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New Affiliation Improves Services!

Approximately one year ago, Parkinson Foundation of the Heartland (PFH) and the National Parkinson Foundation (NPF) signed a new affiliation agreement designed to improve the lives of people with Parkinson's disease and their families. By strengthening ties between the local and national organizations, we will be able to better address the needs of people dealing with Parkinson's throughout Kansas and Missouri.

This new formal relationship grew out of efforts of NPF to enhance their chapter services and link more closely with local affiliates. PFH already had a relationship with NPF that included supplying us with materials such as the Parkinson's disease rainbow series of books that we distribute in our service area. These include: "*What You and Your Family Should Know*," "*Medications*," "*Fitness Counts*," "*Speech and Swallowing*" and more.

As part of this new relationship, PFH changed its name to the National Parkinson Foundation Heartland and will use the NPF logo. We will also share a commitment to the same high level of program standards.

NPF has an extensive network of chapters across the United States that provide local services, such as health and wellness programs for people with Parkinson's and their families; support groups; and resource and referral materials. NPF also provides a toll-free helpline to assist individuals and chapters with information and referral.

"We are very excited about this partnership with the Heartland Chapter," said Joyce Oberdorf, NPF President and CEO. "A seamless national and local connection, with a common brand and unified voice, will enhance awareness of Parkinson's, because people with Parkinson's and their families deserve the very best resources available to help them no matter where they live."

"We look forward to a mutually beneficial relationship," said Kirk Gutekunst, President of NPF Heartland. "We share a common goal with NPF: helping people with Parkinson's live their best life possible until we find a cure."

NPF Heartland's mission is to improve the quality of life for people affected by Parkinson's disease through programs, education, advocacy and research. We have been providing exercise and wellness programs, support groups, educational programs, resources, and referral materials to people in the Kansas City area and throughout Kansas and Missouri for over 20 years.

In addition to its chapters, the National Parkinson Foundation supports a strong network of 43 centers of excellence dedicated to excellence in research and providing comprehensive, interdisciplinary care to more than 50,000 Parkinson's patients and their families worldwide. The KU Parkinson's Disease and Movement Disorder Program is a Center of Excellence.

From the President



NPFH Friends & Family,

As the leaves begin to change and the fall season arrives, this represents a time of transition and new endeavors for the NPFH organization.

First, I'd like to introduce myself. My name is Kirk Gutekunst and it is with great pleasure and honor, to support the NPFH and Board of Directors as President for the upcoming year.

I have two wonderful children, Ben (9) and Sophie (4 1/2) and a lovely, supporting wife Jen. We have been associated with the NPFH since 2007.

My father Larry was diagnosed with Parkinson's in 2005. As you can imagine, once we found out about the diagnosis we wanted to become educated on the disease and find a reputable support group to assist us in helping our father. I am proud to say we found that solution with NPFH. I am also proud to say that because of services and programs, such as what is provided through the NPFH, my father continues to stay active and optimistic about the future.

Relative to transitions, I would like to provide a special thank you to Jan Parkinson, past president of the Board of Directors. Jan has truly been, and continues to be, an inspiration to the BOD and the organization as a whole. Jan's tireless support and leadership has vastly contributed to the foundation's success in supporting individuals with Parkinson's and their caregivers.

It is also important to acknowledge the extraordinary accomplishments of our outgoing Board of Directors for their amazing efforts and service over the years. Our outgoing Board of Director members are: Rick Kastner, Stephen Harmon, Suzanne Dimmel, Doug Dimmel and Drew Dimmel. These five individuals represent the true essence of leadership for the organization. Their vision and incessant drive to make this foundation impactful is exceptional. As pillars of the organization, their combined efforts raised significant dollars to support and expand NPFH services and programs.

Looking forward, we find ourselves focused on expanding our current Community Action Board, expanding our relationships with corporate sponsors, completing a Board of Directors retreat and continuing to enhance the support of our services and programs. Please reach out to myself or the NPFH staff to provide any questions or feedback.

We are looking forward to a productive and fulfilling year!

Warm Regards,
Kirk Gutekunst

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.....continued from page 1

Founded in 1957, the National Parkinson Foundation's mission is to improve the quality of care for people with Parkinson's disease through research, education, and outreach. Since 1982, NPF has funded more than \$155 million in care, research and support services.

"This is an exciting venture that will help us enhance our programs, outreach and educational efforts with a strong, consistent voice", said Angela Lawrence, NPF Heartland's Executive Director. "We look forward to working with NPF as we expand our reach and build stronger programs."

