDICAID

Spend Down and other Myths



Once we start talking about Medicaid we hear terms like Spend Down and look back periods, which are confusing and very often misunderstood.

We will discuss the process, but first we should debunk the two most common myths:

1. Spend Down does not mean you have to spend money on medical care.
2. There are exceptions to the transfer rules. One big exception is that transfers to your spouse are exempt from the five-year transfer rules.

The rules favor a married person. Instead of a Spend Down plan, we like to use the term “financial restructuring.” Once we have determined the value of the assets the community spouse can keep¹, we create a plan to restructure the countable assets that are putting the couple over

the resource limit. The plan may involve paying for medical or long-term care for some short period of time, but it is not required. The plan often involves moving assets out of the countable resource column and into the community spouse’s income column, using a specialized annuity called a single premium immediate annuity.

The look back period is currently set at 60 months before the month in which you would like your Medicaid benefits to begin. Any ineligible gift or sale of any asset for less than fair market value may trigger a penalty period. During this period, you must be otherwise eligible for Medicaid, but benefits will be withheld until the penalty period is exhausted. (This means you are responsible to pay for your own care during that time.) Transfers to spouses are exempt. There are exceptions to the rule, which will allow gifts

without triggering a penalty period, in addition to the spousal exemption.

The key question is: how much can the community spouse keep?

The process of determining this amount is called the attribution process. The state will pick one day in time to look at your financial situation. This is referred to as the attribution date. You will provide a list of all assets held on that day, regardless of whose name the asset is in, as long as one of the couple is listed as an owner. They separate items on this list into countable and non-countable assets. The list of non-countable assets is the shortest: home, one vehicle, personal items, and a few other things, depending on your state.



In most states, your retirement savings account is a countable asset, which often means that you need to liquidate some or all of the account, and pay the taxes triggered by the liquidation. One common mistake is that people have begun spending money before the attribution date. This is counterproductive to preserving assets because the community spouse's resource allowance is directly tied to the amount of assets on the date of attribution. The more savings the couple has on the date of attribution, the more assets the community spouse gets to keep without having to restructure.

Takeaways:

1. If you are married, you can get Medicaid benefits no matter how much money you have (generally). The real question is: is it a good idea? This is largely based on a cost benefit analysis. What are the tax consequences of liquidating assets/what is the monthly financial savings if Medicaid benefits are accessed. This provides you with your break-even point: the number of months after which the savings in medical care outweighs the cost of getting benefits in place.
2. Do not start spending money before your attribution date; consult an experienced elder law attorney to help determine your attribution date and about your options and the timing of your financial restructuring plan.
3. Spend Down does not mean spending money on nursing home care or other medical care. It simply means moving money out of the countable asset column. One way to do that is to convert it to income.
4. There are complicated exceptions to the look back rules that can be used to your best advantage. These are best explained by an experienced elder law attorney.



Cynthia P. Letsch
JD, CMP

Cynthia Letsch is a graduate of Drake University Law School. Her practice is focused on Elder Law, Special Needs Planning, Substitute Decision Making, and Post Death Administration.

¹ The resources the community spouse can keep is 50% of the value of the countable assets existing on the day of attribution, up to the maximum amount. The maximum amount changes each year. For 2026 it is \$162,660.

Giving Highlight

IRA Charitable Gifts: If you're 70½ or older, you can make a qualified charitable distribution (QCD) directly from your IRA to support our work, without increasing your taxable income. It's a simple way to give today while making a meaningful difference. For more information or questions, please reach out to Michelle Bolk at: mbolk@apdaparkinson.org



» UPCOMING EVENTS & PROGRAMS

JOIN US FOR THE MIDWEST PARKINSON'S CONFERENCE!

You're invited to the Midwest Parkinson's Conference bringing together leading experts and a comprehensive resource fair designed to educate, empower, and inspire.

Event Details

Monday, April 27th

12:30 pm - 4:00 pm

Doors open at 11:30 am for resource fair!

Manchester United Methodist Church

129 Woods Mill Rd.
Manchester, MO 63011

How to Register:

Scan the QR code:

<https://tinyurl.com/3c72cbcr>

Register by phone:

636-778-3377



Speaker Highlights

Depression and Anxiety in Parkinson Disease: What the Brain Is Telling Us

Scott Norris, MD

Section Chief of Movement Disorders at WashU Medicine

Advanced Planning for Peace of Mind: Important Legal Documents

Brigid Fernandez, JD, CELA

Certified Elder Law Attorney

Balance Between Perception and Reality: What It Means for Falls and Mobility in Parkinson Disease

Jason Longhurst, Ph.D., PT, DPT, NCS

Physical Therapist & Assistant Professor at Saint Louis University

A fourth speaker will be announced soon. Visit our website for updates.

