



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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Karen Mein, Dave Moross,
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Programs: Jill Reid

Educational Outreach: Jill Reid

Membership: Carole Henrichsen

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Parkinson's Awareness Day:
Vacant

Photographer: Annette Garcia

Lending Locker Coordinator:
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Main Dish Coordinator:
Bill Hicks [REDACTED] or
potluck@co-parkinson.org

Picnic: Carole Henrichsen
and Janet Adams

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Dr. Brian Grabert, MD

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Sunshine (Cards):

MJ Thompson [REDACTED]

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Contact Julie Pfarrer at
info@co-parkinson.org or call
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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)

April Meeting: Saturday, April 5th – 10:00 am – 1:30 pm

We will be Zooming but NOT 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.*

April Program:

Topic: Wealth Preservation & Planning for Long Term Care

Speaker: Kim Searles, Beneficent

Kim Searles received her BA from California State University East Bay and is a Certified Senior Advisor (CSA) and Director of Education at Beneficent. She educates professionals that serve seniors or disabled individuals on how Certified Medicaid Planners can help qualify clients for long-term care costs not covered by Medicare. Beneficent specializes in serving the middle class, preserving assets while securing funding for Long-Term Care options. It covers the costs of Adult Day Care, Assisted Living, Memory Care and Nursing Homes. Beneficent serves clients who have been told they "make too much" or "have too much" to qualify.



April Potluck: BREAKFAST / BRUNCH FOODS!



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 April 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

A pun has not completely matured until it is full groan.



The Gazette recently provided us with an interesting, and alarming, update on our past president, Steve Locke. Those of you who were with us when he was president may remember that he resigned suddenly due to increasing health issues, and that's all that he shared with us about his difficulties. The Gazette article shines a light on what went wrong and why his health took a severe turn in the wrong direction—the downtown apartment that he shared with his wife and son had a severe infestation of black mold. One entire room had to be demolished, according to the article. All three family members suffered health problems. Coincidentally (?), Steve was diagnosed with Parkinson's about two years after moving into the apartment. Parkinson's is a slowly progressing disorder; it never moves fast on its own. If symptoms suddenly get worse, something besides Parkinson's is causing that to happen. When Steve resigned as president, I remember thinking that his Parkinson's symptoms couldn't have been behind the resignation. But since he didn't go into any details, I had to assume his Parkinson's had progressed to the point that he couldn't handle both the Parkinson's and his presidential duties. Bad assumption on my part. Something else was definitely going on. As it turns out, the mold was making his Parkinson's move uncharacteristically quickly because he unknowingly continued to live in that toxic environment.

According to the article, both Steve's wife and son got better once they vacated the apartment, but Steve has not. Today, this erstwhile Olympian needs help putting on his shoes. He only goes out of their house to go to medical appointments.

I relate all this to you to highlight the dangers of black mold. The timing of Steve's diagnosis, two years after moving into that apartment, makes me wonder if the mold triggered his Parkinson's. If so, we now have yet another environmental cause of the disorder.

Please keep Steve in your thoughts and prayers.

The brother of a friend of mine is an engineer who is a close friend of a man with Parkinson's. Jon is always on the lookout for things that can make his friend's life easier. Recently, he found AnkhGear, a company which created a revolutionary magnetic zipper that combines convenience with cutting edge design. The bottom of the zipper has two magnets that come together so you don't have to aim the locking mechanisms together. All you have to do is the magnets marry up, pull up on the zipper tab, and voila! you are zipped up. You can check out the zipper at ankhgear.com, and I'll bring the samples that Jon sent me to the April meeting.

This month's comedy is *The League of Superpets*, starring Dwayne the Rock Johnson as Superman's super-powered dog and Kevin Hart as a misunderstood dog rejected by his human family. Together they battle an evil hairless guinea pig who is in love with and works for her evil master, Lex Luthor. Obviously, this is a feature cartoon, but it's a lot of fun and laughs. ☺ Enjoy!

Care Partner and Helpline Information

The Parkinson Foundation has four resources for caregivers, including a manned Helpline that is available by phone or computer. These resources are especially important for caregivers experiencing burnout, depression, and/or isolation.

