



Parkinson's Perspective

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

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

Next Meeting: Saturday, November 1st | 10:00 am – 1:30 pm |

We will be Zooming and recording this meeting

Location: Central United Methodist Church
4373 Galley Rd — just east of Murray Blvd.

9:30 am – 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.*

9:45 am – 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.

November Program

Topic: Alternate PD Medication Delivery Systems

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

About the speaker: Sean Kerns is a senior medical science liaison (MSL) for Abbvie in the Parkinson's disease therapy area. In his role as a MSL, he is responsible for educating healthcare providers about Parkinson's disease and the therapy options developed by Abbvie. Sean has a PhD from the University of Florida where he worked on animal models of cell transplantation for Parkinson's disease and is happy to be back in the Parkinson's disease space and supporting patient and provider education.

A Potluck will follow the monthly program

November Potluck – Thanksgiving Dinner!!

Turkey and gravy will be provided by CSPSG.
Members bring appropriate Thanksgiving side dishes such as mashed potatoes, dressing, cranberry sauce, pumpkin pie, etc.

If you would like to sign up to bring a side dish/dessert for the meeting, you can contact Bill Hicks at [redacted] or potluck@co-parkinson.org, no later than Wed. Oct 29th 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



As I told you last month, Julie and I have been involved in helping to write a comprehensive book on Parkinson's for patients and their families. The final (finally—it's been a long process!) version went to the publisher in early October. We'll let you know when it is available for purchase. All proceeds from the sale of the book will come directly back to the Colorado Parkinson Foundation, the 501c3 that funds our support group.

I confess that I sacrificed our popular break-out session scheduled for November. But I did it so that I could bring in Sean Kearns to speak to you as soon as possible. I've already booked speakers through next July and didn't want you to have to wait until September 2026 to hear what he has to say. That's because Sean will be addressing what I consider to be one of the most exciting advancements in the treatment of Parkinson's in the last 50 years: Vyalev. Vyalev is a pump system that delivers Parkinson's medication directly into the bloodstream. Very similar to DexCom G7 and Freestyle Libre insulin pumps,

Vyalev is loaded only once a day and provides Parkinson's medication continuously for 24 hours. Those of you taking carbidopa/levodopa orally 5 and 6 times a day can imagine how freeing this system can be. Since it provides a continuous flow of medication all day and night, it also smooths out the ups and downs often experienced with oral Parkinson's medications. It's truly in your best interest to attend the November meeting, either in person or via Zoom!

In the July/August newsletter, I included instructions on how people in the middle- to later-stages of Parkinson's can get out chairs without help. Last month, I provided a great hint on how to get your coats and sweaters on without help. Today, I'll give a couple of hints about getting out of bed more easily and taking those first steps safely. I learned both of these things during a break-out session on the Parkinson's side. 1) You've all heard about assistive devices that you can use to help you get out of bed. But the firmer your mattress, the easier it is to get out of bed. 2) Once you're in the sitting position, do the following to make those first steps of the day safe:

- Swing your lower legs up and down 10 times.
- Flex your feet up and down 10 times.
- Move your feet in circles.
- Spread your toes open as far as possible and then relax; repeat several times.

This month's comedy is *Young Frankenstein*, starring Gene Wilder, Marty Feldman, Teri Garr, Cloris Leachman, Madeline Kahn, and Peter Boyle as the monster. Gene Wilder plays a scientist whose grandfather was the notorious Victor Frankenstein.

To downplay his connection to his infamous ancestor, this Frankenstein pronounces his family name "Frankensteen" and struggles to prove that his grandfather was not as insane as people believe. When he is invited to Transylvania, he discovers the process that reanimates a dead body with the help of Igor (Marty Feldman) and his laboratory "assistant" (Teri Garr).

This is our annual Halloween movie. We watch it because it's so much fun!

Ask the Doctor!



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

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

Question: My husband is closing his eyes more and more often. What is that all about and is there anything that can help? He often seems like he is really not aware he is doing it. Have you heard of it as a PD symptom?

Answer: Your husband likely has what is called Apraxia of eyeLid Opening [ALO]. A little more history would be helpful. I assume it is both eyes that are closed? Can he voluntarily open his eyes IMMEDIATELY on command? If there is any delay in opening his eyes even a 1/2 second or more, this is ALO. Is there a spasm of his eye lids when closed? If so, this would be blepharospasm. The exact pathophysiology of ALO is unknown but we know voluntary eyelid closure involves neural circuits involving the basal ganglia that are defective in PD. The abnormality is in the neural pathways not in the eyelid muscles themselves.

