



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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Bill Hicks [REDACTED] or
potluck@co-parkinson.org

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and Janet Adams

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MJ Thompson [REDACTED]

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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, October 4th | 10:00 am – 1:30 pm

We will be Zooming and recording this meeting

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

9:30am – Come early for a group sing-along with music therapist, Heather Johnson.
See more about Heather's business under 'Other Opportunities' later in this newsletter.

9:45am – Everyone else come a few minutes early to check in,
greet other members and ask questions.

First time visitors: Be sure to sign in, get a name tag and proceed
to the visitors' table for some special attention and information.

*Knowledge is power and enables us all to live well, so plan to attend
the meetings at Central United Methodist Church.*

October Program

Topic: Transportation around Colorado Springs

Speaker: Lucy Cahill, Pikes Peak Area Agency on Aging

About the speaker: 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. In her spare time, Lucy loves to be outdoors with her new husband and paddle boarding with her dog.

A Potluck will follow the monthly program

October Potluck – Chili!

If you would like to sign up to be one of the providers of a main
dish or to bring a side dish/dessert, you can contact Bill Hicks at [REDACTED]
or potluck@co-parkinson.org, no later than Wednesday, October 1st,
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!

Attention Caregivers!!!

Author and world renowned dementia expert, Laura Wayman, will be conducting a Zoom presentation for all caregivers at the Parkinson's Caregiver's Support Group's monthly meeting on October 16th, 2025. The meeting is from 10:00 am to 12:00 pm. Laura will join the meeting at 10:30 am for a one-hour presentation related to how caregivers can humanely manage someone with neurodegenerative dementia. All caregivers, especially those who are caring for a Parkinsonian with dementia, are encouraged to attend. You can attend in person at Central United Methodist Church, 4373 Galley Road – just east of Murray Blvd. or you can Zoom it from home. Zoom instructions for this presentation will be sent out with the regular CSPSG October meeting Zoom instructions.

The President's Corner

| Jill Reid-Acting President, CPF & CSPSG



In recent months, Julie and I have been involved in helping to write a comprehensive book on Parkinson's for patients and their families. Along the way, I ran into an interesting tidbit from a study entitled Dietary Approaches to Improve Efficacy and Control Side Effects of Levodopa Therapy: A Systematic Review by J. T. B. Keun, I. A. Arnoldussen, C. Vriend, and O. Van de Rest. It indicated that four dietary interventions improve levodopa absorption and thus enhance clinical response and reduce motor fluctuations: protein redistribution diets (taking most of your protein in the evening), dietary fiber, vitamin C, and caffeine. The study also found that vitamin B-12, vitamin B-6, and folic acid reduce high homocysteine concentrations that come from metabolizing levodopa; high concentrations of homocysteine can lead to metabolic and clinical complications, such as neuropathology and osteoporosis. All of these dietary approaches sound easy to incorporate and certainly can't hurt to try.

Last month, I included instructions on how people in the middle- to later-stages of Parkinson's can get out chairs without help. This month, I've included a great hint on how to get your coats on without help; this is especially useful for anyone who lives alone but finds it difficult to put on a coat or sweater. I learned it from one of our members during a Parkinson's breakout session:

- Drape your coat/sweater over the back of the chair exactly as if you had taken the coat off while seated in that chair
- While seated, put your arms in the arms of the coat/sweater and raise your arms so the coat/sweater moves onto your shoulders



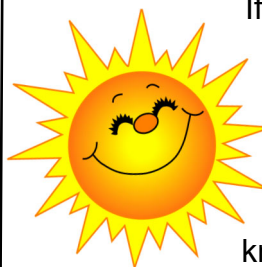
This month's comedy is *Evan Almighty*, starring Steve Carell and Morgan Freeman. Evan is a reluctant modern-day Noah, compelled to build an ark in spite of how crazy it seems to him and to everyone around him. But God (played by Morgan Freeman) works in mysterious ways, as the finale of the movie clearly proves. Watch just for the fun of it!