1. Care Partners: This is a good blog post and directs people to their online learning lab with additional training:

<https://www.parkinson.org/blog/care/address-prevent-burnout>

2. Full overview of Care Partners resources:

<https://www.parkinson.org/resources-support/carepartners>

3. Care Partner Conversations:

<https://youtu.be/fiQOUkEIKWg?feature=shared>

4. Helpline: <https://www.parkinson.org/resources-support/helpline> or call the Parkinson's Foundation Helpline 1-800-4PD-INFO (1-800-473-4636) for answers to your Parkinson's disease (PD) questions. Staffed by nurses, social workers and health educators, the Parkinson's Foundation Helpline is here to support you in ANY possible way.

The Parkinson's Foundation Helpline is open Monday through Friday from 7 a.m. to 5 p.m. MT. We can assist you in either English or Spanish. You can also email us with a question at any time: Helpline@Parkinson.org or interact with us and the Parkinson's community at large on [PD Conversations](#).

What are my options when I dial 1-800-4PD-INFO?

Press 1 or stay on the line to speak to a Helpline specialist in English.

Press 2 to speak with Donor Services.

Press 3 to speak with a Helpline specialist in Spanish.

LENDING LOCKER INVENTORY

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

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 with reminder alerts

Pick-up assists

Punching bag - freestanding

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.

7-day/7 compartments per day pill dispenser 1

7-day medium-size pill dispenser 1

Aluminum walker tennis balls 4

Aluminum walker tray 1

Bedside toilet commode liners: 3 big boxes with 6 smaller boxes in each

Bibs 8

Blood Pressure Monitor 1

Disposable bed pads 7

Easy sip hydrate bottle 1

Gate belt 8

Hospital bed bedding: 3 sets of sheets 1 mattress pad 2 washable bed pads (new)

Hospital gown 1

Hospital slippers-XL&XXL 2

In-bed knee lift 1

Male portable urinals, new in individual packages - 32 oz capacity 4

Plastic handicap plate 2

Plastic handicap bowl 1

Pill crusher, storage, & drink cup combination 1

Rehab squeeze balls 2

Reusable bed pads 8

Waterproof twin mattress protector 1

Weighted utensils 6

Seat cushion 1

Thick-it 1

Transfer pads - can handle a person up to 300 lbs 4

Attend advanced briefs, maximum protection-1g-24 ct 3 pkgs

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

Fitright guards for men-52ct 1

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

Medtronic earns U.S. FDA approval for the world's first Adaptive deep brain stimulation system for people with Parkinson's

By Metronix News, 2/24/25

New closed-loop system self-adjusts DBS therapy to individual brain activity in real time; the largest commercial launch of brain-computer interface technology ever

GALWAY, Ireland, Feb. 24, 2025 /PRNewswire / -- For the one million people diagnosed with Parkinson's disease in the United States¹, Medtronic plc (NYSE:MDT), a global leader in healthcare technology, proudly announces U.S. Food and Drug Administration (FDA) approval of BrainSense™ Adaptive deep brain stimulation (aDBS) and BrainSense™ Electrode Identifier (EI).

There is no cure for debilitating neurological conditions like Parkinson's, however, deep brain stimulation (DBS) has been transforming the lives of people with Parkinson's and other neurological disorders for more than 30 years. DBS is similar to a cardiac pacemaker, but for the brain. It uses a surgically implanted neurostimulator via a minimally invasive procedure to transmit electrical signals to specific parts of the brain affected by debilitating neurological disorders.

Now Medtronic has enhanced its Percept™ DBS neurostimulators with exclusive BrainSense™ Adaptive technology¹, introducing aDBS for people living with Parkinson's. This feature personalizes therapy based on a patient's brain activity in real time – both in clinical settings and in daily life². It provides enhanced therapy personalization for symptom control that automatically adjusts, minimizing the need for patients to manually adjust stimulation.

"Medtronic is the only company in the world to offer an adaptive DBS system that dynamically adjusts therapy in real time," said Brett Wall, executive vice president and president of the Medtronic Neuroscience Portfolio. "This new era in Parkinson's care represents more than a decade of intentional innovation—ushering in personalized neuromodulation at scale that responds to a patient's changing needs, equipping clinicians with unparalleled insights, and setting a new standard for DBS therapy."

