



# Parkinson's Perspective

Newsletter of the Colorado Parkinson Foundation, Inc. and  
the Colorado Springs Parkinson's Support Group  
www.co-parkinson.org | (719) 884-0103

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The Colorado Springs Parkinson's Support Group (part of CPF) meets 10AM, the first Saturday of each month at the Central United Methodist Church, 4373 Galley Rd, Colo Spgs, 80915 (with exceptions to be noted in this newsletter)

## December Meeting: Saturday, December 6th – 10:00 am – 1:30 pm

We will NOT be Zooming OR recording this meeting

## January Meeting: Saturday, January 3rd – 10:00 am – 1:30 pm

We will be Zooming and recording this meeting

**Location:** Central United Methodist Church, 4373 Galley Rd - just east of Murray Blvd.

9:30am – Come early for a group sing-along with music therapist, Heather Johnson.  
See more about Heather's business under 'Other Opportunities' later in this newsletter.

9:45am – Everyone else come a few minutes early to check in, greet other members and ask questions.

*First time visitors:* Be sure to sign in, get a name tag and proceed to the visitors' table for some special attention and information.

*Knowledge is power and enables us all to live well, so plan to attend the meetings at Central United Methodist Church.*

## December Meeting: Annual Christmas Party ... and Annual Christmas "Festive Apparel" Contest!

The "Song Spinners" Show Choir will be entertaining us!



The most festive sweater, tie, hat or combination of thereof as judged by your applause.

Ties will be broken by a new member to our group.

Come have your picture taken with Santa!

## January Program: Parkinson's 101

**Speaker:** Jill Reid, Educational Outreach



Jill will present the annual Parkinson's 101 program. Designed for People with Parkinson's and their family-member caregivers. Parkinson's 101 provides invaluable information for those new to the disorder as well as for those who already have extensive experience with the disorder. It also includes practical advice on coping with Parkinson's on a day-to-day basis. Since the symptoms of each PWP's Parkinson's change to some degree over the course of a year, we present this briefing annually so that each of you can key in on the information that wasn't relevant to you in the past but is now.

*Knowledge is power and enables us all to live well, so plan to attend the January meeting at Central United Methodist Church or join us on Zoom.*

*Both December and January programs will be followed by potlucks, see page 2 for more information.*

## DECEMBER POTLUCK: CHRISTMAS HAM!

CPF will be providing the main dish of ham for December's lunch.

## JANUARY POTLUCK: PASTA DISHES!

If you would like to sign up to be one of the providers of a main dish in January or to bring a side dish/dessert for either meeting, you can contact Bill Hicks at [REDACTED] or [potluck@co-parkinson.org](mailto:potluck@co-parkinson.org), no later than Wednesday, December 3rd and tell him what you would like to bring.

*Remember that bringing food for the potluck is voluntary.*

**WE LOOK FORWARD TO SEEING YOU THERE!**

### New Address: Colorado Parkinson Foundation (CPF)

Starting December 1st, the CPF office is moving to the building next door. CPF's new address will be **1175 Kelly Johnson Blvd., Colorado Springs, CO 80920.**

## Ask the Doctor!



Dr. Grabert has generously agreed to answer your questions pertaining to Parkinson's Disease each month in our newsletter column called: **"Ask the Doctor!"**

If you have questions you'd like to submit to Dr. Grabert, email them to Julie, our newsletter coordinator at: [info@co-parkinson.org](mailto:info@co-parkinson.org).

**Question:** Is increased sweating a symptom of Parkinson's? If so, do you have any recommendations about what to do about it?

**Answer:** Yes. Not much is written about this symptom, yet sweating disturbances, almost always increased sweating [Hyperhidrosis], is common in Parkinson's Disease. An article written about 25 years ago surveyed 77 PD patients, and reported sweating disturbances in 64% [Swinn, L. "Sweating dysfunction in Parkinson's Disease" Movt. Disord. 2003, Dec. 18:1459-1463]. It is usually an OFF phenomenon, or occurring when "ON with Dyskinesia". Hyperhidrosis does not correlate with the severity of the disease. Interestingly, in one study of 60 DBS patients, sweating disturbance was improved one year after DBS. Obviously, this symptom isn't a qualifying criteria for DBS but a positive outcome variable, nonetheless. The treatment would be adjustment of the Carbidopa/Levodopa dose. If hyperhidrosis occurs during OFF periods taking a higher CD/LD dose or more frequent dosing should be tried. If it occurs during "ON with Dyskinesia" then lowering the CD/LD dose may to be tried. Discuss this symptom with your Neurologist.

## The President's Corner | Jill Reid-Acting President, CPF & CSPSG



Here it is, December already, with Christmas just around the corner. As always, our December "meeting" is just a big party, with Santa Claus, live entertainment, Festive Wear competition, and a potluck (we'll provide the ham; you just bring sides dishes or dessert). In the interest of time, we won't have a gift exchange. The popular SongSpinners are returning for possibly the 10th time; their energetic song-and-dance show will be the perfect opening to the Christmas holiday season.

I think you might be interested in this article that I found posted by JaDaily on August 5, 2025:

"In a major stride toward redefining treatment for Parkinson's disease, Japanese pharmaceutical firm Sumitomo Pharma has formally requested approval from regulators to commercialize a cutting-edge stem cell therapy. The move follows a pioneering clinical study that transplanted reprogrammed stem cells directly into patients' brains — a procedure showing promising signs of reversing symptoms in advanced-stage cases.

