



Parkinson's Perspective

Newsletter of the Colorado Springs Parkinson's Support Group
Colorado Parkinson Foundation, Inc.

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: Linda Christian

Treasurer: Julie Pfarrer

Members at Large:

Janet Adams, Naomi Boswell,
Beth Clarke, Gene Clarke,
Jack Dashosh, Pat Dashosh,
John Farley, Carole Henrichsen,
Paul Mackendrick, Dave Moross,
LuAnne Nickelson,
Ron Nickelson, Mary Sauvain,
Rich Sauvain

Facilitator: Patrick Holland

Committee Chairmen

Programs: Jill Reid

Educational Outreach: Jill Reid

Membership: Carole Henrichsen

Chaplain: Rusty Merrill

Parkinson's Awareness Day:

Vacant

Photographer: Vacant

Lending Locker Coordinator:

Rich Sauvain [REDACTED]

Main Dish Coordinator: Stephen

Rudawsky [REDACTED] or

potluck@co-parkinson.org

Picnic: Carole Henrichsen

and Janet Adams

Media Relations: Mary Sauvain

Medical Advisor: Curt Freed, MD

New Member Table Chairmen:

Pat Dashosh

Sunshine (Cards): Sharon Carlson

[REDACTED]

T-Shirt Chairman: Vacant

Webmaster: Julie Pfarrer

Newsletter Editor: K. Schleiker

Address/Email/Database Updates

and Newsletter Coordinator:

Contact Julie Pfarrer at

db_mgr@co-parkinson.org or

call [REDACTED]

The Colorado Springs
Parkinson's Support Group
(part of CPF) meets the second
Saturday of each month at 10AM
(with exceptions to be noted
in this newsletter).

NOTE: We will be meeting again at Academy Christian Church for our February meeting since we haven't received word whether 1st Presbyterian Church will be open to us in the future.

Next Meeting: Saturday, May 8th | 10:00 am-1:30 pm

Location: 1635 Old Ranch Rd, on the corner of Old Ranch & Hwy 83 (Voyager Parkway)

9:45 am, – Come in 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 the live well with Parkinson's,
so plan to attend the meeting at Academy Christian Church or join us on Zoom.**



Program: Focused Ultrasound Speaker: Ton Nickelson

About the Speaker: Ron Nickelson retired a Lieutenant Colonel from a career in the Air Force in 2005 and, in 2020, as senior editor of the *Standard Lesson Commentary*, now owned by David C. Cook Publishing Company here in Colorado Springs. He was one of about 30 Parkinsonians to be picked to undergo non-invasive experimental Focused Ultrasound therapy in lieu of DBS in December 2016. He will be talking about his experience with that treatment.

Unfortunately, Ron and Lu Ann are leaving us. They will be moving to Ohio to be near Lu Ann's family. We want to thank them for their work on the Colorado Springs Parkinson's Support Group Executive Committee. Their ideas and inputs on how to improve our support group were instrumental in making CSPSG even better than it was before. We will miss them.

The program will be followed by a potluck lunch.

The May Potluck – Salads

If you would like to be a provider of the May main dish or a side dish, you can sign up through our website or you can contact Stephen Rudawsky at [REDACTED] or potluck@co-parkinson.org, no later than Wed. May 5th and tell him what you would like to bring. If you'd like to go through the website, go to the "Events" page of the website and find the meeting you're volunteering for and select "Event Details". That will take you to the main sign-up page. In addition to the meeting information, you will see how many chefs and the number of servings per batch are needed. Click on "Sign Up" in the box and then select "Submit and Sign Up" which will take you to a page where you will select how many of the number of chefs you are signing up for. For example, if the # of servings requested is 10 but you're making 20 servings then the quantity you would select should be 2...the equivalent of 2 chefs. There is also a place for any comments you may have there. You must then provide your name & email address. When finished, select "Sign Up Now" and you will receive a confirmation email and your information will be sent to our potluck coordinator, Stephen. This capability should help make Stephen's job considerably easier. To return to the website, close the sign-up tab at the top of the screen.

