



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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Vacant

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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)

Next Meeting: Saturday, June 6th | 10:00 am – 1:30 pm

We will be Zooming AND recording this meeting

Location: Central United Methodist Church, 4373 Galley Road
- 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.*

Topic: Motivation, Learning Tasks and Behavior Change with PD

Speaker: Ryan Mueller, PT/DPT/NCS

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

Ryan has a passion for treating individuals with neurologic 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.

A Potluck will follow the monthly program.

June Potluck - Summer Salads such as pasta, greens, chicken salad, etc.!!!!

If you would like to sign up to be one of the providers of the main dish or a side dish/
dessert, you can contact Bill Hicks at [REDACTED] or potluck@co-parkinson.org,
no later than Wed. May 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!

The President's Corner

| Jill Reid-Acting President, CPF & CSPSG



In my last President's Corner, I listed Colorado Springs neurological practices that still do programming for and provide care for Parkinson's patients who have had Deep Brain Stimulation surgery. UCHealth no longer provides that care in Colorado Springs. However, their neurology service at Anschutz in Denver does provide that care, if you would prefer to use UCHealth.

If you are in the market for clothes that are easier to secure than clothes that have buttons, do an on-line search for janska brand clothing. You might also consider shirts with snaps instead of buttons. Western stores like Boot Barn and Cavender's sell these. Also, inexpensive button tools that make buttoning shirts a bit easier are readily available; even Amazon has them. I ordered one recently since I can't unbutton and button shirts using both hands while my left hand is in a cast; the button tool has enabled me to button my shirts without having to ask my husband for help.



I want to introduce you to the Lockwood Foundation. This remarkable organization creates opportunities for community members of all abilities and mobilities to access the trails, experiences, and communities in the mountains.

This includes getting to the top of Pikes Peak via the hiking trail with the help of a team of volunteers! According to the testimony of one adaptive hiker, "These are adventures I never thought I could have after my accident. What makes me happy is knowing that people of all abilities can enjoy the trails through this community organization. It gives us something back. There is nothing else like what The Lockwood Foundation offers." To join them as an adaptive hiker, just fill out a waiver by clicking on "Volunteer Waiver" on their website (thelockwoodfoundation.org) and then send them an email to jeffrey@thelockwoodfoundation.org telling them a little bit about yourself. Adaptive spots are booked through this same email. There is no cost to hike with this community! What a wonderful thing this organization is doing!

Check our literature table at the June meeting for brochures.

This month's comedy recommendation is *Topper*, starring Cary Grant, Constance Bennett, Roland Young, and Billie Burke. Cary and Constance play mischievous, fun-loving ghosts who seem bent on getting Roland Young (Cosmo Topper) in trouble with his ditzy wife, Billie Burke (you will remember her as Glinda the *Good Witch in The Wizard of Oz*). In life, Cary and Constance were an unserious married couple; when they found themselves in limbo as ghosts stuck on Earth after a fatal car accident, they decided to get their ticket into Heaven by freeing an unwilling Cosmo from his suffocatingly regimented lifestyle. It is light-hearted and a lot of fun. If you like *Topper*, you'll enjoy the sequels, *Topper Takes a Trip* and *Topper Return*.

A Fellow Parkinsonian's Perspective: Newly Diagnosed | by Ann Grant Martin

We've all gone through this and still find it difficult to accept that Parkinson's is a part of who we are. The neurologist who pronounced us a Parkinson's patient works with this disorder every day. They usually do not have Parkinson's and it's not a big deal to them. However, for us, Parkinson's **is** a big deal. In our minds Parkinson's only happens to other people who are really old and haven't taken care of themselves. Well guess what? We are them, but we aren't really old and we have taken care of ourselves.

Having our sense of good health challenged is upsetting. This impacts our self-identity and confidence in being able to accomplish the things we need and want to do without added problems. None of us wants to have a limited and shorter life span.

However, life will continue to unfold for us in amazing ways when we devote more time to exercise and also continue to live with curiosity, generosity and gratitude. We can continue to en-

joy our relationships, activities and projects as before by keeping a positive attitude and adjusting our usual habits so we can maintain our independence. Noticing that my tremors do not hurt, my go-to mantra is "everyone is going to develop some sort of ill health, lucky for me I don't have heart disease, diabetes, or cancer."

