

**In this Issue...**

**Pg. 1**  
Parkinson's 101

**Pg. 2**  
From the President;  
Board Members

**Pg. 3**  
Caregiver Month;  
Event Sponsors

**Pg. 4**  
Community Sponsor  
Thank You's

**Pg. 5**  
Save the Date;  
Volunteer

**Pg. 6 - 7**  
Support Groups &  
Exercise Classes

**Pg. 8**  
Holiday Open House

WHAT YOU AND YOUR FAMILY SHOULD KNOW ABOUT PARKINSON'S DISEASE

**PARKINSON'S 101**



**NPFH Introduces Parkinson's 101**

National Parkinson Foundation Heartland is excited about a new program and resource we can offer to our community - **What You and Your Family Should Know About Parkinson's Disease: Parkinson's 101** is for patients, family, friends, caregivers and anyone else learning how to navigate life with Parkinson's Disease.

The program will give you the foundation to best care for yourself and your family. In addition, it will provide an opportunity to connect with others facing the same challenges and begin-or continue- creating a community and support system. Program topics include: What is Parkinson's Disease? Who gets Parkinson's? Causes, Symptoms, Diagnosis, Progression, Treatment Options and Research in PD.

Look for Parkinson's 101 program presentations in the coming year! **If you are interested in more information or are a support group that would like to use this as an educational tool at one of your meetings, please contact us at 913.341.8828.**

**3**<sup>OUT</sup>  
**4**<sup>OF</sup>

IN THE HOSPITAL...  
PEOPLE WITH  
PARKINSON'S DON'T GET  
THEIR MEDICATIONS ON TIME.



**GET THE KIT. KNOW THE FACTS.**  
**BE AWARE IN CARE. >**

# From the President



*Friends of National Parkinson Foundation Heartland,*

One of the biggest challenges of dealing with a chronic illness is that it's easy to let your condition define you. A diagnosis can turn into a label that feels like a limitation. But it doesn't have to be that way. I saw this first-hand with my parents.

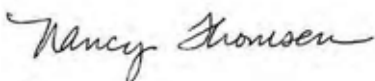
My father was diagnosed with Multiple Sclerosis, but he never let it define him. He served as a juvenile court judge all his working life, and volunteered both during his career and after retirement. He was still volunteering up until he passed away, and I saw how much his work impacted other people's lives. My mother was a teacher, and a compassionate and tireless caregiver for my dad. Even today, she still fills her days with service to others.

Watching my parents overcome a chronic illness and give back to their community is what fueled my interest in the National Parkinson Foundation Heartland. My parents taught me that it's important to serve and help others, in whatever way I can. If I can help people to enjoy their lives more, that's important to me.

Over the next year, National Parkinson Foundation Heartland is going to be ramping up our efforts to increase program growth and outreach, so that people know what help is available. We're going to be working within our community to create partnerships that will support our volunteers, fundraising, and education programs. Serving as president means serving you—whether you are dealing with Parkinson's disease personally, as a caregiver, or a family member, our work over this next year is going to be about providing you with the resources that you need.

I'm immensely grateful to the past president, Kirk Gutekunst, and board members for their support of National Parkinson Foundation Heartland. I'm looking forward to working with Executive Director, Jane Ann Gorsky, who has much energy and compassion for the work that we do together. Above all, I'm certain 2015 is going to be a great year for National Parkinson Foundation Heartland. Let's get moving!