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



When I was assigned as an officer on the US Navy ship, USS Prairie, I was in charge of maintaining the exterior of the ship and operating and maintaining all the ship's small boats (all eight of them), four massive cranes, and most of the other equipment on the exterior of the ship. In January, 1981, on our way to Japan, we encountered heavy seas, with 25-foot waves relentlessly crashing over the bow and main deck. One of those waves knocked a heavy piece of equipment, called a sea painter, from its cradle and left it crashing down into the water and back up again, well past horizontal, like a jack-in-the-box gone crazy. Trying to lasso the sea painter in those heavy seas put my crew and me in great danger. I was so intent on supervising the rescue that I didn't notice when a wave caught

me and was carrying me overboard. An alert petty officer grabbed me by my jacket collar and pulled me to safety. I was so focused on the mission and so unaware of my immediate surroundings that my rescuer had to tell me how close I had come to being lost at sea.

That memory reminds me of caregiving. Caregivers can be so focused on and responsive to the needs of their loved ones, first and foremost, that they don't see the devastating toll that intense caregiving is taking on their own health and well-being. Just like that storm my ship was in, it can knock you overboard into turbulent, unforgiving seas! It is vitally important that all our caregivers take breaks at regular intervals—breaks that rejuvenate us and enable us to continue giving the quality care that our loved ones deserve. What those breaks consist of depends on the individual caregiver, of course—exercise classes at the Y, cof-

fee or lunch with friends, shopping for fun all come to mind—but the important point is that they need to be effective and frequent! If caregivers allow themselves to be pulled overboard and lost at sea, who will take care of their loved ones?

So, caregivers, give yourselves permission to take care of yourselves first! Both you and your loved one absolutely need you to do that.

Dr. Dawn White, one of the researchers conducting our study on the effects of the ketogenic diet on the symptoms of Parkinson's, is in the midst of researching the needs of full-time Parkinson's caregivers for her doctorate thesis. I encourage you caregivers to volunteer to help her this summer; she will be simply asking each volunteer a few confidential questions. This research could help us caregivers learn to take care of our own needs so that we can continue to meet the needs of our loved ones!

T-Shirt Survey

Regarding new CSPSG t-shirts: Our local CSPSG is planning to offer a free t-shirt to all members and spouses who are interested in receiving one. This is a great way to spread the word to others of a local, active PD support group, and a window for possible new PD'ers who could use support. A drawing of this t-shirt is enclosed with this newsletter. It will be in tennis yellow (safety green), the same color as past t-shirts.

Please respond stating "yes" or "no" for your interest in receiving a t-shirt.

If interested, please give following information for ordering purposes:

Primary Member

- 1 – Interested: Yes / No (*circle one*)
- 2 – Male / Female (*circle one*)
- 3 – Size: Sm, Med. Lg., X-Lg, XX-Lg (*circle one*)
- 4 – Your Name:

5 – Your Phone Number:

Secondary Member

- 1 – Interested: Yes / No (*circle one*)
- 2 – Male / Female (*circle one*)
- 3 – Size: Sm, Med. Lg., X-Lg, XX-Lg (*circle one*)
- 4 – Your Name:

5 – Your Phone Number:

Mary Sauvain will be working to assure accurate information is given to the t-shirt manufacturer and t-shirts are disbursed. Due to Covid-19 there is no specific time when these shirts will be ready for distribution, but, hopefully, it will be in the near future. The t-shirt company is ready to go and just waiting for incoming information from CSPSG!

We request your reply to this survey be returned to:
db_mgr@co-parkinson.org
at your earliest convenience.



April 10, 2021 Program Review

| by Linda Christian, Secretary

Community Resources

Presented by - Khan McClellan**Founder and Owner of Sages Elder Care**

Khan began by stating that he was grateful for the opportunity to provide information about resources in our community. He then introduced Suzette and thanked her for the 21-page compilation of a Community Resource Directory which was handed out to all in house attendees. The Zoom attendees were informed that this handout is available on the CPF website.

Khan informed the attendees that our community offers a lot of resources and it's not until you have an injury or are hospitalized and require rehab that you become aware of the many services available. With all the resources available, Khan noted that it can be a daunting task to find the right resources for you.

Khan then stated that he would not go through the entire 21-page directory that was compiled instead, he would highlight key resources. He also informed the attendees that they could share the directory with family and friends to help inform individuals in our community about the resources available to them.

Next, Khan reminded the attendees about the upcoming Caregiver Pampering Day sponsored by the Pikes Peak Area Agency on Aging, Saturday, May 1, 2021. He then noted that caregiving is one of the hardest jobs in the world adding that the caregiver can get sick before the person they are caring for. He recommended that caregivers give themselves a break and encouraged them to take care of themselves.