For more than ten years, Medtronic has been developing a complete, sensing-enabled DBS system leveraging exclusive BrainSense™ technology to detect, capture, and classify different brain signals, putting Medtronic at the forefront of incorporating brain-computer interface (BCI) technology into DBS therapy. Medtronic considers BCI technology a crucial element for developing innovative products that treat some of the cardinal symptoms of Parkinson's with specific focus on rehabilitation and restoring health. BrainSense™ Adaptive DBS is available to Medtronic DBS patients with Parkinson's who have been implanted with a Percept™ neurostimulator, as well as future Medtronic DBS patients. With more than 40,000 DBS patients served worldwide³ with Medtronic Percept™ devices, BrainSense™ Adaptive DBS presents the largest commercial launch (by several magnitudes) of BCI technology – ever.

"Adaptive deep brain stimulation will help revolutionize the approach to therapeutic treatment for patients with Parkinson's disease," said Helen Bronte-Stewart MD MSE, FAAN, FANA, John E. Cahill Family Professor in the depart-

ment of Neurology and Neurological Sciences and Director of the Human Motor Control and Neuromodulation Lab at Stanford University School of Medicine. "The transformative personalized care we can achieve through automatic adjustment greatly benefits patients receiving therapy that adapts to their evolving needs."

The Medtronic Adaptive DBS Algorithm for Personalized Therapy in Parkinson's Disease (ADAPT-PD) trial highlights the potential of aDBS in clinical practice. Dr. Bronte-Stewart served as the global principal investigator for the trial, which was conducted as an international, multi-center, prospective, single-blind, randomized crossover study (between two modes of aDBS), and evaluated the safety and effectiveness of chronic dual- and single-threshold aDBS modes compared to continuous DBS (cDBS) for eligible patients with Parkinson's disease receiving DBS therapy. This study represents the largest and longest assessment of aDBS conducted in both clinical and home settings and was developed in collaboration with more than a dozen world-renowned neurologists and neurosurgeons from leading academic institutions across the globe including Stanford University School of Medicine, University of California San Francisco, Massachusetts General Hospital and Amsterdam University Medical Center. The study methodology and sensing data from the study were published in [npj Parkinson's Disease](#) (opens new window), a journal within the prestigious Nature Portfolio.

"For patients who struggle with motor symptom fluctuations, dyskinesias, and other side effects with cDBS, aDBS may offer improved symptom control," said Todd Herrington, MD, PhD, director of the Deep Brain Stimulation Program at Massachusetts General Hospital, assistant professor of neurology at Harvard Medical School, and investigator for the ADAPT-PD trial. "Approval of this therapy represents an important step forward for patients and I look forward to seeing the ADAPT-PD study results published soon."

"Our BrainSense technology provides unique and clinically important insights that no other DBS system can offer, using a person's own brain signals to provide a window into their condition, in real time, over time," said Paolo Di Vincenzo, president of the Neuromodulation business, which is part of the Neuroscience Portfolio at Medtronic. "Our focus has always been on creating solutions that work for real lives, not just standalone symptoms. aDBS reflects that commitment, bringing a new expectation in Parkinson's treatment."

The U.S. FDA approval also includes the Medtronic BrainSense™ Electrode Identifier (EI), which helps reduce patient time spent in clinic to program their DBS settings. By using EI, clinicians can conduct an accurate and precise initial programming, 85% faster compared to traditional electrode selection⁴.

"BrainSense™ Electrode Identifier offers less

ambiguity and greater efficiency compared to the traditional method of electrode selection by providing a personalized, real-time snapshot of a patient's brain signals, which can help provide insights into the proximal sweet spot for programming. This new method reduces initial contact selection time, streamlining the process and ensuring more precise, tailored therapy for each patient," said Drew Kern, MD, MS, neurologist and associate professor of neurology at the University of Colorado School of Medicine.

"Our dedication to advancing DBS research and innovation has transformed therapeutic options for individuals with movement disorders and epilepsy," said Amaza Reitmeier, vice president and general manager, Neuromodulation portfolio at Medtronic. "With this FDA approval, which quickly followed our CE Mark, we are taking another significant step forward in delivering sensing-enabled personalized treatments to people with Parkinson's."

BrainSense™ aDBS and EI are also [available](#) (opens new window) in Europe. Patient programmings in the United States will begin at select healthcare systems over the coming weeks with availability nationwide in the coming months.

Since 1987, Medtronic has served more than 185,000 people with movement disorders and other indications in more than 70 countries with its life-changing cDBS therapy³. Patients considering DBS therapy should discuss treatment options with their healthcare provider. To learn more about Medtronic DBS with BrainSense™ technology, visit our [website](#) (opens new window).

