



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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Next Meeting: Saturday, May 2nd | 10:00 am – 1:30 pm

We will NOT be Zooming OR recording this meeting

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

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

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

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

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

Program: Break-out Sessions

Moderators - Parkinsonians: Kathleen Foster

and for the caregivers: Jill Reid & Julie Donahue

The Parkinsonians get together in one room and the caregivers in another to
discuss their questions and concerns about their PD journey.

A Potluck will follow the monthly program.

The May Potluck – Your Favorite Pot Luck Dish!!!

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

The President's Corner

| Jill Reid-Acting President, CPF & CSPSG



Just FYI, Sages Elder Care's representative, Suzette Kurtz, let me know that there are several different ways to pay for their in-home caregiving services: private pay, VA benefits, long-term care insurance, and the Pikes Peak Area Agency on Aging caregiving vouchers. That may be true for other such companies, but Sages is the only company in town that has requested and received our

Parkinson's caregiving training annually for several years. They do a great job, and the quality of their caregivers has long impressed me.

I just received this announcement from the Parkinson's Foundation. It looks worthwhile for you to check out:

"The Parkinson's Foundation is excited to introduce [PAM \(Parkinson's Assistance Messenger\)](#), our new AI-powered chat tool designed to provide trusted answers about Parkinson's disease (PD) anytime, anywhere.

We launched this new AI chat tool to make information about Parkinson's more accessible. Each [stage of Parkinson's](#) brings new questions — an AI-powered tool can provide immediate, reliable answers in the moment.

With PAM, you can:

[Ask the Parkinson's question](#) that's on your mind right now.

- Get information based on our trusted resources.
- Connect with our Helpline team if you need additional support.

Ask questions in English or Spanish.

Whether you are newly diagnosed, living with Parkinson's for years or caring for someone with PD, PAM offers another way to get answers when you need them most.

This new AI tool is designed to enhance our [Helpline](#), which is available to help you at 1-800-4PD-INFO (1-800-473-4636). Please call us to speak with a Helpline specialist for personalized answers.

The Parkinson's Foundation is proud to continue expanding access to trusted Parkinson's information and support. Ask PAM a question and [tell us what you think.](#)"

This month's comedy is *McLintock*, starring John Wayne and Maureen O'Hara. It's the only Western I've recommended to you in The President's Corner. Actually, I'm amazed that I added it to my list only recently since it's one of my all-time favorite movies! It's a hilarious Western version of *The Taming of the Shrew*. Yvonne De Carlo almost steals one of the scenes away from John Wayne, and a rip-roaring fight on a mud slide includes Maureen (the shrew) in the midst of the melee; these two scenes alone make the movie worth watching for their comedic value!

Stem-cell therapy for Parkinson's shows 'strong promise' in relieving symptoms

By Melissa Rudy, Fox News, April 22, 2025

18 months after stem cell injections, patients saw 'notable improvement' in small study

With around one million people living with Parkinson's disease in the U.S. — and 90,000 getting new diagnoses each year — the race is on for a cure.

Researchers at Memorial Sloan Kettering Cancer Center (MSK) have announced progress on that front — they have developed a new therapy that uses stem cells to treat advanced Parkinson's.

In the phase 1 trial, the researchers used donated stem cells (taken from early-stage embryos) to create nerve cells (neurons) and transplanted them into the brains of 12 Parkinson's patients, according to a press release from MSK.

Once the cells are injected, they produce dopamine, a hormone in the brain that

helps with movement and coordination.

(One of the hallmarks of Parkinson's is low levels of dopamine, which causes the typical symptoms of tremors, stiffness, balance issues and difficulty walking.)

After 18 months, the injected cells had "taken hold in the brain with no serious side effects," the researchers reported.

Based on the MDS-UPDRS — a ratings scale for symptoms developed by the International Parkinson and Movement Disorder Society — the participants experienced "noticeable improvements," especially the group that received a higher dose.