The review of community resources began with a description of 3 books available to individuals. First, Khan discussed the

- **Yellow Book**, a Senior Information and Assistance Directory. He explained that it was the top book in our community, a non-biased book of information.
- **Blue Book**, not as comprehensive as the Yellow Book and doesn't always give you what you need. It's an advertisement-based book of resources.
- **2020 Medicare Book** contains a wealth of information for Veterans.

He then discussed the internet and its usefulness in looking at reviews keeping in mind that one bad review does not necessarily indicate it's not a good company/organization. The information on the internet can be a challenge, difficult to find reputable sites. Khan recommended obtaining a direct referral from someone you trust regarding a particular service you may need. He also noted that the Colorado Parkinson Foundation is a good source for information. Khan also stated that he's biased when it comes to Sage's Elder Care who provides numerous services to help individuals not only with in home care but care management as well as providing resource information.

Khan then began his review of highlighted items from the 21-page Community Resource Directory: April 2021 Edition. The first item he covered was 9-1-1 for Police, Fire, and Ambulance assisting in emergencies. Below is the listing provided in the directory:

- **Emergency Numbers**
 - Police/Fire/Ambulance: 9-1-1

- Poison Control (Rocky Mountain Poison Center): (800) 222-1222
- Veteran's Crisis Line: (800) 273-8255 (Press 1)
- Colorado Crisis Services (Mental Health) (844) 493-8255
- National Suicide Prevention Lifeline: (800) 273-8255
- Adult Protective Services (Department of Human Resources): 719-444-5755
- Child Abuse Program (24 Hour Hotline): 719-444-5700
- **Non-Emergency Law Enforcement Numbers**
 - Police/Fire, Colorado Springs: 719-444-7000
 - Sheriff, El Paso county: 719-390-5555
 - Sheriff, Teller County: 719-687-9652
 - Victim Advocacy Unit (Colorado Springs Police Department): 719-444-7777
- **Information and Assistance**
 - Senior Information and Assistance Center 719-471-2096
 - United Way 2-1-1:2-1-1 or if calling from cell phone: 719-955-0742 (Confidential information & referrals to local health & human service providers)
- **Time of Day**
 - Time: 719-567-6742
- **Weather Forecast**
 - National Weather Service: (844) 202-1573
- **Emergency/Disaster Preparedness Numbers**
(Please refer to page 29 in the Yellow Book for additional information)

The next area Khan highlighted was the section on Caregiver Resources and Caregiver Support Groups. He noted that the Pikes Peak Area Agency on Aging Caregiver Support Program has a wealth of information. Other organizations were also listed:

- **All about Dignity** (allaboutdignity.com): Personal Care Worker classes/training and certificate.
- **The Alzheimer's Association 24/7 Helpline** (1-800-273-3900)
- **Alzheimer's Association Online Support Groups** (To register or learn more, go to www.alz.org/crf) Online support groups including Veterans Caregivers, Lewy Body Dementia Caregivers, Grieving through Dementia: A support group to discuss anticipatory grief, Younger Onset Caregivers, New Beginnings: A support group for those grieving the loss of a loved one, Adult Children Caregiver Group: A support group for children caring for aging parents, Men's Caregiver Group, Women's Caregiver Group, Frontotemporal Dementia Caregiver Group, Sandwich Generation Caregiver Group: A support group for those raising children and caring for an elder with dementia.
- **Cardinal Life with Jane W. Barton, MTS, MASM, CSA in partnership with AARP** (303-489-3903; www.CardinalLife.com;

Continued on next page...

...continued from previous page.

- CardinalLife@msn.com): Educational programs, books, and blogs to assist Caregivers and all people concerning challenges surrounding aging, serious illness, end of life, grief, resiliency, caregiving, etc.
- Colorado Respite Coalition (303-233-1666; 844-265-2372; www.coloradospitecoalition.org): An allied network of families and community partners working to strengthen and support family caregivers of individuals with special health care needs. Seeks to expand respite services in CO. Services include online training and education, respite vouchers, respite locator, and community grants to expand respite programming and services.
 - Comfy Chair – Facebook Support Group for all Caregivers.
 - Maria's Place (Mariasplace.com; contact Stephanie Giangiulio – 970-306-5466; Stephanie@mariasplace.com) – An organization that provides engaging activities, resources, etc. (many free, some requiring pay) for older adults and for Caregivers. Also has a Facebook page that provides free presentations on Tuesday and Thursday.
 - Pikes Peak Area Agency on Aging Caregiver Support Program (Call 719-471-7080, ext. 107 or 719-471-2096).
 - TeepaSnow.com Teepa Snow is an educator and trainer on dementia care. Website has podcasts or webinars.
 - You Tube – Teepa Snow; Free videos containing segments of trainings Teepa has done on various issues related to dementia care.
 - UCCS Aging Center's Virtual Caregiving Coping Group (Call 719-255-8002).

