



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

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

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Programs: Jill Reid

Educational Outreach: Jill Reid

Membership: Carole Henrichsen

Chaplain: Janet Adams

Parkinson's Awareness Day:
Vacant

Photographer: Vacant

Lending Locker Coordinator:

Julie Donahue [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:

Steve Booth & Wendy Booth

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)

THIS NEWSLETTER COVERS BOTH JULY & AUGUST

Next Meeting: Saturday, July 4th | 10:00 am – 1:30 pm

We will NOT be Zooming OR 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.*

JULY PROGRAM: Get together for informal discussions and/or break-out
sessions—an all-around fun time getting to know each other.

A Potluck will follow the monthly program.

July Potluck - Family Potluck

Nothing formal, bring any potluck dish you want to share.

Remember that bringing food for the potluck is voluntary.

We look forward to seeing you there!

SUMMER PICNIC - SATURDAY, AUGUST 1ST, 11AM – 1PM



VENEZIA PARK

Directions to Venezia Park:

– From I-25 take the Briargate Parkway exit. Go east on Briargate Parkway where there will be the entrance to the first parking lot that is next to the Bunkhouse Pavilion. A second entrance off of Briargate Parkway takes you to the parking lot that is east of the pavilions or you can go all the way to Union and turn right.

– From Union Blvd., Turn west at the light at Family Place into the park (across from the King Soopers).

Wind around until you see the windmill and the large pavilions with the green roofs. The easiest parking lot is the one to the right (east, next to the HOUSE pavilion) – no inclines or ramps. There is another parking lot on the west side of the 3 large pavilions but you have to navigate an incline (ramp) to reach the pavilions.

Main Dish – your choice of fried or baked chicken and water will be furnished. If you would like to drink something else, please bring your own.

Our annual summer picnic will be August 1st at Venezia Park at the corner of Union Blvd and Briargate Parkway. Look for three large pavilions with green roofs. The BARN pavilion is the large middle pavilion. There is a parking lot on the west side of the pavilions) but you will have to climb a ramp because that parking lot is down a hill from the first pavilion. The main parking lot next to the restrooms (east of the pavilions) is also available.

In order to assure that we have a good variety of side dishes, Bill would like for you to let him know what you're bringing to the picnic by contacting him at [REDACTED] or potluck@co-parkinson.org.

Attire – if you own one, wear your 'safety green' (actually neon yellow) Parkinson's shirts so we stand out in the crowd by 'glowing'. If not, wear whatever Parkinson's Support Group apparel you might have, otherwise, wear something comfortable.

There are picnic tables with seats furnished but you're welcome to bring a lawn chair.



BARN PAVILION

IF YOU WOULD LIKE TO HELP SET UP OR CLEAN UP, CONTACT: CAROLE HENRICHSEN AT [REDACTED] OR BY EMAIL AT [REDACTED]
—OR— JANET ADAMS AT [REDACTED] OR BY EMAIL AT [REDACTED]

The President's Corner

| Jill Reid-Acting President, CPF & CSPSG



The guest speaker for our June meeting was Ryan Mueller, a physical therapist who owns a mobile physical therapy business. Finding physical therapists that come to you is very rare and very exciting, especially when they have the qualifications that Ryan and his team have. Sometimes it's just very difficult if not downright impossible to get in a car and go to a physical therapy appointment, especially if you're recovering from surgery or a serious fall. At the same time, it's absolutely essential that you get the physical therapy that you need. That's when a team like Ryan's is a God-send. You might want to add his company, Neruo Logic Rehabilitation and Wellness, to your personal resource list.

We have recently heard about a mobile **occupational therapy** company, Homefit Therapy Colorado. Who knew we'd be fortunate enough to have a one mobile therapy company in the area, much less two!! While Ryan's team is comprised to physical therapists, occupational therapists (OTs) provide "skills for the job of living" that enable people to become or stay proficient in the activities of daily living (such as dressing, grooming, preparing meals, and bathing) and much more. It makes a lot of sense to have occupational therapy at home since that's where we do those activities of daily living. While I don't have any first-hand knowledge of this company, I do know that occupational therapists go through a lot of high-level training and are highly qualified. This company's OTs are also certified in PWR!Moves (exercises specifically designed for people with Parkinson's) and are Aging-in-Place Specialists. You could add this company to your resource list for future (or current) reference as well.

