



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

Acting President:

Jill Reid [redacted]
president@co-parkinson.org

President Emeritus: Ric Pfarrer

Vice President: Jill Reid

Secretary: Patricia Beatty
secretary@co-parkinson.org

Treasurer: Julie Donahue
treasurer@co-parkinson.org

Members at Large:

Janet Adams, Dee Beatty,
Steve Booth, Annette Garcia,
Carole Henrichsen, Bill Hicks,
Karen Mein, Dave Moross,
Mary Sauvain

Committee Chairmen

Programs: Jill Reid

Educational Outreach: Jill Reid

Membership: Carole Henrichsen

Chaplain: Rusty Merrill

Parkinson's Awareness Day:
Vacant

Photographer: Annette Garcia

Lending Locker Coordinator:
Mary Sauvain [redacted]

Main Dish Coordinator:
Bill Hicks [redacted] or
potluck@co-parkinson.org

Picnic: Carole Henrichsen
and Janet Adams

Media Relations: Mary Sauvain

Medical Advisor:

Dr. Brian Grabert, MD

New Member Table Chairmen:

Janie Shore & Carol Hamill

Sunshine (Cards):

MJ Thompson [redacted]

T-Shirt Chairman: Vacant

IT Support: Heather Johnson

Webmaster: Julie Donahue
webmaster@co-parkinson.org

Newsletter Editor:

Kristy Schleiker

Address/Email/Database

Updates and Newsletter

Coordinator:

Contact Julie Donahue at
info@co-parkinson.org or call
[redacted]

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 3th – 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!**



You are invited to
participate in a festive
Christmas apparel
contest during
the meeting.

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, 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.

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% [Swinin, 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 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. 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.

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:

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, 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 Benhammou-Osur | • Vince Cologne | • Patricia Kayser | • Jill Reid |
| • Ron Bowman | • Christa Donley | • Bill Koch | • Mary Roney |
| • Doris Briggs | • Hannah Duncan | • Lynn Kozeliski | • Kathi Rudawsky |
| • Jerelyn Buhringer | • Elinor Edwards | • Bob Meredith | • Lonny Seery |
| • Bill Byars | • Marv Essing | • Ronald Nickelson | • Larry Suhr |
| • Linda Byars | • Kathie Fallon | • Mary Ellen Palmer | • Donna Telatnik |
| | • 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.

ROASTED EGGPLANT CAPONATA

Ingredients:

- | | |
|--|--------------------------|
| 1 large eggplant (1 ½ lbs) | 2 Tbl pine nuts, toasted |
| Olive oil | 2 Tbl lemon juice |
| 4 oz jarred roasted red peppers, chopped | 2 Tbl drained capers |
| ½ 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 ½ 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 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 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 jimds22@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 jrfri2@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 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.

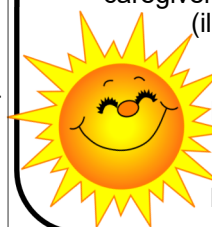
To learn more or schedule a free consultation, call Heather at (719) 345-2887 or email heatherjohnson@squaremusic.co.

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.

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.

Neuroping 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 terma@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@rsbaffiliate.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 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 and click on "Dance for Parkinson's" under the "Outreach" tab to get the Zoom link.

Contact Laura at 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 terma@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

or visit 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 oth-

er 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 and help us free up some space!