Khan then moved to Care Management Agencies explaining that they can assist in developing plans for long term care needs as a result of illness or other difficulties tailoring it to your preferences. They can also assist in setting up Medical Durable Power of Attorney documents if needed. Fees for these planning services are typically around \$100 per hour.

- Care Planners 719-520-0711; 2960 N. Academy Blvd, #201, Colorado Springs, CO 80917
- Geriatric Care Manager Aging Life Care Association (www.aginglifecare.org): Professional advocates/Geriatric Care Managers for individuals to take to their medical appointments if needed.
- Life Care Solutions 719-447-1711; 1219 Lake Plaza Dr., #C, Colorado Springs, CO 80906; www.lifecaresolutions.com.

Another section Khan highlighted was Consumer Protection/Information discussing the Do Not Call Registry. Additional information regarding Consumer Protection is listed below:

- Better Business Bureau (BBB) 25 N Wahsatch Ave. #100, Colorado Springs, CO 80903; www.bbb.org/southern-colorado.
- AARP Elderwatch (800-222-4444 Option2); 303 E. 17th Ave. #510, Denver, CO 80203). Fights financial exploitation of older Coloradans through education and outreach and by providing information and referrals.
- Helpful websites regarding scams: www.ncoa.org, www.fbi.gov/scams, www.idTheftcenter.org/scams.
- To get on the Do Not Call Registry to avoid robocalls and

telemarketing (<https://www.donotcall.gov>).

- To report Telephone Scams to the Federal Trade Commission (1-877-382-4357)
- To report Caller ID Spoofing online or on the phone to the Federal Communications Commission (1-888-225-5322)

Another resource that Khan thought was important in the directory was In Home Foot Care. He discussed the Toe Nail Guy with attendees. Below is the listing in this category:

- Main Specialty Footcare (303) 980-0115; Michelle@specialtyfootcare.com: Foot and nail care provided by nurses in senior living communities and individual's homes.
- The Toe Nail Guy (719-930-3602; martin@thetoenailguy.com): Toenail care including Epsom soak, clean and cut remove any calluses, essential oil massage. Will do fingernails as well (no polish) as long as toenails are being done. By appointment only Monday-Friday, 9:00am – 4:00pm.

Next, Khan highlighted Guardianship Providers and Resources covering Dr. Gibson. An additional three organizations were also listed:

- Dr. Sheri Gibson (224 E. Willamette Ave., Suite 2, Colorado Springs, CO 80903; 719-339-2862; sheri@drshorigibson.com; www.DrSheriGibson.com): She addresses unique needs of older adults and their families. Services include psychotherapy, capacity evaluations (in areas including medical consent, sexual consent, financial decisions, testamentary, and independent living), expert in legal proceedings in cases of suspected or confirmed abuse and capacity, training via presentations, and consultation for agencies and organizations.
- Life Care Solutions (Colorado Springs; 719-447-1711; 1219 Lake Plaza Dr., Suite C, Colorado Springs, CO 80906; Denver: 303-986-0218; Pueblo: 719-543-0505; Toll Free No. 877-794-9582; www.lifecaresolutions.com); Services include Medical Power of Attorney, Care Management, Assessments, Medication Management.
- Office of Public Guardianship of Colorado (<https://colorado-opg.org>)
- Silver Key – Ann McKenzie; (Call 719-884-2300).

Khan noted that that an individual needs to make sure they get appropriate person, recruit people who care. He also noted that it's like child adoption, not enough people to care for the aging.

Another directory item Khan highlighted was Home Modification and Safety discussing Next Day Access:

- Accessible Systems (719-387-0675; www.accessiblemed.com) Install lifts, elevators, ramps, railing bath remodels, etc.
- Next Day Access (719-494-0443): Has a grant that allows some of the services to be done for free. Other services require private pay, or utilize client credit, or rent to own. Services include grab bars, wheelchair ramps (sales and rentals), stair lifts, platform lifts, bathroom modifications, vehicle lifts, etc.

