SEPTEMBER 2026

COLORADO PARKINSON FOUNDATION

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, September 5th | 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.

PROGRAM: Aging in Place and Fall Prevention

Speaker: Phil Stafford, MBA, CAPS, CEAC, CSA
– Independent Home Living, LLC

About the Speaker: Phil is a native of Colorado Springs. After graduating from Air Academy High school, he received his Bachelor of Science in Business Administration from UCCS and his MBA from the University of Phoenix. Further education consisted of an Advancement Certificate in Gerontology from UCSS (both in 1996 and again in 2015), a designation from the National Home Builders Association as a Certified Aging-in-Place Specialist (CAPS), a Certified Environmental Access Consultant (CEAC), and a Certified Senior Advisor (CSA).

With over 30 years of experience in durable medical equipment/home medical equipment and over 20 years of experience in home care, companion care, skilled medical home care (PN,PT,OT,ST), palliative care, and home hospice care, the need was apparent to form Independent Home Living, LLC in 2009.

A Potluck will follow the monthly program.

September Potluck | BRUNCH

Brunch Items: such as egg casseroles, fruits, breads, etc.

If you would like to sign up to be one of the providers of the main dish or a side dish and/or dessert, you can contact Bill Hicks at [redacted] or potluck@co-parkinson.org, no later than Wednesday, September 2nd 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



Thanks to all of you who attended the August picnic at John Venezia Park!

The weather was perfect, and everyone seemed to enjoy the good companionship, good conversation, and good food. There were enough tennis-ball yellow CPF/CSPSG t-shirts in attendance to make the pavilion glow; I'll bet we were visible from a mile away.

Our annual August picnic is a special event. Always on the first Saturday in August, it's an opportunity to attend a Parkinson's meeting that has enjoying each other's company and being outdoors on a beautiful Colorado summer day as its only goals. Really and truly, it takes all of us to make it happen. Thanks to Julie Donahue for reserving the Barn pavilion for us months in advance. Thanks to all who attended and who brought those delicious side dishes and desserts (it wouldn't be much of a picnic without people attending and bringing food, would it?).



Thanks to the Executive Committee members who planned the picnic and got the venue set up and ready by 11 a.m.: Julie Donahue, Pat and Deloit Beatty, Carole Henrichsen, Bill Hicks, Janet Adams, and Steve Booth. Thanks to Janet Adams' son, Scott, for taking the group photo.



Thanks to Jesse Van Hardenberg, Ric Pfarrer and Scott Adams for carrying the serving tables and coolers back to the truck that carried them to John Venezia Park. And a special thanks to Catherine Reed who was already cleaning up the venue when Julie and I arrived at 9:30! She is a very special lady who has continued helping the support group all these many years after her husband, who had Parkinson's, passed away. Thanks, Catherine! You're the best!

So put the 2027 August picnic on your calendar and be sure to join us for a thoroughly enjoyable day!

This month's comedy recommendation is Zootopia, an animated film set in the modern mammal metropolis of Zootopia. It follows the adventures of Officer Judy Hopps, the first bunny on Zootopia's police force. Since she's the first bunny ever to make the force, she's under pressure to prove herself from the get-go and crack her first case. I was totally hooked on the movie when Judy, a fast-moving cop, goes to the DMV where she discovers that DMV is manned (or should I say, animaled?) by nothing but slow-moving sloths. Sound familiar? Anyway, it's a fun movie, sure to make you at least smile, if not laugh out loud!

FALL ASSISTANCE

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

!

Playing table tennis may build better balance in Parkinson's, per study

By Patricia Inacio, PhD

12-week program leads to walking gains, fewer depressive symptoms

- Playing table tennis was seen to improve movement, balance, and walking endurance in people with Parkinson's.
- A 12-week pilot study tested a program dubbed NeuroPong, finding benefits and no adverse effects.

Participants also self-reported fewer depressive symptoms by the study's end.

Taking part in a structured table tennis program may help improve movement, balance, and walking endurance in people with Parkinson's disease, according to a small pilot study that found participants were able to walk about 20 feet farther after completing the program.

Participants also self-reported fewer depressive symptoms by the study's end than at its start, the researchers noted.

The pilot study tested the 12-week NeuroPong program, which combines table tennis instruction with exercises tailored to people with Parkinson's. Most of the participants completed the program, with no adverse events reported.