This month's comedy recommendation is another oldie but goodie, *Cheaper by the Dozen*, starring Clifton Webb, Myrna Loy, and Jeanne Crain. Both touching and funny, this movie tells the story a real-life turn-of-the-century efficiency expert, Frank Gilbreth, who tries to apply his exacting work standards to raising all twelve (!) of his children. It is based on the bestseller written by his children and is narrated by his eldest daughter, Ann, played by Jeanne Crain. Myrna Loy plays his patient wife, Lillian, who does her best to allow her children to be children. Just imagine the fun and companionship of a family with that many children!

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.

KETO FRIED GREEN TOMATOES

Ingredients:

- | | |
|---------------------------------|---------------|
| 2 medium green tomatoes, sliced | Salt & pepper |
| 1/3 C almond flour | 2 eggs |
| 1/3 C parmesan cheese | Avocado oil |
| 1 tsp garlic powder | |

Directions:

- Combine flour, cheese & garlic powder in shallow bowl
- Beat eggs together in another shallow bowl
- Dip tomatoes in eggs & then dredge in flour mixture
- Press coating into sides of the tomatoes to help it stick & spray with cooking spray on both sides

Air Fry Instructions:

- Preheat to 400°
- Arrange in single layer, cooking in batches
- Cook for 5 minutes per side, flip & cook for 3-5 minutes until golden brown

Baking Instructions:

- Line a baking sheet with parchment paper & arrange the tomatoes in a single layer
- Preheat to 425° & spray with cooking spray
- Place in oven & cook for 20-25 minutes, flipping half way through until golden brown

Frying:

- Heat ½" of oil in heavy frying pan over medium heat
- Add tomatoes & cook until golden brown
- Turn & cook on other side until brown
- Drain on paper towel-lined plate

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.



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.

Program Review: June 6, 2026

| Pat Beatty, Secretary

Motivation, Learning Tasks and Behavior Change

By Ryan Mueller, PT, DPT, NCS

Our speaker, Ryan Mueller, graduated with his doctorate in physical therapy 2017, completed a year-long Neurological Physical Therapy Residency program from A. T. Still University in 2019 and is a board-certified clinical specialist in neurological physical therapy, granted by the American Board of Physical Therapy Specialties. Ryan has worked in neurologic multidisciplinary out-patient clinic and acute rehabilitation hospital settings, in which he provided care across the spectrum of neurological disorders. He is a certified therapist of Parkinson Wellness Recovery (PWR!).

Ryan has a passion for treating individuals with neurological conditions by creating individualized plans of care that allow each person to progress toward their goals and continue to be active members of the community. His collaborative and holistic approach allows those he works with to receive the highest level of care based on evidence-based practice. Ryan finds it important for individuals to develop a level of self-efficacy and personal motivation for maintaining or achieving health and well-being to prevent any decline regardless of his or her diagnosis.

Motivation, Learning Tasks, and Behavior Change were the topics Ryan chose to address in his presentation. First, he discussed Motivation by defining 'Apathy' since the two are so closely related. He listed signs of Apathy as:

Lack of motivation, diminished initiative, flattened emotional expression
Less driven to start activities
Emotionally "flat"
Indifferent even toward things they previously enjoyed
Not depression

This really caught my attention because I've always connected the two: depression and apathy. However, you can have one without the other. According to Ryan, apathy is specifically related to dopamine loss in the SN (substantia nigra). [Note: the substantia nigra is a small, critical brain structure located in the midbrain that acts as the body's movement and reward command center.] In addition to movement and reward, dopamine loss in the SN affects Motivation, Anticipation of reward, Initiating actions, and Emotional engagement. Because this loss of dopamine occurs in the brain, and given the fact that there is a connection between frontal lobe and basal ganglia, the person with Parkinson's (PWP) finds **change** (with regard to behavior) *>Harder to initiate behavior >Difficult to sustain effort, and >Reduced motivation*, all of which are often attributed to depression.