"The therapy utilizes induced pluripotent stem cells (iPS cells), which are adult cells reengineered to behave like embryonic stem cells. These cells were coaxed into becoming dopamine-producing neural precursors — precisely the type of brain cells that deteriorate in Parkinson's patients. The clinical trial, conducted in partnership with Kyoto University, involved a small group of volunteers between 50 and 69 years old who each received millions of these lab-grown cells surgically implanted into both hemispheres of the brain.

"Over a two-year observation period, the majority of participants tolerated the procedure well, with no major side effects recorded. Notably, more than half the patients experienced measurable improvement in motor function — a breakthrough for a condition long viewed as irreversible and relentlessly progressive.

"Sumitomo's filing with Japanese authorities signals confidence in the therapy's potential, not just in safety but in its tangible impact on patient outcomes. Trials are also underway in the United States as the company prepares to position itself at the frontier of regenerative neurology."

*This month's comedy is the Men in Black trilogy, with Will Smith, Tommy Lee Jones, and Josh Brolin. I'm not often a fan of sequels, but I am in this case. I even like the last one the best—how's that for an endorsement for sequels. I won't say that the three films are strictly comedies, but each one is an adventure movie, science fiction movie, and a comedy rolled into one highly entertaining movie that grabs and keeps your attention, gets your adrenaline flowing, and makes you laugh. Josh Brolin stars in the third movie when Will Smith, a MIB agent, "time-jumps" from 2012 back to 1969; Josh plays the 29-year-old version of the Will's much older partner in 2012, Agent K, played in the first and second MIBs by Tommy Lee Jones. Somehow, Josh looks and sounds just like what Agent K ought to have looked and sounded like in 1969. Emma Thompson appears in the third one as well, as the new chief of Men in Black; every time I watch this film, I laugh just as hard at her quoting an alien verbatim as I did the first time I saw it. To get the most enjoyment out of them, be sure to watch these three fun movies in order!*

## Potluck Favorites – Shakin' & Bakin' Cookbook



The updated cookbooks are here! The price is a donation or free if you can't afford to donate. You can order them from Vicki Patterson at [project@co-parkinson.org](mailto:project@co-parkinson.org). The cookbooks are bound so that new recipes can be added in the future. So continue to send in your favorite recipes – old or new family recipes, newly discovered favorite recipes, etc. We only want recipes that you have actually tried and liked – not ones that you think should be good but haven't tried or tasted. All favorite recipes are welcome.

Send them to [project@co-parkinson.org](mailto:project@co-parkinson.org).

**Note:** These new cookbooks are bound in a hard-covered 3-ring binder with a spine that identifies the cookbook when on the shelf with other cookbooks rather than the older soft-covered version with 3 single rings and no identifying spine.

If you would like a hard-covered binder to replace your soft-covered older version, you can get one for \$5.

Thank you  
for for helping!

A big **THANK YOU** to  
everyone who brought  
food to share and to  
those that helped with  
setup & cleanup at  
the last meeting!

### February 2026 Newsletter Input Deadline: January 16th

Call or e-mail Julie with your  
input for the newsletter at:  
[REDACTED]

[info@co-parkinson.org](mailto:info@co-parkinson.org)

### December 2025 & January 2026 CSPSG Executive Committee Meetings

**December 9th & January 6th @ 09:30am**

(Location: Place to be determined)

Contact Jill Reid at: [president@co-parkinson.org](mailto:president@co-parkinson.org), if you haven't been to an Executive Meeting so we will know that you're coming and to get you the address. Leave your email address so Jill can contact you if anything changes.

### ■■■ HAPPY DECEMBER BIRTHDAYS! ■■■

- Robin Alvord
- Kay Harder
- Bill Page
- Charla Spence
- Christine Bishop
- Bruce Hughes
- Mike Patterson
- Marge Sullivan
- Jerry Corns
- Michelle Kahley
- Gregg Pinchuk
- William E. Wallace
- Amy Coyle
- Jean Koch
- James Rochon
- Ron Wilson
- Pat Dashosh
- Connie Kremer
- Sue Seery
- Charles Winkler
- Nicole de Naray
- Helene Lemire
- Janie Shore
- Kristin Woestehoff
- George Guerrero
- Steve Locke
- Sukey Skousen
- Bill Wollen
- Carol Hamill
- Clayton McCoy
- John Sloan

Your birthday isn't listed? Fill out the  
membership form and check BD listed YES.

### ■■■ HAPPY JANUARY BIRTHDAYS! ■■■

- Andrew Arneson
- Linda Christian Linda
- Bill Hicks
- Carol Prest
- Susan Beiner
- Claudia Christiansen
- Mary Kae Jarvis
- Stanley Rapaport
- Lisa
- Vince Cologna
- Patricia Kayser
- Jill Reid
- Benhammou-Osur
- Christa Donley
- Bill Koch
- Mary Roney
- Ron Bowman
- Hannah Duncan
- Lynn Kozeliski
- Kathi Rudawsky
- Doris Briggs
- Elinor Edwards
- Bob Meredith
- Lonny Seery
- Jerelyn Buhriger
- Marv Essing
- Ronald Nickelson
- Larry Suhr
- Bill Byars
- Kathie Fallon
- Mary Ellen Palmer
- Donna Telatnik
- Linda Byars
- Nancy Fortuin
- Richard Parker
- Suzanne Wheeler

### Recipe of the Month:

Our low carb/good fat ketogenic study showed incredible results. Not only was there remarkable improvement in the symptoms of Parkinson's but also with overall health in general (including the health of caregivers who chose to change their diet along with their Parkinsonian). Since it seems clear that everyone's health would improve exponentially if we all changed our diet to eat this way and since we have potlucks, we thought we would feature an easy low carb/good fat recipe or two in the newsletter each month to promote healthy eating.