The partnership allows PFH to remain an independent 501(c)3 non-profit organization, with an independent board of directors, while utilizing a national network. All funds raised by NPF Heartland will remain in Kansas and Missouri, with the exception of Moving Day Walk, which will include a share of revenue going to NPF so that they can continue to provide excellent resources to chapters.

We welcome your input and feedback!



Thank You to our Moving Day Participants!

NPFH held our first-annual Moving Day Walk for Parkinson's over the summer at the Prairie Village Shops. Over 500 people walked either a 1-mile or 3-mile route and enjoyed music, face painting, a fire truck and our signature Movement Pavilion. Families and friends formed teams and created costumes.

Mark your calendars for next year's Moving Day: A Walk for Parkinson's on Saturday, June 15, 2013.

Thanks to our 2012 Corporate Sponsors!

Community Leader (\$50,000+)



Benefactor (\$10,000+)



Pacesetter (\$5,000+)



Supporter (\$2,500+)



Sponsor (\$1,500+)



Suzanne Dimmel & Roger Lumley, Ash Grove Charitable Foundation, Richard Green, William T. Kemper Foundation, Fox Family Foundation

Corporate Donor (\$500+)

Gill Studios, Performance Contracting Group

2013 Sponsorship Opportunities Now Available!

contact the office for details or visit www.parkinsonheartland.org/beasponsor.html

Confirming Video Sources

Many people seek information regarding Parkinson's disease by viewing videos on-line. Some videos are excellent resources, while others are not.

YouTube videos can inaccurately depict Parkinson's disease and other movement disorders. Looking online for medical information? Viewers beware, doctors caution. After reviewing the most frequently watched YouTube videos about movement disorders, a group of neurologists found that the people in the videos often do not have a movement disorder. As described in a Letter to the Editor in this week's New England Journal of Medicine, such medical misinformation may confuse patients suffering from devastating neurological disorders and seeking health information and advice online.

Many people use the Internet as a primary resource for medical information, and YouTube, the third most visited website on the Internet, is a popular platform for patients to share personal medical stories and experiences on video.

Dozens of YouTube videos show people who believe they have movement disorders such as Parkinson's disease demonstrating and talking about their symptoms. In January 2011, neurologists at University College London began a study when patients alerted them that online videos often proposed a diagnosis and suggested therapies.

Seven neurologists from different countries and medical institutions searched YouTube using six keywords: "dystonia," "Parkinsonism," "chorea," "myoclonus," "tics" and "tremor", and found videos allegedly depicting various movement disorders. They then independently reviewed the top three percent most-watched videos that were of sufficient quality to review patient symptoms. Out of 29 videos, the majority (66 percent) were identified as showing "psychogenic" movement disorders, meaning that the abnormal movement originates from a psychological condition or mental state rather than a disease with a physical cause, such as Parkinson's. Of these videos, more than half contained advice about specific therapies to treat the movement disorder. Furthermore, the doctors reviewing the videos did so independently, yet their diagnoses agreed in 87 to 100 percent of all cases.

"Patients and doctors have to be very thoughtful and careful when looking for information on YouTube, as well as the Internet in general," commented Mark Hallett, M.D., senior investigator at the National Institute of Neurological Disorders and Stroke (NINDS) at the National Institutes of Health. "There is a great deal of good information on the Internet, but one has to be careful."

Dr. Hallett was one of two U.S.-based investigators who reviewed and rated the videos, and co-authored the letter. The video review was initiated by neurologists Kailash P. Bhatia, M.D. (principal corresponding author), Maria Stamelou, M.D., Ph.D., and Mark J. Edwards, M.D., Ph.D. at University College London. The other video raters and co-authors were: Alberto J. Espay, M.D. (University of Cincinnati, Ohio), Victor S.C. Fung, Ph.D., F.R.A.C.P. (Sydney Medical School, Australia), Anthony E. Lang, M.D. (University of Toronto, Canada), and Marina A.J. Tijssen, M.D., Ph.D. (Academic Medical Center, Amsterdam, the Netherlands).

The National Institutes of Health provides peer-reviewed, re-search-based health information on its website at <http://health.nih.gov/>. Accurate information on movement disorders can be found at http://www.ninds.nih.gov/disorders/parkinsons_disease/parkinsons_disease.htm.

Reference: "Movement Disorders on YouTube — Caveat Spectator." New England Journal of Medicine, published online September 22, 2011, Volume 365, No. 12, pages 1160-1161.

NPF posts a variety of medically accurate short videos regarding many aspects of Parkinson's disease at: www.parkinson.org



Charity Bingo at Hamburger Mary's!