Ankle brace (elastic pull on)	1	Lift assists (help to pull person up from chair, floor, bed, etc.)	2	Briefs (generic), L/XL – 18ct	4 pks	McKesson super underwear, moderate absorbency, XL (opened)	14 ct
Baby monitors (1500ft range)	1	Male portable urinals, new in individual pks—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
Back support belt (size XL)	1	Rehab squeeze balls	2	Cardinal health guards for men - extra heavy absorbency -14ct	2 pks	Kroger men's guards, maximum absorbency, one size fits all (opened)	52 ct
Bibs (Adult)	8	Reusable bed pads	8	Depend men's guards—52ct – 1 unopened and 3 opened with a few missing	8 pks	Walgreens disposable under-pads – XL (29"x35") – maximum absorbency – new items but open package	1 pkg
Blood Pressure Monitor	1	Rims for plates	2	Prevail daily male guards – one size fits all – maximum absorbency-14ct	2 pks	Walgreens unisex stretch briefs – L/ XL fits 40-70" – ultimate absorbency – new items but open package	1 pkg
Catheter supplies (unopened)	1	Slipper socks extra-wide (new)	1 pair	Prevail Nu-fit daily briefs w/ fastener tabs – 32"-44" size – maximum absorbency-16ct	2 pks	Women's Always discreet guards – long & extra heavy – individually wrapped	1 pkg
Diabetes supplies	1	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 pks	Men's large (35-43) Depend pull-up underwear – ultimate absorbency – 84 count	1 pkg
Easy sip hydrate bottle	1	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
Gate belt	7	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
Gloves: powder free-vinyl exam LG bx	100	Simply Thick easy mix powder (to thicken liquids)	1	McKesson super briefs with tabs, moderate absorbency, XL	15 ct		
Grip strength trainer balls	3	Under-pads (disposable) – XL (29"x35") – maximum absorbency, opened package - Walgreens Brand	1 pkg	McKesson super underwear, moderate absorbency, XL	14 ct		
Handicap dinner plates w/ built-in rims	3	Under-pads (washable)	3				
Handicap mountable pull handles	1	Wash cloth (disposable, no-rinse, self-sudsing)	1				
Hospital gown	1	Wash cloth (disposable, no-rinse, self-sudsing)	1				
Hospital slippers–XL&XXL	2	Washable under-pads – 3 count	1				
Leg compression machine	2	Weighted utensils	6				
Liquid thickening packets	1 pkg	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 dosages.

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 foscarnidopa 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 foscarnidopa and foslevodopa. It enables the pump to infuse the standard dose from a smaller amount of the foscarnidopa/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.

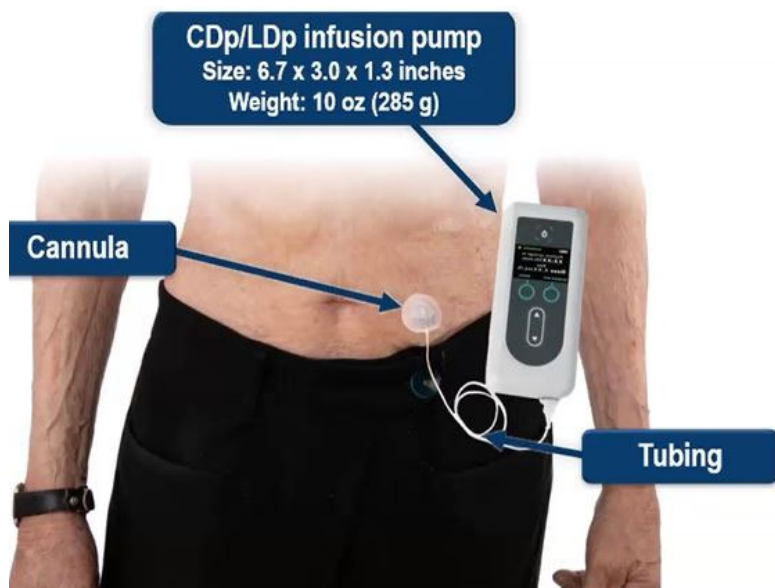
People with Parkinson's or their caregivers can operate the Vyalev pump system (pump, syringe containing the medication, cannula that contains the needle that goes into the area beneath the skin, tubing); no healthcare providers are needed in the day-to-day operation of the system. Nurse ambassadors 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; www.parkinson.org; www.nwpf.org; 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; www.parkinsonheartland.org;
<https://www.pdself.org>; https://www.youtube.com/playlist?list=PLkPIhQnN7cN6dAJZ5K5zQzY84btUTLo_C; pmdalliance.org;
<https://www.michaeljfox.org/foundation/news-detail.php?self-care-tips-for-parkinson-disease-caregivers>; laurawayman.com