Question: We were told that patients with Parkinsonism (not Parkinson's) have problems with meds being effective after 5 years - we are noticing changes. What do you suggest medicine-wise?

Answer: I am assuming by the nature of the question that this individual with an "Atypical Parkinson's Disorder" showed some initial response to L-Dopa? A small number of individuals with Atypical Parkinsonism do show some response to L-Dopa, despite the fact that poor response to L-Dopa is usually a "clue" to suspecting an Atypical Parkinson's Disorder. The L-Dopa response wanes over time, usually over a year or so timeframe, so five years of some response is remarkable. I would assume that the L-Dopa dose has been increased to 1,000-1,200 mg/day if tolerated? One could try an Agonist or Amantadine but these medications are usually ineffective or less effective than L-Dopa. If there are "non-motor symptoms" these can be treated on an individual basis.

Potluck Favorites — Shakin' & Bakin' Cookbook

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

Send them to project@co-parkinson.org.

Note: These new cookbooks are bound in a hard-covered 3-ring binder with a spine that identifies the cookbook when on the shelf with other cookbooks rather than the older soft-covered version with 3 single rings and no identifying spine. If you would like a hard-covered binder to replace your soft-covered older version, you can get one for \$5.



*Thank you
for for helping!*

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

December / January Newsletter Input Deadline: November 21st

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

info@co-parkinson.org

November CSPSG Executive Committee Meeting

November 4th @ 09:30am

(Location: Place to be determined - you will be notified by email)

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.



Percy Alzamora
Steven Boswell
Ron Brown
Fred Carrico
Susan Coddington
Janet Corns
Nick Cressy
Robert Davis
Sheila Davis
Joseph Facer
John Faino
Pat Faino

Dorothy Filippi
Annette Garcia
Doug Gibb
Richard (John)
Hero
Brenda Hicks
Harry (Bill) Killa
Anne Knowles
Joan Lydon
Donna MacDonald
Carolyn Mangold
Pat Murphy

Mettie Pedraza
Neal Purdy
Jeanne
Ransberger
John Reid
Jack Risley
John Rogers
Joanne Snelling
Dan Spence
Diane Winkler
Marilyn Wisler

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

Recipe of the Month: FRIED ONION DIP

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.

Ingredients:

4 Tbl (1/2 stick) salted butter	1/4 C dry vermouth or dry white wine
1 med sweet onion, cut in 1/2" thick slices	3/4 C sour cream
Fine sea salt and pepper	1/4 C (2oz) cream cheese, room temp
1 tsp honey (keto honey substitute)	1 Tbl finely chopped chives
3 cloves garlic, chopped	Dash of cayenne pepper

Directions:

- Clarify the butter (see how below:) and put in large skillet and heat medium-high heat
- Add onions, 3/4 tsp salt and 1/4 tsp pepper
- Fry onions, flipping them now and then, until they're dark on the edges, even black and crispy in spots, about 10 minutes
- Off the heat (turn off the burner), add honey and garlic and cook for one more minute
- Add vermouth, bring to a simmer and cook until the liquid thickens, about 3 minutes, and remove from heat and LET cool
- Pour sour cream and cream cheese in mixing bowl and mix with a rubber spatula until smooth
- Finely chop the fried onions on a cutting board and add them, along with their pan juices, to the cream cheese mixture
- Stir in the chives
- Add cayenne and season with salt
- Transfer to a small bowl and garnish with more chives (can be made ahead of time and refrigerated)

How to clarify butter:

- Heat butter in a small skillet (preferably an iron skillet) over medium-high heat until it foams and browns
- Remove from the heat and tilt the skillet and carefully spoon off the foam, saving it in a small bowl
- Pour the clear butter into another bowl and pour the dark dregs at the bottom of the skillet into the bowl with the foam
- Discard the butter foam and dregs

Parkinson's Disease Related Providers:

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

The following providers have been recommended by multiple members:

Colorado Springs

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

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

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

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

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

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

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

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

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

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

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

Denver

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

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

Note: DBS expert

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

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

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

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

Other Local Support Groups:

Parkinson's Caregivers Support Group

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

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

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

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

Ladies w/ Parkinson's Support Group

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

If you're interested please notify Julie Pfarrer 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:

Trazer — Brought to you by the YMCA of the Pikes Peak Region:

Designed for injury recovery, injury prevention, and enhancing performance, Trazer aligns perfectly at the point where biology, technology, and data intersect to track, measure, and improve physical and cognitive function regardless of age or capability.