**Thursday
December 13, 2012
8pm - 10pm**

It's Bingo...Hamburger Mary's style, with lots of tongue in cheek sass! Help us raise money for the National Parkinson Foundation Heartland. Bring your family and friends to eat, drink, play bingo and donate to our foundation!

No reservations are required for this event. Please arrive at Hamburger Mary's NO EARLIER than 7:30pm. Hamburger Mary's is an operating bar & grille, so please come hungry! NPFH makes money based on the donations towards bingo cards, not on any food or drink sold that night. This event is open to the public.

Please be advised that bingo at Hamburger Mary's can be a little risqué, but always in good fun.

Hamburger Mary's is located at:
101 Southwest Boulevard
Kansas City, MO

Potential New Class of Drugs Blocks Nerve Cell Death

Reprint from the Northwest Parkinson's Foundation

Diseases that progressively destroy nerve cells in the brain or spinal cord, such as Parkinson's disease (PD) and amyotrophic lateral sclerosis (ALS), are devastating conditions with no cures.

Now, a team that includes a University of Iowa researcher has identified a new class of small molecules, called the P7C3 series, which block cell death in animal models of these forms of neurodegenerative disease. The P7C3 series could be a starting point for developing drugs that might help treat patients with these diseases. These findings are reported in two new studies published Oct. 1 in PNAS Early Edition.

"We believe that our strategy for identifying and testing these molecules in animal models of disease gives us a rational way to develop a new class of neuroprotective drugs, for which there is a great, unmet need," says Andrew Pieper, M.D., Ph.D., associate professor of psychiatry at the UI Carver College of Medicine, and senior author of the two studies.

About six years ago, Pieper, then at the University of Texas Southwestern Medical Center, and his colleagues screened thousands of compounds in living mice in search of small, drug-like molecules that could boost production of neurons in a region of the brain called the hippocampus. They found one compound that appeared to be particularly successful and called it P7C3.

"We were interested in the hippocampus because new neurons are born there every day. But, this neurogenesis is dampened by certain diseases and also by normal aging," Pieper explains. "We were looking for small drug-like molecules that might enhance production of new neurons and help maintain proper functioning in the hippocampus."

However, when the researchers looked more closely at P7C3, they found that it worked by protecting the newborn neurons from cell death. That finding prompted them to ask whether P7C3 might also protect existing, mature neurons in other regions of the nervous system from dying as well, as occurs in neurodegenerative disease.

Using mouse and worm models of PD and a mouse model of ALS, the research team has now shown that P7C3 and a related, more active compound, P7C3A20, do in fact potentially protect the neurons that normally are destroyed by these diseases. Their studies also showed that protection of the neurons correlates with improvement of some disease symptoms, including maintaining normal movement in PD

worms, and coordination and strength in ALS mice.

In PD, dopamine-producing neurons necessary for normal movement are gradually destroyed. In patients, loss of these brain cells leads to tremors, stiffness, and difficulty walking. The study again showed that P7C3 protects these neurons from cell death and the more active analogue, P7C3A20, provided even greater protection.

The team plans to continue tweaking the structure of the P7C3 molecule to improve its neuroprotective ability while eliminating potential side effects.

"Our hope is that this work will form the basis for designing a neuroprotective drug that could eventually help patients," Pieper says.

Dance for Pd

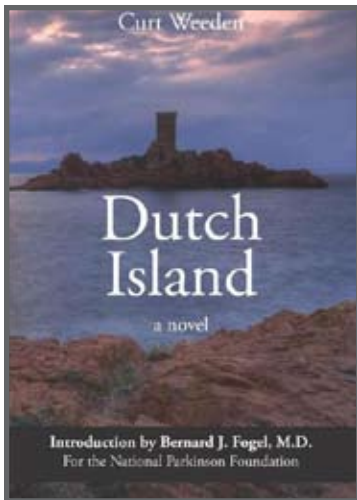


Mark Morris Dance Group, the internationally renowned contemporary dance company offered Kansas City "Dance for Pd": a free movement class for persons with Parkinson's disease and their families, friends and care partners. The class was held Sept. 28 at Kansas City Ballet's Todd Bolender Center in association with NPF Heartland.

Dance for Pd is a 10-year collaboration between the Mark Morris Dance Group and the Brooklyn Parkinson Group. The program is built on one fundamental premise: professionally-trained dancers are movement experts whose knowledge is useful to persons with Pd.

The NPF Heartland office is looking into starting a "Dance for Pd" class in Kansas City. Please let us know if you are interested by contacting Jean Long in our office at 913.341.8828 or jean@parkinsonheartland.org.