Ryan continued by defining Motor Learning as a "Process where practice changes movement performance over time"

- *acquiring a new movement*
- *improving speed and accuracy*
- *forming habits/automatic skills*
- *adapting movements based on errors*

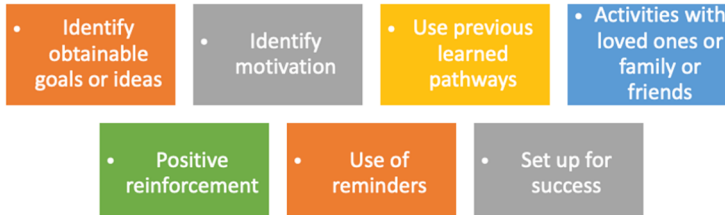
This makes so much sense and can be attested to by our members who participate in NeuroPong at the Y, dance class, boxing, or any of the other activities listed in our newsletter.

Motor Learning for the PWP requires greater reliance on attention and increased planning. External cues (auditory or visual) are also effective. Ex: Think or say "big" steps, focus on the in-

frared light on a walker. When it comes to acquisition of new skills, it is important to remember that:

- Learning can be slower
- More repetition may be required
- Retention may be variable

How do we develop new habits or behaviors?



- Complex or multistep tasks may be more challenging

Ryan shared that repetition is key. For the average person it takes over 1,000 times to perform a new task or behavior well, so it stands to reason that a PWP needs to do it even more! He offered the following tips for developing or changing behaviors:

[For a more comprehensive understanding of his suggestions, his presentation is available on our website: www.co-parkinson.org.]

Lastly, Ryan addressed the importance of Physical Activity and Physical Therapy and offered the following considerations:

- *Use of targets *High repetition *To dual task or not?
- *Auditory cues *Task specific *Start with aerobic warm up
- *Positive reinforcement *Adherence to exercise program

Ryan is the owner of Neuro Logic Rehabilitation and Wellness. His business is mobile... he comes right to your place of residence. Most services are covered by insurance.

Neuro Logic Rehabilitation and Wellness

- ✓ Outpatient mobile physical therapy - We come to you!
- ✓ Hybrid model of insurance covered and optional non covered services to increase access to therapy and services
- ✓ Board Certified Clinical Specialist in Neurologic Physical Therapy
- ✓ LSVT BIG® and/or PWR! (Parkinson's Wellness Recovery) Moves®
- ✓ Individualized services and plan
- ✓ Adaptive Exercise
- ✓ Dry Needling

For more information, contact Ryan Mueller at (719)306-0009 or ryan@neurologicrehab.com or visit neurologicrehab.com.

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.

Monthly on the 3rd Thursday, from 10:00-12:00 at Central United Methodist Church, 4373 Galley Rd, Colo Spgs, 80915.

For more information contact Kurt Hansen 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 [REDACTED] 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 [REDACTED] 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 for more info at slp@janahothan.com or call (719) 338-8165.

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 Colo 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.

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!"

Why: To improve your balance, voice, strength, flexibility, and depression with music and laughter

When: Tues & Thurs from

1:15pm – 2:30pm & 2:45pm – 4:00pm

Where: 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

*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!

September Newsletter Input Deadline:

August 14th

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

info@co-parkinson.org

July & August CSPSG Executive Committee Meeting

July 7th and August 4th @ 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 JULY BIRTHDAYS!** 🎁🎁🎁

- | | | |
|-------------------|-----------------------|---------------------|
| - Jyl Alexander | - Shirley Gloss-Soler | - Patricia Meredith |
| - Calvin Anderson | - Rex Helmsing | - Ruth Modaff |
| - Tim Binkley | - John Henricks | - Debbie Nelson |
| - Gary Bradley | - Delories Heyliger | - Beverly Noe |
| - Sally Clark | - Brenda Jensen | - Lorraine Scott |
| - Mala Cobey | - Gary Jensen | - Dot Semmens |
| - Julie Donahue | - Anita Layman | - Steve Telatnik |
| - Mark Fleck | - Louise Maestas | |
| - Shelly Fly | - Karen Mein | |

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

🎁🎁🎁 **HAPPY AUGUST BIRTHDAYS!** 🎁🎁🎁

- | | | |
|--------------------------|----------------------|-------------------|
| - Kathy Ader | - June Essing | - Catherine Reed |
| - Bethany Andreen-Bailey | - Freda Frazer | - Mark Ruport |
| - Becky Arneson | - Larry Grubaugh | - Cathy Schrock |
| - Allen Beauchamp | - Lorraine Helminski | - Alfredo Serrano |
| - Peg Blackwell | - Sonya Hero | - Mary Taylor |
| - Charles Bogues | - Roger Hill | - Bruce Terrell |
| - Terry Bresee | - Andrea Joiner | - MJ Thompson |
| - Sharon Carlson | - Lowell Kayser | - Ron Thompson |
| - Barbara Carr | - Michael Lippincott | - Laura Torgerson |
| - James Coen | - Carl McKellip | - Bill Wheeler |
| - Marc Collins | - David Mein | - Alice Wilson |
| - Mike Davis | - Manuel Pedraza | - Peter Wolcott |
| - Melinda Drinen | - Jim Prior | - Carol Zier |
| - Jim Egolf | - Frank Quidachay | - Charlie Zinn |
| - Reva Epler | - Lil Ray | |