*Warm regards,*



Nancy Thomsen

# 2014-2015 Board Members

## **President**

### **Nancy Thomsen**

Vantage Investment Partners, LLC  
*Financial Planning Advisor*

## **Vice President**

### **Lawrence Bigus**

Stinson Leonard Street  
*Partner*

## **Vice President**

### **William Moler**

Tallgrass Energy LP  
*Sr. Vice President and Chief Operating Officer*

## **Secretary**

### **Graham Smith**

Gould Evans Associates  
*Vice President of Planning*

## **Treasurer**

### **Ryan Chance**

Ernst & Young, LLP  
*Senior Manager*

## **Immediate Past President**

### **Kirk Gutekunst**

UMB  
*Senior Vice President, Consumer Services*

## **Jannsen Bruse**

Kansas Municipal Energy Agency  
*Manager, Member Services*

## **Suzanne Dimmel**

Cassidy Turley  
*Sr. Vice President, Principal*

## **Denise Franklin**

Franklin Homes of Reece Nichols  
*Realtor*

## **Grover Ross Simpson**

Colliers International  
*Associate*

## **Dr. Peter G. Smith**

University of Kansas School of Medicine  
*Professor, Dept. Molecular and Integrative Physiology*

## **Gordon Wood**

Endure Energy, LLC  
*Executive Vice President*

## **Phil Zaman**

CBIZ National Tax Office  
*Director*

# November is National Family Caregivers Month

## From the Caregiver's Point of View

I have a deep appreciation of caregivers who provide around the clock care. Their levels of commitment are amazing. My situation, though, is a bit different. My father lives in an assisted care facility, so most of his physical needs are taken care of by the staff. That does, however, still leave a myriad of responsibilities to be addressed by me and my siblings.

While looking after my father's needs, I keep several goals in mind. His disease has dictated so many changes, and I seek to help him achieve what is important to him. His physical deterioration has progressed more quickly than his cognitive loss. I strive to seek a balance between giving him the assistance he needs and the independence he craves. Out of love and respect for him, I try to maximize the opportunities for him to make his own decisions with the appropriate help when needed. In addition, I try to help him have increased interactions with others. I encourage him to participate in activities within his assisted living community and attend outside events. One of his favorite outside activities



is the chair exercise class provided at the National Parkinson Foundation Heartland office. The exercise class followed by lunch and group activities has benefited my father both physically and mentally. He feels a strong bond with the other individuals there and looks forward to the twice weekly sessions. It also provides me an opportunity to informally interact with other caregivers.

Anyone who is a caregiver is well aware of the feelings of stress and frustration, especially those who provide 24/7 care. What has surprised me, however, are the benefits I have received by being involved in my father's care. Although there is sadness and sometimes frustration associated with caring for my dad, I feel grateful to have this opportunity to bond with my father. We are spending more time together with a chance to talk about our lives. I have learned so much about my father and enriched my knowledge of our family history. Parkinson's is a heartbreaking disease, but I treasure the meaningful time I am able to spend with my dad.

## Thanks to Our 2015 Corporate & Event Sponsors!

Community Partner  
(\$50,000+)



Parkinson's Mover  
(\$10,000+)



Parkinson's Pacesetter  
(\$5,000+)



# Kudos to Our Community Partners

## Caregivers Luncheon



Thank you to Brighton Gardens of Prairie Village for hosting our Annual Caregivers Thank You Luncheon on Thursday, November 14th.

We are grateful to Karen Wheeler, Area Manager of Business Development, Sunrise Senior Living and Sally Stuart, former NPF Heartland Board Member and Activities and Volunteer Coordinator, Sunrise Senior Living for rolling out the red carpet for our honorees and their loved ones with Parkinson's.

Attendees enjoyed a traditional Thanksgiving meal as speaker, Penny Schaffer, Program Director, Health & Human Services, Johnson County Community College emphasized the importance of Self-Care for Caregivers.



## UMKC Women's Soccer Plays for Parkinson's



On Friday, October 17th, the UMKC Women's Soccer team played for Parkinson's beating Grand Canyon University 2-0 at Durwood Stadium.

Jane Ann Gorsky, Executive Director NPFH, and Liz Goyer, Events and Development consultant were on hand to Raise Awareness for Parkinson's and recruit volunteers for upcoming events. Proceeds from merchandise sales benefited National Parkinson Foundation Heartland.

## Loch Lloyd 5K Walk/Run



Much appreciation to Loch Lloyd, who held a 5K Walk/Run in honor of 95 year old resident and retired VFW Assistant Adjutant General, Ed Burnham on Saturday, October 4th.