NPF Gives Fundraising a “Novel” Twist



NPF is entangled in a mystery — and glad of it! A just-released mystery novel titled Dutch Island is generating attention — and money — for NPF.

A Parkinson’s disease patient and his wife “star” in the comedic thriller that channels all proceeds from its print edition sales to the foundation. This is an incredible book with a foreword by NPF’s board chair, Dr. Bernard Fogel.

Former Johnson & Johnson Vice-President Curt Weeden blends fiction with history and medical reality in his fifth book, Dutch Island. “This is a really fascinating, unusual book that is part fiction, part history lesson and part testimonial to Parkinson’s patients and their families,” says Joyce Oberdorf, NPF President and CEO.

Two of the characters in this novel are based on the author’s brother and sister-in-law; Rick Weeden has battled Parkinson’s for over three decades and Betty Weeden has been his tireless caregiver and advocate. The book closes with a profile of Rick Weeden, a Portsmouth, RI resident and one-time Raytheon Corporation engineer. His wife, Betty, is the retired director of surgical services at Newport Hospital.

“The novel’s mix of mystery and humor makes for a great read,” notes Oberdorf. “But the author’s non-fiction epilogue is even more compelling as it spells out how Parkinson’s affects patients and how critical family caregivers can be.” To learn more about the book, visit: www.dutchislandnovel.com. Dutch Island is available through Amazon.com for \$11.95.

All proceeds from the sale of this book to benefit the National Parkinson Foundation.

Walking to the Beat

*Written by Kelly Fitzgerald
Reprinted with permission by Medical News Today*

Walking to a specific rhythm can be advantageous during rehabilitation for Parkinson’s Disease patients.

Parkinson’s Disease is a brain disorder characterized by tremors and difficulty walking. Eventually stiffness becomes prominent, muscles become weaker, and posture is affected. Many studies have recommended certain rehabilitation paths, acupuncture being one of them.

In a new study published in PLOS One, findings suggest further studies should be completed to investigate visual, auditory, and tactile signals and their role in rehabilitation.

A team of collaborators led by Ervin Sejdic, an assistant professor of engineering at the University of Pittsburgh studied the effects of a mechanically produced beat using different stimuli, on 15 healthy adults ages 18 to 30.

Participants took part in two separate

sessions of five 15-minute trials in which they walked with different cues.

During the first session, participants walked at their own pace. Then, in later trials, the patients walked to a metronomic beat made by either visuals, touch or sound. Lastly, they walked with all three signals simultaneously with the pace that was set by the first trial.

Sejdic commented: “We found that the auditory cue had the greatest influence on human gait, while the visual cues had no significant effect whatsoever. This finding could be particularly helpful for patients with Parkinson’s Disease, for example, as auditory cues work very well in their rehabilitation.”

Regarding Parkinson’s Disease, there is a big question whether researchers can become better informed about changes that come with this deterioration. This study suggests visual signals could be considered as a substitute approach

in rehabilitation and need to be explored additionally in the laboratory.

Sejdic explains that a large limitation to their studies is the confinement of the laboratory. With Parkinson’s Disease, patients can complete a walking test easily, and shortly thereafter, fall down in an outside environment. A real-life space will need to be created to account for sidewalks, streetlights, and noises such as cars honking, in order to obtain a more accurate gait measure (manner of walking).

In the future, Sejdic and his colleagues would like to investigate further with walking trials for patients with Parkinson’s Disease to observe whether their walking manner is more or less stable. Sejdic concludes, “Can we see the same trends that we observed in healthy people? And, if we observe the same trends, then that would have direct connotations to rehabilitation processes.” Sejdic and his team also plan to study the impact of music on runners and walkers.

Clinical Trials

The following are selected clinical trials related to Pd taking place in our region. For qualifications and more information, contact the person listed with each study.

Studies for those not receiving treatment

Contact: Kelly Lyons Ph.D. klyons@kumc.edu

A Placebo- and Active-Controlled Study of Preladenant in Early Parkinson's Disease

Purpose: This is a one year, 2-part study to determine the efficacy and safety of preladenant.

Pioglitazone in Early Parkinson's Disease

Purpose: This is a multi-center, double-blind, placebo controlled clinical trial of two dosages of oral pioglitazone (15 mg and 45 mg) for safety, tolerability, and fertility.

Investigation of Cogane in Early-stage Parkinson's Disease

Purpose: A study to test the therapeutic benefit of the compound PYM50028, versus placebo, in treating early-stage Parkinson's disease.