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: db_mgr@co-parkinson.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].

*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!

November Newsletter Input Deadline: October 10th#

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

info@co-parkinson.org

October CSPSG Executive Committee Meeting

October 7th @ 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.



Judy Allgeyer
Kathryn Allie
Steve Booth
Ann Brand
Joshua Campbell
Roger Christiansen
Richard Cobey
Mike Cunningham
Ruby Doyle
Eddie Edwards
Bobbie Hamilton
Judy Heaton

Phil Horton
Betsy Hughes
Jim Jarvis
Steve Kozeliski
Linda Krager
Elaine Laue
Rudy Legleiter
Karen McCraley
Katja Pinion
Ed Pope
Sean Prescott
Gary Robinson

Ed Santos
Marda Santos
Marie Serna
Linda Marie
Shrewsbury
Keith Smith
Jan Suhr
Rick Thomas
Scott Van Pelt
Charles Wells
Helen Zinn

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

Potluck Favorites — Shakin' & Bakin' Cookbook

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.



Recipe of the Month: **SAUTEED YELLOW SQUASH & ZUCCHINI**

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:

½ Tbl olive oil	2 medium yellow squash, ¼" rounds
1 Tbl unsalted butter	1 tsp Italian seasoning
1 yellow onion, thinly sliced, half rounds	Kosher salt
2 cloves garlic, minced	Black pepper
2 medium zucchini, ¼" rounds	

Directions:

- Heat oil and butter in large skillet over medium heat.
- Add onions and cook, stirring occasionally, until just softened, about 5 minutes.
- Add garlic and cook, stirring occasionally, for 1 minute.
- Add zucchini and squash, Italian seasoning and a generous pinch of salt.
- Cook, stirring occasionally, until the zucchini and squash are tender and beginning to brown in some spots, about 10 minutes.
- Season with salt and pepper and serve warm.

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, Andrew Keen, Caregiver

by Ann Grant Martin



You may thank Andrew “the terror” Keen for neatly tearing your raffle tickets during our recent monthly PD Support Meeting. He was seen and appreciated elsewhere too... just when a helping hand was needed. Andrew, the friendly guy with a ready smile, is the husband and caregiver of Kat Foster, our featured “Getting to Know You” friend in September’s issue of this Newsletter.

Having grown up in Lewisburg, PA, Andrew met Kat at Bucknell University. Their lives quickly intertwined even though she was two years ahead of him. Kat was a 1st Lt in the US Army when they married right after Andrew graduated in 1985. For Andrew, the year that Kat was stationed in South Korea was the hardest year of their marriage. Since he is a software engineer, Andrew’s company sent him to South Korea on a project. He worked a few days and then spent the rest of his time with Kat. Their kids came later, a son in 1990 and a daughter in 1994. With both offspring now out on their own, Andrew and Kat’s share their home with “Buddy,” a Jack Russel/Chihuahua mix who has a ‘lot of barks’ in him.

Married now for 40 years, Andrew described Kat as being exhausted in 2020 from working 15 hour days at PACE as a clinical coordinator. Andrew became more aware of her fragile health and fully supported her decision to resign. Two years later she was diagnosed with PD. Andrew says he was “in a sense taking care of her before she was diagnosed.” Nevertheless, he has formally committed to being her caregiver and “wouldn’t have it any other way.” He enjoys seeing her succeed in the things she chooses to do. He brings her first meds of the day at 6:00 am, knowing that some days are going to be better than others for her. Fortunately, she does have a lot of good days.

When replying to the question, “How does being a caregiver for your person challenge you?” Andrew told a couple of stories:

“When I took her to Ireland, I noticed that she wasn’t getting around as well as the others. So before our next trip to Italy in the Fall of 2024, we jointly agreed that I would pay extra attention to her safety and meds. I was ‘bird dogging her all the way.’ She didn’t have any falls, and I count that as a success. When our group went to the Catacombs, I did go down on my own. It was pretty intense, and the footing was a bit of a challenge in places. She hung with other people who didn’t want to go along. When she offered to let me go some other places by myself on the trip, I said, ‘NO, that’s not how we do things. Wherever you are, that’s where I go.’”