The Neuro PONG program is an excellent resource for those of us who are determined to continue living a full life that also includes Parkinson's.

Dear friends, we are not doomed but instead have the opportunity to accept the gifts and challenges of Parkinson's along with all the other aspects of who we are. We can accept the opportunity to learn how to welcome Parkinson's into the unique journey of our one precious life knowing that the frustrations and delights are the gifts of being alive.

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: May 2, 2026

Parkinsonian's Break-Out Session — By Ann Grant Martin

There were about 30 grateful souls feeling happy to talk about how it was to live with Parkinson's Disease. Many of us had questions, a few of us were new to the diagnosis and all of us were happy to help each other enjoy the day.

Kat Foster, our capable and well-informed moderator kept the conversation lively as she moved around the room offering the mic to those who wanted to contribute to the gathering.

MORNING STIFFNESS - the question: Upon first waking, how does one whose body is locked up with stiffness achieve an upright position and take the first step? There were many sympathetic nods.

Tips: the suggestions ranged from doing slow, deliberate stretching to taking your PD meds before you intend to rise. Important: Kat reminded us to make sure to allow enough time for the meds to be absorbed before getting up. Comments regarding bed stretches included moving slowly at first by gently working all parts of your body. Then, if your balance is decent, trying several to "sit to stand" movements before attempting first steps. Have a cane or walker near-by for added stability.

SLEEP - Who doesn't experience difficulty falling asleep, staying asleep, and/or having sleep interrupted by dreams and hallucinations?

Tips for Falling Asleep: Breathe slowly, intentionally and rhythmically. Listen to a program of pre-recorded nature sounds. Listen to brown noise, white noise, or pink noise through an eye mask that has small speakers. Hopefully the small speakers will avoid bothering your sleep partner. Kat says you may have to test different sounds or noises to find what works best for you. With the permission of your doctor, try sleep aids like Melatonin. Plan to end your screen time (including the TV) at least one hour before bed.

HALLUCINATIONS - 4 types: Visual (seeing), Auditory (Hearing), tactile (touch), and olfactory/gustatory (smell/taste).

Tips / Causes: medications and disease process.

Review your meds with your doctor to determine if your hallucinations could be drug induced. Try reminding yourself that the hallucination is not real. See your neurologist. Note from Ann - After gradually weaning off Mirapex, my hallucinations completely stopped. Whew...no more night terrors.

REMSLEEP GREAM DISORDER: This is when you act out your dreams.

Tips: This can be a precursor to Parkinson's and can occur 10-15 years before noticing symptoms. See a sleep specialist. The drug, Clonazepam may help.

EARLY SIGNS OF PARKINSONS - Constipation, REMsleep Dream Disorder, stiff or rigid limbs, arm not swinging when walking, slow movement, small handwriting, flat affect in face, tremors, soft voice.

FREEZING - Occurs when one wants to walk but can't take a step.

Tips: Use a laser red light and point it in front of you. Take a step towards the light. Have your partner pat your leg to interrupt the freezing. Do not push or hurry the person.

BALANCE - deterioration of balance goes along with the disease process. However, we can slow down the process by practicing balance. I have been advised that standing on only one foot (with a counter or wall nearby for stability) is beneficial. Watch the second hand of a clock. With your best whole body posture, balance on one leg for 5 seconds. Rest and then switch legs. The next day (if you're ready) add another second. When you can stand on one leg for 60 seconds your balance will be better and your legs will be stronger.

Caregiver's Break-Out Session — By Jill Reid

We introduced ourselves and shared where each of us is in caregiving. We spent most of the session learning more about the new medication delivery system, Vyalev. The spouse of the one Parkinsonian in our group that has Vyalev reported on their experience with it over the last seven months. By means of a small pump, Vyalev gives a continuous prescribed dose of carbidopa/levodopa subcutaneously, bypassing the digestive system completely and eliminating the need to avoid eating protein within an hour of taking oral carb/levo. The pump is loaded once a day with a syringe that holds a 24-hour+ dose. The person was taking oral medication every 3 hours prior to Vyalev. Unlike with oral carb/levo, he experiences no "off" periods with Vyalev. The cannula/tubing are changed out every three days. The person is sleeping much better; if he wakes up in the middle of the night, he is well-medicated and can easily get to the bathroom if he needs to. He can eat whatever he wants, whenever he wants. Unlike Deep Brain Stimulus equipment, Vyalev is not a permanent part of the body. The user can stop using it completely and revert to taking oral medications anytime that he needs to or wants to. He can also stop using it long enough to take a shower or go for a swim with no noticeable loss of benefit from the medication. It seems like the perfect medication management system. Anyone who has Vyalev needs to be sharp enough mentally to load the daily syringe, change the cannula/tubing and respond to kinked cannula warnings; if he cannot do that, someone will have to do it for him. Even so, it is much less burdensome for both the Parkinsonian and a caregiver than managing oral medication multiple times a day.