Patients in the high-dose group reported 2.7 hours of additional "on time"

each day.

"Neurologists say things usually get a little bit worse every year with this disease, meaning the score goes up by a few points," study co-author Lorenz Studer, MD, director of MSK's Center for Stem Cell Biology, said in the press release.

"In our study, not only did the score not get worse, it dropped by more than 20 points in the high-dose group." On average, patients in the high-dose group reported 2.7 hours of additional "on time" — indicating periods of normal functioning with minimal symptoms — "a result that could be quite meaningful for their everyday life," Studer noted.

Program Review: April 4, 2026

| by Patricia Beatty, Secretary

Probate Matters – Lynn Vanatta-Perry, Attorney

You missed a good one if you missed April's CSPSG meeting! Attorney Lynn Vannatta-Perry (hereafter referred to as Lynn because her full last name is too long to type out each time she is referred to) shared useful, relevant and understandable information with our group, as well as answering our questions. She is a 1979 graduate of Brown University and has been licensed for 35 years. It was evident that she has a passion for helping clients navigate the legal system, and she really knows her stuff! Lynn specializes in a variety of practice areas including family and elder law, estate planning, and probate law. The focus of her presentation was threefold: information regarding Powers of Attorney, preparation of a Will, and dealing with Probate.

First, if you don't have a Power of Attorney, get one! It is crucial that your name is correct; this includes your full name and any other names you go by now or have gone by in the past. For example, if your name is Theodore, but you go by Butch, or Ted, all three names should be listed.

Choosing someone to represent you is very important. This person is referred to as an 'agent', and should be someone who knows you well; someone willing to not only represent your wishes, but advocate on your behalf...even willing to be a little "pushy" if need be. Lynn suggested that it is wise to have a second choice (you may have as many as you want), which may come in handy if the first person named is out of town, on a cruise, sick, etc., and unable to be contacted. Your named agent is valid even if she or he moves out of state as long as they can be contacted and are willing to make decisions for you. It is also important to know when it works...are there any stipulations such as it being in effect only if a doctor says you lack the capacity to make decisions on your own, or that you are not able to speak for yourself? You should be confident that your agent will make the decisions you would make.

There are various kinds of Power of Attorneys; Medical POA, Financial POA, General POA. In each circumstance someone else is making a decision you would want to make if you were able.

Answers to Group questions:

- A POA made in one state is effective in another state.
- Multiple named agents can be designated as to who is to be contacted first.
- Possibilities of how to make it known that you have a POA known:
 - have a medical bracelet
 - ICE (In Case of Emergency) on your phone
 - File a copy of your POA with your doctor or hospital

Lynn also suggested making a "cheat sheet" listing the names, phone numbers, and address of your designated agents and staple it to the POA.

She stressed that after your death, the POA can no longer be used. "The POA dies with you". However, you should not destroy it because it may be necessary to verify something down the road.

Secondly, she discussed the necessity of having a Will. A will is made while you are still alive and only goes into effect after your death. It allows you to decide ahead of time and makes known your decisions after you are gone.

- It must be written on paper
- It must list your name correctly
- It tells the world what you want to do with your property and assets
- All immediate family should be listed (even if they are not receiving anything)

Keep in mind that the will is often not read immediately so it is important that decisions such as organ donation, donating your body to science, funeral & burial preferences (mass, rosary, cremation, etc.) should be made known ahead of time. Your will, written in one state, is valid in the other states.

Thirdly, Probate was discussed: when it is required, how it works, how to avoid, etc. Lynn said the process itself is not bad, it is the people involved that can make it complicated. Probate is typically required if a deceased person owned real estate in their name only, or if their personal property exceeds \$85,000.00 (differs in various states). She shared the following tips on how probate can be avoided:

- Use Payable on Death (POD) or Transfer on Death (TOD) accounts for bank accounts and investments.
- Use Joint Tenancy with Right of Survivorship for property.
- Create a beneficiary deed
- Create a Living Trust to hold title to assets.