28th Annual APDA Golf Classic

Join us for the APDA Missouri Golf Classic at TopGolf Chesterfield! Whether you're a seasoned golfer or swinging a club for the first time, this high-energy, interactive evening is designed for everyone. Funds raised at the Golf Classic can support APDA Missouri's programs and services for people impacted by Parkinson disease throughout Missouri and Central/Southern Illinois.

Enjoy:



- Two rounds of the Top Contender Game
- Dinner and open bar
- Golfer gifts and prizes

Event Details

Topgolf Chesterfield

16851 N Outer Road,
Chesterfield, MO 63005

Thursday, May 14th

4:00 pm - 8:00 pm

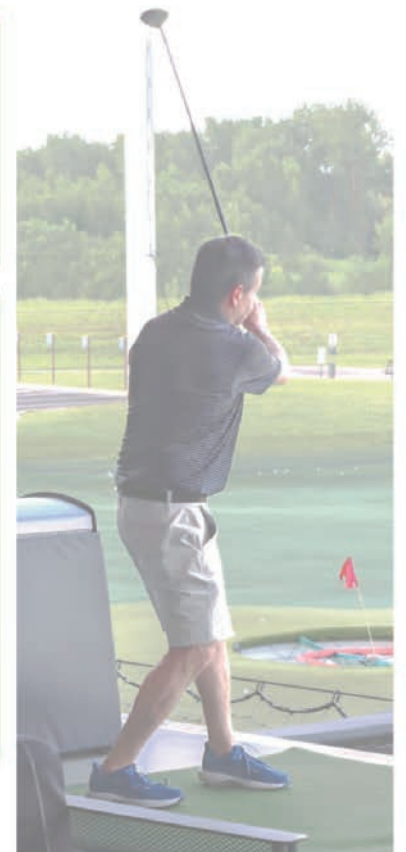
Jen McNamee

Fundraising & Events Manager
jmcnamee@apdaparkinson.org
636-681-3435



Scan the QR code or visit
apdaparkinson.org/mo

Any questions reach out to Jen McNamee.



2025 OPTIMISM WALK RECAP



Thank you to our 2025 Optimism Walk Sponsors

Carol House Furniture
Amneal Pharmaceuticals
Barry Kessler
AbbVie
LiUNA Local 110
Abbott
Acadia Pharmaceuticals
Assistance Home Care
Bethesda Health Group
Boston Scientific
Delmar Gardens
EverTrue Anywhere Care
HouseFit Physical Therapy & Fitness
King Air Conditioning & Heating
Medtronic
Plocher Construction
Transitions for Senior Living
Martha's Hands
AccuCare Event Medical
Red & Black Brass Band
Upper Limits Climbing Gym

The 2025 Optimism Walks hosted by the Missouri Chapter of the APDA were unforgettable days of community, movement, and hope in support of the Parkinson disease community. Walkers came together to raise vital funds that keep APDA Missouri's free Parkinson's programs and services thriving. The Southern IL Parkinson's community came together and surpassed their fundraising goal, bringing in over \$25,000, and the Parkinson's community in Missouri raised a record \$270,000. Thank you to everyone who walked, donated, volunteered, or spread the word. You've helped us educate, empower, and uplift people impacted by Parkinson's.



Details for Fall 2026 Optimism Walks in Missouri and Troy, IL Coming soon!



» MARK YOUR CALENDARS

APDA Midwest Parkinson's Conference

Date: Monday, April 27th

Time: 12:30 pm – 4:00 pm, Doors Open at 11:30 am

Location: Manchester United Methodist Church,
129 Woods Mill Road, Manchester, MO 63011

APDA Golf Classic

Date: Thursday, May 14th

Time: 4:00 – 8:00 pm

Location: Top Golf Chesterfield
16851 N Outer Rd., Chesterfield, MO 63005

GO GREEN

Want to receive this
newsletter by email
instead of print?

Doing so allows donor
dollars to go further in
supporting our
programs and services.

Email us at
apdamo@apdaparkinson.org

PD Essentials

Upcoming sessions:

May 6th at 1:30 pm, in person.

August 10th, 12:00 pm Virtual Meeting.

APDA MISSOURI CHAPTER

16100 Chesterfield Parkway W, Ste. 125

Chesterfield, MO 63017

636-778-3377

Office Hours: 9am - 4pm | Tuesday - Friday

Staff available by phone on Mondays

LET'S CONNECT

apdaparkinson.org/mo

@apdamissouri