Andrew’s additional comments about being a caregiver include that he doesn’t view it as a handicap or obligation. He says, “I’m not bitter at all.” “It’s not that hard of a job; that’s what we do. We work it together. If I can keep her life going, that’s what I

want.” At the beginning of their house renovation project, Andrew thought to himself, “OK, let’s see how close we can get to what she would like. What is Kat’s vision? What would she like her home to look and feel like?” Well into the project now, he says, “It’s good to see that she is her old self again. This project gives her a purpose to live and I want to enable that as well as I can.”

Andrew cares for his personal health and happiness by getting up early to work out 5 days a week. Walking has become as appealing as running. When he gets up early enough, he and Buddy may walk up to 4 miles. He enjoys walking, running, and circuit training, including lifting. ‘Back in the Day’ he used to break 11 minutes in the 2 mile. However, these days he may occasionally enter a 2-mile race, but mostly works out without ‘pushing it,’ because it takes him many times longer to recover physically. Like everyone else at this age, he doesn’t bounce back like he did in college.

Andrew enjoys volunteer activities, including at their church, where he participates mostly as a chalice bearer and an acolyte. He also volunteers frequently at local races with the Pikes Peak Runners. One recent race was the Cheyenne Mountain Run, where he worked in a group of people manning aid stations and course marshaling at the top of Cheyenne Mountain. “All the runners really do appreciate the volunteers on those remote trails through wilderness. The course marshals are all in constant communication with radios. Race day starts for us on a Saturday at 4AM.” September’s Pikes Peak Ascent also begins early for volunteers. Andrew goes every year to work at the Cirque Aid Station, 1.3 miles below the summit.

Fans of college football, Andrew and Kat had tickets to the Bucknell “Tailgate” Party, August 30 at the Air Force Academy’s Falcon Stadium. They proudly wore their Bucknell shirts for both the party and the game, Bucknell vs Air Force.

In answer to “What are you good at?” Andrew commented about his ability to contribute in many ways at his job at Lockheed Martin. He isn’t focused on retiring and wants to make sure that he stays engaged. He has been on the same contract for 20 out of the last 24 years. He feels ‘self-worth’ when he can help people in his job, community and family. He helps with housework and is devoted to supporting Kat. Andrew says, “We are very different people from 40 years ago and have adapted to each other’s personal changes.”

Andrew lives by the wisdom that it’s important to maintain a purpose to live each day...a reason to get out of bed every morning. He nurtures his relationship with Kat by reminding himself that, “Kat lets me have ‘her’ way.” He says, “Be patient with each other as you figure it out.” And finally “What’s really important is ‘social’ interactions, in various environments. Community is so important. Action happens first in the local community. At some point when I am no longer working full time, I want to reach out even more to be a helper.”

Thank you, Andrew, for sharing your unique life as Kat’s caregiver.

We each have a story. If you would like to share your story, please contact Ann Grant Martin, [REDACTED].

Program Review: September 6, 2025

| Pat Beatty, Secretary

Program: Mobile Neurologic Physical Therapy Rehabilitation and Wellness

Speaker: Ryan Mueller, PT, DPT, NCS

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

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

Ryan's passion as described above was evident as he shared (1) facts about motor and non-motor symptoms, (2) the makeup of a PWP's Care Team, and (3) the need for physical therapy and exercise.