Home Share was the next directory item Khan discussed:

- Sunshine Home Share Colorado (719-744-3911; 14 South Chestnut Street, Colorado Springs, CO 80905. Call or email

Teresa Ornelas, MSW, Colorado Springs Home Share Coordinator (Teresa@sunshinehomeshare.org) Nonprofit helping homeowners above the age of 55 age in place. Looks to build relationships in community by assisting in matching a homeowner with a home seeker of any age. Home sharing creates mutually beneficial relationship, exchanging supportive services (gardening, household chores etc.) and companionship for affordable rent.

Another directory item Khan chose to highlight was Meal Services noting that there is a new meal service in the Monument area:

- Project Angel Heart (719-323-0084; 1625 W. Uintah St., #1, Colorado Springs, CO 80904; www.ProjectAngelHeart.org) At no cost, provides home delivered individually tailored and medically approved meals for people diagnosed with life-challenging illnesses.
- Silver Key Senior Service (719-884-2300; 1605 S. Murray Blvd., Colorado Springs, CO): Home Delivered Meals program and Meals on Wheels program. Upcoming offering of comprehensive wrap-around assistance with mental health issues. Accepts Medicaid, private insurance, some funded services, sliding scale.

Medicare Brokers and Education was the next item Khan highlighted discussing The Pikes Peak Area Agency on Aging:

- The Medicare Resource Center (719-358-6696; 2230 E. Pikes Peak Ave., Colorado Springs, CO 80909; www.MedicareResourceCenter.com): Free of charge, agents assist in understanding the various Medicare programs and finding personalized option for the coverage of each individual client.
- The Pikes Peak Area Agency on Aging and The Pikes Peak Library District join together in providing classes about Understanding the basics of Medicare Eligibility and Coverage (Part A/B), and Medicare options including Medigap & Medicare Advantage Plans, Medicare Part D, and Medicare, Medicaid, and other Health Insurance Options. (A 4-part series has currently already begun, but there will also be ones in June, August, and October). Call the Pikes Peak Area Agency on Aging (719-471-2096) for information or register directly at www.ppacg.org/events. (Registration is required to attend).

Another category Khan discussed was Mobile Care listed in the directory as Medical, Urgent Care and Therapy Services Provided in People's Homes. Khan discussed Dispatch Health explaining it's a mobile urgent care company that comes to people's homes. This category is listed below:

- AbleCare Mobile Therapy (303-569-7116 or 719-629-6796; www.ablecaretherapy.com); Mobile Outpatient physical and occupational therapy that comes to patient.
- Anywhere Urgent Care – Eileen Flavin, NP (1670 E. Cheyenne Blvd., Suite 261, Colorado Springs, CO 80906); Certified NP's. Treat altitude sickness, strep/sore throat, fever, ear infections, influenza, Mono, UTI, Pregnancy Test, IV Hydration, prescribe medications, wound care, etc. Serve Colorado Springs, Manitou, Fountain, Widefield, Security, Monument and Black Forest.
- Dispatch Health (719-270-0805; www.disptchhealth.com): Mobile urgent care that comes to people's homes.
- Health Promotion Partners' Aging Well By Design (719-231-

6657; 2924 Beacon St., Suite D, Colorado Springs, CO 80907; www.HealthPromotionPartners.com): Mobil outpatient occupational therapy services offered in person's home or in the clinic & remote engagement and monitoring. Patients are those who want to maintain their independence and well-being as they age. Diagnoses include mild cognitive impairment, dementia, stroke, low vision, history of falls, Parkinson's Multiple Sclerosis, orthopedic injuries, etc. Also offers online Brain Fitness Class C.

- Operation House Call (Call Pikes Peak Area Agency on Aging at 719-471-2096 or call #211) – For housebound folks to receive COVID vaccine in their homes. Referral required.
- Visiting Medical Clinic – Elaina Gentilini, FNP (428-3911; 102 S. Tejon, Ste. 1100, Colorado Springs, CO 80903; Elaina@visitingmedicalclinic.com) – Provides primary care in people's homes, EKG's, MMSE Screenings, depression screenings, eldercare & abuse screening, wax removal, blood draws, etc. Accepts Tri-Care, Blue Cross Blue Shield, most HMO's, Medicare, Medicaid. Elaina has a background in hospice, homecare, as an EMT.

The last category Khan highlighted was Notary. Below is the Notary that will come to an individual's home at no cost. This person also provides estate services.

- Michelle Stellick of Stellick Legacy Estate Services (719-453-9081; Michelle@stellickLegacy.com).