*If you have a favorite low carb/good fat recipe you'd like to share,  
please send it to Julie at: [info@co-parkinson.org](mailto:info@co-parkinson.org).*

### ROASTED EGGPLANT CAPONATA

#### Ingredients:

1 large eggplant (1 1/2 lbs)	2 Tbl pine nuts, toasted
Olive oil	2 Tbl lemon juice
4 oz jarred roasted red peppers, chopped	2 Tbl drained capers
1/2 C large green olives, pitted & chopped	2 Tbl tomato paste
1 C chopped yellow onions	1 Tbl red wine vinegar
1/8 tsp crushed red pepper flakes	2 tsp kosher salt
1 Tbl minced garlic (3 cloves)	1 1/2 tsp pepper
3 Tbl minced parsley	Toasted pita triangles

#### Directions:

- Preheat oven to 400°
- Line sheet pan with aluminum foil
- Place whole eggplant on pan, prick with fork in several places and rub with olive oil
- Roast for 45-50 minutes, until eggplant is very soft when pierced with knife
- Set aside to cool
- Halve eggplant, eel and discard skin
- Place eggplant, peppers and olives in food processor with steel blade and pulse until coarsely chopped
- Pour into mixing bowl
- Heat 1 Tbl of olive oil in medium sauté pan
- Add onion and red pepper flakes and cook over medium heat for 5 minutes until onion is lightly browned
- Add garlic cook for 1 minute and add to mixture
- Add parsley, pine nuts, lemon juice, capers, tomato paste, vinegar, salt and pepper and mix
- Cover with plastic wrap and refrigerate for a few hours to allow flavors to develop
- Taste for seasonings and serve at room temperature with pita triangles

### Parkinson's Disease Related Providers:

If you are seeing a provider not listed here that has given you excellent care with any Parkinson's issue, let Julie know at [info@co-parkinson.org](mailto:info@co-parkinson.org) so that they can be added to this list.

**The following providers have been recommended by multiple members:**

#### Colorado Springs

Dr. Bradley Priebe, MD – Neurologist at Peak Neurology, PC; (719) 445-9902

Steven Swank, PharmD, BCACP – Peak Neurology, Clinical Pharmacist Specialist; (719) 445-9902

Dr. Aparna Komatineni, MD – Neurologist at Centura Penrose Hospital and UCHealth; (719) 694-3595

Dr. Andrea Manhart, DO – Neurologist at UCHealth; (719) 365-7300

Dr. Lael Stander, MD – Neurologist at UCHealth; (719) 365-7300 Note: Does well w/PD vision issues

Elizabeth Harmon, PA – UCHealth; (719) 365-7300

Melinda McClenden, NP – UCHealth; (719) 365-7300

Dr. Kevin Scott, MD – Neurologist at UCHealth; (719) 365-7300

Dr. Monica Stanton, MD – Primary Care Physician at UCHealth in Monument; (719) 364-9930

Dr. David Stevens – Neurologist at CS Neurological Associates; (719) 473-3272

Bettner Vision – Neuro-Ophthalmology Vision Therapy; (719) 282-0400

#### Denver

Dr. Michael Korsmo, MD – Neurologist at UCHealth, Anschutz Medical Campus; (720) 848-2080

Dr. David VanSickle, MD – Neurosurgeon at Neurosurgery One; (720) 638-7500  
Note: DBS expert

Erin Van Dok, OD – Neurological Optometrist at UCHealth Sue Anschutz-Rodgers Eye Center; (720) 848-2020

Dr. Victoria Pelak, MD – Neuro-ophthalmology, UCHealth Sue Anschutz-Rodgers Eye Center; (720) 848-2020

Dr. Trevor Hawkins Neurologist at UCHealth Neurosciences Center, Anschutz Medical Campus; (720) 848-2080

Dr. Drew Kern, MD – Neurologist whose focus is DBS at UCHealth, Anschutz Medical Campus; (720) 848-2080

## Other Local Support Groups:

**Parkinson's Caregivers Support Group**

All family caregivers of persons with Parkinson's are invited to come and participate in our discussion meetings. They are the monthly on the 3rd Thursday, from 10:00-12:00 at Central United Methodist Church, 4373 Galley Rd, Colo Spgs, 80915.

We're looking for a replacement for Brenda Hicks to head up the Parkinson's Caregivers Support Group.

**If you are interested in helping out, call Brenda to find out what the position entails.**

You can contact her at [REDACTED] or [REDACTED].

**Ladies w/ Parkinson's Support Group**

If you are a fun-idea person, please consider volunteering to lead this valuable group.

If you're interested please notify Julie Donahue at [info@co-parkinson.org](mailto:info@co-parkinson.org) or [REDACTED].