Researchers say the positive findings support further testing of this approach in larger, controlled clinical trials.

"The multidimensional motor and cognitive demands of table tennis may contribute to these observed benefits," the team wrote, adding that "these findings contribute to a growing body of evidence suggesting that task-specific, cognitively engaging, and socially interactive physical activities may be effective in treating Parkinson's."

Parkinson's is caused by the progressive loss of nerve cells that produce dopamine, a chemical messenger that allows nerve cells to communicate and, among other functions, helps regulate movement. Along with motor symptoms, such as tremor, slowness of movement, and balance problems, many people with Parkinson's also experience nonmotor symptoms such as depression, anxiety, sleep problems, and cognitive changes.

Testing out the benefits of table tennis in Parkinson's

Although different treatments can ease symptoms, exercise is considered an intervention that can influence the course of the disease. Despite this, there is no universal agreement on the type, frequency, and duration of exercise that provides the greatest benefits.

Table tennis has attracted growing interest because it combines physical activity with rapid decision-making, hand-eye coordination, balance, and motor planning — skills that are often affected in Parkinson's. However, its effects in Parkinson's have been tested only in small studies using different training methods, making it difficult to draw firm conclusions.

"Unlike traditional exercise modalities that often target isolated domains (e.g., strength or endurance), [table tennis] simultaneously engages motor, cognitive, and adaptive processes in a dynamic and unpredictable environment," the researchers wrote, adding that "these characteristics make [table tennis] particularly well-suited to address the complex, multidimensional impairments observed in [Parkinson's]."

To test this, a team led by researchers at the University of Colorado School of Medicine evaluated NeuroPong, a standardized table tennis-based rehabilitation program designed specifically for people with neurological disorders and adapted for Parkinson's.

The pilot study enrolled 30 Parkinson's patients, three-quarters of them men, with an average age of 70. A total of 26 completed the program.

The participants attended supervised two-hour sessions twice weekly that ran from warm-up exercises to instruction in table tennis strokes and guided play. The activities were adapted to each person's motor abilities, balance, and fatigue level.

Attendance averaged about 90%, and no adverse events were reported during the program.

After program, players able to walk much longer distances

The researchers specifically assessed participants' Parkinson's symptoms, mobility, cognition, mood, and quality of life before and after the program using several standardized tests.

Motor symptoms, measured with Part III of the Movement Disorder Society-Unified Parkinson's Disease Rating Scale (MDS-UPDRS III), decreased by an average of 5.73 points after training. The MDS-UPDRS III is considered the gold standard for clinical assessment of Parkinson's motor symptoms, with lower scores indicating less severe impairment.

"Reductions in MDS-UPDRS Part III of 3-5 points may reflect perceptible improvements in motor symptoms in individuals with PD [Parkinson's disease]," the researchers wrote.

Participants also showed improvements in several measures of physical function. Scores on the Berg Balance Scale, which assesses balance and fall risk, increased by 3.08 points.

In the Timed Up and Go test, which measures how quickly someone can stand up, walk a short distance, turn around, and sit back down, participants were faster by 1.04 seconds. Walking endurance, measured with the Six-Minute Walk Test, increased by 66.8 meters (about 20.4 feet).

The faster times for standing and increased walking endurance "are both metrics [that] represent clinically relevant improvements," the researchers noted.

According to the team, "these findings parallel reports in Tai Chi and dance interventions, which similarly incorporate multidirectional movement and coordinated weight transfer."

> *[These findings show] a structured [table tennis]-based intervention is feasible and associated with improvements in motor function, balance, and walking endurance in individuals with [Parkinson's].*

Self-reported depressive symptoms also decreased modestly, the researchers noted. However, measures of cognition, anxiety, daytime sleepiness, and overall quality of life did not change significantly over the 12-week program.

Overall, these findings show that "a structured [table tennis]-based intervention is feasible and associated with improvements in motor function, balance, and walking endurance in individuals with [Parkinson's]," the researchers wrote.

Importantly, the researchers noted that the study's small size, single-center design, lack of a comparison group, and short intervention period were limitations.

Still, the high attendance rate and lack of adverse events suggest the program is practical and well tolerated, supporting future "larger and more prolonged blinded interventional trial to evaluate whether additional impacts require longer intervention, and whether the changes identified in this pilot are sustained over time," the team concluded.

