

IN THIS ISSUE

Be the Change You Wish to See	1-2
That's a Winner!	2
Return on Investment	3
New APDA Branding	4
Promoting Exercise as a Meaningful Activity	5
Lies That Parkinson Disease Told Me	6
Getting the Right Medications On Time, Every Time!	7
Optimism Events	8
Hope in Motion - Optimism Walks	8
Cocktails & Conversation	9
Tributes and Donations	10-12
Support Group Calendars	13-14
Exercise Class Calendar	15
Research-Seeking Clinical Trial Participants	16
Save the Date	16



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Check out our Facebook page at www.facebook.com/APDAGreaterStLouisChapter



And our Twitter feed at [@APDASTLouis](https://twitter.com/APDASTLouis)



OUR MISSION

This mission of the Greater St. Louis Chapter of the American Parkinson Disease Association is to enhance quality of life for people with Parkinson disease, their families and care partners in Missouri and Southern Illinois, and to provide funding for ongoing research to find causes of and a cure for Parkinson disease.

BE THE CHANGE YOU WISH TO SEE

DEBORAH GUYER, EXECUTIVE DIRECTOR, GREATER ST. LOUIS AMERICAN PARKINSON DISEASE ASSOCIATION

You may recognize the title of this article as a familiar Gandhi sentiment, and it resonates with me as I write this message. **BE THE CHANGE!** You had no control over getting this disease, but you do have some control over how well you live with it. **BE THE CHANGE!** There will be opportunities to engage in daily exercise, with the hope of delaying the progression of the disease and maybe even reversing some of the damage. Come visit the Parkinson Resource Center Exercise Suite in Chesterfield where you can experience chair-exercises, circuit training, Tai Chi, yoga and tango. You may participate in the LOUD Crowd voice group for practicing a LOUDER, more distinct voice, or engage



in Tremble Clefs of West County with our partners at Maryville University School of Health Professions. Aquatic exercises continue in St. Charles at the YMCA for the winter session. You can exercise in your own neighborhood, whether you live near Barnes-Jewish St. Peters, St. Luke's, Friendship Village, Garden Villas South or North, The Center of Clayton or Mercy Outpatient. And you will soon be able to exercise in your own homes with our trained exercise facilitators, as we become able to **stream live exercise sessions into your homes.** **BE THE CHANGE!**

As I look back on my 10 years at the helm with the Greater St. Louis Chapter, I am so pleased to recall our accomplishments, which could never have occurred without your strong and continuous support. It began with the \$10,000 gift from Lynda Wiens (earned as Volunteer of the Year for another charity) and the generosity of Louis Sachs (former owner of Sachs Properties). We were able to open a small, 900 square foot satellite location in Chesterfield. From there we grew into our current location, a prominent 3400 square foot suite just off the lobby entrance. Our community facility has set the bar for the rest of the country,

establishing a new direction for other communities to strive for. Your support enabled us to succeed and grow in a number of ways over the years: from our annual golf tournament which sells out each year to the ability to host 10 different exercise classes in our Center each week.

We introduced Cocktails & Conversation in the fall of 2016 and, because of your unwavering support, surpassed the earnings of the 2015 Fashion Show. After being the top charity of GO! St. Louis for the past three years, the Greater St. Louis Chapter of the American Parkinson Disease Association will introduce a family Optimism Walk to be held in loving memory of Walter and Connie Donius at Maryville

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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.

BE THE CHANGE YOU WISH TO SEE

continued from page 1

University on June 10, 2017. We are thrilled to announce that Bill Donius will be serving as the Honorary Chair.

Your generosity in response to our annual year-end appeal has reached a new high, \$130,000, and will enable us to continue our efforts to meet the growing demand for new programs and services to improve quality of life. We plan to introduce a cognitive strategy group, Caregiving 101 series and a Mini-Midwest Parkinson Congress modeled after the World Parkinson Congress, among other things.

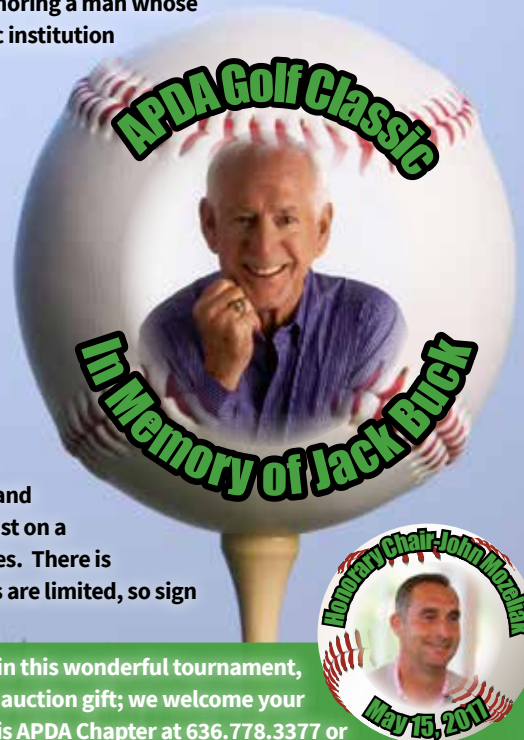
We will continue to produce the LiNK quarterly newsletter which is mailed to over 12,000 homes and medical offices across the bi-state region and the country, further

develop our website and social media platforms, offer evidence-based exercise classes led by instructors who are trained to work with people with Parkinson's and set standards of excellence. Our Advocacy Committee is hard at work to remedy the pervasive problem of getting the proper medications on time when residing in nursing facilities or admitted to the hospital. The American Parkinson Disease Association has a rich history of improving the lives of people with Parkinson's and their families, serving the community through education & support programs and funding promising Parkinson research. Help us leave an indelible mark on the community in which we live through your participation and continued generosity. We intend to do just that! ■

THAT'S A WINNER!