A multi-purpose technology with wide-ranging applications spanning healthcare, senior care, sports, wellness, orthotics and prosthetics, Trazer helps every body move better.

For more information or to schedule, stop by the YMCA front desk.

Adult Speech Therapy:

Outpatient speech therapy services.

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

Treating:

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

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

Parkinson's Sing-a-Long Group:

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

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

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

PD Exercise Classes:

Falcon Exercise Group

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

UCCS Center for Active Living at the Lane Center

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

NIA Class

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

Cost: \$10 a class

When: Every Friday at 10:30 am

Where: 525 E Fountain Blvd.

MACS–corner of Fountain & Royer

One-on-One Physical Therapy

For people with Parkinson's Disease and all movement disorders. Provided by Danielle (Spivey) Mulligan, PT, MSPT who is a Physical Therapist, Certified Vestibular Therapist, LSVT and PWR for Parkinson's.

Where: 5818 N. Nevada Avenue, Suite 325
Phone Number: (719) 365-6871.

Neuroping for Parkinson's

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

When: Tuesdays & Thursdays

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

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

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

For more information contact Travis Lerma at (719) 495-5130 or terma@ppymca.org.

Neurologicrehab.com

Rock Steady Boxing – Boxing with Love

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

For more info contact Karen Bishop PT, DPT at love@rsbaffiliate.com.

Max Capacity NeuroFitness

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

Physical therapist Emily Moncheski at Max Capacity, PLLC, offers individual Parkinson's physical therapy, most insurance accepted Conveniently downtown

525 E. Fountain Blvd. Suite 150

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

Dance for Parkinson's

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

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

\$5/class | Free for care partners

You can also join us for this class online.

Visit our website www.ormaodance.org and click on "Dance for Parkinson's" under the "Outreach" tab to get the Zoom link.

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

YMCA PD Exercise Classes

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

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

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

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

For more info contact Travis Lerma at terma@ppymca.org.

Colorado Springs Rocksteady Boxing

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

Neuro Logic Rehabilitation and Wellness

One-on-one physical therapy and wellness services for people with Parkinson's Disease and other movement/neuro disorders in the comfort of their home with outpatient mobile services. We come to you, to meet you where you are in your treatment & diagnosis!

Board Certified Clinical Specialist in Neurologic Physical Therapy Certified PWR! (Parkinson's Wellness Recovery) Moves Therapist

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

or visit neurologicrehab.com / Fax: (719) 691-7994

Getting to Know You, Meredith Sage

by Ann Grant Martin



Please meet, Meredith Sage, a retired teacher (2004) with the clever sense of humor. I know Meredith from Ormao's Dance for Parkinson's Program and NeuroPONG. Devoted to daily exercise, Meredith seldom misses playing ping pong at the Downtown YMCA. She has a precise mind and prefers to play a game where the goal is to have the ball returned carefully so the volley can continue. She, with her frequent partner, Judy, hold the local unofficial record of 126 successful volleys. Note:

most of us manage an average of 3 volleys. A volley = one ball strike.

Meredith, the mother of two daughters, grew up in Denver. A graduate of South High School and she went on to earn a degree from UCLA. Early in her marriage she lived in Louisiana where she saw the critical need for foster parents. She fostered several children along with her own. Eventually she enrolled in the teacher education program at LSU and soon found herself teaching special ed. Her experience in the local public schools informed the decision to return to Colorado (1970) where her daughters would get a better education. A reading specialist, she taught remedial reading and writing at the Helen Hunt Elementary School for 23 years, followed by another 10 years of teaching in the Gifted and Talented program.

Now 82, Meredith is a survivor of breast cancer (2008) and a stroke (2020). She has recovered from both of these health crisis' but now faces the reality of having Parkinson's Disease (2023). "This was too much" for her husband. He was not interested in being her caregiver. They divorced.

Here is a moving story about Meredith's stroke: Now a cancer survivor and determined to regain her health, Meredith became a "gym rat." She even had a personal trainer. One night when she got up to pee, Meredith noticed that she was seeing "double." By morning, it hadn't gone away, but she went to her gym anyway to work out.