By popular request. Chaplin, Janet Adams read this poem before lunch at the June meeting.

We gather in this quiet space,
With steady hands or shaking grace.
Some days are heavy, some are slow,
But in this room, we let it show.

We share the triumphs, big and small,
And catch each other when we fall.

With every step and every sigh,
We lift our heads and look up high.

For Parkinson's may share our name,
It does not define who we became.

Through all the stiffness, all the fight,
We stand together in the light.

So let us breathe and share a smile,
And walk the journey, mile by mile.
No one must walk this road alone,
This is a circle we call home.

We are grateful for the food before us
And the company we share.
May this meal renew our strength
And enhance our time together.

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/DP 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

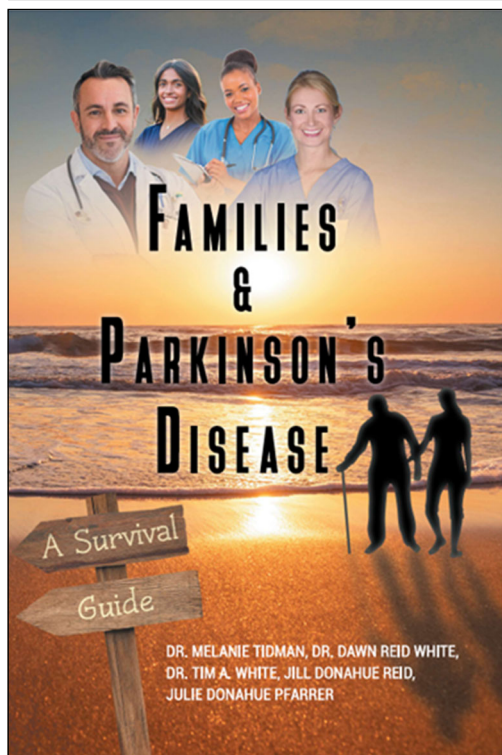
Dr. David VanSickle, MD – Neurosurgeon at Neurosurgery One; (720) 638-7500
Note: DBS expert

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

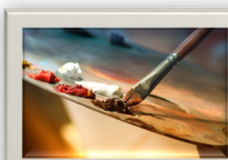


Our book, **Families & Parkinson's Disease: A Survival Guide**, is now available to purchase!!!

As announced during the May Colorado Springs Parkinson's Support Group meeting, the new Parkinson's book that the Colorado Parkinson Foundation president, Jill Reid, and treasurer, Julie Donahue (formerly Pfarrer), helped to write is now available for purchase. You can get it on Amazon, Barnes & Noble, and other retailers. If you choose to order online, there are several Parkinson's books available online, but this one is different from all the others. The principal author listed at the retailers is Dr. Melanie Tidman if you want to do a search by author.

All proceeds from the sale of the book will go directly to the Colorado Parkinson Foundation (CPF) and therefore will benefit all of us. CPF is the support group's 501c3 (not-for-profit) umbrella organization that funds all our activities and services.

ATTENTION CAREGIVERS!!



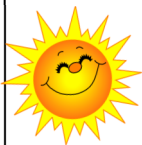
One of our support group members, Mary Taylor, would like to know if any caregivers would be interested in a short painting session after the Parkinson's Caregivers Support Group meeting.

Printed images and gouache paints will be used. Mary will supply the brushes, paints and one image for \$1 per person. She is thinking about doing this sometime in the June to August timeframe.

"Many find this relaxing and it can be a short respite and then a gift for someone."

If you are interested let Julie know at info@co-parkinson.org or [REDACTED].

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] 2385.