The annual APDA Golf Classic in memory of Jack Buck will take place May 15, 2017, at Algonquin Golf Club in Glendale, MO. Mark your calendars! Invitations will be mailed out soon, so don't delay in returning your registration as this event has completely sold out for the past four years. We hope you'll join us in honoring a man whose own dauntless brand of charity made him a civic institution in our community.

We are fortunate to have the St. Louis Cardinals GM, John "Mo" Mozeliak, serving as Honorary Chairperson for the eighth consecutive year. Mo's Parkinson connection is twofold as both his grandmother and father-in-law were diagnosed with Parkinson disease. We are grateful that Mo remains passionate about his involvement with our organization and cause. One of the highlights of the evening is the Q-and-A session with John Mozeliak and KMOX Sports Director and broadcaster, Tom Ackerman. Last year, over \$140,500 was raised to support expansion of programs and services and to fund Parkinson research. Participants will feast on a delicious dinner that Chef Brian Bernstein creates. There is a dinner-only option if you don't golf, but tickets are limited, so sign up early.



If you would like to receive an invitation to play in this wonderful tournament, "chip" in by becoming a sponsor or donating an auction gift; we welcome your involvement. Please contact the Greater St. Louis APDA Chapter at 636.778.3377 or send an email to info@stlapda.org.

Help us honor Jack's memory with yet another winner! The funds generated will assist those living with Parkinson disease in our local communities as well as the researchers hard at work discovering the causes of Parkinson disease and hopefully a cure!

RETURN ON INVESTMENT

JOEL S. PERLMUTTER, MD, DEPARTMENT OF NEUROLOGY, MOVEMENT DISORDERS SECTION, SECTION HEAD, WASHINGTON UNIVERSITY SCHOOL OF MEDICINE

On behalf of all of the members of the Movement Disorders Center and the American Parkinson Disease Association Advanced Research Center at Washington University (WU), I want to thank you for your generous renewed annual grant of \$100,000 for the Advanced Research Center for Parkinson Disease (PD) Research at Washington University and for the additional recent support of our current research efforts. We recently received an additional \$30,000 to support three different groups of projects.

These funds are likely to bring a high “return on investment” based upon past performance of previous projects supported by the Greater St. Louis Chapter. Dr. Gammon Earhart, Director of the Program in Physical Therapy, will use \$10,000 to help purchase a wearable sensor system that will be critical for quantifying gait and other movements in people with PD. This includes at least four different projects. One will quantify changes in walking during DBS programming to determine if this will provide a better means for identifying optimal settings. A second part will be to determine whether singing while walking will help improve gait in real world conditions. A third will investigate whether yoga improves balance in people with PD. The fourth project will determine whether continuous monitoring of gait will permit better adjustment of medications. Dr. Brad Racette will use \$10,000 to purchase a Medicare data set for the large data analyses that he and his group have been doing. This particular project will investigate potential risk factors for developing PD. This line of research has been particularly fruitful and also will continue projects that have been supported by the Chapter and part of the

APDA Advanced Research Center at WU.

I made the third request to support postmortem collection and examination of brains in people with PD. These brain studies have helped multiple projects including one to measure specific neurotransmitter systems in the brain and correlate the results with specific cognitive and other non-motor problems that occurred in life in people with PD. Another project compares the protein



DEBORAH GUYER, EXECUTIVE DIRECTOR & DR. JOEL PERLMUTTER, HEAD, MOVEMENT DISORDERS SECTION ACCEPTING CHECK FOR GRANTS.

abnormalities in the brain with those that we can measure in life with PET. These studies are done along with Drs. Campbell, Kotzbauer, Cairns, Snyder, Foster and others. Another one of our collaborators, Dr. J Xu, is determining the relationship between postsynaptic dopaminergic markers and related transmitter systems and the loss of nigrostriatal neurons in postmortem brain tissues from people with PD.

So how do these funds provide a return on investment? First, these studies have led to multiple publications that acknowledge support from the Chapter. We have a long list of publications that acknowledge support from the Greater St. Louis Chapter of the APDA and the APDA Advanced Research Center for PD Research. In the last 1½ years this has included at least 47 publications! No other Advanced Center has this level of productivity acknowledging the APDA and our Chapter in particular. Another return on investment is how the Chapter funds permit us to collect preliminary data for subsequent grant submissions to the National Institutes of Health. This past year we obtained three more grants to support our studies of cognitive problems in PD (grants obtained by Drs. Kotzbauer, Campbell and Perlmutter).

Our Chapter can still support our local research efforts and have confidence that these donations will have a huge impact -- an impact with a substantial return on investment. Once again, I want to thank all of our community supporters and colleagues for helping us move forward and for this recent additional \$30,000 of restricted local research support. ■

NUTRITION and the IMPACT on PARKINSON DISEASE

SAVE THE DATE - APRIL 23, 2017
for this Parkinson Education Program event featuring Heather Zwickey, Ph.D.
Keep an eye out for your invitation in the mail!