About Medtronic

Bold thinking. Bolder actions. We are Medtronic. Medtronic plc, headquartered in Galway, Ireland, is the leading global healthcare technology company that boldly attacks the most challenging health problems facing humanity by searching out and finding solutions. Our Mission — to alleviate pain, restore health, and extend life — unites a global team of 95,000+ passionate people across more than 150 countries. Our technologies and therapies treat 70 health conditions and include cardiac devices, surgical robotics, insulin pumps, surgical tools, patient monitoring systems, and more. Powered by our diverse knowledge, insatiable curiosity, and desire to help all those who need it, we deliver innovative technologies that transform the lives of two people every second, every hour, every day. Expect more from us as we empower insight-driven care, experiences that put people first, and better outcomes for our world. In everything we do, we are engineering the extraordinary. For more information on Medtronic (NYSE: MDT), visit [www.Medtronic.com](#) (opens new window) and follow Medtronic on [LinkedIn](#) (opens new window).

Any forward-looking statements are subject to risks and uncertainties such as those described in Medtronic's periodic reports on file with the Securities and Exchange Commission. Actual results may differ materially from anticipated results.

¹The sensing feature of the Percept™ PC and Percept™ RC system is intended for use in patients receiving DBS where chronically recorded bioelectric data may provide useful, objective information regarding patient clinical status.

*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!

May Newsletter Input Deadline: April 11th

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

info@co-parkinson.org

April CSPSG Executive Committee Meeting

April 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.



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

- | | |
|------------------|-------------------|
| • Diana Alzamora | • Margaret Bush |
| • Loretta Bogues | • Tracy Cologne |
| • Wendy Booth | • Karla Crescenta |
| • Naomi Boswell | • Robert Fallon |

- Benito Garza
- Elizabeth Grambihler
- Andrew Keen
- Clinton Knowles
- Jane Krueger
- Roger MacDonald
- Rita Maguire
- Tony Neese
- Malcolm Nordaby
- Charles Ochiato
- Vicki Patterson
- Fern Quidachay
- Gregory Ritscher
- Phyllis Ritscher
- Brenda Rogers
- Luann Rogers
- Judith Rowe
- Steve Runkle
- Joyce Schmaltz
- Allen Snelling
- Howie Vroman

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: FAKE MASHED POTATOES

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:

- 2 ½ C roughly chopped cauliflower
- Salt & pepper
- ½ C Greek yogurt

Directions:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Preheat oven to 450°. • Line baking sheet with foil & spray with cooking spray. • Spread cauliflower on sheet and season with salt & pepper. • Top with another piece of foil & roll edges to seal. | <ul style="list-style-type: none"> • Roast for 20 minutes. • Remove top foil & roast another 15-20 minutes. • Stir in garlic and cook for 2 more minutes. • Combine with yogurt & puree in food processor. |
|--|--|



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 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

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 Syble Krafft at [REDACTED] /Barry Hanenburg [REDACTED].

Other Opportunities:

NEW*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

Program Review: March 1, 2025

| Pat Beatty, Secretary

SCAM PREVENTION

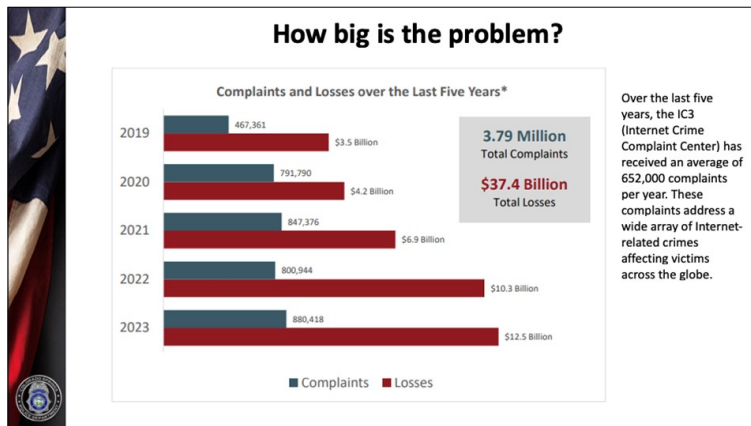
Presented by Officer Scott Mathis, Colorado Springs

For several years we have been privileged to have Scott Mathis from the Colorado Springs Police Department present timely and relevant information on Internet Safety, Identity Scams, Theft, and Fraud to our Group. He was at our March 1 meeting and again wowed us with his warnings and instructions in his very engaging presentation. True to form, he shared sobering facts with a bit of humor which kept everyone's attention.