Khan ended his presentation by asking if the attendees had any questions, no questions were raised. Suzette added that not all resources were included in the Community Resources Directory compiled by Sages Elder Care. Individuals can call Sages for resource information, both Khan and Suzette love to help individuals with planning and resources.

Khan noted that with the pandemic social workers at hospitals, rehab facilities and assisted living facilities are over-worked, and family members can't always be there for information so if you can, do "what if planning". Call before you leave the hospital or rehab facility and have a Non-Medical agency in place to ensure you'll be safe and comfortable coming home. Khan also stated that hospitals and rehab facilities focus on the medical aspects of getting you to where you can leave their facility and they do not always discuss your options with you. This is where a Non-Medical agency may be able to help. Individuals do better when they can come home.

Suzette gave an example of a client that did not want to stay in a rehab facility, instead in home care was utilized for 1 to 2 weeks providing 24-7 care. It was also noted that Non-Medical agencies can be an advocate with you, helping you make the best decision for your needs. Both Khan and Suzette offered their help stating to please call if they can help in any way.

The following handouts were provided to in house attendees:

- The Yellow Book
- Pikes Peak Area Agency on Aging Information Card
- Sages Elder Care Information Pamphlet

Please note that throughout the Community Resource Directory compiled by Sages Elder Care, referral pages of the Yellow Book are listed for additional resources.

Other Local Support Groups: Due to Coronavirus concerns, check ahead to see if canceled

<p>Ladies with Parkinson's Support Group</p> <p>If you are a lady with Parkinson's Disease, and would like to join the group or just get more information, contact Carla Holland at [redacted] or by email at president@co-parkinson.org.</p>	<p>Parkinson's Caregivers Support Group</p> <p>Linda Marie is no longer able to head the caregiver's support group.</p> <p>If you are interested in volunteering to lead this group, please notify Julie at db_mgr@co-parkinson.org or call [redacted].</p>	<p>Tri-Lakes Parkinson's Support Group</p> <p>Meets the 3rd Saturday of every month at 10 am at the Monument Community Presbyterian Church, 238 3rd Street, Monument.</p> <p>For more information contact Barry Hanenburg at [redacted] or Syble Krafft at [redacted].</p>	<p>Essential Tremor Support Group</p> <p>For information on scheduled meetings and locations, please contact the POC listed below.</p> <p>POC: Jim Sanchez ET Support Group Co-Leader [redacted]</p>
--	---	---	---

Other Opportunities: Due to Coronavirus concerns, check ahead to see if canceled

<p>LSVT BIG & LOUD at Home</p> <p>At Home Healthcare offers the LSVT BIG & LOUD therapy program for individuals with Parkinson's Disease in the comfort of their homes.</p> <p>Their therapists are LSVT certified and can accommodate patients' home schedules. Medicare covers out patient therapy at 80% and home health therapy at 100%.</p> <p>If you have questions about this service or would like a referral coordinated through your primary care provider please call their office at:</p>	<p>Creativity Lab</p> <p>Greetings everyone! With concerns for the health and safety of our participants, we at The Unsteady Hand have suspended all in person programming. We hope to resume around the first of the year. In interim, we are regularly updating our webpage with creative and fun things to do at home (Homework-the fun kind) and we also recently created a PD resource page on our site.</p> <p>We miss you dearly and can't wait to see you again! www.TheUnsteadyHand.org Re-Imaging Parkinson's - Mo</p>	<p>Adult Speech Therapy at Home</p> <p>Outpatient speech therapy services conducted in the comfort of the patient's home. Personalized speech therapy for restoration of function due to illness or injury. Therapy offered includes speech/ language & cognitive therapy, swallow rehabilitation and voice therapy (LSVT LOUD) an evidenced based voice treatment program designed for patients with Parkinson's disease. For more info, contact Jana Hothan, MA, CCC_SLP, LLC at slp@janahothan.com or by phone at (719) 338-8165.</p>
--	--	---

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

HAPPY ■ HAPPY


MAY

BIRTHDAY'S

Janet Adams	John Fly	Don Jaeger	Eileen O'Reilly
Owen Briggs	Joan Foutz	Donna Malmgren	Katrina Rochon
Pat Bush	Carol Gugat	Carol Morris	Beverly Wells
Sue Coen	Ross Huddleson	Jaros Murphy	Hope Winkler
Anita Damon	Judy Ireland	Lu Ann Nickelson	