**Essential Tremor Support Group**

Meeting Location: ENT Conf Rm, Pikes Peak Library District; Colo Spgs Library 21c, 1175 Chapel Hills Drive. Contact Jim Sanchez for meeting dates/times at [jimdjs22@gmail.com](mailto:jimdjs22@gmail.com) or [REDACTED].

**Tri-Lakes Parkinson's Support Group**

Meets the 3rd Saturday of the month at 10am at the Monument Community Presbyterian Church, 238 3rd Street, Monument. Contact Becky Farley at [jfrf2@aol.com](mailto:jfrf2@aol.com) or [REDACTED] for more info.

## Other Opportunities:

**Adult Speech Therapy:**

Outpatient speech therapy services.

Personalized speech therapy for restoration of function due to illness or injury.

Treating:

*Parkinson's - Voice & Swallowing - SPEAK OUT!*  
- LSVT

Contact Jana Hothan, MA, CCC-SLP at [slp@janahothan.com](mailto:slp@janahothan.com) or call (719) 338-8165 or for more info.

**Parkinson's Sing-a-Long Group:**

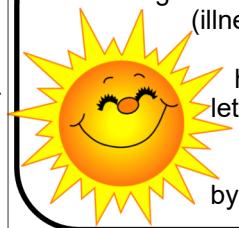
Square Music Co offers individual music therapy services with Heather Johnson, MT-BC! Individual sessions can be held in person in the Colorado Springs area or via telehealth.

Heather has over 5 years of experience working with neuro populations and hosts a Parkinson's singing group before each support group meeting at 9:30 am as well! Music therapy with Parkinson's works towards vocal strength, control, and longevity, increasing fine and gross motor skills, gait training, and other types of therapeutic goals through individualized music experiences.

To learn more or schedule a free consultation, call Heather at (719) 345-2887 or email [heatherjohnson@squaremusic.co](mailto:heatherjohnson@squaremusic.co).

**HELP SPREAD SOME SUNSHINE TO OUR MEMBERS!**

If you know of a Parkinsonian or PD caregiver that is having a tough time (illness, surgery, etc.)



or one of our members has passed away, please let our Sunshine Chairman, MJ Thompson know. She can be reached by calling: [REDACTED].

## PD Exercise Classes:

**Falcon Exercise Group**

Mon & Fri: 11:00 – noon, Grace Community Church. For more info contact Catherine Reed at [REDACTED].

**UCCS Center for Active Living at the Lane Center**

Power Moves group exercise and Balance & Agility classes. For more information call (719) 255-8004 or email [CAL@uccs.edu](mailto:CAL@uccs.edu).

**NIA Class**

Moving to Heal – the art of feeling better; slower movements with joy and purpose. NIA works with balance, breath, cognitive mind/body function, mobility and stability. You can go at your own pace. Stop if you want, sit down and dance while sitting in a chair for a while. All while dancing to music from all genres; Jane, the instructor, often asks what we need that day and works her routine around what can help. She has done a wonderful job making the routines fit our Parkinson's needs.

Cost: \$10 a class

When: Every Friday at 10:30 am

Where: 525 E Fountain Blvd.

MACS-corner of Fountain & Royer

**One-on-One Physical Therapy**

For people with Parkinson's Disease and all movement disorders. Provided by Danielle (Spivey) Mulligan, PT, MSPT who is a Physical Therapist, Certified Vestibular Therapist, LSVT and PWR for Parkinson's. Where: 5818 N. Nevada Avenue, Suite 325 Phone Number: (719) 365-6871.

**Neuropong for Parkinson's**

Table tennis for Parkinsonians who want to improve both motor and non-motor symptoms and avoid mental decline.

When: Tuesdays & Thursdays

Time: 1:00 - 3:00 p.m.

Location: Downtown YMCA  
207 North Nevada Avenue  
In the Small Gym

To sign up call the front desk at (719) 473-9622

For more information contact Travis Lerma at (719) 495-5130 or [lerma@ppymca.org](mailto:lerma@ppymca.org). Neurologicrehab.com

**Rock Steady Boxing – Boxing with Love**

New Rock Steady Boxing for folks with Parkinson's Disease at the Boxing with Love Gym  
Tues @ noon (please come 15 min early if your first time) 1710 Briargate Blvd. Ste 100  
(Next to Dicks Sporting Goods).

For more info contact Karen Bishop PT, DPT at [love@rsbaffilate.com](mailto:love@rsbaffilate.com).

**Max Capacity NeuroFitness**

Free Boxing, PWR Bootcamp and Cardio Circuit for people with Parkinson's. Cognitive Cardio class available for \$10/class!

Physical therapist Emily Moncheski at Max Capacity, PLLC, offers individual Parkinson's physical therapy, most insurance accepted  
Conveniently downtown  
525 E. Fountain Blvd. Suite 150

Contact Emily at [emily@maxcapacitypt.com](mailto:emily@maxcapacitypt.com) or call: (719) 213-3996, fax: (719) 284-4624.

**Dance for Parkinson's**

Moving with joy, creativity, and community to support people living with Parkinson's.

All are welcome and care partners are encouraged to move with us! Classes meet in person every Tuesday at 11:30 am and every Friday at 11:00 am at Ormao Dance Company, 10 S. Spruce Street.