Some of the information he shared was:

- Basic internet safety
- Defending yourself from scams
- Protecting your online identity
- Learning to be alert for fraud
- What to do if you're a victim

Officer Mathis began by sharing just how big the problem is...



- 12 billion dollars in 2023... which only increased last year!
- 650,000 complaints per year... which averages 24,000 per day!
- Age 50 and up is the #1 target!

The United States ranks **#1** internationally for these kind of crimes with Colorado ranking **"5th"** nationally.

BASIC INTERNET SAFETY begins with Safe Clicking:

Safe Clicking

- Between work and home, the average person clicks a mouse about 8000 times a day, or 40,000 times a week!
- Any one of those clicks can:
 - Steal or encrypt data
 - Steal your identity
 - Steal system resources
 - Steal your money

****The City of Colorado Springs has approximately 3,000 city accounts, which means 24,000,000 clicks per week, and 96,000,000 clicks per month.**

NEVER CLICK ON ANYTHING THAT YOU DO NOT VERIFY

- Be wary of archives – hackers try to hide malicious files in these
- Office files with Macros – don't click on "enable content" unless you are certain the file can be trusted.
- Don't trust files with double extensions (the one that matters is the last one).

DO SOME CHECKING

URLs

- Uniform Resource Locators (URLs).
- Cyber Criminals use links to trick you into downloading malicious software or steal information.
- Hover your mouse over a link to display the destination address.

Officer Mathis then addressed the topic of SCAMS. He noted that these four points are characteristic of scammers:

1. They **PRETEND** to be from an organization you know
2. They offer to solve a **PROBLEM** or offer a **PRIZE**
3. They **PRESSURE** you to act immediately
4. They instruct you to **PAY** in a specific way

Scammers are getting better at what they do and are much smarter at getting data from you than they used to be. Some ways that they accomplish this is through 'social engineering,' which includes:

- **phishing**
- **texting**
- **email**
- **phone calls**
- **Facebook**

Phishing is the "fraudulent practice of sending emails purporting to be from reputable companies, organizations, or service providers in order to induce individuals to reveal personal information, such as passwords and credit card numbers or to send money."

REMEMBER... Legit companies don't request your sensitive info!
 Legit companies usually call you by your name.
 Legit companies know how to spell.
 Legit companies don't force you to their website.
 Legit companies don't send unsolicited attachments.

Clues for spotting fake emails/profiles

- Feigns a sense of urgency so victims don't inspect closely
- Uses a generic greeting and doesn't address you or your organisation directly
- The organisation or company might not even exist
- May contain official sounding language to make it look more genuine
- Poor grammar, spelling and punctuation

We all learned a new word from Officer Mathis: **Smishing**

Yes, that's a real term! It stands for SMS Phishing. It is "the fraudulent practice of sending **text messages** purporting to be from reputable companies in order to induce individuals to reveal personal information."

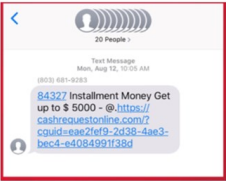
Smishing

Smishing Warning Signs

- A text message requests personal information, such as your Social Security number or an online account password.
- The message asks you to click a link to resolve a problem, win a prize or access a service.

- The message claims to be from a Government agency. Government bodies almost never initiate contact with someone by phone or text, according to the FCC.
- The text offers coronavirus-related testing, treatment or financial aid, or requests personal data for contact tracing.

Group Text Message Scams



Q: Does replying with "STOP" to unwanted text messages really work?

A: NO! If the message is clearly a scam or an attempt to "phish" information from you, replying with "STOP" is not only ineffective, it's also an invitation to be bombarded by lots of junk messages in the future.

When they receive the "STOP" response from you, they will know that your phone number is both active and responsive. This will lead to your number getting placed on an active list that is sold and resold countless times amongst the bad actors.