Her trainer, a first responder, knew something was very amiss, took Meredith's blood pressure and then personally transported Meredith to Memorial Hospital's emergency room! It was weeks of many doctor's visits, before she could drive again.

Meredith, who preferred to be in denial about her Parkinson's diagnosis, found the Colorado Springs Parkinson's Support Group

through a mentor who encouraged her to learn everything she could about PD. Now able to accept her neurological disorder, Meredith notices that she "can't express herself as well as she used to and isn't able to get her thoughts together to speak as well as she should." Nevertheless, she does notice some improvement.

Meredith is most annoyed by the reality of PD slowing her down ... walking, moving, thinking, talking. Everything happens more slowly. Her voice is gravelly and hand writing smaller - common side effects many of us experience. Even though her daughters would like for her to sell her house and move to a retirement community, Meredith feels that being responsible for maintaining her home is essential to keeping an active mind.

Quilting, a favorite activity, highlights Meredith's creative talents. Assisted by a sewing machine, Meredith is good at quilting. She likes "to experiment and use a little bit of everything." She also enjoys reading with a book group. Favorite books include novels: The Secret War of Julia Child by Diana R. Chambers and The Girl with the Louding Voice by Abi Dare (accent over the e). Meredith is active in her church and has gone on mission trips. The recent passing of her beloved brother is a painful loss.

The CSPSG community and the endless information source of the newsletter is of great value to Meredith. Like many of us, friends made in the NeuroPONG program are a bonus. She says, "Ping Pong is amazing." Meredith reminds us to "be grateful every day for what we have."

Thank you, Meredith for sharing your unique journey and wisdom with us.

We each have a story. I'm looking forward to hearing yours.

If you would like to share your story, please contact Ann Grant Martin,

ITEMS THAT ARE FREE FOR THE TAKING:

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

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

Ankle brace (elastic pull on)	1
Bibs (Adult)	8
Blood Pressure Monitor	1
Catheter supplies (unopened)	1
Diabetes supplies	1
Easy sip hydrate bottle	1
Gate belt	7
Handicap mountable pull handles	1
Hospital gown	1
Hospital slippers-XL&XXL	2
Leg compression machine	2

Male portable urinals, new in individual pkgs-32oz capacity	2
Rehab squeeze balls	2
Reusable bed pads	8
Slipper socks extra-wide (new)	1 pair
Slipper socks XXXL, men size 11+ or women size 12+ (new)	1 pair
Slipper socks L/XL (used but washed)	6 pairs
Slipper socks xtra-wide (used but washed)	5 pairs
Simply Thick easy mix powder (to thicken liquids)	1
Under-pads (disposable) - XL (29"x35") - maximum absorbency, opened package - Walgreens Brand	1 pkg
Under-pads (washable)	3
Wash cloth (disposable, no-rinse, self-sudsing)	1
Wash cloth (disposable, no-rinse, self-sudsing)	1
Weighted utensils	6
Transfer pads - can handle a person up to 300 lbs	4
Zippered ted socks - black	1 pair

Briefs (generic), L/XL - 18ct	4 pkgs	Women's Always Anti-Bunch extra long panty liners. Extra protection - 92ct	1 pkg
Briefs (unisex stretch briefs), L/XL, ultimate absorbency, opened package - Walgreens Brand	1 pkg	McKesson super briefs with tabs, moderate absorbency, XL	15 ct
Cardinal health guards for men - extra heavy absorbency -14ct	2 pkgs	McKesson super underwear, moderate absorbency, XL	14 ct
Depend men's guards-52ct - 1 unopened and 3 opened with a few missing	8 pkgs	McKesson super underwear, moderate absorbency, XL (opened)	14 ct
Prevail daily male guards - one size fits all - maximum absorbency-14ct	2 pkgs	McKesson super underwear, moderate absorbency, L (opened)	18 ct
Prevail Nu-fit daily briefs w/ fastener tabs - 32"-44" size - maximum absorbency-16ct	2 pkgs	Kroger men's guards, maximum absorbency, one size fits all (opened)	52 ct
Women's Always Discreet s/m/ p/m maximum protection underwear - 42ct	2 pkgs	<i>The Support Group has a Lending Locker with items that have been donated for members to borrow if needed - See page 7 of this newsletter or the list of items available.</i>	
Women's Always Discreet guards - long & extra heavy - individually wrapped	1 pkg		

Program Review: October 4, 2025

| Pat Beatty, Secretary

Transportation Around Colorado Springs By Lucy Cahill, Pikes Peak Area Agency on Aging

Lucy Cahill, from the Pikes Peak Area Agency on Aging, spoke at our last meeting. Lucy is the supervisor of the Family Caregiver Support Center at the Area Agency on Aging. With over 25 years of experience serving older adults and their families, Lucy has found her true passion helping family caregivers. Training as an End of Life Doula, a degree in psychology, and the years of experience with older adults have prepared her to compassionately guide and educate families as they navigate the many facets of aging.