She noted that joint ownership, which is important, is not always the answer; as in the case of one of the parties becoming incapacitated.

Her final word to the group was to "always leave a paper trail." All of the above are important considerations in your estate planning and needs to be done correctly.

Contact info: Lynn Vanatta-Perry

315 E. San Miguel St.

719 636-2003

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.

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.

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!"

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!

June 2026 Newsletter Input Deadline:
May 15th

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

May 2026 CSPSG Executive Committee Meeting

May 5th @ 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 MAY BIRTHDAYS!

- Janet Adams
 - Owen Briggs
 - Pat Bush
 - Deborah Carnes
 - Patrick Carrigan
 - Sue Coen
 - John Fly
 - Carol Gugat
 - Kurt Hansen
 - Ken Harder
 - Becky Helmsing
 - Ross Huddleson
 - Judy Ireland
 - Don Jaeger
 - Donald Joiner
 - Donna Malmgren
 - Phil McDonald
 - Carol Morris
 - Jaros Murphy
 - Lu Ann Nickelson
 - Eileen O'Reilly
 - Katrina Rochona
 - Randy Rogers
 - Meredith Sageh
 - Henry Schulz
 - Sonya Shannon
 - Hope Winkler
 - Valerie Wollen
 - Gail Youngmeyer
- Your birthday isn't listed? Fill out the membership form and check BD listed "YES".

Correction: In last month's Roasted Fennel with Parmesan recipe, 'Preheat oven to 400 degrees' should have been the first line of the 'Directions' section.

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.

Broccoli with Garlic & Soy

- Ingredients:**
- 1 head of garlic, peeled (about 16 cloves)
 - 1 t salt
 - 2 C good olive oil
 - 4 stalks broccoli, cut into florets (8 C)
 - 1 tsp crushed red pepper flakes
 - 2 Tbl gluten free soy sauce (Tamari)

- Directions:**
- Put garlic cloves and oil in a small heavy-bottomed saucepan
 - Bring to a boil and cook uncovered over low heat for 10-15 minutes, until garlic is browned and tender
 - Turn off the heat and add the red pepper flakes and ½ tsp salt
 - Immediately pour into a heat-proof container to stop the cooking
 - Allow to cool to room temperature
 - For the salad, blanch the florets in a large pot of boiling water (salted) for 2-3 minutes, until crisp-tender
 - Drain well and immerse immediately into a large bowl of ice water until cooled - drain well
 - In a large bowl, toss broccoli with ½ tsp salt, ¼ C of the oil used to cook the garlic, the soy sauce and 8 or more cloves of cooked garlic
 - Taste for seasonings and serve cold or at room temperature

Parkinson's Disease Related Providers:

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

The following providers have been recommended by multiple members:

Colorado Springs

- Dr. Bradley Priebe, MD – Neurologist at Peak Neurology, PC; (719) 445-9902
- Steven Swank, PharmD, BCACP – Peak Neurology, Clinical Pharmacist Specialist; (719) 445-9902
- Dr. Aparna Komatineni, MD – Neurologist at Centura Penrose Hospital and UCHealth; (719) 694-3595
- Dr. Andrea Manhart, DO – Neurologist at UCHealth; (719) 365-7300
- Dr. Lael Stander, MD – Neurologist at UCHealth; (719) 365-7300 Note: Does well w/ PD vision issues
- Elizabeth Harmon, PA – UCHealth; (719) 365-7300
- Melinda McClenden, NP – UCHealth; (719) 365-7300

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

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

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

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

Denver

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

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

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

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

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

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

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

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

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

Keynote Speaker – Courtesy of Comfort Keepers:

Jane Barton

Joining Us for Another Wonderful Year!