Other Local Support Groups:

Parkinson's Caregivers Support Group

All family caregivers of persons with Parkinson's are invited to come and participate in our discussion meetings.

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

For more information contact Kurt Hansen at [redacted] or [redacted].

Ladies w/ Parkinson's Support Group

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

If you're interested please notify Julie Donahue at info@co-parkinson.org or [redacted].

Essential Tremor Support Group

Meeting Location: ENT Conf Rm, Pikes Peak Library District; Colo Spgs Library 21c, 1175 Chapel Hills Drive. Contact Jim Sanchez for meeting dates/times at [redacted] or [redacted].

Tri-Lakes Parkinson's Support Group

Meets the 3rd Saturday of the month at 10am at the Monument Community Presbyterian Church, 238 3rd Street, Monument. Contact Becky Farley at [redacted] *or* [redacted] for more info.

Other Opportunities:

Adult Speech Therapy:

Outpatient speech therapy services.

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

Treating:

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

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

Parkinson's Sing-a-Long Group:

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

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

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

PD Exercise Classes:

Falcon Exercise Group

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

UCCS Center for Active Living at the Lane Center

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

NIA Class

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

Cost: $10 a class
When: Every Friday at 10:30 am
Where: 525 E Fountain Blvd.
MACS–corner of Fountain & Royer

One-on-One Physical Therapy

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

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

Neuropong for Parkinson's

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

When: Tuesdays & Thursdays
Time: 1:00 - 3:00 p.m.
Location: Downtown YMCA
207 North Nevada Avenue
In the Small Gym

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

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

Colorado Springs Rock Steady Boxing "Let's kick some PD BUTT!"

Why: To improve your balance, voice, strength, flexibility, and depression with music and laughter
When: Tues & Thurs from 1:15pm – 2:30pm & 2:45pm – 4:00pm
Where: Otis Park, 731 Iowa Ave.

For more info, call Bill O'Donnell at (719) 243-9422

Neuro Logic Rehabilitation and Wellness:

One-on-one physical therapy and wellness services for people with Parkinson's Disease and other movement/neuro disorders in the comfort of their home with outpatient mobile services. We come to you, to meet you where you are in your treatment & diagnosis! Board Certified Clinical Specialist in Neurologic Physical Therapy Certified PWR! (Parkinson's Wellness Recovery) Moves Therapist

For more information, contact Ryan Mueller, PT, DPT, NCS at (719) 306-0009 or ryan@neurologicrehab.com or visit neurologicrehab.com / Fax: (719) 691-7994

Thank you for for helping!

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

October Newsletter Input Deadline:

September 11th

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

[redacted]

info@co-parkinson.org

September CSPSG Executive Committee Meeting

September 8th @ 09:30am

(Location: Place to be determined)

Contact Jill Reid at: president@co-parkinson.org, if you haven't been to an Executive Meeting so we will know that you're coming and to get you the address. Leave your email address so Jill can contact you if anything changes.

HAPPY SEPTEMBER BIRTHDAYS!

- Dale Bowman
- Jackie Casey
- Larry Christian
- Ray Coddington
- Pamela Cooper
- Mary (Maria) Cordova
- Nancy Crosier
- Cheryl Davis
- Brenda DeLuca
- JoAnne Egolf
- Linda Geist
- Barbara Gross
- David Gross
- Carol Hellem
- Robert Hellem
- Carole Henrichsen
- Patrick Holland
- Alan Knight
- David Lydon
- Paul Metzler
- Corine Nelson
- Carl Nolt
- Bruce Nottingham
- Kathy Parker
- Marge Parrott
- Ric Pfarrer
- Carol Rushing
- Daniel Schnee
- Gary Shrewsbury
- Judith Stauffer
- Shanti Stuehmeyer
- Philip Thomas
- Donna Vaughn
- Onda Waller
- Alan Whitaker
- Ray Wiley

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

Recipe of the Month:

Our low carb/good fat ketogenic study showed incredible results. Not only was there remarkable improvement in the symptoms of Parkinson's but also with overall health in general (including the health of caregivers who chose to change their diet along with their Parkinsonian). Since it seems clear that everyone's health would improve exponentially if we all changed our diet to eat this way and since we have potlucks, we thought we would feature an easy low carb/good fat recipe or two in the newsletter each month to promote healthy eating.