Transportation around Colorado Springs was the topic of her presentation, which was something we've been waiting to get comprehensive information on. Lucy began by referencing a booklet, "Guide to Getting Around the Pikes Peak Region" which has considerable information about the options that are out there. She brought a few copies but she unfortunately grossly underestimated the size of our group resulting in only a few that were present getting a copy. Jill is getting a supply for our resource table, so make sure you pick one up at our next meeting or you can access it by going to:

<https://ppacg.org/wp-content/uploads/2025/03/2025-Mobility-Guide.pdf>

The discussion was brief because the booklet has the details and answers to the questions we may have. However, one important fact about the city bus system that everyone needs to know is that they do not give change, so you need the exact amount or an alternative method of payment. The majority of her time was spent on explaining the purpose and services of the Area Agency on Aging. Although this wasn't the original topic, it was very informative.

In 1965 Congress passed the Older Americans Act (OAA) in response to concern by policymakers about a lack of community social services for older persons. In 1973 Area Agencies on Aging were established with the mission of creating home and community-based services to maximize the independence and dignity of older adults.

They were mandated to provide certain services:

- Transportation services
- Case management
- Benefits/health insurance counseling or enrollment assistance
- Homemaker Personal assistance/personal care
- Options counseling
- Assessment for care planning
- Elder abuse prevention/intervention services
- Senior center programming and activities
- Long-term care ombudsman service

Lucy presented "The Big 3" in transportation around the Pikes Peak Region:

1. Public Bus Service
 - Mountain Metro and Fountain Municipal
 - All riders

2. Paratransit
 - Mountain Metro Mobility
 - Disabled, Senior - Anyone who needs help
3. Specialized Transit
 - Envida, Silver Key, Fountain Valley Senior Center, PACE, Goodwheels
 - Medicaid non-emergent medical transportation
 - Veteran Transportation Services
 - Intercity - Bustang, Greyhound, Ramblin Express

Details about each of the above services can be found in the "Guide to Getting Around the Pikes Peak Region" booklet which will be available on our resource table.

Additional information about the Pikes Peak Area Agency on Aging (AAA) that Lucy shared included the following:

Information and Assistance

Resource Navigation
Case Management
Ship - State Health Insurance Program
Homemaker and Personal Care Vouchers
Emergency Response Systems
Retirement Series
Medicare 101

Family Caregiver Support Center

Free Consultation
Monthly Support and Education Group
Powerful Tools for Caregivers - 6 week class
Respite Voucher Programs

- a. Traditional respite voucher program - 15 hours every few months
- b. Recreational respite - A break from the monotony of the day by creating meaningful moments through play

 Caregiver Pampering Day

Consultation Topics

Medical
Legal
Financial
Levels of Care
Support and Resources
Self Care

It really sounded like the AAA has a wealth of information and services available to seniors that goes well beyond providing transportation information. If you have any questions about practically anything you may contact:

Lucy Cahill

Family Caregiver Support Center,
Pikes Peak Area Agency on Aging
719 471-2096 ext 144
lcahill@ppacg.org

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]

SAD NEWS

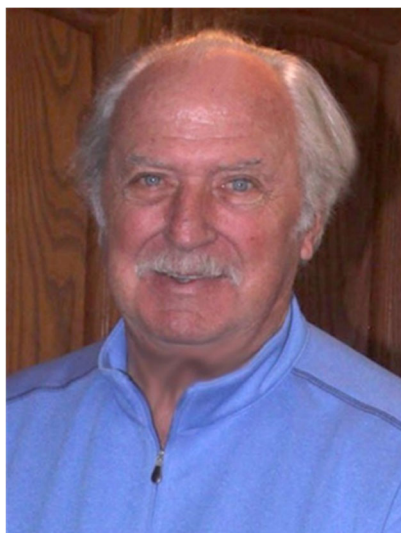


Joan L. Foutz, 82, the beloved widow of one of our more inspirational Parkinsonians, passed away on September 12, 2025. She was born in Alliance, Ohio and married Hector Joseph Foutz on December 4, 1960, in Las Cruces, New Mexico, beginning a lifelong partnership built on love and devotion.