One caregiver cautioned about the use of prescription drug Trazodone (prescribed for sleep). It caused one person he knows to have severe difficulty walking. Once she stopped taking it, she regained her ability to walk normally.

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 machineguns@myct.net 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.

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 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!

July/August Newsletter Input Deadline:
June 12th

Call or e-mail Julie with your input for the newsletter at:
[REDACTED]
info@co-parkinson.org

June CSPSG Executive Committee Meeting

June 9th @ 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 JUNE BIRTHDAYS!

- Donald Ader
- Penny Austin
- Deloit (Dee) Beatty
- Linda Bresee
- Mary Margaret Brummeler
- Darrell Colwell
- Mark Finger
- Gary Garland
- Carla Holland
- Lynette Holland
- David Jackson
- Mike Koloski
- Charles Kovac
- Mark Lekarczyk
- Rusty Merrill
- Suzanne Metzler
- Marty Miller
- Dave Moross
- Ronald Morris
- Bill Noe
- Jon Nordby
- Melissa Nowlin
- Ronald Null
- Nance Phillips
- Patricia Plank
- Julie Rush
- Larry Rush
- Jean Saunders
- Mary Sauvain
- Greg Schrock
- Beverly Schulz
- Daniel Skousen
- Lauren Sloan
- Cindy Stempson
- John Sullivan
- Celina Terrell

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

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.

Garlic & Herb Tomatoes

- Ingredients:**
- 3 Tbl olive oil
 - 2 tsp minced garlic (2 cloves)
 - 2 pints cherry tomatoes or grape tomatoes
 - 2 Tbl chopped fresh basil, more for garnish
 - 2 Tbl chopped fresh Italian parsley, + garnish
 - 2 tsp chopped fresh thyme leaves
 - 1 tsp salt
 - ¼ tsp pepper

- Directions:**
- Heat oil in a sauté pan large enough to hold all the tomatoes in one layer (12 inch pan)
 - Add the garlic to the oil and cook over medium heat for 30 seconds
 - Add the tomatoes, basil, parsley, thyme, salt and pepper
 - Reduce the heat to low and cook for 5 to 7 minutes, tossing occasionally, until the tomatoes begin to lose their firm round shape
 - Sprinkle with a little fresh chopped basil and parsley and serve hot or at room temperature

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

Pikes Peak Area Agency on Aging's 23rd Annual Caregiver Pampering Day

Saturday, June 13, 2026
Time: 8 AM - 2 PM

Join community sponsors and other family caregivers for a day of fun, pampering and camaraderie. One-on-one and group pampering activities will be offered along with breakfast and lunch. Let us help you have some fun and know you are not alone in your caregiving journey.

Keynote Speaker – Courtesy of Comfort Keepers:

Jane Barton

Joining Us for Another Wonderful Year!

Secure Your Spot

Registration will open April 1st
Registration Required

Call: (719) 471-2096 ext. 144 or Email: Lcahill@ppacg.org

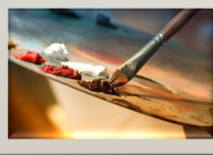
Colorado Springs Senior Center

1514 North Hancock Ave
Colorado Springs CO 80903

Event also sponsored in part by:

MacKenzie Place
Pikes Peak Hospice
Home Instead
and Many More!