Studies for people with Parkinson's disease with hallucinations or psychosis

Contact: Kelly Lyons Ph.D. klyons@kumc.edu

A Study of the Safety and Efficacy of Pimavanserin in Patients With Parkinson's Disease Psychosis

Purpose: To evaluate the safety and efficacy of 40 mg pimavanserin compared to placebo in patients with Parkinson's disease psychosis (PDP).

Studies for people with Parkinson's with dyskinesia

Contact: Kelly Lyons Ph.D. klyons@kumc.edu

Extended Release Amantadine Safety and Efficacy Study in Levodopa-Induced Dyskinesia

Purpose: To evaluate the tolerability and efficacy of each of three dose levels of ADS-5102 oral capsules, an extended release formulation of amantadine

Movement and exercise-related studies:

Qigong Exercise

Purpose: To evaluate Qigong exercise – deep breathing control and meditation, along with mild smooth arm movement – in people with Parkinson's.

Contact: Marshall Schmidt maschmidt87@gmail.com or Wen Liu wliu@kumc.edu

Movement and Parkinson's

Purpose: To study how the brain controls certain types of motion patterns.

Contact: Dr. Gregory King kinggr@umkc.edu

Additional Resources for Clinical Trials

www.23andMe.com/pd The National Parkinson Foundation has joined 23andMe, a personal genetics company, in recruiting 10,000 Persons with Parkinson's disease for an Innovative Web-Based Research Project.

www.pdtrials.org is a web site with up-to-date information on clinical trials in the U.S. It is a collaborative initiative of Parkinson's organizations dedicated to increasing education and awareness about clinical research.

www.clinicaltrials.gov is a web site sponsored by the National Institutes of Health (NIH), also offers information on clinical trials.

www.researchmatch.org is an electronic volunteer research study recruitment registry designed to allow people from anywhere in the country an opportunity to securely self-register and express an interest in being considered for future participation in research studies.

Save the Date for 2012 - 2013 Events!

Support Group Holiday Potluck

Thursday, December 6: 5:30pm
NPFH Office

Charity Bingo at Hamburger Mary's

Thursday, December 13: 8pm-10pm
Hamburger Mary's KC
101 Southwest Boulevard

The BasketBALL

Saturday, April 6
College Basketball Experience at the
Sprint Center

Manhattan Symposium for People with Parkinson's & Caregivers

Saturday, April 13
Manhattan, KS

Moving Day: A Walk for Parkinson's

Saturday, June 15
Prairie Village Shops

Questions? Please call 913.341.8828 or email at
info@parkinsonheartland.org

Thank You Donors!

We would like to thank the following for their generous donations to the National Parkinson Foundation Heartland via Memorials, Honorariums and Membership. **Contributions listed here are from Sept. 1, 2011 - Aug. 31, 2012.**

Memorials

Richmond Anderson
Anderson, Lorraine M.

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Farmer, W.D./Betty Sue
Weatherford, Paul/Marlene

George Auld
Diamond, Judith
Nearing, M/M Howard
Talge, Stephen/Janice

Glenn E. Barnes
Barnes, Teri /Kevin
Burns, Anita
Daugherty, Patricia I.
(GM Quality Dept.)
Eggers, Donald /Pauline
Rogers, John

Guy Barnes
Barnes, E. Floy

Jack S. Barnes
Boggs, Greg/Deanne
Cline, Robert/Debbie
Taylor, Ann

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Gegel, Eunice/Kenneth
Oldham, Andrea/Kevin
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Marilyn J.

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Creasy, Nancy M.
Culbertson, Barbara
Enright, Joseph/Sherri
Fries, Coni
Halpin, Katharine
Kastner, Rick/Susan
Morgenstern, Shanny
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thy

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Blatz, Katherine (Chad,
Christopher and all at
BASF)
Bowman, Kenneth/Janet
(Robst Group, Inc.)
Downing, David/Cammie
Eklund, Brent

Eklund, Joan
The Fair Family
Flowers, Michael/Susan
Fox, Clarine Pflumm
Gilchrist, Jon
Hall, Rosemary
Lampe, Elsie I.
Landmark Medical Center
Loar, Granville
Nemec, A. L./Anna M.
Nemec, Anthony A.
Nickell, Marvin/Marjorie
Pilla, Ron, Stan & Dan
Price, David/Sandy
Reinhardt, Bradley/Kelly
Ryan, Edwin L.
Stack, Laura
Taylor, Carol C.
Whitaker, Mary N.