\$5/class | Free for care partners

You can also join us for this class online.

Visit our website [www.ormaodance.org](http://www.ormaodance.org) and click on "Dance for Parkinson's" under the "Outreach" tab to get the Zoom link.

Contact Laura at [laura.hymers@gmail.com](mailto:laura.hymers@gmail.com) or (719) 640-8478

**YMCA PD Exercise Classes**

We utilize exercise as medicine to increase quality of life so that you can get better and stay better.

Tri-Lakes YMCA: PWR!Moves;  
Tues & Thurs, 1:00-2:00 PM

Briargate YMCA: PWR!Moves;  
Mon, Wed, Fri, 1:30-2:30 PM

YMCA at 1st & Main: PWR!Moves;  
Mon & Wed, 1:15-2:15 PM

For more info contact Travis Lerma at [lerma@ppymca.org](mailto:lerma@ppymca.org).

**Colorado Springs Rocksteady Boxing**

"Let's kick some PD BUTT!" Tues, Wed, & Thurs: 10am-11:15am & 11:45am-1:00pm  
Location: Otis Park. 731 Iowa Ave. For more info, call Bill O'Donnell at (719) 243-9422.

## Neuro Logic Rehabilitation and Wellness

One-on-one physical therapy and wellness services for people with Parkinson's Disease and other movement/neuro disorders in the comfort of their home with outpatient mobile services. We come to you, to meet you where you are in your treatment & diagnosis! Board Certified Clinical Specialist in Neurologic Physical Therapy Certified PWR! (Parkinson's Wellness Recovery) Moves Therapist

For more information, contact Ryan Mueller, PT, DPT, NCS at (719) 306-0009 or [ryan@neurologicrehab.com](mailto:ryan@neurologicrehab.com) or visit [neurologicrehab.com](http://neurologicrehab.com) / Fax: (719) 691-7994

## Stanford scientists 'totally surprised' by potential Parkinson's treatment discovery

Experimental treatment could improve patient condition, not just stabilize symptoms, researchers say

By Khloe Quill, Fox News, July 7, 2025

A recent study from Stanford Medicine that "totally surprised" researchers highlighted what could be a promising approach to slowing Parkinson's disease progression.

The research, published in the journal *Science Signaling*, took a closer look at enzymes — proteins in the body that speed up chemical reactions and are essential for digestion, liver function and other key functions, according to Cleveland Clinic — and their role in Parkinson's.

The team found that targeting a certain enzyme helped to restore neuron and cell communication in mice.

Lead author Suzanne Pfeffer, PhD, the Emma Pfeiffer Merner Professor in Medical Sciences and a professor of biochemistry at Stanford, told Fox News Digital that the team was "totally surprised that we saw as much improvement as we did."

In about 25% of Parkinson's cases, the culprit is some form of genetic mutation. One of the most common mutations creates an overactive enzyme called LRRK2, according to a Stanford press release.

When there is too much LRRK2 activity, it changes the structure of the brain cells, disrupting important communication between neurons and cells. This system is crucial to movement, motivation and decision-making, according to the researchers.

The goal of the study was to determine whether a specific molecule — the MLi-2 LRRK2

kinase inhibitor — could reverse the effect of overactive enzymes.

Using mice that had the genetic mutation that causes overactive LRRK2 and also had symptoms consistent with early Parkinson's disease, the scientists tried feeding them the inhibitor for two weeks.

There were initially no changes detected in brain structure, signaling or function of the dopamine neurons.

However, after three months of eating the inhibitor, mice affected by the overactive enzyme appeared to have restored their neurons to the point where they were virtually the same as those without the genetic mutation, the study found.

"Findings from this study suggest that inhibiting the LRRK2 enzyme could stabilize the progression of symptoms if patients can be identified early enough," Pfeffer said in the press release.

### Limitations and future research

The study did have some limitations, the researchers acknowledged.

"This was in mice, not people, but our current results indicate that similar pathways are important in humans," Pfeffer told Fox News Digital.

While the study focused on a specific genetic form of the disease, overactive LRRK2 is also present in other cases, meaning this treatment could help multiple types of Parkinson's patients and possibly those with other

neurodegenerative diseases, the researchers claimed.

Looking ahead, the team plans to investigate whether other forms of Parkinson's could benefit.

Parkinson's — a disease that involves the slow death of dopamine-producing neurons, leading to symptoms like tremors and stiffness — affects nearly one million Americans, according to the Parkinson's Foundation, which has offices in New York and Miami.

Experts agree that early intervention is key, as Parkinson's symptoms often appear years after the disease begins.

**"These findings suggest that it might be possible to improve, not just stabilize, the condition of patients with Parkinson's disease."**

Identifying and treating at-risk individuals sooner could potentially halt or reverse neuron loss.

"These findings suggest that it might be possible to improve, not just stabilize, the condition of patients with Parkinson's disease," Pfeffer said.

The researcher told Fox News Digital that it's important to encourage patients to undergo genetic testing to learn more about their suitability for clinical trials and future treatments.

The study was funded by The Michael J. Fox Foundation for Parkinson's Research, the Aligning Science Across Parkinson's initiative and the United Kingdom Medical Research Council.

## ITEMS THAT ARE FREE FOR THE TAKING:

The following items are items that are available that are available but are items that are free for the taking, meaning these items do not need to be returned. These are items that we do not need in the Lending Locker or are personal use/disposable items.