STEPHANIE PAUL, VP OF MARKETING AND DEVELOPMENT AT THE APDA HOME OFFICE IN STATEN ISLAND, NEW YORK

The American Parkinson Disease Association (APDA) has unveiled a new brand strategy that seeks to increase the public's awareness of Parkinson disease as a major health issue and of APDA as a leader in the Parkinson disease (PD) advocacy arena. Through this new brand strategy and framework, APDA commemorates its 55+ year legacy and the distinct role it has played in serving the PD community, but more importantly addresses the urgent need to enhance APDA's ability to serve the 1 million people impacted by PD in the U.S and position the nonprofit for future growth.

We recently spoke with Stephanie Paul, Vice President of Marketing and Development at the APDA Home Office in Staten Island, NY, to learn more about the new brand strategy

APDA has been in existence for more than 55 years. Why a change now?

We are so proud of APDA's tremendous heritage and history. As we build our organization and continue to focus on how to best serve our constituents and expand our reach, we felt it was important to take a fresh look at how APDA is positioned to the public and make sure we are clearly representing all that we have to offer. We are excited about this next chapter and look forward to helping more people impacted by PD live the best life possible.

This extensive effort began when we launched the APDA 2015-2018 Strategic Plan in January of 2015. We established marketing targets to increase the public's awareness of PD as a major health issue and of APDA as a leader in the PD arena. We were seeking to better educate the general public and the Parkinson's community about the disease and APDA's role in providing PD information, education and support and

research funding. We have so much to offer people living with PD, and we want to make sure they know we are here for them.

Tell us more about the process involved in developing the strategy.

With our overarching goal to help people to more easily identify with the APDA brand while inspiring people to become involved with our work, we formally launched the ambitious project in January of 2016. APDA retained the expertise of a Brooklyn-based communications firm that works exclusively with nonprofits to address communications challenges and transform brands to increase public visibility.

We solicited valuable feedback from people living with PD, care partners, donors, volunteers, staff, medical professionals and many more to ensure APDA's reimagined brand would resonate with our most important audiences. Those who have known APDA for many years will be invigorated by our new look and feel but know that the strong organization they have always relied on remains steadfast in its mission. For those who are new to APDA, our new brand better reflects who we are, what we do and our optimistic outlook for the future. We look forward to expanding our APDA family.

What sets APDA apart from the many PD advocacy organizations?

We are the largest grassroots network dedicated to fighting PD. Our team across the country works tirelessly to assist the more than 1 million Americans with PD and their families live life to the fullest in the face of this chronic, neurological disorder. Since our founding in 1961, APDA has focused on providing outstanding patient services and educational programs, elevating public awareness about the disease, and

supporting research designed to unlock the mysteries of PD and ultimately put an end to this disease.

What can we expect from this new brand?

The APDA reimagined brand begins with a fresh, relevant mission statement that speaks to the core of what distinguishes us in the PD landscape:

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

To further illustrate the urgency of APDA's work, a new logo and tagline were designed to reflect APDA's dual mission to serve those impacted by Parkinson's disease and to fund innovative work that launches the careers of investigators striving to uncover the causes, treatment and a cure for this disease.

When can we begin to see the new brand and messaging?

APDA has already begun incorporating the new brand into its work, with a wide-spread official launch, featuring a complete website redesign, in February 2017. A full transition across its nationwide network is expected to be complete by December 2017.

We are proud of our new look and feel, but most importantly we're excited to reach more and more people impacted by PD so we can help them live their lives to the fullest. ■

PROMOTING EXERCISE AS A MEANINGFUL ACTIVITY

TRICIA CREEL, PT, DPT, NCS, WELLNESS PROGRAM COORDINATOR, GREATER ST. LOUIS CHAPTER, APDA



One of the best ways for people with Parkinson's to proactively impact their quality of life and disease progression is to participate in daily exercise. Exercise programs may slow functional decline in individuals with PD, especially when introduced at an early stage of the disease. An important aspect of an exercise program is finding something that you enjoy and will participate in regularly. Group exercise classes can help by encouraging socialization and adherence. Community-based exercise programs promote long-term participation within a relevant social setting that contributes to higher compliance and success. Social participation has been shown to decrease symptoms of depression and stress, thereby improving quality of life. Another benefit of group exercise is that a well-trained exercise instructor can tailor exercises to meet the unique needs of people with PD and can provide feedback on performing exercises with correct technique. APDA exercise instructors have completed advanced training in designing and leading exercise programs specifically for people with PD. In October 2016, six APDA instructors completed an 11-hour workshop that I taught. I also plan to hold another workshop in 2017 to train new instructors.

The Greater St. Louis Chapter of the APDA is very focused on providing a variety of safe, low cost, evidence-based exercise programs that are designed specifically to meet the needs of people with Parkinson disease. We now support 25 classes in a

variety of formats including circuit training, dance, Tai Chi, and general chair-side exercise. In January 2017, we started offering a yoga class at the Parkinson Resource Center in Chesterfield. Additionally, in 2017 we will offer an adapted tango class that addresses working memory, attention control and multitasking. Tango dancing involves direction changes, weight shifting and coordination that

target some of the motor challenges that people with PD often experience. A weekend "boot camp" for people with young-onset Parkinson disease and individuals still working is under construction at The Heights Community Center in Richmond Heights.