FALL ASSISTANCE

If you have fallen, did you know there is a non-emergency number that you can call to get help? Don't call 911, call this number – (719) 444-7000. This will allow fire trucks, ambulances and police to be available for more critical emergencies

LENDING LOCKER INVENTORY

If you would like to borrow any equipment listed here, please contact: Julie 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

SAD NEWS:



James Jarvis, 75: Jim, as he was affectionately known to all, passed away on June 5, 2026 from complications due to a rare form of Parkinson's disease. Jim was born in Salt Lake City and grew up in Logan, Utah. He attended Utah State University but left school early to enlist in the Air Force which initially took him overseas to Japan and Taiwan. Back in the states he learned a new trade, computer maintenance, and ended up at NORAD where he spent 10 years "behind the blast doors." He was then reassigned to Air Force Space Command at Peterson AFB, where he spent another five years before retiring in August 1993. He wrote tech manuals for civilian contractors just as he had done with Air Force Space Command, for another 21+ years and eventually graduated from the University of Phoenix where he earned a Bachelor of Science Degree in Business Information Systems.

Jim married Mary Kae Knight in 1987, who survives along with their two daughters, Virginia of Colorado Springs and Amber of Phoenix, AZ. He is also survived by his two brothers, Bob, wife BK, of Bozeman, MT, and Ben, wife Mary, of Logan, UT; two nieces; a nephew; and many cousins.

Memorial Service will be held Sunday, June 28, 2026, at Meridian Point Christian Church, 5450 N Meridian Road, Peyton, CO @ 2:00 PM. Interment will be @ Pikes Peak National Cemetery with full military honors, Monday, June 29th @ 9:00 AM. In lieu of flowers memorial contributions can be made to Colorado Parkinson Foundation, Inc; Parkinson's Voice Project; or the General Grand Chapter OES Regenerative Medicine Fund.

Dental Care Often Irregular But Needed With Parkinson's: Study

By Andrea Lobo – Parkinson's News Today, 11/7/22

Dental care often is irregular in people with Parkinson's disease, who also require more dental treatments than those without this disease, a study from Denmark reported.

High-quality initiatives addressing basic care, from daily oral cleanings to regular checkups that could reduce cavities and tooth extractions, are needed for better oral health and to ease the economic burden that extensive dental treatments impose, its researchers noted.

"This knowledge can be used by clinicians and decision-makers to ensure the optimal dental care for persons with [Parkinson's disease]," the researchers wrote.

The study, "**Dental care utilization among persons with Parkinson's disease in Denmark**," was published in the journal *Community Dentistry and Oral Epidemiology*.

WAYS OF BETTER ENSURING GOOD DENTAL CARE IN PARKINSON'S REVIEWED

DENTAL CARE A POORLY STUDIED AREA OF PARKINSON'S OVERALL CARE

The motor symptoms of Parkinson's can increase the difficulty of daily oral hygiene practices, while nonmotor symptoms like depression and cognitive changes can affect how well a person maintains good hygiene and makes regular dental appointments.

DISEASE TREATMENTS THEMSELVES, FURTHERMORE, OFTEN AFFECT SALIVATION.

"Controlled studies show a higher prevalence of caries, gingivitis, periodontitis and tooth loss" among Parkinson's patients, the study noted, which "can lead to pain, decreased quality of life and malnutrition," the scientists, all with the University of Copenhagen, wrote.

"Based on this, it is obvious that the need for both preventive dental care and dental treatment is high ... and necessary to control oral diseases and secure a sufficient oral function and a healthy life," they added, noting few studies have looked into dental care in this patient group.

Using the Danish National Prescription Registry, the researchers identified 6,874 patients with data covering their dental service use between 2015 and 2019. They then compared this information with data on 34,285 people without Parkinson's, serving as controls.

Both groups were similar in terms of median age (71) and sex distribution (60.7% male). People with Parkinson's had a higher educational and income level, were more likely to have a partner, and more likely to live in nursing homes and for longer periods than controls.

These people were further categorized by dental attendance over the study's five years: non-attenders (no evidence of any dental service use), irregular attenders (one to two examinations or dental treatments only), or regular attenders (three or more examinations). Dental care, generally private, is reimbursed in part under Denmark's national health policy once claims are filed, and partial reimbursement includes preventive care, tooth fillings or extractions, and periodontal treatments.

IRREGULAR DENTAL CARE, WITH NEED FOR FILLINGS, MORE COMMON WITH PARKINSON'S

Most people in both groups were regular visitors to dental care, although a smaller percentage of those with Parkinson's regularly went for care than did those in the control group (57.5% vs. 59.5%). Patients, overall, were significantly more

likely to have irregular dental visits than those without the disease (21% vs. 16.9%).