If you see anything that you are interested in, please contact Julie at [info@co-parkinson.org](mailto:info@co-parkinson.org) and help us free up some space!

Ankle brace (elastic pull on)	1
Baby monitors (1500ft range)	1
Back support belt (size XL)	1
Bibs (Adult)	8
Blood Pressure Monitor	1
Catheter supplies (unopened)	1
Diabetes supplies	1
Easy sip hydrate bottle	1
Gate belt	7
Gloves: powder free-vinyl exam LG bx	100
Grip strength trainer balls	3
Handicap dinner plates w/ built-in rims	3
Handicap mountable pull handles	1
Hospital gown	1
Hospital slippers-XL&XXL	2
Leg compression machine	2
Liquid thickening packets	1

Lift assists (help to pull person up from chair, floor, bed, etc.)	2	Briefs (generic), L/XL – 18ct	4 pkgs	McKesson super underwear, moderate absorbency, XL (opened)	14 ct
Male portable urinals, new in individual pkgs-32oz capacity	2	Briefs (unisex stretch briefs), L/XL, ultimate absorbency, opened package - Walgreens Brand	1 pkg	McKesson super underwear, moderate absorbency, L (opened)	18 ct
Rehab squeeze balls	2	Cardinal health guards for men - extra heavy absorbency -14ct	2 pkgs	Kroger men's guards, maximum absorbency, one size fits all (opened)	52 ct
Reusable bed pads	8	Depend men's guards-52ct – 1 unopened and 3 opened with a few missing	8 pkgs	Walgreens disposable under-pads – XL (29"x35") – maximum absorbency – new items but open package	1 pkg
Rims for plates	2	Prevail daily male guards – one size fits all – maximum absorbency-14ct	2 pkgs	Walgreens unisex stretch briefs – L/ XL fits 40-70" – ultimate absorbency – new items but open package	1 pkg
Slipper socks extra-wide (new)	1 pair	Prevail Nu-fit daily briefs w/ fastener tabs – 32"-44" size – maximum absorbency-16ct	2 pkgs	Women's Always discreet guards – long & extra heavy – individually wrapped	1 pkg
Slipper socks XXXL, men size 11+ or women size 12+ (new)	1 pair	Women's Always Discreet s/m/ p/m maximum protection underwear – 42ct	2 pkgs	Men's large (35-43) Depend pull-up underwear – ultimate absorbency – 84 count	1 pkg
Slipper socks L/XL (used but washed)	6 pairs	Women's Always Discreet guards – long & extra heavy – individually wrapped	1 pkg	Prevail underpads – 25 count	1 pkg
Slipper socks xtra-wide (used but washed)	5 pairs	Women's Always Anti-Bunch extra long panty liners. Extra protection – 92ct	1 pkg	Underpads - generic	1 pkg
Simply Thick easy mix powder (to thicken liquids)	1	McKesson super briefs with tabs, moderate absorbency, XL	15 ct		
Under-pads (disposable) – XL (29"x35") – maximum absorbency, opened package - Walgreens Brand	1 pkg	McKesson super underwear, moderate absorbency, XL	14 ct		
Under-pads (washable)	3				
Wash cloth (disposable, no-rinse, self-sudsing)	1				
Wash cloth (disposable, no-rinse, self-sudsing)	1				
Washable under-pads – 3 count	1				
Weighted utensils	6				
Transfer pads – can handle a person up to 300 lbs	4				
Zippered ted socks – black	1 pair				

*The Support Group has a Lending Locker with items that have been donated for members to borrow if needed — See page 7 of this newsletter or the list of items available.*

## Program Review: November 1, 2025

| Jill Reid, President

### Alternate PD Medication Delivery Systems (Vyalev)

By Sean Kerns, AbbVie Senior Medical Science Liaison, Parkinson's Disease

**Disclosures:** This program is intended to provide information on treatment options for advanced Parkinson's disease. It is not intended to be medical advice. Only you and your healthcare provider can determine whether a treatment is right for you. [Note from Jill Reid: Remember, Deep Brain Stimulation surgery was initially intended only for people with advanced Parkinson's; now, anyone who has had PD for four years is a potential candidate for the surgery. Whether or not a person can have the Vyalev pump in earlier stages is really up to the Parkinson's provider and insurance.]

The substantia nigra in our brains produces a supply of dopamine, a chemical messenger needed for movement. The substantia nigra sends the dopamine to the basal ganglia, which controls movement. The basal ganglia produce two kinds of signals: excitatory signals and inhibitory signals. When these signals are in balance, we have smooth motor movements. When they're not in balance, we can have too much inhibition, which causes slow movement initiation and movement itself; or we can have too much excitation, which results in more active, uncontrollable movements (e.g., tremors). A Parkinson patient's basal ganglia produce signals that are out of balance. And his brain produces less and less dopamine, which causes his symptoms to worsen over time.

Symptom management is a very important part of managing the disease, and symptom relief is possible with a lot of Parkinson's medications.

As the disease progresses, the window of time that your oral medication is working well gets smaller and smaller. You need to tell your provider how much time you spend in that window (when your meds are "on" or working well) and how much time outside that window (when your meds are "off" or no longer working well). It is the most important way that your provider will know how to prescribe your Parkinson's medication.