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Clark, John, Billy & Cheryl
Coker, Howard/Marjory
Coker, Steven A./Julie H.
Hanks, Nancy
Houston, Mark W.
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Marino, Jennifer
MO Search & Rescue K-9
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Wagner, Joan M.
West, Grace

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Bosworth, Julie M./Kevin
Brewer, Leon/Gretchen
Callahan, Marian
Richards, Paul A./Joyce J.

Robert D. Janzen
Balding, Stephen/Sharon
Buckhardt, Paul/Marna
Dick, Raymond R./Amanda
Haugsness, Rose Mae
Kirby, Bess M.
Pauls, Harold/Virginia
Rich, Floyd L./Margaret M.

Dick Jay
Floyd, Dean/Maryem

Madelyn Jenks
Pendry, Jane

Robert E. Johnston
Johnston, A. R. (Ramona)

Barbara Jordan
Kimbrough, Bruce/Eliza-
beth

Stewart Kahn
Desordi, James C.
Gillway, Ann Everett
Haessler, Michelle/George
Kahn, Marc L./Kimberly J.

Marilyn Klein
Bell, Linda Beth/Bruce
Cavell, Michael
Christensen, Jean H.
Favreau, Marita S.
Friedman, Tom A.
Graves, Newton/Harriet
Jackson, Kathryn/Bruce
Kaufman, Mrs. Leonard
Klein, Lane
Latimer, Kay & Charley

Lentsch, Ronald/Sharolyn
Maier, Susan A.
McCoy, H. B./Vera
Norfleet, Virginia L.
Robinson, David F.
Salisbury, Larry L/C. Kay
Shay, Robin
Stein, Dr.Robert/AnnMarie
Stropus, Angela/Anthony
Stropus, Raymond/An-
toinette
Watson, C. Russell/Helen
Anne
Werner, Linda

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Kaiser, Glenn/Nancy (Kai-
ser Farms, Inc.)
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vices, LLC)

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Musteen, Dennis H./Fern

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Johnson, Marilyn/Charles
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Barnett, Shirley A.
Lynch, Kevin/Theresa
Uzzell, Cathy

Meredith Myers
Bowen, Shirley C.
Bunyan, III, William Price/
Susan Kae
Conklin Cars
Farag, R. M./S. J.
Figmiller, Laurie & family
Figmiller, Laurie & the
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Palmquist, John/Sharon

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Black, Don C./Lucie
Brown, John P./Evelyn J.
Burton, Terri/Daniel, DDS
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Cool, Kent L./Kari
Cox, Karen S.
Dennett, Debra L./Bart D.
Frey, Pat
Gareis, Delbert/Cynthia
Hartman, Pat S.
Harts, Terry/Mary Ann
Hershorn, Randy/Luann
Houlik, Steven A./Susan J.
Klick, Preston/Jeanne
Knighton, Earl M./Jean
Kropf, Donald/Gwendolyn
Lagree, Richard/Beverly
McCrary, Betty/Patricia
Olney, Karen B.
Olney, Mrs. R.D. for Dave
Cunningham
Olney, Richard/Ann
Haskins
Ramundo, Bruce/Rose-
mary
Ritchie, Lisa C.
Soucie, Mark A./Marita G.
Stehley, Judy A.
Tannehill, Charles/Marsha
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Surgery of Children's Mercy
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Dolly Olsan
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Gentry, Julia/Robbie
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Salmon, Shirley J.
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Club by Dixie Wheaton

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Lori
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munity of Christ
Peters, Robert/Rosalie
Scrivner, Brad/Kelly

Cecil Woods
Eureka Sportsmen's Club

John Zuravleff
Kinney, Janice Z.

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Aldridge, Jacqueline L.

Vicky Cain
Cain, Dr. Steve B.

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Jenny Shute Wedding**
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Drew Dimmel
Johnson, Lee/Janelle

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Brink, Mary Breed

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Wood, Frank/Helen
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Support Group

Katie Winslow, NCTMB
Lawrence Parkinson
Support Group

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Gebar, Shelley
Gentry, Robert P./Julia A.
George, C. Rick/Valarie A.
Given, Alice
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Gordon, Gary L./Nancy L.
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Hartman, Gary
Hayes, Robert H./Joanne
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Hemenway, Robert E./Leah
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Huff, David C./Patricia A.
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Kastner, Richard/Susan
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Kempf, Dennis W./Mary L.
Kidd, Teresa M.
Kinney, Janice Z.
Kinton, Gerald D.
Klein, Lynn M.
Kleweno, Marian/Larry
Klinke, Kelly
Koch, Dayton
Krzysztof, John/Charlene
Kuhlman, Dale/Carolyn
Kuhn, Karl E.
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Lovely, Esther Grace
Lucas, Beth
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Matous, E./J.
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Myers, Michael R./June
Nicholas, Genny
Nolte, John J./Elizabeth L.
Oehmke, Harold/Donnette
Olmstead, Collins/Frances
Omundson, Michelle/Rob-
ert E.