To help make all this possible, I'm thrilled to announce that I recently joined the APDA staff. I am a physical therapist with extensive experience working with people with PD. I currently teach several exercise classes at the Resource Center, including a high-intensity interval training class and a chair-side general exercise class.

In other exciting news, participants can exercise their voices with a new Tremble Clefs group starting at Maryville University on January 12. Music therapist Megan Moran leads this group. LSVT LOUD® graduates can practice their speech with a LOUD CROWD group starting at the Maryville University Speech and Language Clinic in February. Reservations are required for the LOUD CROWD. Information about times and location for all of these programs is provided in the *LiNK*, on our website at www.stlapda.org or in brochures that we can send you. Please also call the Parkinson Resource Center at 636.778.3377 to talk with one of our staff members about options for exercising at home. ■

LIES THAT PARKINSON DISEASE TOLD ME

PETER DUNLAP-SHOHL WORKED AS CARTOONIST FOR [THE ANCHORAGE DAILY NEWS](#) FOR OVER 25 YEARS

AND IS A REGULAR CONTRIBUTOR TO THE VALUED NWPF PUBLICATION.

Yes, I should have known better than to trust Parkinson disease (PD). PD is not our friend. It spends its time and energy devising ways to mess us up. There seems to be no part of the human experience beyond the reach of this tireless troublemaker. I know this. I should have been on my guard. But, I believed when it whispered the following lies in my ear.

THE GOOD PART OF YOUR LIFE IS OVER. IT'S TIME TO GET UP AND START THE BAD PART.

While it's certainly more difficult, expensive, and mentally and physically painful to live with Parkinson's, the good part of my life did not end with my diagnosis. Balancing the formidable list of downsides is the benefit I have reaped as a volunteer in the PD community here in Anchorage, AK. Also, more than a counterbalance is the love and support that have come from family and friends. Over time, it became apparent that everyday joys of life may become rarer but don't vanish because of PD. Of course, there are good days and bad days, but guess what? It was that way before you got sick, too. (And, yes, Parkinson's stole that "Good part of your life over, bad part begins" line from the movie [Broadcast News](#). So PD is a liar and a thief.)

STAY AWAY FROM SUPPORT GROUPS.

THEY ARE FULL OF SCARY, SAD PEOPLE AND WILL DEPRESS YOU.

I bought this lie without hesitation. And OK, there is something scary about seeing people confined to wheelchairs, using walkers and shaking like aspen leaves. At first. But just as "to understand is to forgive," to get to know the person behind the tremor is to lose fear of them and their disorder...and there are people in our support group who handle the disease with courage and grace. These people light the way to dealing with PD with dignity. You can deal with it too. Just follow their lead. Another benefit is to witness those who don't handle the disease so well. As the saying has it, "Every man is your teacher." You may learn from the graceless how best not to approach the disease as much as from the graceful who do it well.

YOUR BALANCE WILL GO BAD. THERE IS NOTHING YOU CAN DO ABOUT IT.

I certainly have lost a good bit of my ability to balance. Freezing as I carry in the groceries has led to frightening (and painful) falls. Furthermore, I expect I will fall more frequently in the future. But it has been shown that there is something you can do to mitigate the loss of balance: exercise. Most specifically, it has been found



that those who do yoga and Tai Chi may improve their baseline balance ability significantly. This tends to confirm a suspicion of mine that some of the fallout of Parkinson's comes from disuse, rather than disease. An essential part of coping with this motion disorder is to keep moving.

But what was worse than the lies Parkinson's told me? The lies I whispered to myself. The lie that life with a disease was not worth living. The lie that I am somehow less of

a person because I am ill. To live is to be in transit somewhere along the spectrum that goes from good health to bad health. All of us will sooner or later find ourselves at the far end of that journey. In our ultimate frailty, we are all equal. The most important things in life we still all share in common. ■

This article is reprinted with permission from NWPF. It first appeared in the [nwpf.org](#) PD Community Blog on Monday, December 19, 2016.

GETTING THE RIGHT MEDICATIONS ON TIME, EVERY TIME!

DEE JAY HUBBARD, PhD, MEd COUNSELING, FACILITATOR OF THE CARE PARTNER ONLY SUPPORT GROUP, CHAIRMAN AND FOUNDER OF THE PARKINSON MEDIATION PROJECT

Since becoming the facilitator for the Care Partners Only Support Group three years ago, one of the problems that keeps coming up for discussion is the frustration that families of people with Parkinson's (PwP) experience when their loved one is hospitalized, sent to a rehabilitation facility or placed in a nursing home. The recurrent theme relates to getting their Parkinson medications. They are either administered the wrong medications or their medications are not dispensed on time. This is a prevalent problem not only in the U.S. but also in Canada and the U. K., among other places throughout the world. The National Parkinson Foundation reported that 23% of people with Parkinson's that are hospitalized receive the wrong medications and 75% do not receive their medications on time. In a few exceptional cases, the family is successful in resolving this problem by working with the staff of the institution. However, this is the rare exception. The vast majority report repeated attempts to resolve the problem by talking with the nurses or other staff to no avail. The consequence is that the individual's disease worsens. This complicates his or her recovery, increasing the likelihood of other medical complications, an increased length of stay and an increased cost for both the individual/insurance and the treating facility.

The goal of the Parkinson Mediation Project is to reduce, if not eliminate, the incidence of individuals with Parkinson's getting the wrong medication or not getting their medications on time by using specially trained volunteers to mediate

with individuals with Parkinson's, their families and professional institutional staff when there is a problem.