Parkinson's effects you 24 hours a day:

In the morning:

- Early morning "off"
- Slow, difficult movements
- Stiffness

Throughout the day:

- Difficulty with mobility
- Increasing "off" times
- Uncontrolled movements
- Daytime sleepiness caused by peak dose of levodopa (dopamine has a role in bringing about sleep)

At night:

- Stiffness or movements
- Multiple trips to the bathroom
- Trouble staying asleep
- Acting out dreams.

There are disadvantages to oral medication:

- They only manage symptoms and cannot prevent

further loss of dopamine nerve cells.

- Movement of oral medication through the stomach may be delayed in getting to the small intestine where most of the medication is absorbed, leading to unpredictable symptom control.
- The efficacy of the oral medications is reduced by eating food containing protein within an hour of taking the medication.
- As the disease progresses, you have to take oral medications more frequently and likely in increasing doses.

The chemists at Abbvie explored a way to get the standard dose of carbidopa and levodopa into solution at higher concentrations without having to add more carb/levo to accomplish it. They succeeded in developing what they call foscarbidopa and foslevodopa by chemically tricking that standard carb/levo dose to go into solution at higher concentration; they didn't have to go above the standard dose to achieve it. Using made-up numbers, let's say that instead of infusing 10 ml from the standard dose, they can infuse 100 ml of the carb/levo by using 10 ml of foscarbidopa and foslevodopa. It enables the pump to infuse the standard dose from a smaller amount of the foscarbidopa/foslevodopa.

Unlike oral medications, the Vyalev pump delivers PD medication subcutaneously and gives the Parkinson patient a continuous flow of carb/levo; for most people, one dose will last for a full 24 hours (a few patients need a second dose within the 24-hour window). Since the medication is infused subcutaneously, it goes directly into the blood stream and then to the brain, completely bypassing the digestive tract and avoiding competition with protein (you can eat whatever you want, whenever you want). Vyalev reduces the effects of PD listed above and gets you off the "on"/"off" roller coaster of oral medications. While subcutaneous delivery is new for carbidopa/levodopa, it is a technique that has been used for fifty or sixty years with other medications.

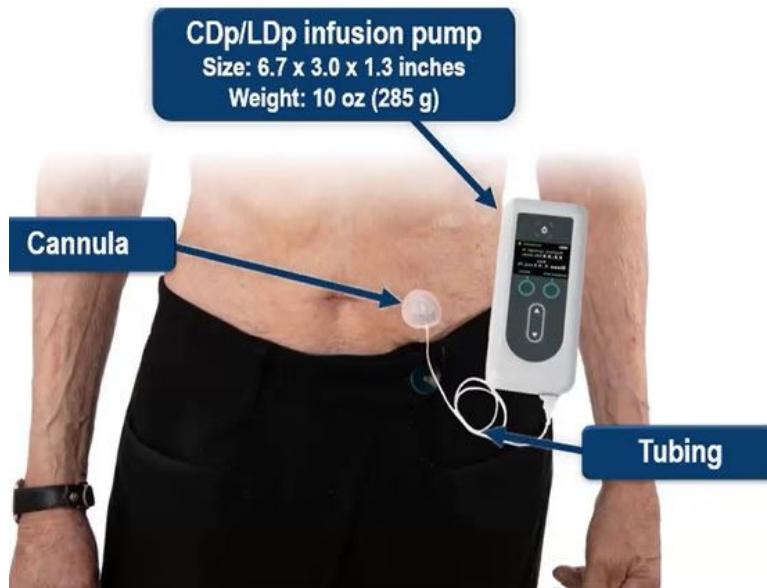
People with Parkinson's or their caregivers can operate the Vyalev pump system (pump, syringe containing the medication, cannula that contains the needle that goes into the area beneath the skin, tubing); no healthcare providers are needed in the day-to-day operation of the system. Nurse ambassadors from Abbvie will train all Vyalev users and/or their caregivers on everything they need to know. There is also a nurse helpline available for questions and assistance. Clinicians will also be able to give additional guidance on how to set up the system. [The cannula can be placed on the abdomen, the thigh, or the back of the arm.]

The amount of medication delivered by the Vyalev pump in a 24-hour period is calculated based on how much oral medication the patient has been taking during waking hours. The pump can be dialed up a notch or down a notch to match physical activity. In addition, each syringe contains extra doses if needed. It may take two or three adjustments with the clinician to "get the dose right."

(continued on next page...)

The system can be disconnected temporarily for up to one hour for water-based activities (swimming, bath, shower).

This therapy requires the patient or caregiver to be able to fill the syringe from the vial, load the syringe of medication into the pump, change the cannula every two or three days, and keep clean the area where the cannula will be placed. Remember, though, the frequency of attention is less than taking oral medications multiple times per day.



But if the oral medication is working well and you're only taking them two or three times a day, you may want to stay on the oral medication.

Currently, hospitals, nursing homes, and assisted living facilities do not touch pumps of any sort, including insulin pumps. However, they may allow a family caregiver to load the pump each day and change out the cannula when needed. If not, the patient can revert to oral medication for the duration of his/her stay.