Mr. Burnham successfully completed the 5K alongside 75 participants and donated the proceeds to

National Parkinson Foundation Heartland.

# SAVE THE DATE

## June 13, 2015: Moving Day® Walk for Parkinson's



® Saturday June 13, 2015  
Liberty Memorial

Moving Day® is a collaborative effort of the National Parkinson Foundation (NPF) and the National Parkinson Foundation Heartland Chapter. Join us as we walk around Liberty Memorial and raise awareness of Parkinson's disease. In addition to a fundraising walk, this is a celebration of movement, with a special Movement Pavilion featuring various types of exercise including seated exercise, dance, tai chi and our "Moving Experience" which allows people to experience what it is like to have Parkinson's disease.



## March 28, 2015: BasketBALL

Saturday March 28, 2015

The College Basketball Experience at the Sprint Center  
5pm-11pm

BasketBALL is a unique fundraiser hosted annually by the National Parkinson Foundation Heartland at the College Basketball Experience. Attendees enjoy great food and drink, a live and silent auction, and watch the NCAA Elite 8 basketball games streamed live! BasketBALL is perfect for sports enthusiasts, people passionate about supporting Parkinson's Disease, and the patron who loves a great party.



## Calling All Volunteers!

Looking for a way to lend a hand?  
Have a passion for helping others?  
Need community service hours for school?

NPF Heartland is always looking for volunteers! For more information contact us at 913.341.8828.





# Support Groups & Exercise Classes



Below are support groups & exercise classes for people with Parkinson Disease and/or their caregivers. All groups listed are open to the public. *Please call the contact listed to confirm days, times, and locations prior to meeting.*



## Metro KC Support Groups

State	City	Meeting Site	Meeting Day	Time	Facilitator	Phone
KS	Leawood	NPF Heartland 8900 State Line Rd, Suite 320	<i>Caregivers</i> 2nd Thursday	10:30am	Brittany Harris	913.341.8828
KS	Leawood	NPF Heartland 8900 State Line Rd, Suite 320	<i>Young Onset</i> Varies	Varies	Brittany Harris	913.341.8828
MO	Lee's Summit	John Knox Village 1001 Chipman Road Call for Location	<i>Ladies Only</i> 2nd Friday	11.am	Karen Duncan	816.537.5792
MO	Lee's Summit	John Knox Places Restaurant 1001 Chipman Road	4th Wednesday	10am	Dr. Kelly Lyons	913.588.7159
MO	North Kansas City	St. Luke's Presbyterian Church 4301 NE Vivion Road	4th Tuesday	1:30pm	Jill Hershey Gina Koons	816.730.7981 816.912.9960
KS	Overland Park	Brookdale Place 6101 W. 119th Street	2nd Monday	3pm	Leighann Meiss	913.345.9339
KS	Kansas City	Trinity United Methodist 2010 Parallel Parkway	2nd Monday	Noon	Dianne Lee	913.432.4321
KS	Prairie Village	Brighton Gardens 7105 Mission Road	3rd Monday	1pm	Brittany Harris	913.341.8828
KS	Prairie Village	Claridge Court 8101 Mission Road	2nd Tuesday	7pm	Catherine Solie	913.385.4145
MO	Lee's Summit	Woods Chapel Methodist 4725 NE Lakewood Way	1st Monday	6:30pm	Larry Gutekunst	816.224.4517