After high school, Joan had a fulfilling career at Weberg Furniture, where she became known for her exceptional leadership and dedication. Her hard work and commitment earned her the honor of being recognized as one of the top businesswomen in Colorado Springs, a testament to her remarkable professionalism and commitment as a store manager and trusted consultant to the owner, John Weberg.

Joan's deep love for her Shelties brought her immense joy over the decades. She formed a bond with them that reflected her caring, compassionate nature, and they were a constant source of friendship and comfort in her life. A passionate lover of the outdoors, Joan found peace in camping and fishing with Hector, as well as gardening. She also had a creative spirit, enjoying knitting and embroidery in her spare time.

Joan was a devoted mother to her three children, Earl, Robert, Donald, and a cherished grandmother to 7 grandchildren and 4 great-grandchildren. Her warmth, wisdom, and unwavering love for her family and friends will be missed by all who knew her. Joan was buried next to her husband, Hector, at Pikes Peak National Cemetery and leaves behind a legacy of kindness, strength, and devotion.



Randall John Austin, 81, passed away on September 19, 2025, in Colorado Springs, Colorado. Randy shared his zest for life with his beloved wife of 49 years, Penny, who succeeds him.

Randy was born in Waterbury, Connecticut, and enlisted in the U.S. Air Force after high school. While serving his country, Randy attended Minot State College in North Dakota, and, later, UCCS in Colorado Springs.

Randy began his computer programming career in Connecticut at Bunker Ramo Corporation. Before moving to Colorado Springs, where he ultimately retired from Lockheed Martin, he worked in San Francisco and New York. As a contract negotiator, Randy represented Lockheed in Europe, the Middle East, and Asia. While in Colorado Springs, Randy had met his wife Penny in 1975 at Philco Ford, a predecessor organization of Lockheed, where they both worked.

Randy and Penny enjoyed traveling, especially camping in Randy's favorite vehicle, the 5th-wheel, visiting Alaska and the East Coast. A variety of European river cruises were also among their chosen pastimes. Randy ran a marathon in 1982, and built a home with Penny on Peak 7 in Breckenridge, both for quick access to skiing and for hosting friends and family over the years.

Randy worked on the Mountain Safety Patrol team at Copper Mountain, and was known for his bat-out-of-hell-skiing but also his love of après ski music at JJ's. In fact, Randy would travel for live music, such as to the Telluride Jazz Festival with his brothers Kevin and David, who preceded Randy in death. He is also survived by his 2 sisters and numerous nieces and grandnieces.

Randy will be remembered not only for his loyalty to his friends and his generosity of spirit, but also the many lives he touched along the way. Even dealing with the challenges of Parkinson's Disease in the last few years, Randy continued to share his particular brand of humor, always with that signature twinkle in his eyes.

Randy's life will be celebrated on October 29, 2025 at 2pm at Patty Jewett Golf Club.

LENDING LOCKER
INVENTORY

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

New & Different Items

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

Colorado Parkinson Foundation, Inc.

1155 Kelly Johnson Blvd.

Suite # 111

Colorado Springs, CO 80920

PARKINSON'S PERSPECTIVE

NOVEMBER 2025

Coming Events

See inside for more information

November 1: Reg Mtg at Central United Methodist Church - 10 am
Program: Alternate PD Medication Delivery Systems
Speaker: Sean Kerns, AbbVie Senior Medical Science Liaison, Parkinson's Disease

December 6: Save the Date — Annual Christmas Party!!

Location & Time: Central United Methodist Church - 10 am

Program: Christmas Party!!

Entertainment: The Song Spinners

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

Program: Parkinson's 101

Speaker: Jill Reid, Educational Outreach

February 7: Reg Mtg at Central United Methodist Church - 10 am
Program: Break-out Sessions

Moderators: Kathleen Foster—Parkinsonians; Jill Reid & Julie Pfarrer—Caregivers

(Caregivers & Parkinsonians separate into different rooms to talk)

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

Program: Silver Key Services

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

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

Program: TBD

More useful websites:

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