Adults without Parkinson's, however, were more likely to not use dental care services compared with patients (23.6% vs. 21.4%).

Among regular attenders, Parkinson's patients more likely to need services, with a 1.10 times higher rate of examinations and preventative services, 1.62 times higher rate of fillings, and 1.49 times higher rate of extractions than controls. This amounted to an incidence rate for overall dental service use among regular attenders that was 1.18 times greater for patients than controls, and 1.12 times higher among those classified as irregular attenders.

"The incidence rate of dental services in the overall PD [Parkinson's disease] population was significantly higher compared with the control population, especially for fillings and extractions," the researchers wrote.

Fillings given to treat small cavities or broken teeth had a 1.71 higher incidence rate among patients than controls, the study noted. And regular care attenders, whether patients or controls, had almost double the number of fillings (8.3 for patients and 5.1 for controls) over the study's years than did irregular attenders.

Absolute numbers of tooth extractions were small over these five years, the researchers wrote, with an estimated mean of 0.9 teeth extracted among all controls and 1.3 among all patients. By category, patients had an estimated mean of 1.3 extractions for regular attenders and 1.4 with irregular attendance; for controls, these estimated means were 0.9 for regular attenders and 1.2 for irregular attenders.

"The small but statistically significant higher extraction rate among cases during a five-year period may emphasize the pattern of more severe oral disease among persons with PD," the researchers wrote.

Regarding examinations and preventive treatments, the use rate was 1.1 times higher for Parkinson's persons than controls, regardless of whether they were regular or irregular attenders to dental care.

"Overall, people with [Parkinson's] received more dental services, especially treatments, than the control group, regardless of their attendance pattern," the researchers wrote.

This finding might be related to ineffective prevention approaches in dental care or a dentist's choice to offer treatment to a patient, they added.

Still, patients' "significantly higher usage of dental care services ... was most prominent for the treatment categories such as fillings and extractions, that is, for acute problems," while it was "low for preventive measures," the team wrote.

Given this high use rate and its associated economic burden, the researchers suggested that people with Parkinson's "should get higher reimbursements for their dental visits or possibility a special subsidy for dental care" under Denmark's health policy.

This study's findings should also raise awareness among dental health professionals of the need to better promote oral health practices, like the use of high fluoride toothpaste, and preventive care initiatives that are tailored to people with Parkinson's, like screening individuals for hyposalivation, the researchers concluded.

Colorado Parkinson Foundation, Inc.

1175 Kelly Johnson Blvd., Suite 100

Colorado Springs, CO 80920

PARKINSON'S PERSPECTIVE

JULY & AUGUST 2026

Coming Events

See inside for more information

July 4: Reg Mtg at Central United Methodist Church – 10 am | Program: Breakout Sessions
Moderators: Kathleen Foster – Parkinsonians | Jill Reid & Julie Donahue – Caregivers

August 1: Reg Mtg at John Venezia Park–the Barn pavilion – 11 am | Program: Picnic!!

September 5: Reg Mtg at Central United Methodist Church – 10 am
Program: Aging in Place and Fall Prevention
Speaker: Phil Stafford, MBA, CAPS, CEAC, CSA – Independent Home Living, LLC

October 3: Reg Mtg at Central United Methodist Church – 10 am
Program: Scam Prevention
Speaker: Officer Paulette Masias, Colorado Springs Police Department

November 7: Reg Mtg at Central United Methodist Church – 10 am
Program: Breakout Sessions
Moderators: Kathleen Foster – Parkinsonians
Jill Reid & Julie Donahue – Caregivers

December 5: Reg Mtg at Central United Methodist Church – 10 am
Program: Christmas Party!! Entertainment: The Song Spinners

January 2: Reg Mtg at Central United Methodist Church – 10 am
Program: Parkinson's 101
Speaker: Jill Reid, Educational Outreach

February 6: Reg Mtg at Central United Methodist Church – 10 am
Program: Breakout Sessions
Moderators: Kathleen Foster – Parkinsonians
Jill Reid & Julie Donahue – Caregivers

March 6: Reg Mtg at Central United Methodist Church – 10 am
Program: Overcoming Apathy Workshop
Speaker: Ryan Mueller, PT, DPT, NCS

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