Officer Mathis offered this advice on How to Block Unwanted Group Text Messages:


IPHONE: Open the text message you received. Tap the phone number/group at the top of the screen and then tap the Info button. At the next screen, select Block this Caller and then tap Block Contact to confirm.

ANDROID: Navigate to the group chat. Tap on the three vertical dots in the upper right corner to open the group text's setting page. Select "People & Options." At this point, you should see a list of all the group text members. Find the original number for the text and tap on their name/number and select "block."

Our next topic of concern was **Identity Theft**. Just what is it?


What is Identity Theft?

- When someone *STEALS* some piece of your personal information and uses it without your knowledge to commit fraud or theft
- When someone *PRETENDS* to be you to obtain credit, cash or goods or to commit other crimes
- It is a *CRIME* with two victims, the lender or service provider and the person who had their identity stolen



What are the effects of Identity Theft?

- On average, victims spend 6 months and 200 hours and \$1,300 in out-of-pocket expenses to clear their names
- Can negatively impact credit score
- ID theft affects victims of all ages, races and economic status




Be your own best defense!

- Recognize scam attempts and end all communication with the perpetrator.
- Search online for the contact information (name, email, phone number, addresses) and the proposed offer.
- Resist the pressure to act quickly!
- Be cautious of unsolicited phone calls, mailings, and door-to-door services offers.
- Never give or send any personally identifiable information, money, jewelry, gift cards, checks, or wire information to unverified people or businesses!

Prevention

- Never leave receipts and shred old or unnecessary documents
- Promptly remove your mail from your mailbox
- Take outgoing mail to the post office or mail drop
- Empty your wallet or purse of extra items
- Memorize your social security # and all of your passwords
- DO NOT write down personal numbers or passwords and never give out personal information over the phone, internet or for a sweepstakes
- Consider using a reputable password generator or storage app



Lastly, Officer Mathis noted that many of the scams and crimes that take place go unreported. It is very important that if you are targeted that you report it! His final word of advice:

Report a Crime

- Always remember: **STAY ALERT!** Don't be a victim.
- Please report suspected crimes via 911 (emergency only), 719-444-7000 (non-emergency), or online @ <https://coloradosprings.gov/police-department/page/report-crime-online?mliid=4841> (minor crimes only).
- Report to www.ic3.gov
- Contact your bank/credit card and credit reporting agencies.

Resources

- www.FBI.gov
- www.ic3.gov
- <https://reportfraud.ftc.gov/#/>
- www.coag.gov (Colorado Attorney General - Scams)
- www.consumerfinance.gov
- www.ncoa.org (National Council on Aging)
- www.justice.gov
- www.ovd.ojp.gov (Office for Victims of Crime)
-National Elder Fraud Hotline 1-833-372-111)
- www.stopfraudcolorado.gov
- www.consumer.ftc.gov

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].

Colorado Parkinson Foundation, Inc.

1155 Kelly Johnson Blvd.

Suite # 111

Colorado Springs, CO 80920

PARKINSON'S PERSPECTIVE

APRIL 2025

Coming Events

See inside for more information

April 5: Reg Mtg at Central United Methodist Church —10 am
Program: Wealth Preservation & Planning for Long Term Care
Speaker: Kim Searles - Beneficent

May 3: Reg Mtg at Central United Methodist Church —10 am
Program: Break-Out Sessions
(Caregivers & Parkinsonians separate into different rooms to talk)

June 7th: Reg Mtg at Central United Methodist Church —10 am
Program: How to Prevent / Reverse Parkinson's through nutrition
Speaker: Dr. Bruce Fife, C.N., N.D.

July 5th: Reg Mtg at Central United Methodist Church —10 am
Program: Break-Out Sessions
(Caregivers & Parkinsonians separate into different rooms to talk)

August 2: **Save the Date — Annual Picnic at the Park!!**

Location & Time: Barn Pavilion at John Venezia Park — 11 am

September 6: Reg Mtg at Central United Methodist Church —10 am
Program: Mobile Physical Therapy Services for people with PD
Speaker: Ryan Mueller, PT, DPT, NCS

October 4: Reg Mtg at Central United Methodist Church —10 am
Program: TBD; **Speaker:** TBD

November 1: Reg Mtg at Central United Methodist Church —10 am
Program: Break-out Sessions
(Caregivers & Parkinsonians separate into different rooms to talk)

December 6: **Save the Date — Annual Christmas Party!!**
Location & Time: 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>