



# Columbia Parkinson's Support Groups

If you have Parkinson's, we can help.

August 2022



## August 4

Our next meeting will be in person & by zoom

## August 4, 4 pm

Come early for the exercise group at 3:30 pm

Watch for the signs along W. Broadway

Broadway Christian Church  
2601 West Broadway  
(573) 445-5312

The Lake Ozark Parkinson's Support Group will meet August 18.

Don't *Miss* this!

## It's time for our annual chicken dinner AND sing along

You know what we need right now? We need to gather with our Parkinson's friends and enjoy a family chicken dinner. It will be served by the Broadway Christian Church outreach group and they are experienced at such things. **It will cost \$10 per person, payable when you arrive. If that seems like a lot, let us know and we will adjust the price. We want everyone to eat together.**

Since it's been a hot, hot summer, feel free to wear shorts if you want. We want you to feel right at home.

After a few announcements we will join our own "Music in Me" Parkinson's Singers in some well-known songs. This group meets by Zoom and for now they will continue online. That allows people from both the Lake and Columbia to join in the group.

Harry Beckett, certified music therapist, will lead us with a few facts about how much singing can help both your voice and swallowing. Then we sing. If you haven't heard Harry on the piano, you've got a treat coming. Harry will have song sheets for all. And you know it's always fun just to sing. You don't have to be great, just enjoy.

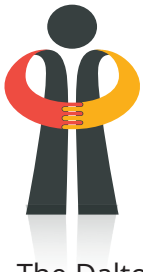
YOU don't have to do anything except bring your payment. PLEASE RSVP by emailing [daltonsinc@aol.com](mailto:daltonsinc@aol.com) or by calling Mary Ann at 573-228-6284 or emailing [mahurt@yahoo.com](mailto:mahurt@yahoo.com). We need to know how much chicken we need. Call right up to August 4 and let us know if you're coming.

Come at 3:30 if you would like to join the exercise circle led by an MU physical therapy expert. Keep that body moving!

And this month's side topic is Caitlyn Dillinger of Services for Independent Living. We all need to be reminded of ALL the services of SIL. And Caitlyn will discuss home safety assessments and low vision and hard of hearing information. You really need to know about SIL.

If you want to attend by Zoom, two days before the meeting you will get a Zoom link by email. On **August 4 at 4 pm** click on the blue typewritten line that says **[https://](#)**. Call 573-356-6036 if you need help.



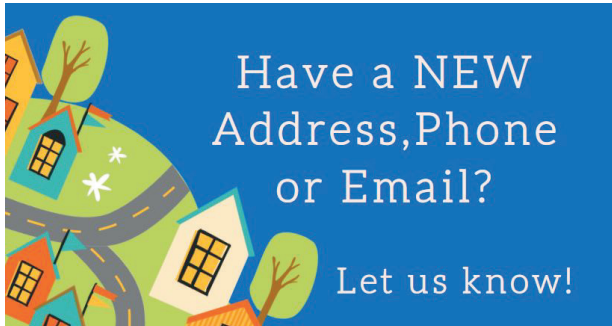


# Columbia Parkinson's Support Groups

If you have Parkinson's, we can help.

The Daltons, 1311 Vintage DR, Columbia, MO 65203

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Have you checked out our website lately?

*Give it a try!*

[www.parkinsonssupportgroups.org](http://www.parkinsonssupportgroups.org)



We have **NEW** info cards about our groups, so pick one up at our in-person meetings!



You have got to *try* the monthly  
**Parkinson's Coffee on  
August 10th, 10:00 am**

This small-group gathering at **Honey Baked Ham, 510 E. Green Meadows Road** is a terrific time to ask questions and get answers. It is a great group of people who just like to discuss everything Parkinson's.

## "Music in Me" Parkinson's Singers



After our sing along you will definitely want to join our Parkinson's Singers at the next sessions on **August 16** and **September 6 at 11:45 by Zoom**. Contact Patsy, 573-356-6036, or [daltonsinc@aol.com](mailto:daltonsinc@aol.com) to be added to the notification list.

## Support Groups are helpful

We often think that we are the only ones who are going through the changes that Parkinson's brings. That makes us feel isolated and increases our worries. That's where support groups come in. We can walk in the room and instantly relax among others dealing with the same issues. Whether the caregiver or the one who has a Parkinson's diagnosis, we can drop our defenses and walk out feeling much lighter in spirit. **So join us on August 4!**

Patsy & (David) Dalton  
facilitators  
(573) 356-6036  
[daltonsinc@aol.com](mailto:daltonsinc@aol.com)