Secure Your Spot

Registration will open April 1st
Registration Required

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

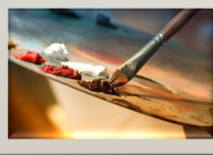
Colorado Springs Senior Center

1514 North Hancock Ave
Colorado Springs CO 80903

Event also sponsored in part by:

MacKenzie Place
Pikes Peak Hospice
Home Instead
and Many More!

ATTENTION CAREGIVERS!!



One of our support group members, Mary Taylor, would like to know if any caregivers would be interested in a short painting session after the Parkinson's Caregivers Support Group meeting.

Printed images and gouache paints will be used. Mary will supply the brushes, paints and one image for \$1 per person. She is thinking about doing this sometime in the June to August timeframe.

"Many find this relaxing and it can be a short respite and then a gift for someone."

If you are interested let Julie know at info@co-parkinson.org or [redacted].

HELP SPREAD SOME SUNSHINE TO OUR MEMBERS!



If you know of a Parkinsonian or PD caregiver that is having a tough time (illness, surgery, etc.) or one of our members has passed away, please let our Sunshine Chairman, MJ Thompson know.

She can be reached by calling: [redacted].

FALL ASSISTANCE

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

LENDING LOCKER INVENTORY

If you would like to borrow any equipment listed here, please contact: 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

... continued from page 2, Stem-cell therapy for Parkinson's shows 'strong promise' in relieving symptoms

Given the success of the phase 1 trial, the U.S. Food and Drug Administration (FDA) has granted approval for the researchers to go straight to a phase 3 clinical trial in a much larger patient group — around 100 people — which will take place in the first half of 2025.

The findings were published in the journal Nature.

"The study showed that developing specific nerve cells from human embryonic stem cells in the lab, then injecting them in the brain of people with Parkinson's disease, is safe and holds significant promise as a possible future treatment," lead study author Viviane Tabar, MD, chair of the Department of Neurosurgery at Memorial Sloan Kettering Cancer Center in New York City, told Fox News Digital.

"The findings were rewarding, as this work is more than a dozen years in the making."

'Major step forward'

Dr. Mary Ann Picone, medical director of the MS Center at Holy Name Medical Center in Teaneck, New Jersey, said that cells for the treatment of Parkinson's disease could offer potential for not only slowing disability, but also stopping progression and bringing about improvement in motor function.

"Although there is risk involved in the immune suppression necessary before the stem cell implantation and the procedure itself, it would be a major step forward in replacing the dopaminergic neurons lost in the disease," Picone, who was not involved in the study, told Fox News Digital.

Levodopa, currently the first-line treatment for Parkinson's, is limited in that patients need greater dosage amounts as time goes on, according to Picone — "and regulating off and on periods of either stiffness or dyskinesias (uncontrolled muscle movements) becomes more difficult."

Dr. Ann Murray, director of movement disorders at WVU Rocke-

feller Neuroscience Institute in West Virginia, referred to the study as "unbelievably exciting" for Parkinson's patients.

"Although the goal of this particular research project was to ensure safety, getting that significant clinical improvement in the UPDRS is absolutely groundbreaking," Murray told Fox News Digital. (She also was not involved in the study.)

"This is just the first step in getting this type of therapy approved for patients suffering from Parkinson's disease, but this is an amazing first step for the potential benefits of stem cell brain therapy."

Potential limitations

There were some limitations associated with the study, Tabar noted.

"This is a small study designed to show safety — it is critical to conduct a larger, well-controlled study to prove that the treatment indeed works, otherwise referred to as a Phase 3 'efficacy' study," she said.

"This is an amazing first step for the potential benefits of stem cell brain therapy."

These early findings, however, are "suggestive of a strong promise."

"I think we can finally say that stem cells, when derived and differentiated properly, hold great promise to repair the brain in Parkinson's and potentially in other conditions someday," Tabar said.

The cell therapy was developed at MSK and was licensed to BlueRock Therapeutics in Massachusetts, which funded the study.