First, he equated PD symptoms with an iceberg. Only a very small portion of an iceberg can be seen...the part above water. The majority of the iceberg is actually below the surface of the water. Motor Symptoms (those which can be seen) are only a small portion of PD. These include:

- Rigidity
- Bradykinesia (slowness of movement)
- Tremor
- Postural Instability

However, there can be so many more conditions, non-motor symptoms, related to Parkinson's that remain unseen, such as:

- Physical Symptoms
 - GI dysfunction
 - Low blood pressure/High blood pressure
 - Sexual dysfunction
 - Changes in perspiration
 - Bladder changes
 - Respiratory dysfunction
- Mood/Thinking Symptoms
 - Apathy
 - Memory impairment
 - Cognitive impairment
 - Depression or anxiety
 - Various psychosis
- Other Possible Symptoms
 - Sialorrhea (hypersalivation, drooling)
 - Sleepiness/fatigue/REM
 - Pain
 - Skin changes
 - Loss of smell
 - Dysarthria or Hypophonia (speech problems/soft speech)

- Dysphagia (difficulty swallowing)
- Visual changes

Next Ryan discussed the importance of a quality Care Team which may include:

1	2	3
Primary Care Physician	Physical Therapist	Neurologist
Neuro Ophthalmologist	Occupational Therapist	Cardiologist
Nutritionist or Dietician	Mental Health Professionals	Gastroenterologist
Orthopedist		Urologist

Lastly, he addressed something we have all become acutely aware of... the importance of physical exercise. Some suggestions he offered were:

1. Set a goal: 60-80% Heart rate max
2. H/O orthopedic, cardiovascular, or respiratory dysfunction
3. Aerobic demonstrated best
4. Aerobic benefits:
 - Stimulates dopamine
 - BDNF, GDNF, other factors (proteins that play a crucial role in the brain's health and function)
 - Neuroplasticity (the medium of neural networks in the brain to change through growth and reorganization)
5. Resistance training, balance training, dual tasking

Ryan also shared some of the known benefits of exercise:

- Improved cardiovascular function
- Reduced potential of osteoporosis
- Improved cognitive function
- Improved sleep
- Decreased constipation
- Reduced rigidity
- Decreased fatigue
- Improved drug efficacy
- Improved dopaminergic system
- Improved functional
- Reduced UPDRS (Unified Parkinson's Disease Rating Scale) in motor and non-motor categories

Ryan is unique in that he offers an outpatient, mobile service in which he comes to you rather than you having to go to a clinic or other facility. He is the founder of **Neuro Logic Rehabilitation and Wellness**. Because of his expertise in dealing with PD motor symptoms, as well as an awareness of the numerous non-motor symptoms, Ryan can assess an individual's various PD symptoms that are often not addressed by the common Physical Therapist in the usual PT arena.

His company, **Neuro Logic Rehabilitation & Wellness** is proud to offer the following:

- Outpatient mobile practice: "Same as going to a clinic but we come to you!"
- Hybrid insurance and out of pocket model
 - To allow individuals access to therapy with reduced insurance limitations
- Board Certified Clinical Specialist in Neurological Physical Therapy
 - Only 2% of all PTs hold this board specialty

For further information or if you have questions, Ryan can be reached at: www.neurologicrehab.com (719) 306-0009 or ryan@neurologicrehab.com

New weekly injection for Parkinson's could replace daily pill for millions, study suggests

Experimental gel releases crucial medications over time
By Khloe Quill, Fox News, July 15, 2025

A new weekly injectable drug could transform the lives of more than eight million people living with Parkinson's disease, potentially replacing the need for daily pills. Scientists from the University of South Australia (UniSA) developed a long-acting injectable formulation that provides two key Parkinson's medications for an entire week.

There is currently no cure for Parkinson's, which is the second-most common neurological disorder, affecting more than one million Americans, according to the Parkinson's Foundation.

To manage symptoms like tremors, rigidity and slow movement, patients typically take daily oral medications, such as levodopa and carbidopa, according to the university's press release.

This method can be especially difficult for individuals who have trouble swallowing or are otherwise unable to take the pills consistently, leading to irregular medication levels, increased side effects and reduced effectiveness.

Levodopa is the "gold-standard therapy for Parkinson's," according to lead researcher Professor Sanjay Garg at UniSA, but its short lifespan means it must be taken several times a day.