One subcommittee was charged with developing a binder for PwPs and their families to use when admitted to a facility. This will provide information about Parkinson disease to share with professional staff, information specific to the individual, a list of all medications and the times they must be taken, a list of drugs that should never be given to PwPs, names and phone numbers of family members, all treating physicians,



insurance information and much more. All this information will be provided in printed form in the binder and on a computer disc or flash drive. A second purpose of the binder is to inform individuals with Parkinson's and their families about the Volunteer Mediation Program so they know where to turn for help with unresolved medication problems when institutionalized.

A second subcommittee was formed to develop a mediation process in which carefully selected volunteers go through extensive training on Parkinson disease, medication and the importance of receiving the right medications on time, every time. They will learn and practice

conflict resolution (negotiation skills). They will be trained to meet with the person with PD, his or her family and staff from the institution and develop a written plan to resolve any problem with the PwP's medications. This plan will be signed by all parties present and will be followed up by the mediator to determine whether it is working. If not, a second meeting will be scheduled, the plan reviewed and modified as needed. This may be done up to three times if necessary. If, after three attempts, no plan has resolved the problem, the staff of the Greater St. Louis Chapter of the American Parkinson Disease Association will contact the institution and try to resolve the problem.

A third committee was formed to develop information to be given to professionals about Parkinson's and the medications used to treat it, medications never to be given (or given with caution) to PwPs, the importance of medications being given on time and the behavioral

changes that occur when medications are not received on time. This information will be made available to any facility in which a PwP is residing and experiencing problems with getting the right medications on time, every time. One of the tasks of this subcommittee is to decide the best technology through which to provide this information. Staff in many institutions feel overwhelmed with all they are asked to do, so we want to make sure that the information is provided in a user-friendly, efficient and convenient way. ■

OPTIMISM EVENTS

SHOP FOR A CAUSE

On Saturday, December 3, the American Parkinson Disease Association-Greater St. Louis Chapter participated in a very special inaugural event in partnership with Michael Kors. At all St. Louis locations of Michael Kors Fashion Accessories Stores (a retailer offering classic clothing, handbags and accessories from the designer brand), customers were given the opportunity to shop with a purpose and support the APDA. Ten percent of the pre-tax sales were donated to the Greater St. Louis Chapter.



I am pleased to share with you that their three stores at West County Shopping Center, The St. Louis Galleria and Plaza Frontenac, collectively generated \$11,147 in sales during the hours of 3:00 PM-7:00 PM. What is most exciting is that 62% of those sales were generated as a direct result of customers having made appointments to shop specifically to support the APDA. Michael Kors is delighted to be donating \$1,147 to the local APDA chapter here in St. Louis.

The event was successful and rewarding, igniting new excitement for Michael Kors team members and customers. We very much look forward to building on our experience and creating an even more successful event in 2017.

PICTURES FOR PARKINSONS

Gail and Larry Glenn hosted a party during which neighbors, friends and relatives made contributions for Larry's beautifully matted photographs that he captured



and printed over his years of enjoying photography as a hobby. This recent party generated \$2,100 in charitable contributions, bringing the grand total to \$8,673 for 2016 gifts from the Glens and associates. Larry & Gail are such gifts to our organization, whether rounding up teams for the Optimism Walk or donating through Pictures for Parkinsons.

TRIVIA NIGHT

Here is some trivia for you - trivia nights are held throughout the United States, but are particularly popular in the St.

Louis, Missouri area, where upwards of 30 trivia events occur on any given weekend.

Stonecrest at Clayton View Senior Living sponsored a Battle of the Decades: 80s vs. 90s Trivia Throwdown in November with all proceeds benefiting the Greater St. Louis Chapter of the APDA. This event occurred amidst preparation for the grand opening of this beautiful facility in December and successfully raised \$761. Be sure to visit this brand new senior living center on Eager Road in Richmond Heights, tour the facility and meet the staff.

PRETTY PRESENTS FOR PARKINSONS

On Saturday morning, December 10, First Light Home Care, McClay Adult Day Center, Serenity Adult Day and their packaging partners prettied holiday packages for donations. All donations benefited the Greater St. Louis Chapter-American Parkinson Disease Association. We appreciated their wrapping up the holiday season in green, raising close to \$500 for our Parkinson community. ■

HOPE IN MOTION - OPTIMISM WALKS

Runners and Walkers: On your mark, get set, go! After much thoughtful consideration, our annual Optimism Walk will be taking a NEW route, as a NEW event at a NEW location, on a NEW date, at a NEW time. The 2017 Optimism Walk, in memory of Walter & Connie Donius, will take place on the Maryville University campus on June 10. The event is for all age groups, from grandchildren to grandparents, and will include family-friendly entertainment, vendor booths, food trucks, demonstrations of the special programs the Greater St. Louis Chapter offers and so much more!