Orme, Mary E.
Owen, Kevin P./Deborah R.
Palm, Leah
Parkinson, Jan
Perry, Willis D./Lorada Y.
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Porter, Charlene M.
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Reynolds, Floyd/Sharon
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Sweeney, Sally/Michael R.
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Wilcox, John F./Regina A.
Williams, James E./More-
field, Shirley
Wilson, Janice/George, Jr.
Wood, Gordon/Carrie
Wood, Jacqueline A.
Yoder-Ryan, Camille

*This list includes contribu-
tions via Memorials, Hono-
rariums, and Membership
from Sept. 1, 2011 - Aug.
31, 2012. Every attempt
has been made to reflect
accurately and completely
the names of our generous
contributors. We apologize
for any errors or
omissions.*

For a list of all
individual dona-
tions, please refer
to our website at:
[parkinsonheartland.
org/individuals.html](http://parkinsonheartland.org/individuals.html)

Support & Exercise Groups

Below are support groups for people with Parkinson's disease and/or their caregivers. All groups listed are open to the public. Please call the contact listed to confirm days, times and location prior to attending. If you know of any other groups that are open to the public, please let us know by calling 913.341.8828.

Metro Kansas City – Support Groups

Leawood, KS - Caregivers
Parkinson Foundation Heartland
8900 State Line Rd., #320
2nd Thursday, 10:30am
Jean Long.....913.341.8828

Leawood, KS – Young Onset
Parkinson Foundation Heartland
Call for location – varies
2nd Saturday, 2pm
Jean Long.....913.341.8828

Lee's Summit, MO
John Knox Places Restaurant
1001 Chipman Rd.
4th Wednesday, 10am
Dr. Kelly Lyons.....913.588.7159

North Kansas City, MO
St. Luke's Presbyterian Church
4301 NE Vivion Rd.
4th Tuesday, 1pm
Alicia Scott.....816.214.7034

Olathe, KS
College Church of the Nazarene
2020 E. Sheridan
1st Wednesday, 6pm
Dave Smith.....913.888.2091

Overland Park, KS
Brookdale Place
6101 W. 119th Street
2nd Monday, 3pm
Leslie Fuller.....913.345.9339

Overland Park, KS
Freedom Pointe
9201 Foster
3rd Thursday, 2:30pm
Tahesha Yearby.....913.385.2052

Metro Kansas City – Support Groups (con't)

Prairie Village, KS
Brighton Gardens
7105 Mission Rd.
3rd Monday, 1pm
Jean Long913.341.8828

Prairie Village, KS
Claridge Court
8101 Mission Rd.
2nd Tuesday, 7pm
Catherine Solie.....913.385.4145

Missouri Support Groups

Branson, MO
Skaggs Community Health Cntr.
251 Skaggs Rd.
2nd Thursday, 2pm
Charlene Stade.....417.883.0637

Columbia, MO
Lenoir Community Center
1 Hourigan Dr.
1st Thursday, 4pm
Patsy & David Dalton....573.434.4569

Joplin, MO
Call for location and days
Nancy Dunaway.....417.659.6544 or
417.623.5560

Lake Ozark, MO
Lake Ozark Christian Church
1560 Bagnell Blvd.
3rd Thursday, 12pm
Patsy & David Dalton....573.434.4569

Lebanon, MO
Lebanon-Laclede County Library
913 S. Jefferson
2nd Wednesday, 2:30pm
Janice McCauley.....417.269.3616

Missouri Support Groups (con't)

Monett, MO
First United Church
1600 N. Central
2nd Thursday, 2:30pm
Judee Steward.....417.269.3616

Springfield, MO
St. John's Hospital
2nd Thursday, 2 pm
Pat Auston.....417.820.3157

Springfield, MO
Meyer Fitness Center
1000 E. Walnut Lawn
Last Wednesday, 3pm
Judee Steward.....417.269.3616

Springfield, MO – Young Onset
Meyer Fitness Center
1000 E. Walnut Lawn
4th Thursday, 7pm
Janice McCauley.....417.269.3616

Trenton, MO
Senior Center
2901 Hoover Rd.
1st Thursday, 10:30am
Gloria Koon.....660.485.6558