<p>Thank You!</p>	<p>Thanks to ALL who brought food and to those that helped setup & cleanup at the last meeting!</p>	<p>May Executive Committee Meetings</p> <p>May 11th @ 12:00 pm Location: TBD—<i>You will be notified by email.</i></p> <p>Contact Linda at secretary@co-parkinson.org if you haven't been to an Executive Meeting so we will know that you're coming. Leave your email address so Linda can contact you if anything changes.</p>	<p>June Newsletter Input Deadline: May 19th</p> <p>Call or e-mail Julie at: db_mgr@co-parkinson.org.</p>
--------------------------	--	---	--

<p>LENDING LOCKER INVENTORY</p> <p>If you would like to borrow any of the equipment listed here, please contact Rich Sauvain at [redacted].</p>	3 wheeled walker	1 Canes	5 Knee splint	1 Stand-up walker	1
	Arm assist for wheelchairs	1 Crutches	2 Lift chairs	2 Suction cup hand rail	1
	Arm splint	1 Exercise bike	1 Lift Ware – tremor compensating fork & spoon	1 Transport chairs	2
	Bed Cane	2 Exercise pedals for 2	1 Lumbar traction belt	1 Tub rail	1
	Bedpan	1 Hospital beds	2 Pickup assist	2 Voice amplifier	2
	Bedside toilet	4 Ice man - therapeutic for knee replacement surgery	1 Raised toilet seats	4 Walkers with wheels/seat	6
	Black back brace	1	1 Shower benches/chairs	8 Wheelchairs	5

 **Help us spread some sunshine to our members!**

If you know of a Parkinsonian or PD caregiver that is having a tough time (illness, surgery) or one of our members has passed away, please let our Sunshine Chairman, Sharon Carlson know. Sharon can be reached by calling [redacted].

PD Exercise Classes: Due to Coronavirus concerns, check ahead to see if canceled**Ormao Dance Company
Invites you to Dance for
Parkinson's Live Streamed Class**

Dance for Parkinson's—Keep Moving!
Each Fri at 11am until further notice
It's free and just requires internet
access, a computer, iPad or smart
phone to connect to the zoom
website. There will be a new Zoom
Meeting each week. Go to the
<https://co-parkinson.org> event
calendar each week for a new link.
Contact Laura Treglia at 719-640-8478
for more information
Look forward to moving with you!

**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.

PWR!Moves Class

Skyline Wellness & Aquatics Center
is partnering with the YMCA to
help the PWR! Moves class be more
available to everyone. We are reach-
ing out to help individuals who may
be located on the south side of town
and need a closer location to their
home. We are located within
Brookdale Skyline at 2365 Patriot
Heights near Bear Creek Dog Park.
Our classes are held every Tuesday
and Thursday from 12:30-1:30 pm.
If you have any questions, please
contact the Fitness Coordinator
Karisa Dreyer at (719) 867-4658

PWP: Parkinson's With Poles

Come join Emily Moncheski and
Eileen O'Reilly for a great exercise
workout at Monument Valley Park.
Every Friday, 9 am at the north
parking entrance of Fontanero and
Culebra streets. Poles are provided.
Everyone is welcome.

Max Capacity NeuroFitness

Max Capacity is offering PWR Boot
Camp classes, donation based Power
Punch Boxing, pole walking classes
and individual PD specific fitness
training. All PD Boxing classes and
PWR BootCamp classes have moved
to: 731 Iowa Ave. in Otis Park.
Boxing: Tues/Thur – 4:00 to 5:00pm
and Sat – 9:00am to 10:00am
PWR Boot Camp: Mon/Wed –
3:30pm to 4:30pm

**Boxing is free of charge, Boot Camp
packages available!** Contact Emily
Moncheski at (719) 213-3996 or
emily@maxcapacitypt.com for info.

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.

When: Every Friday at 10:30
Location: 525 East Fountain Blvd.
MACS—corner of Fountain & Royer
Cost: \$10.00 a class.

Falcon Exercise Group

Mon and Fri –11:00 – 12:00 noon,
Grace Community Church.
For more information contact
Catherine Reed at [REDACTED]

**Coronavirus and
Parkinson's Disease**

For information on
coronavirus and
Parkinson's Disease go to:
www.parkinson.org/CoronaVirus.