If you have a favorite low carb/good fat recipe you'd like to share, please send it to Julie at: info@co-parkinson.org.

ROASTED CAULIFLOWER POPCORN WITH CHILI-LIME SEASONING

Chili-Lime Seasoning:

- 1 Tbl chili powder
- 1 tsp lime zest (1/2 lime) or ½ tsp lime concentrate
- ½ tsp ground cumin
- ¼ tsp cayenne pepper (or less)
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp ground coriander
- ¼ tsp kosher salt

Roasted Cauliflower Popcorn:

- 1 head cauliflower, florets cut or broken into bite-sized pieces
- 1 Tbl good oil (coconut, olive avocado)
- Kosher salt & pepper
- About 1 Tbl chili-lime seasoning

Directions:

- Preheat oven to 425º and line a baking sheet with foil
- Toss cauliflower with oil & a pinch of salt & pepper
- Arrange in a single layer on the baking sheet
- Roast, stirring once or twice, until tender & browned in spots, 15 to 30 minutes
- Toss the roasted cauliflower with the seasoning and transfer to a serving bowl

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 – Colorado Springs Neurological Associates (CSNA); (719) 473-3272

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

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

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

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

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

Denver

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

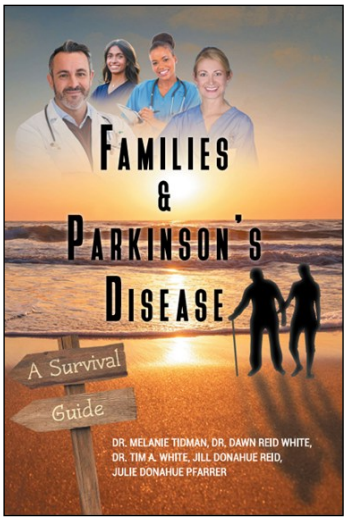
Dr. David VanSickle, MD – Neurosurgeon at Neurosurgery One; (720) 638-7500
Note: DBS expert

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

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

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

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

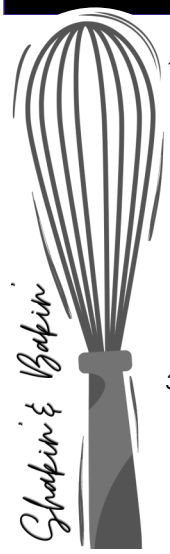


Our book, **Families & Parkinson's Disease: A Survival Guide**, is available to purchase!!!

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

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

Potluck Favorites Shakin' & Bakin' Cookbook



The updated cookbooks are here!

The price is a donation or free if you can't afford to donate.

You can order them from Vicki Patterson at project@co-parkinson.org.

The cookbooks are bound so that new recipes can be added in the future. So continue to send in your favorite recipes–old or new family recipes, newly discovered favorite recipes, etc. We only want recipes that you have actually tried and liked–not ones that you think should be good but haven't tried or tasted.

All favorite recipes are welcome.
Send them to project@co-parkinson.org.

Note: *These new cookbooks are bound in a hard-covered 3-ring binder with a spine that identifies the cookbook when on the shelf with other cookbooks rather than the older soft-covered version with 3 single rings and no identifying spine.*

If you would like a hard-covered binder to replace your soft-covered older version, you can get one for $5.



Ask the Doctor!

Dr. Grabert has generously agreed to answer your questions pertaining to Parkinson's Disease each month in our newsletter column called:

"Ask the Doctor!"

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

PARKINSON'S FOUNDATION MOVING DAY AT COTTONWOOD CREEK PARK

The second annual Moving Day in Colorado Springs will take place on September 12th from 9 am to 11 am. Moving Day includes vendors, educational booths, demonstrations, and a walk around part of the park. The walk starts at 10 am. Last year's event brought together people with Parkinson's as well as supporting communities. This year's event promises to be even better.

What is Moving Day?

Moving Day is an inspiring and empowering annual fundraising walk event that unites people around the country living with Parkinson's disease (PD), their care partners and loved ones to help beat PD. Moving Day is more than just a walk. It's a celebration of movement – proven to help manage Parkinson's symptoms.

Leading up to the event, participants and teams fundraise to help the Parkinson's Foundation provide everything people with Parkinson's need to live better — from lifesaving resources to delivering quality care to more than 196,700 people living with Parkinson's to improving Parkinson's treatments through research.