**AMERICAN
PARKINSON DISEASE
ASSOCIATION**

Various walking distances will be available for participants to choose from, ranging from less than a mile to a full 5k. Invite all of your friends and family members to our new and improved Optimism Walk! Entry fee is \$40 for adults and \$15 for children 12 and under. All Optimism Walk participants will receive a t-shirt and participation medals. For more information on the walk or to register online, visit our website

at www.stlapda.org. If you would like registration information to be sent to you, please contact us at info@stlapda.org or call 636.778.3377. ■

COCKTAILS & CONVERSATION



Nearly 200 donors and guests enjoyed an evening at The Ritz-Carlton, St. Louis on Thursday, October 20, 2016, at the inaugural Cocktails & Conversation fundraiser and speaker series. The evening began with guests enjoying drinks, hors d'oeuvres and conversation. Guests could try their luck by entering a drawing for one of the six Gifts of Gratitude on display. The gifts included tickets to see Ina Garten, The Barefoot Contessa, at Peabody Opera House (donated by Rock Steady Boxing-Chesterfield) and dinner at John Mineo's in Town & Country (donated by John Mineo's), an amethyst ring with diamond accents (donated by Huffards Jewelry), tickets for Finding Neverland at the Fabulous Fox (donated by Mary Strauss & The Fox Theater), a Michael Kors handbag and private in-store party (donated by Michael Kors Plaza Frontenac), three bottles of Egly-Ouriet Champagne (donated by Art Harper of Garland Wines) and a four-night stay at the Four Seasons Residents Club at Avaira Carlsbad, CA (donated by Tracey Temanson).

Following the cocktail reception, our keynote speaker, Dr. Jon

Palfreman, PhD., spoke to the crowd about his Parkinson's journey. Jon first embarked on this journey as a reporter, writing *The Case of the Frozen Addicts*, which investigated a group of people who had been exposed to a contaminated drug and subsequently developed Parkinson's. Years later, Jon was diagnosed with the disease himself. He went on to write another book, *Brain Storms: The Race to Unlock the Mysteries of Parkinson's Disease*, which served as both a memoir for Jon's personal experiences with Parkinson's as well as an investigation of current research and scientific theories pertaining to Parkinson's. During his speech at the event, Jon highlighted his hopefulness for the future and emphasized the importance of physical activity for those with Parkinson's. Each guest in attendance was given a signed copy of *Brainstorms: The Race to Unlock the Mysteries of Parkinson's Disease*. VIP ticket holders were also given the opportunity to have their books autographed with a personalized message from Jon Palfreman. The night ended with a dinner with Jon Palfreman for VIP ticket holders.

The first-time event was a great success, raising over \$115,500 for the American Parkinson Disease Association- Greater St. Louis Chapter. These funds benefit the Chapter's mission of enhancing quality of life for people with Parkinson disease, their families and care partners, as well as funding Parkinson disease research.

A heartfelt thanks to all the volunteers who made sure the event progressed smoothly. This event would not have been a success without all of your hard work! Thanks to all who attended, sponsored and donated to Cocktails and Conversation. For a complete viewing of all the photos taken by and courtesy of Zach Dalin, visit www.stlapda.org. ■

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Tributes are a thoughtful way of expressing sympathy, giving thanks, celebrating special occasions such as birthdays, anniversaries and holidays, or honoring the memory of a loved one or friend while expressing your commitment to the Greater St. Louis Chapter of the American Parkinson Disease Association. An acknowledgement including your name (but not the amount) will be sent to the person honored or to a relative in case of memorial, and the donor will receive a prompt thank you card/letter which can be used when filing your tax return.

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

CITY	COUNTY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Ballwin	St. Louis	Meramec Bluffs Care Center 40 Meramec Trails Dr., Activities Rm.	4th Tuesday	2:00 PM	Gayle Truesdell	636.923.2364
Cape Girardeau	Cape Girardeau	Cape Girardeau Public Library 711 N Clark Street	4th Monday	6:00 PM	Desma Reno, RN, MSN	573.651.2678
Chesterfield	St. Louis	APDA Community Resource Center 1415 Elbridge Payne, Suite 150	1st Tuesday	11:00 AM	Tricia Creel, DPT	678.951.3361
Chesterfield	St. Louis	For Caregivers Only APDA Community Resource Center 1415 Elbridge Payne, Suite 150	2nd Monday	10:30 AM	Dee Jay Hubbard, PhD	636.778.3377
Columbia*	Boone	Lenoir Community Center 1 Hourigan Drive	1st Thursday	4:00 PM	Patsy & David Dalton	573.356.6036 573.434.4569
Creve Coeur	St. Louis	Pre/Post-DBS Group Missouri Baptist Medical Center 3015 N. Ballas, Main Parking Garage 4th fl. CLI Rm. 419	3rd Tuesday	6:30 PM	Joe Vernon	314.985.7708
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. 419	3rd Tuesday	6:30 PM	Doug Schroeder	314.985.7708
Festus/ Crystal City	Jefferson	Disability Resource Association 130 Brandon Wallace Way	3rd Tuesday	1:00 PM	Penny Roth Laura Sobba	636.931.7696 x129
Florissant	St. Louis	Garden Villas North 4505 Parker Rd.	4th Thursday	11:00 AM	Nancy Robb	314.869.5296
Jefferson City	Cole	Capital Region Medical Center Community Conference Room	3rd Friday	1:00 PM	Jennifer Urich, PT David Urich	573.632.5440 573.796.2395
Joplin	Jasper	Mercy Hospital 100 Mercy Way Conference Room	Every Monday	3:00 PM	Nancy Dunaway	417.556.8760
Kansas City	Jackson	VA Medical Center 4801 Linwood Blvd. Hall of Heroes Room	3rd Tuesday	11:00 AM	Jesus Torres Nikki C. Caraveo, RN, BSN, CNRN	816.861.4700 x56765
Kirkwood	St. Louis	Kirkwood United Methodist Church 201 W. Adams, Room 201	4th Tuesday	7:15 PM	Terri Hosto, MSW, LCSW Patty Waller	314.286.2418
Ladue	St. Louis	The Gatesworth 1 McKnight Place	2nd Wednesday	1:00 PM	Maureen Neusel, BSW	314.372.2369
Lake Ozark*	Camden	Lake Ozark Christian Church 1560 Bagnell Dam Blvd.	3rd Thursday	Noon	Patsy & David Dalton	573.356.6036 573.434.4569
Poplar Bluff	Butler	Poplar Bluff Regional Medical Center 3100 Oak Grove Rd. Ground Floor Education Room 3	2nd Monday	6:00 PM	Charles Hibler register with Beryl or Dana	573.785.6222 855.444.7276 573.776.9355
Rolla	Phelps	Phelps County Regional Medical Center, Pulaski Room, 1000 W. 10th St.	4th Thursday	2:30 PM	Sarah Robinson	573.201.7300
South St. Louis	St. Louis	Garden Villas South 13457 Tesson Ferry Rd.	2nd Wednesday	10:00 AM	Jack Strosnider	314.846.5919
South City St. Louis*	St. Louis	Cure PSP Group - St. Louis Altenheim 5408 South Broadway St. Louis, MO 63111	4th Friday	11:00 AM	Beth Evans	314.732.3433
Springfield*	Greene	Parkinson's Caregivers Support Group Meyer Orthopedic and Rehabilitation Hospital 3535 S National Ave. Administrative Classroom	1st Wednesday	5:00 PM		417.269.3616
Springfield*	Greene	Parkinson's Young Onset Support Group Cox Medical Center 1423 N Jefferson Ave Meyer Center Conference Room C	4th Thursday	7:00 PM		417.269.3616