YMCA PD Exercise Classes

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

**NOTE: All classes have been
suspended except the following:**

Tri-Lakes YMCA: PWR!Moves
Tuesday & Thursdays, 1:30-2:30 PM

Briargate YMCA: PWR!Moves
Monday, Wednesday & Friday, 1:30-2:30 PM

**For more information contact Jamie Clayton at
jclayton@ppymca.org**

**NeuroRehab Project at ORA – Water
and Movement Classes** offers the
following classes:

Improve your mobility in the water: We offer
warm water (92 degrees) pool classes for
people with movement disorders. Mondays
and Wednesdays from 1:30-2:30. \$10.

Parkinson's Wellness Recovery Exercise Class:
Power Moderate level. Fri at 1:30. \$10

Parkinson's Wellness Recovery Exercise Class:
Power Advanced level. Wed at 1:30. \$10.

Danielle Spivey, PT and Rachel Johnson, SLP
have created these opportunities to augment
skilled Physical and Speech Therapy.

Location: Pikes Peak Athletics, 602 Elkton Drive
in Rockrimmon. Please call us at (719) 559-0680
for information and to get signed up.

**Marketing Research Study for Essential
Tremor Patients**

Sponsored by RC Horowitz & Company, Inc
a marketing research company

If you have been diagnosed by your doctor with
moderate or severe essential tremors, you may be
eligible to participate in a paid marketing research.
You will be paid \$250 for a single 75-minute inter-
view. Research is being conducted to help im-
prove education for people who have been
diagnosed with ET. For more information, please
call: Devi Heyer, (888) 392-500 or (212) 401-
7902.

"RC Horowitz & Company works to help bridge
the gap between patients and the healthcare in-
dustry. Information gained from our studies is
used to provide the healthcare industry invaluable
information about patient experiences. Our stud-
ies have helped bring new drugs to the market,
improve drug delivery methods, and develop pa-
tient informational materials like support websites,
drug start-up brochures, and patient information
packets. The more our clients learn, the better we
can make it for others in the future."

Colorado Parkinson Foundation, Inc.

1155 Kelly Johnson Blvd.

Suite # 111

Colorado Springs, CO 80920

Parkinson's Perspective

MAY 2021

Coming Events

See Inside for Details, Phone Numbers, and for More Information

May 8th – Reg Mtg at the Academy Christian Church – 10 am

Program: Focused Ultrasound **Speaker:** Ron Nickelson, a fellow Parkinsonian

June 12th – Reg Mtg at the Academy Christian Church – 10am **Program:** Results of the CPF Study on the effects of a low-carb/healthy fat diet on PD, biomarkers, depression, anxiety & quality of life: a pilot study **Speaker:** Dr. Melanie Tidman

July 10th – Reg Mtg at the Academy Christian Church – 10 am **Program:** TBD

August 14th – Picnic!!! John Venezia Park – Barn Pavilion

-
- ◆ Tri-Lakes PD Support Group meets the 3rd Sat of each month – Contact Barry Hanenburg at [REDACTED].
 - ◆ NeuroRehab Project at ORA – Call Danielle for PWR!MOVES or Rachel for Speech Therapy & Swallowing at 719-265-6601.
 - ◆ YMCA- Parkinson's Wellness Recovery Exercise – call (719) 329-7295 or email wellness@ppymca.org.
 - ◆ Colorado Springs Senior Center: Exercise, Yoga, and TaiChi for older adults - (719) 955-3400 or <http://www.ppymca.org/colorado-springs-senior-center/about-us>.
 - ◆ UCCS Center for Active Living – at the Lane Center - Power Moves group exercise classes. Also: Balance & Agility Class for information: Call 719-255-8004 or email CAL@uccs.edu.
 - ◆ Max Capacity NeuroFitness – Contact Emily at (719) 213-3996 or visit maxcapacitypt.com
 - ◆ The Resource Exchange – the single-entry point for Medicaid long-term care – must be eligible for Medicaid and for Social Security disability.

More useful websites: <https://parkinsonsnewstoday.com>; www.parkinsonrockies.org; www.parkinson.org; www.nwfp.org; michaeljfoxfoundation.org; www.parkinsonheartland.org; <https://www.pdself.org>; <https://www.brainhq.com/world-class-science/published-research/active-study>; www.davisphinneyfoundation.org/living-pd/webinar/videos/cognitive-nonmotor-symptoms-parkinsons; <http://caremap.parkinson.org>; https://www.youtube.com/playlist?list=PLkPIhQnN7cN6dAJZ5K5zQzY84btUTLo_C; <https://www.michaeljfox.org/foundation/news-detail.php?self-care-tips-for-parkinson-disease-caregivers>; pmdalliance.org