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]

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

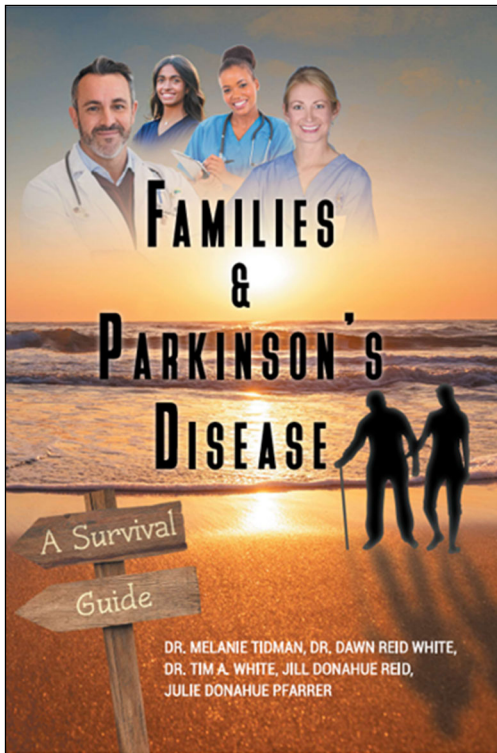
Tub rails

U-step

Walkers with wheels & seats

Waterproof mattress protector (Twin)

Wheelchairs



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.

SAD NEWS:



Donna MacDonald, 88, passed away peacefully in her sleep on March 18, 2026, after a courageous battle with Parkinson's disease and dementia. Born in Flint, Michigan, Donna was one of six children. Though she was a little woman, she had a big heart, a sharp wit, and was truly a force to be reckoned with.

In 1980, she moved to Colorado Springs with her first husband, Earnest Stevens, with whom she shared two sons, Sam and Robert. Following Earnest's death, Donna found love again with her husband, Roger MacDonald. Donna spent her final years with Roger, a dedicated husband who devoted all his time and energy to her care and comfort.

Donna was known for her green thumb and the beautiful rose bushes she tended with care. She was a regular at local bingo games and was an artist at heart, spending countless hours quilting and crocheting for those she loved. She also possessed a deep love for nature and a passion for traveling.

Donna was preceded in death by her parents, her first husband and four siblings. She is survived by her husband, Roger, sons, Sam and Robert, a sister, six grandchildren, nine great-grandchildren and two great-great-grandchildren.

In lieu of flowers, the family suggests donations to Pikes Peak Hospice or The Michael J. Fox Foundation

SAD NEWS:



Carol Ann Hamill, 88, was born in New York, New York, and passed away on May 2, 2026. Raised in the Bronx, New York, Carol graduated from Monsignor Scanlon High School in the Bronx and later attended Rio Hondo College, where she earned an associate's degree in nursing and became a registered nurse at the age of 44—an accomplishment that reflected her courage, perseverance, and steadfast commitment to caring for others. She ran the GI lab at Beverly Hospital for over ten years, serving with dedication until her retirement. In time, she moved to Colorado Springs, where she embraced the next season of life with the same steady grace that defined her throughout the years.

In 1958, Carol married Grant "Bud" R Hamill, Jr, in New York. In 1977, they moved to California and later to Colorado Springs for retirement.

Carol found joy in simple, meaningful moments. She enjoyed working in her garden, sitting on the swing with Bud on the back deck and listening to country music. In Colorado Springs, she valued connection and community, enjoying playing Neuropong with friends from the Parkinson's support group—an example of her brave, steady spirit and her ability to bring warmth to those around her.

A long-time member of St. Patrick Roman Catholic Church Parish, Carol's faith guided her life with constancy and purpose. She also served as Co-Chairman of the new member table for the Colorado Springs Support Group monthly meetings, offering a welcoming presence and generous care to others.

Carol was preceded in death by her husband, a daughter, Amy Robb, her parents and a sister. She is survived by her daughter, Jane (Janie) Shore; 5 grandchildren, 8 great grandchildren, 2 nieces and 2 nephews. A loving and dedicated wife, mother, and grandmother, Carol's legacy lives on in the family she cherished and the lives she touched. We all love you and will miss you.

Colorado Parkinson Foundation, Inc.

1175 Kelly Johnson Blvd., Suite 100

Colorado Springs, CO 80920

PARKINSON'S PERSPECTIVE

JUNE 2026

Coming Events

See inside for more information

June 6: Reg Mtg at Central United Methodist Church – 10 am

Program: Motivation, Learning Tasks, and Behavior Change with PD; **Speaker:** Ryan Mueller, PT/DPT/NCS

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

More useful websites:

<https://parkinsonsnewstoday.com>; www.parkinsonrockies.org; www.parkinson.org; www.nwpcf.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