The researchers tested an injectable gel implant that combines an FDA-approved biodegradable substance with a pH-sensitive substance to achieve a controlled and sustained drug release.

The gel is injected through a single shot under the skin or into the muscle tissue, which means there's no need for a surgical implant and discomfort is minimal, they noted.

The team found that the gel gradually released the key Parkinson's medications (90% of the levodopa drug and 81% of the carbidopa) over the course of one week.

The findings were published in the journal Drug Delivery and

Translational Research.

"Reducing the frequency of dosing from multiple times a day to a weekly injection is a major step forward in Parkinson's therapy," Garg said in the release. "We're not just improving how the drug is delivered; we're improving patients' lives."

Extensive lab tests confirmed the system's effectiveness and safety.

"We're not just improving how the drug is delivered; we're improving patients' lives."

The implant degraded by over 80% within a week and showed no significant toxicity in cell viability tests.

"The implications of this research are profound," Garg added.

Deepa Nakmode, a PhD student at the University of South Australia, noted that this method is designed to release both levodopa and carbidopa steadily over one week, maintaining consistent plasma levels and reducing the risks associated with fluctuating drug concentrations.

"After years of focused research, it's incredibly rewarding to see our innovation in long-acting injectables for Parkinson's disease reach this stage," he said in the release.

The team's invention has now been filed for an Australian patent, Nakmode added.

The technology could also be adapted for other chronic conditions, such as cancer, diabetes, neurodegenerative disorders, chronic pain and infections that require long-term drug delivery, according to Garg.

The system can be tuned to release drugs over a period ranging from a few days to several weeks, depending on therapeutic needs.

Scientists hope to start clinical trials in the near future and are exploring opportunities to make the gel commercially available.

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

ITEMS THAT ARE FREE FOR THE TAKING:

Contact Julie Pfarrer if interested in these items at info@co-parkinson.org.

Ankle brace (elastic pull on)	1
Bibs (Adult)	8
Blood Pressure Monitor	1
Catheter supplies (unopened)	1
Easy sip hydrate bottle	1
Gate belt	7
Hospital gown	1
Hospital slippers-XL&XXL	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
Wash cloth (disposable, no-rinse, self-sudsing)	1
Weighted utensils	6
Transfer pads – can handle a person up to 300 lbs	4
Washable under-pads	3
Zippered ted socks – black	1 pr
Cardinal health guards for men - extra heavy absorbency -14ct	2 pkgs
Depend men's guards-52ct – 1 unopened and 3 opened with a few missing	8 pkgs
Generic briefs, L/XL – 18ct	4 pkgs
Prevail daily male guards – one size fits all – maximum absorbency-14ct	2 pkgs
Prevail Nu-fit daily briefs w/ fastener tabs – 32"-44" size – maximum absorbency-16ct	2 pkgs
Women's Always Discreet s/ m/ p/m maximum protection underwear – 42ct	2 pkgs
Women's Always Anti-Bunch extra long panty liners. Extra protection – 92ct	1 pkg
McKesson super briefs with tabs, moderate absorbency, XL	15 ct
McKesson super underwear, moderate absorbency, XL	14 ct
McKesson super underwear, moderate absorbency, XL	14 ct opened
McKesson super underwear, moderate absorbency, L	18 ct opened
Kroger men's guards, maximum absorbency, one size fits all	52 ct opened

Colorado Parkinson Foundation, Inc.

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Colorado Springs, CO 80920

PARKINSON'S PERSPECTIVE

OCTOBER 2025

Coming Events

See inside for more information

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

Program: Transportation around Colorado Springs;

Speaker: Lucy Cahill, Pikes Peak Area Agency on Aging

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.nwpcf.org; michaeljfoxfoundation.org;
<http://caremap.parkinson.org>; <https://www.brainhq.com/world-class-science/published-research/active-study>;
www.davisphinnneyfoundation.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