Moving Day proceeds help bring quality care to more people with Parkinson's, further Parkinson's research, education and outreach initiatives. Moving Day raises awareness of Parkinson's both nationally and in the local community.

Contact Us →

Kristin Courington

kcourington@parkinson.org

720-850-8299

LENDING LOCKER INVENTORY

If you would like to borrow any equipment listed here, please contact: Julie at [redacted].

New & Different Items

* Ramp with rails – 10 foot
– Portable ramp – 10'x4'
* Liberty folding, reclining wheelchair with headrest, tray & cushions

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

Tips for Traveling with Advanced Parkinson's

By Britt Gambino, Parkinson's News Today - July 17, 2026

Key Tips:

- **Talk with your healthcare provider before you leave.** Discuss your travel plans, ask about any medication adjustments, and request copies of prescriptions if needed.
- **Pack extra medications and supplies.** Bring more medication than you expect to use in case of delays, and always keep medications and important medical items in your carry-on bag.
- **Keep your medication schedule consistent.** Use phone alarms or pill reminders to stay on track, especially when crossing time zones.
- **Request assistance in advance.** Airports, airlines, hotels, and cruise lines often provide wheelchair assistance, priority boarding, and accessible accommodations if arranged ahead of time.
- **Choose accessible lodging.** Look for features such as elevators, walk-in showers, grab bars, and easy access to restaurants and transportation.
- **Don't overbook your itinerary.** Leave room for rest breaks and downtime. Fatigue can make Parkinson's symptoms more noticeable, so pacing yourself is important.
- **Stay hydrated and eat regularly.** Dehydration, skipped meals, and poor sleep can increase symptoms and make traveling more difficult.
- **Carry important medical information.** Keep a list of your medications, emergency contacts, healthcare providers, allergies, and insurance information with you.
- **Travel with a companion, if possible.** A care partner, family member, or friend can provide support if unexpected challenges arise.
- **Be flexible.** Some days may require changing your plans. Building extra time into your schedule can help reduce stress and make the trip more enjoyable.

With a little extra preparation, many people living with Parkinson's continue to travel successfully. Planning ahead, listening to your body, and taking advantage of available resources can help you focus less on the logistics and more on enjoying the journey.

Happy Trails!

"THE LIGHTER SIDE" WORD SEARCH

FINDING BALANCE AND HUMOR TOGETHER

Q	V	B	J	T	A	N	M	P	U	B	W
M	I	O	O	Z	F	L	G	V	G	A	L
I	B	X	S	S	J	A	N	T	S	L	C
X	R	I	N	U	B	U	J	Z	T	A	N
O	A	N	T	P	K	G	Q	K	U	N	X
L	T	G	A	P	S	H	Q	H	C	C	F
O	E	S	V	O	Z	T	U	C	C	E	R
G	L	C	J	R	H	E	M	M	O	K	O
I	B	H	J	T	G	R	X	Z	O	Z	T
S	F	N	D	A	N	C	I	N	G	R	H
T	O	E	S	D	O	P	A	M	I	N	E
G	X	I	W	W	H	R	U	L	H	L	R

1. **MIXOLOGIST:** Why buy a cocktail shaker when you already have built-in bartending skills?
2. **VIBRATE:** Living life on permanent vibrate mode—no smartphone required.
3. **FROTH:** The art of turning your morning coffee into a café-quality cappuccino just by holding the cup.
4. **STUCCO:** The effortless, modern wall texture you create whenever you pick up a paintbrush.
5. **LAUGHTER:** The absolute best medicine—comes with zero copay and no prior authorization needed.
6. **HUMOR:** The superpower that helps take away the condition's power, one smile at a time.
7. **DOPAMINE:** The VIP brain chemical we are always looking to boost through movement, music, and joy.
8. **DANCING:** Finding your rhythm, improving stride and balance, and having a blast while doing it.
9. **BOXING:** Putting on the gloves to knock out stiffness, build strength, and fight back.
10. **SUPPORT:** The friends, family, and group members who stand beside you through every high and low.
11. **BALANCE:** Both the physical goal of our daily exercises and the mindset we cultivate every day.

Colorado Parkinson Foundation, Inc.
1175 Kelly Johnson Blvd., Suite 100
Colorado Springs, CO 80920

Coming Events

See inside for more information

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

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

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

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

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

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

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

More useful websites:

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