Kansas Support Groups Outside KC Metro Area

Buhler, KS
Sunshine Meadows
Retirement Center
400 S. Buhler Rd.
2nd Tuesday, 10am
LeNora Derkson.....620.543.2251

Chanute, KS
Neosho Memorial Regional MC
629 S. Plummer Ave.
2nd Thursday, 2pm
Nancy Brock.....620.537.7386

Support & Exercise Groups

Kansas Support Groups Outside KC Metro Area (con't)

Emporia, KS
Presbyterian Manor
2300 Industrial Rd.
3rd Wednesday, 1:30pm
June Hubert.....620.412.6458

Hutchinson, KS
Hutchinson Public Library
1306 E. 21st. Street
2nd Thursday, 10am
Gary Hughes620.663.8780

Junction City, KS /Geary County
Sterling House
1022 Caroline Avenue
1st Thursday, 6pm
Joye Gfeller.....785.762.3123

Lawrence, KS
First Presbyterian Church
2415 Clinton Parkway
3rd Tuesday, 2pm
Mary Jane Clement 785.865.2450

Manhattan, KS
Meadowlark Hills
2121 Meadowlark Hill
1st Thursday, 2pm
3rd Monday, 1pm: Caregivers
Michelle Haub.....785.537.4610

Marysville, KS
Helvering Center
111 S. 8th Street
2nd Monday, 1:30pm
Marci Deunsing.....785.562.3224

McPherson, KS
Prairie View
1102 Hospital Drive
2nd Tuesday, 2pm
Janell Clary.....620.245.5000

Topeka, KS
Midland Hospice Church
200 Frazier Circle
1st Thursday, 5:30pm
Rob Peppers.....785.273.9861

Kansas Support Groups Outside KC Metro Area (con't)

Wichita, KS
Via Christi on St. Francis
929 N. St. Francis
3rd Wednesday, 2pm except
Nov & Dec 2nd Wed, 2:30-3:30
Carolyn Cowart.....316.268.8204

Wichita, KS
Wesley Rehabilitation Hospital
8338 W. 13th St.
4th Tuesday, 11:30am
Dorothy Rousch/Debra Wetta
316.729.1140

Kansas Pd Exercise Classes

Manhattan, KS
Meadowlark Hills
2121 Meadowlark Hill
M & F, 1pm
Michelle Haub.....785.537.4610

Metro Kansas City Pd Exercise Classes

Kansas City, KS
Trinity Methodist Church
5010 Parallel Parkway
Mondays, 11am
Emma Jean Claiborn....913.287.3171

Kansas City, MO
Garden Village
8550 Granby
T, Th, Sat 9:30 – 10:30am
Mary Jane Branch..816.436.5555

Kansas City, MO
Gardens at Barry Road
8300 NW Barry Rd.
M & W, 11am – Noon:
Stay Strong/Stay Fit
Anita Yost.....816.741.7725

Metro Kansas City Pd Exercise Classes (con't)

Kansas City, MO
Kingswood Senior Living
10000 Wornall Rd.
T & Th, 1:30 – 2:30pm:
Balance & Coordination
M, W, F, 1:30pm:
Arthritis Exercise
M, W, F, 9am and M-F, 1:30pm:
Aquatic Classes
All classes free to people with Pd.
Ray Gilliland.....816.942.0994

Leawood, KS
Parkinson Foundation Heartland
8900 State Line Rd., #320
Tuesday, Wednesday, Thursday
10:30-11:30am: Seated Exercise
11:30- Noon: Lunch
Noon-1pm: Games/Social
Jean Long....913.341.8828

Shawnee, KS
****previously held at NPFH**
Boxing Class \$5/class
GRITT Fitness
23704 W. 83rd Street
Monday, 5:30-6:30pm
Josh Biles.....913.575.7497

**National Parkinson
Foundation Heartland**

8900 State Line Road
Suite 320
Leawood KS 66206
913.341.8828 office
913.341.8885 fax
www.parkinsonheartland.org

Executive Director

Angela Lawrence
angela@parkinsonheartland.org

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Jean Long
jean@parkinsonheartland.org

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Staff Accountant

Sheila Delich
sheila@parkinsonheartland.org

Intern

Sydney Headrick
wellness@parkinsonheartland.org

Our 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.



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www.facebook.com/parkinsonheartland

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As we approach the holiday season....

We give thanks to everyone who has made this year special at NPF Heartland. Because of you, we have continued to improve the quality of life for people affected by Parkinson's disease through enhanced programs, education, advocacy and research.

Happy Holidays!