Melissa Rudy is senior health editor and a member of the lifestyle team at Fox News Digital.

ITEMS THAT ARE FREE FOR THE TAKING:

The following items are items 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 at info@co-parkinson.org and help us free up some space!

Ankle brace (elastic pull on)	1	Reusable bed pads	4
Back support belt (size XL)	1	Rims for plates	2
Bibs (Adult)	3	Slipper socks XXXL, men size 11+ or women size 12+ (new)	1 pair
Bell & Howell Liberty Lifts – helps stand with ease	2	Slipper socks L/XL (used but washed)	5 pairs
Blood Pressure Monitor	1	Slipper socks xtra-wide (used but washed)	4 pairs
Catheter supplies (unopened)	1	Simply Thick easy mix powder (to thicken liquids)	1
Diabetes supplies	1	Under-pads (disposable) – XL (29"x35") – maximum absorbency, opened package - Walgreens Brand	1 pkg
Gate belt	7	Under pads (washable)	3
Handicap mountable pull handles	1	Transfer pads – can handle a person up to 300 lbs	3
Hospital slippers–XL&XXXL	2		
Leg compression machine	2		
Liquid thickening packets	1 pkg		
Male portable urinals, new in individual pkgs–32oz capacity	2		

Briefs (generic), L/XL – 18ct	4 pkgs
Briefs (unisex stretch briefs), L/XL, ultimate absorbency, opened package - Walgreens Brand	1 pkg
Cardinal health guards for men - extra heavy absorbency	2 pkgs 14ct
Depend men's fresh protection plus underwear. L 35"-43"	84 ct
Depend men's guards 1 unopened/3 opened few missing	8 pkgs 52 ct
Depends men's XL briefs – opened	10 ct
Kroger men's guards, maximum absorbency, one size fits all (opened)	52 ct
McKesson super briefs with tabs, moderate absorbency, XL	15 ct
McKesson super underwear, moderate absorbency, XL	14 ct
McKesson super underwear, moderate absorbency, XL (opened)	14 ct
Men's large (35-43) Depend pull-up underwear – ultimate absorbency	1 pkg 84 ct
Prevail daily male guards – one size fits all – maximum absorbency	2 pkgs 14 ct
Tena unisex briefs, L (48"- 59"), super absorbency	2 pks 14 ct

Colorado Parkinson Foundation, Inc.

1175 Kelly Johnson Blvd., Suite 100

Colorado Springs, CO 80920

PARKINSON'S PERSPECTIVE

MAY 2026

Coming Events

See inside for more information

May 2: Reg Mtg at Central United Methodist Church – 10 am

Program: Breakout Sessions

Moderators: Kathleen Foster – Parkinsonians

Jill Reid & Julie Donahue – Caregivers

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

Program: Motivation, Learning Tasks, and Behavior Change with PD

Speaker: Ryan Mueller, PT/DPT/NCS

July 4: Reg Mtg at Central United Methodist Church – 10 am

Program: Breakout Sessions

Moderators: Kathleen Foster – Parkinsonians

Jill Reid & Julie Donahue – Caregivers

August 1: Reg Mtg at John Venezia Park–the Barn pavilion – 11 am

Program: Picnic!!

September 5: Reg Mtg at Central United Methodist Church – 10 am

Program: Aging in Place and Fall Prevention

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

October 3: Reg Mtg at Central United Methodist Church – 10 am

Program: Scam Prevention

Speaker: Officer Paulette Masias, Colorado Springs Police Department

November 7: Reg Mtg at Central United Methodist Church – 10 am

Program: Breakout Sessions

Moderators: Kathleen Foster – Parkinsonians

Jill Reid & Julie Donahue – Caregivers

December 5: Reg Mtg at Central United Methodist Church – 10 am

Program: Christmas Party!!

Entertainment: The Song Spinners

More useful websites:

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