There are three choices of wearable items that carry the pump: wearable vest, fanny pack/belt option, and standard case. You will have to carry it in one of these 24 hours a day since the tubing is too short to have the pump on a bedside table, for example. Some women use sports bras that have pockets for cell phones and carry the pumps in the cell phone pockets. Whatever you choose to carry your pump, you will want to leave slack in the tubing so that it doesn't pull on the cannula and dislodge it. Sean recommends extra tape to hold the cannula even more securely and to secure some of the tubing to the body so pressure on the tubing won't pull on the cannula. If the cannula does become dislodged, simply insert another cannula.

Some of the side effects of the Vyalev pump system: infusion site redness and infection. The way to avoid infection completely is by washing hands and the area where the cannula will be placed with good soap and water every time or by cleaning the area with an alcohol-based wipe every time. Doing it the right way, without shortcuts, leads to success.

Medicare has been approving the Vyalev pump lately but it may take a month to get approval. The time is shrinking, however. Every patient's insurance is different and may impact the time it takes to get approval.

A key takeaway is that Vyalev is nonsurgical and completely reversible. If you don't like it or find it to be too much trouble, you can stop using Vyalev and go back to your oral medications. You can also go back on Vyalev later. Vyalev gives you the flexibility to go back and forth between oral medication and the Vyalev pump depending on what you works for you.

*[End note: Ric Pfarrer went on Vyalev a short time ago, and he experienced immediate improvements in sleep, speaking clearly, and speaking volume. His wife, in just one week of hands-on experience, has been able to change out the syringe/medication dose and the cannula more quickly each time she does it.]*

## LENDING LOCKER INVENTORY

If you would like to borrow any equipment listed here, please contact: Mary Sauvain at [REDACTED]

### New & Different Items

- \* Ramp with rails – 10 foot
- \* Portable ramp – 10'x4'
- \* Liberty folding, reclining wheelchair with headrest, tray & cushions
- AccVoice TV speaker w/ hearing aid technology
- Air mattress
- Back brace
- Bed canes
- Bedding lifters
- Bed pan
- Bed rails
- Bed risers
- Bedside toilets
- Blood pressure cuff
- Canes
- Cervical traction machine
- Chair-side food tray
- Chair/sofa canes
- Crutches
- Exercise bikes
- Exercise floor pedals
- Homedic massagers
- Hospital beds
- Hospital bed food trays
- Hoyer Lift
- Lazercue for freezing help
- Lift chairs
- Lift-ware tremor compensating utensils
- Monthly med carousel w/alerts
- Pick-up assists
- Punching bag - freestanding
- Ramp (10 foot)
- Shower seats/benches
- Sock helper
- Squatty potty
- Standup assist transport lift
- Standup Walker
- Suction cup hand rail
- Swivel seat
- Toilet arm assist
- Toilet rails
- Toilet seats
- Transfer poles
- Transport chairs
- Tub rails
- U-step
- Walkers with wheels & seats
- Waterproof mattress protector (Twin)
- Wheelchairs

## **Colorado Parkinson Foundation, Inc.**

1175 Kelly Johnson Blvd.  
Colorado Springs, CO 80920

### **PARKINSON'S PERSPECTIVE**

**DECEMBER 2025  
& JANUARY 2026**

# **Coming Events**

See inside for more information

#### **December 6: Annual Christmas Party!!**

**Location & Time:** Central United Methodist Church - 10 am

**Program:** Christmas Party!!

**Entertainment:** The Song Spinners

**January 3:** Reg Mtg at Central United Methodist Church - 10 am

**Program:** Parkinson's 101

**Speaker:** Jill Reid, Educational Outreach

**February 7:** Reg Mtg at Central United Methodist Church - 10 am

**Program:** Break-out Sessions

**Moderators:** Kathleen Foster—Parkinsonians; Jill Reid & Julie

Donahue—Caregivers

*(Caregivers & Parkinsonians separate into different rooms to talk)*

**March 7:** Reg Mtg at Central United Methodist Church - 10 am

**Program:** Silver Key Services

**Speaker:** Jayme Holligan, Director of Volunteer, Events, and Community Engagement

**April 4:** Reg Mtg at Central United Methodist Church - 10 am

**Program:** TBD

#### **More useful websites:**

<https://parkinsonsnewstoday.com>; [www.parkinsonrockies.org](http://www.parkinsonrockies.org); [www.parkinson.org](http://www.parkinson.org); [www.nwfp.org](http://www.nwfp.org); [michaeljfoxfoundation.org](http://michaeljfoxfoundation.org);

<http://caremap.parkinson.org>; <https://www.brainhq.com/world-class-science/published-research/active-study>;

[www.davisphinneyfoundation.org/living-pd/webinar/videos/cognitive-nonmotor-symptoms-parkinsons](http://www.davisphinneyfoundation.org/living-pd/webinar/videos/cognitive-nonmotor-symptoms-parkinsons); [www.parkinsonheartland.org](http://www.parkinsonheartland.org);

<https://www.pdsself.org>; [https://www.youtube.com/playlist?list=PLkPIhQnN7cN6dAJZ5K5zQzY84btUTLo\\_C](https://www.youtube.com/playlist?list=PLkPIhQnN7cN6dAJZ5K5zQzY84btUTLo_C); [pmdalliance.org](http://pmdalliance.org);

<https://www.michaeljfox.org/foundation/news-detail.php?self-care-tips-for-parkinson-disease-caregivers>; [laurawayman.com](http://laurawayman.com)