## Missouri Support Groups

State	City	Meeting Site	Meeting Day	Time	Facilitator	Phone
MO	Branson	Cox Medical Center Branson 525 Branson Landing Blvd.	2nd Thursday	2pm	Charlene Stade	417.883.0637
MO	Columbia	Lenoir Community Center 1 Hourigan Drive	1st Thursday	4pm	Patsy & David Dalton	573.356.6036 or 573.434.4569
MO	Joplin	Byers Ave. United Meth. Church 18th & Byers	Monday	3pm	Nancy Dunaway	417.623.5560
MO	Lake Ozark	Lake Ozark Christian Church 1560 Bagnall Blvd.	3rd Thursday	12pm	Patsy & David Dalton	573.356.6036 or 573.434.4569
MO	Lebanon	Lebanon-Laclede County Library 913 S. Jefferson	2nd Wednesday every other month	2:30pm	Janice McCauley	417.269.3616
MO	Monett	First United Church 1600 N. Central	2nd Thursday every other month	2pm	Judee Steward	417.269.3616
MO	Springfield	Mercy Hospital 1235 E. Cherokee Street	2nd Thursday	2pm	Randi Newson	417.820.3157
MO	Springfield	Meyer Fitness Center 3535 S. National	Last Wednesday	2:30pm	Judee Steward	417.269.3616
MO	Springfield	Meyer Fitness Center 3535 S. National	<i>Young Onset</i> 4th Thursday	7pm	Janice McCauley	417.269.3616
MO	Springfield	Ladies Only Care Partners Call For Location	1st Wednesday	5pm	Judee Steward & Janice McCauley	417.269.3616
MO	Trenton	Royal Inn Pizza 1410 E. 9th Street	1st Thursday	10:30am	Gloria Koon & Mary Ellen Foly	660.485.6558



## Kansas Support Groups

State	City	Meeting Site	Meeting Day	Time	Facilitator	Phone
KS	Abilene	Abilene Physical Therapy 103 NW 15th Street	3rd Thursday	6pm	Tonya Mills	785.263.3646
KS	Buhler	Sunshine Meadows Retirement 400 S. Buhler Road	2nd Tuesday	10am	LeNora Duerksen	620.543.2251
KS	Chanute	Neosho Memorial Regional MC 629 S. Plummer Ave	2nd Thursday	2pm	Nancy Brock	620.537.7386
KS	Emporia	Presbyterian Manor 2300 Industrial Road	3rd Wednesday	1:30pm	June Hubert	620.794.2146
KS	Great Bend	St. Rose Amulatory Center 3515 Broadway	4th Tuesday of Even Months	7pm	Mark Mingenback	620.786.6136
KS	Hays	Messiah Lutheran Church 2000 Main Street	2nd Thursday (Bring Own Lunch)	Noon	Eileen Rohrberg	785.628.1231
KS	Hutchinson	Wesley Towers, Sunflower Room 700 Monterey Pl	2nd Thursday	10:30 AM	Gary Hughs	620.663.8180
KS	Junction City	Sterling House 1022 Caroline Avenue	1st Thursday	6pm	Joyce Gfeller	785.762.3123
KS	Lawrence	First Presbyterian Church 2415 Clinton Parkway	3rd Tuesday	2pm	Elaine Penny	785.760.1026
KS	Manhattan	Meadowlark Hills 2121 Meadowlark Road	1st Thursday	2pm	Michelle Haub	785.323.3899
KS	Manhattan	Meadowlark Hills 2121 Meadowlark Road	2nd & 4th Friday	1:15pm	Michelle Haub	785.323.3899
KS	McPherson	Prairie View 1102 Hospital Drive	2nd Tuesday	2pm	David McDonald	620.245.5000
KS	Topeka	Midland Hospice Church 200 SW Frazier Circle	1st Thursday	5:30pm	Jean Barton	785.478.9045
KS	Wichita	Reflection Ridge Retirement 2300 N. Tyler Road	4th Tuesday	10am	Shana Gatschet	316.295.4591
KS	Wichita	Via Christi on St. Francis 929 N. St. Francis	3rd Wed (Jan-Oct) 2nd Wed (Nov-Dec)	2pm	Carolyn Cowart	316.268.8204 316.689.5700 to register