*denotes non-affiliated APDA support group

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continued from previous page

Missouri Support Group Calendar

CITY	COUNTY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Springfield*	Greene	Parkinson's Senior Support Group Cox Medical Center 1423 N Jefferson Ave Meyer Center Conference Room C	Last Wednesday	2:30 PM		417.269.3616
St. Peters	St. Charles	Spencer Road Library 427 Spencer Rd., Room 259	1st Tuesday	1:00 PM	Sherrie Rieves Ann Grooms, RN	636.926.3722
Ste. Genevieve	Ste. Genevieve	Ste. Genevieve County Mem. Hospital Education Conf. Room, Hwy. 61 & 32	2nd Wednesday	10:00 AM	Jean Griffard, RN	573.543.2162
Trenton	Grundy	Royal Inn 1410 E. 9th Street	1st Thursday	10:00 AM	Novy & Mary Ellen Foland Gloria Koon	660.357.2283 660.485.6558
Washington	Franklin	Washington Public Library 410 Lafayette Avenue	2nd Monday	6:30 PM	Carol Weber	314.713.4820
Webster Groves	St. Louis	Bethesda Orchard - Parlor Room 21 North Old Orchard Ave.	Last Friday	10:30 AM	Laurel Willis, MSG	314.471.6302
Webster Groves	St. Louis	Laclede Groves 723 S. Laclede Station Rd.	3rd Wednesday	3:00 PM	Kellie Loughmiller	314.446.2589



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.stlapda.org, 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.	2nd Tuesday	9:30 AM	Britney Di Ulio	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
Centralia	Marion	Heritage Woods of Centralia 2049 E. McCord St.	2nd Wednesday	2:00 PM	Betty Evans Helena Quaid	618.533.0224 618.493.6064
Champaign	Champaign	Savoy United Methodist Church 3002 W. Old Church Road	Every Monday	10:00 AM	Charles Rohn Chuck Arbuckle	217.549.6167 217.586.3100
Decatur	Macon	Westminster Presbyterian Church 1360 West Main Street	3rd Thursday	1:30 PM	John Kileen	217.620.8702
Glen Carbon	Madison	The Senior Community Center 157 N. Main St.	3rd Wednesday	10:30 AM	Mary DeLong Paula Beals	618.692.1346
Greenville	Bond	Bond County Sr. Center 1001 E. Harris Ave.	4th Monday	10:30 AM	Anna Oestreich	618.664.1465
Greenville	Bond	Bond County Sr. Center Baumberger Comm. Rm. CAREGIVERS ONLY	4th Friday	1:00 PM	Anna Oestreich	618.664.1465
Jacksonville	Morgan	Passavant Area Hospital 1600 W. Walnut—Meeting Room 2	1st Wednesday March-December	6:00 PM	Karen Ladd	217.377.4973
Mattoon	Coles	Odd Fellow-Rebekah Home 201 Lafayette Ave.	Last Tuesday	1:30 PM	Roy and Kay Johnson	217.268.4428
McLeansboro	Hamilton	Heritage Woods – Fox Meadows 605 S. Marshall Ave., Dining Room	1st Wednesday	1:00 PM	Paula K. Mason	618.643.3868
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-Please contact leader	10:30 AM	Terri and Dave May	217.224.7027



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. This donation request is on an honor system, and we don't turn anyone away from attending as many classes as they choose. To make a donation for exercise classes, use the envelope in your newsletter and note that it is for exercise class. 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. Check our website, www.stlapda.org, or call 636.778.3377 to find out any changes since publication.

