

# VOLUNTEER *spotlight* CRAIG MILLER



Craig Miller's mother was diagnosed with Parkinson's disease 15 years ago. Looking to help his mother fight the disease, Miller found information indicating that tai chi was beneficial, "and trying to be a good son, I thought I would take my mom to a few tai chi classes to get her interested." Miller attended a few

classes with his mother, not intending to continue himself, but hoping that she would.

"It turned out that I felt better when I did tai chi, and Mom felt better, so she and I did that together for the rest of her life," he says. In fact, Miller became so involved he began teaching the exercise that promotes serenity through gentle, flowing movements. At the same time, he began attending support groups at the Greater St. Louis Chapter of the American Parkinson Disease Association (APDA), where he says a recurring theme that arose involved problems people with Parkinson's faced regarding balance, stiffness and posture.

Miller shared his knowledge and experience of how tai chi had helped his mother at his APDA support group, and the concept was met with interest. Before long, Debbie Guyer, executive director of the Greater St. Louis Chapter of the APDA, asked Miller to begin teaching tai chi as a new addition to the other APDA exercise classes. "Now I teach one meditation class and three tai chi classes every week for the APDA," Miller says. He estimates he has about 50 students per week and finds the movement and meditation, in the form of progressive relaxation, help ease muscle rigidity and tremors.

*"I feel continuing to teach is a great way to honor my mother."*  
- Craig Miller

Miller's mother died two years ago, and he notes that "for 13 years, we did tai chi together on a weekly basis. It was a blessing, and I feel continuing to teach is a great way to honor my mother."

Miller encourages everyone who has Parkinson's disease and their caregivers to take advantage of all the Greater St. Louis Chapter of the APDA has to offer. "I think a lot of people don't know the APDA even exists here or how much it does," he says. "All the resources are absolutely amazing. It's such a gift."

## PLEASE JOIN US IN WELCOMING JIM TO OUR TEAM.

At U.S. Trust, our team in St. Louis brings experience, insight and a distinct global perspective to every relationship. Our newest associate, Jim Kemp, is no exception. Together, we customize wealth strategies that connect to your values and goals. An approach that's been trusted for over 200 years.

**Life's better when we're connected®**



JIM KEMP  
Senior Vice President  
Private Client Advisor  
james.c.kemp@ustrust.com

800 Market Street  
MO1-900-13-03  
St. Louis, MO 63101  
314.466.3485  
ustrust.com

U.S. TRUST   
Bank of America Private Wealth Management

U.S. Trust operates through Bank of America, N.A., Member FDIC.  
© 2016 Bank of America Corporation. All rights reserved. | ARDJN4NS | UST-121-AD