## Metro KC Exercise Groups

State	City	Meeting Site	Meeting Day	Time	Facilitator	Phone
MO	Kansas City	Kingswood Senior Living 10000 Wornall Road	Aquatics M through F	1:30pm	Judy Hill	816.942.0994
MO	Kansas City	Kingswood Senior Living 10000 Wornall Road	Aquatics Mon, Wed, Fri	9am	Judy Hill	816.942.0994
MO	Kansas City	Kingswood Senior Living 10000 Wornall Road	Balance & Coord. Tues & Thurs	1:30- 2:30pm	Judy Hill	816.942.0994
MO	Kansas City	Garden Village 8550 Granby	Tues, Thurs, Sat	9:30- 10:30am	Mary Jane Branch	816.436.5555
KS	Kansas City	Trinity Methodist Church 5010 Parallel Parkway	NPF Heartland Mondays	11am	Dianne Lee	913.432.4321
KS	Leawood	8900 State Line Rd. #320 NPF Heartland	Tues, Wed, Thurs	10:30am	Brittany Harris	913.341.8828
KS	Leawood	8900 State Line Rd. #320 NPF Heartland	Dance for PD Mondays	11am	Brittany Harris	913.341.8828
MO	Kansas City	Holy Family Parish 919 NE 96th Street	Chair Yoga Mondays	10:30- 11:30am	Jeannine Becerra	816.309.5615
MO	Kansas City	Call for Location	Chair Yoga Wednesdays	6-7pm	Jeannine Becerra	816.309.5615
MO	Kansas City	In Bliss Yoga 5106 NW Waukomis	Chair Yoga Saturdays	1-2pm	Jeannine Becerra	816.309.5615



## Kansas Exercise Classes

State	City	Meeting Site	Meeting Day	Time	Facilitator	Phone
KS	Manhattan	Meadowlark Hills 2121 Meadowlark Road	Mon & Fri	1:15pm	Michelle Haub	785.323.3899
KS	Wichita	ReLive Rehab 2020 E. Tyler #112	M through Th	Varies	Shana Gatschet	316.295.4591
KS	Wichita	Williamson Wellness Center 8340 E. 21st N., Suite 900	Every Tues & Thurs	1:45- 2:45pm	Carmen Dick Windy Williamson Jackie Church	316.295.4366

**National Parkinson  
Foundation Heartland**

8900 State Line Road  
Suite 320  
Leawood KS 66206

913.341.8828 office  
913.341.8885 fax  
www.parkinsonheartland.org

At NPF Heartland, our mission is to improve the quality of life for people touched by Parkinson's Disease through a community approach providing outreach, education, and resources.

**Executive Director**

Jane Ann Gorsky  
janeann@parkinsonheartland.org

**Program Director**

Brittany Harris  
brittany@parkinsonheartland.org

**Events & Development**

Liz Goyer  
liz@parkinsonheartland.org and  
Nancy McGuire  
nancy@parkinsonheartland.org

**Bookkeeper**

Stacey Stark  
accounts@parkinsonheartland.org

**Wellness Coordinator**

Kathy Mayer

**Wellness Instructor**

Janis Rovick

**Dance Instructor**

Suzanne Ryan

This newsletter is published by NPF Heartland to help people with Parkinson's, their relatives, friends and caregivers. It is not intended to provide personal medical advice, which should be obtained directly from a physician. Please contact us if you have suggestions as to how we can better serve you.



Non-Profit  
U.S. Postage

**PAID**

Shawnee Mission, KS  
Permit No. 1268



Find us on Facebook!

[www.facebook.com/parkinsonheartland](http://www.facebook.com/parkinsonheartland)

# HOLIDAY OPEN HOUSE

We feel blessed each day to have such wonderful members, volunteers, donors and community partners. We would like to show you our appreciation!

*Please drop by our*  
**Holiday Open House**  
for refreshments, friends, and fun  
**Thursday, December 11<sup>th</sup>**  
**1:30pm - 6:30pm**

**NPF Heartland**  
8900 State Line Road, Suite 320  
Leawood, KS 66206

**PLEASE RSVP BY MONDAY, DEC. 8**