



Columbia & Lake of the Ozarks Parkinson's Support Groups

If you have Parkinson's, we can help.

April 1, 4 p.m.

Combined ZOOM Meeting
of Columbia and Lake of
the Ozarks Parkinson's
Support Groups.

No in-person meeting yet.
But if there was one in May
it would be:

Columbia

May 6, 4 p.m.

Broadway Christian Church
2601 West Broadway
573-445-5312

Lake of the Ozarks

May 20, noon

Lake Ozark Christian Church
1560 Bagnell Dam Blvd.
573-365-3365



The Dreaded Fall: Why do we fall, how do we prevent falls and how do we get up from a fall?

We know how serious a fall can be to anyone with Parkinson's so we have invited Anita Campbell, PT, of the MU Physical Therapy department at the School of Health Professions, to teach us a thing or two about falls. She will explain why we are more likely to fall and what we can do about it. In addition, Anita will tell us why physical therapy is our friend! We are now working with Anita to schedule assistants from her department to guide our exercise groups before our in-person meetings. Exercise plays a huge role in our ability to avoid falls. We are looking forward to a great relationship with the MU Physical Therapy program.

DON'T FORGET YOUR GADGETS!

We love seeing the gadgets that help you in everyday life. So show us what you've found to be REALLY helpful.

Watch your email before the April 1 meeting for the ZOOM link. At 4 p.m. April 1 click on the blue typewritten line that starts with "https://". Follow the prompts. Call 573-356-6036 before 3 p.m. that day if you have questions.



IT'S TULIP TIME--"PARKINSON'S AWARENESS MONTH"

Yes, every year in April we give each of you a tulip to plant in your "garden of hope." Many of you have quite a garden by now. We will have tulip bulbs on our front bench at 1311 Vintage Drive from April 1--April 4 so come pick up your tulip! Or call 573-356-6036 and we'll get one to you! (We're delivering some to the Lake group too.)

GIVE THESE GROUPS A TRY--PLEASE

Dementia Conversation Group--We're back! If you have been diagnosed with Parkinson's or Lewy Body Dementia, join us April 16, 2 p.m. at Honey Baked Ham, 510 E. Green Meadows Road. We'll meet outside with masks. Call 573-356-6036 to be added to the contact list. this is such a helpful group so don't be shy.

Parkinson's Monthly Coffee--Meet outside (hopefully) with a mask at Honey Baked Ham on April 14 at 10 a.m. We have great free-ranging discussion you will love.

"Music in Me" Parkinson's Singers--It's a sneaky way to do voice and swallowing therapy and you will love every minute. We're still meeting by ZOOM on Tuesdays 11:15 a.m. to 12:15 p.m. Call 573-356-6036 to be on the contact list.



Parkinson's Support Groups

David & Patsy Dalton
1311 Vintage Dr.
Columbia, MO 65203

***PLEASE LET US KNOW
OF ADDRESS, PHONE OR
E-MAIL CHANGES.***

"Take-a-Break" Caregivers presents:

Caregivers! ☒ Check IN ☒ Check UP

Oh yes, it's been a tough year and a long year. So join us by ZOOM on April 22 at 4 p.m. to ☒ CHECK IN with other caregivers and ☒ CHECK UP on your own health.

Women and men caregivers--join us for 90 minutes of honest evaluation of our own physical and mental health. Be sure to have the beverage of your choice and a treat at the ready.

AND WE WILL HAVE A LICENSED EXPERT TO HELP US.

Our friend Mary Flanagan, Ph.D psychologist, will answer any questions that may come up. We always enjoy Mary's gentle spirit and good guidance.

Give yourself this treat. Watch your mail for a giant postcard reminder. Then you will receive an email with the ZOOM link for you to log in at 2 p.m. on April 22. You know you will feel comforted by being with other caregivers! We have so much to share.

David & Patsy Dalton, facilitators

573-356-6036 - daltonsinc@aol.com

Check out our new website at parkinsonssupportgroups.org