MISSOURI

CITY	COUNTY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Clayton	St. Louis	The Center of Clayton 50 Gay Ave., Mind/Body Room	Wednesday & Friday	2:00 PM	Mike Scheller, PTA	314.289.4202
Chesterfield	St. Louis	St. Luke's Deslodge Outpatient Center 121 St. Luke's Center Drive Conference Rooms 1 & 2	Monday	10:00 AM	Ann Towey, PTA	314.205.6934
Chesterfield	St. Louis	Friendship Village 15201 Olive Blvd. Friendship Hall-Door #5	Tuesday	1:30 PM	Travis Harper	314.223.9575
Chesterfield	St. Louis	Circuit/Interval Training 1415 Elbridge Payne, Ste 163	Monday Tuesday	2:30 PM 10:00 AM	Tricia Creel, PT	636.778.3377
Chesterfield	St. Louis	General Chair Side Exercise 1415 Elbridge Payne, Ste. 163	Monday	1:30-2:15 PM	Tricia Creel, PT	636.778.3377
Chesterfield	St. Louis	Tai Chi Parkinson Exercise Suite 1415 Elbridge Payne, Ste 163	Wednesday Thursday Friday	Intermediate- 10:00 AM Advanced- 12:00 PM Beginning- 11:30 AM	Craig Miller	636.778.3377
Chesterfield	St. Louis	Yoga Parkinson Exercise Suite 1415 Elbridge Payne, Ste 163	Thursday	2:30 PM	Diane Davis	636.778.3377
Florissant	St. Louis	Garden Villas North 4505 Parker Rd.	Thursday	10:00 AM	Nancy Robb	314.869.5296
Joplin	Jasper	Mercy Hospital 100 Mercy Way Conference Room	Monday	2:15 PM	Nancy Dunaway, PT	417.781.2727
Kirkwood	St. Louis	SSM Day Institute 1001 S Kirkwood Rd.	Thursday	1:00 PM	Teresa Godfrey, PT	314.821.7554
Ladue	St. Louis	Tremble Clefs Singing Salem United Methodist 1200 S. Lindbergh Blvd. Lower Level Choir Room	Saturday	1:30 PM	Linda McNair, MT-BC	636.778.3377 (reservations)
South St. Louis County	St. Louis	Garden Villas South 13457 Tesson Ferry Rd.	Monday	11:30 AM	Mike Scheller, PTA	314.289.4202
St. Peters	St. Charles	Barnes-Jewish St. Peters Hospital Healthwise Center, 6 Jungermann Circle	Tuesday	Dynamic Standing 10:00 AM Chair Exercise 11:00 AM	Holly Evans, COTA	636.916.9650
St. Peters	St. Charles	Aquatic Exercise St. Charles YMCA 3900 Shady Springs Ln.	Thursdays Winter Session Jan. 3 - March 13 Spring Session April 3 - June 9	2:00 PM	Alicia Bunn, CTRS	636.896.0999 x21 (Kathleen)
Town and Country	St. Louis	Tremble Clefs Singing West County Maryville University 650 Maryville University Dr. Walker Building-Community Room	Thursday	1:30 PM	Megan Moran, MT	636.778.3377 (reservations)

ILLINOIS

CITY	COUNTY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Jacksonville, IL	Morgan	Spirit of Faith Church 105 East Dunlap Street	Wednesday beginning March 8	1:00 PM	Eve Fischberg, OT	217.494.4961
Springfield, IL	Sangamon	The Joy of Movement Laurel United Methodist Church 631 South Grand Ave. West	Tuesday, beginning February 7	1:30 PM	Eve Fischberg, OT	217.494.4961
Greenville, IL	Bond	Bond County Sr. Center 1001 E. Harris Ave.	Wednesday	10:30 AM	Anna Oestreich,	618.664.1465

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 info@stlapda.org to let us know! Thank you in advance for helping us spend our resources wisely!

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RESEARCH-SEEKING CLINICAL TRIAL PARTICIPANTS:



A Washington University research study is looking at how quickly alpha-synuclein is cleared from the body in people with PD. You may be eligible to participate if you are between 50-95, have idiopathic PD and can eat and drink safely. Compensation up to \$1475 will be provided. For more information, contact Barb Merz at 314.362.0420 or merz@npg.wustl.edu

SAVE THE DATE!

ADPA EVENTS



MAY 15, 2017

Annual Golf Classic in memory of Jack Buck and benefiting the Greater St. Louis Chapter of the American Parkinson Disease Association, held at Algonquin Golf Club in Glendale. Registration includes lunch, cart, 18 holes of golf, cocktail reception, Q & A with John Mozeliak and Tom Ackerman and dinner by Chef Bernstein.



MARYVILLE
UNIVERSITY

JUNE 10, 2017

Hope in Motion – Optimism Walk at Maryville University, in memory of Walter and Connie Donius. Honorary Chair, Bill Donius.

The Optimism Walk is a family-friendly affair with exciting new events for everyone!

OTHER EVENTS

MAY 20, 2017

Optimism Event- 2nd Annual Southern Illinois Parkinson's Charity Golf Tourny held at the Grand Marais Golf Club in East St. Louis, IL. 1:00 PM Shotgun Start.

For more information contact Mike Meehan at 618.581.7065 or email dgederman@hotmail.com



AUGUST 19, 2017

Optimism Event- Hull of a Race, featuring a 5k, 10k, fun runs and a community picnic and chicken supper, in Hull, IL.