



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

Acting President:

Jill Reid [REDACTED]
president@co-parkinson.org

President Emeritus: Ric Pfarrer

Vice President: Jill Reid

Secretary: Patricia Beatty
secretary@co-parkinson.org

Treasurer: Julie Pfarrer
treasurer@co-parkinson.org

Members at Large:

Janet Adams, Dee Beatty,
Steve Booth, Annette Garcia,
Carole Henrichsen, Bill Hicks,
Karen Mein, Dave Moross,
Mary Sauvain

Committee Chairmen

Programs: Jill Reid

Educational Outreach: Jill Reid

Membership: Carole Henrichsen

Chaplain: Rusty Merrill

Parkinson's Awareness Day:
Vacant

Photographer: Annette Garcia

Lending Locker Coordinator:
Mary Sauvain [REDACTED]

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

Picnic: Carole Henrichsen
and Janet Adams

Media Relations: Mary Sauvain

Medical Advisor:

Dr. Brian Grabert, MD

New Member Table Chairmen:

Janie Shore & Carol Hamill

Sunshine (Cards):

MJ Thompson [REDACTED]

T-Shirt Chairman: Vacant

IT Support: Heather Johnson

Webmaster: Julie Pfarrer
webmaster@co-parkinson.org

Newsletter Editor:

Kristy Schleiker

Address/Email/Database

Updates and Newsletter

Coordinator:

Contact Julie Pfarrer at
info@co-parkinson.org or call
[REDACTED]

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 6th | 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.*

September Program

Topic: Mobile Physical Therapy Services
for People with Parkinson's

Speaker: Ryan Mueller, PT, DPT, NCS

About the speaker: Ryan graduated with his doctorate in physical therapy 2017, completed a year-long Neurologic Physical Therapy Residency program from A.T. Still University in 2019 and is a board-certified clinical specialist in neurologic physical therapy, granted by the American Board of Physical Therapy Specialties. Ryan has worked in neurologic multidisciplinary outpatient clinic and acute rehabilitation hospital settings, in which he provided care across the spectrum of neurologic disorders. He is a certified therapist of Parkinson Wellness Recovery (PWR!®).

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

A Potluck will follow the monthly program

September Potluck – Mexican!

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, September 3rd,
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



The Parkinson Foundation is holding a fund-raising walk-a-thon on Saturday, September 13, at Cottonwood Creek Park (see the announcement elsewhere in this newsletter). I encourage you to support this event if you possibly can. Although the funds raised will not come to us directly, the Parkinson Foundation has been a great help to us over the years. They provide a wealth of free literature to individuals and groups like ours (see our literature table at each meeting for samples), they have given us grants over the years, they fund research, and they increase awareness of Parkinson's throughout the country as well as here. We'll have a booth at the event. Please join us!

I just did our annual Parkinson's 101 training for Sages Elder Care (keeping them on our website as the only professional in-home caregiver company that has received our training on how to care for people with Parkinson's). I included a slide on the difficulties that many people with Parkinson's have in getting out of chairs. Why, you wonder, is it so hard that a loved one has to step in and help pull you up out of the

chair? That's a strain on the loved one's back and takes strength that the person might not have. It's hard to get out of your chair simply because of your starting positions: all the way back in the chair and with feet way out in front. I can't get out of chair from that position, and I don't have Parkinson's. So here are five easy steps that keep your independence and dignity and won't strain or injure your helper's back because he/she won't have to help:



1. Scoot your backside to the edge of chair
2. Put both feet as far underneath you as your chair allows
3. Lean forward to "heart-over-toes" position
4. Place both hands on chair seat (or arms, if the chair has them)
5. Push with your hands and stand up

This month's comedy is *Any Which Way You Can*, starring Clint Eastwood. To me, Clint is an icon — he can play tough, he can play deadly, he can play funny, he can play romantic and vulnerable, and he can direct movies as well as star in them. I think any of his movies is worth watching, just to see him act. Of course, in this case, it's an orangutan that steals the show and all the funniest situations. Intrigued? Watch it and enjoy!

Attention Caregivers!!!

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

Parkinson Foundation's Moving Day Community Walk

When: September 13th, 2025

Where: Cottonwood Creek Park
7040 Rangewood Drive in Colorado Springs

Registration: 9:00 am

Walk Starts: 10:00 am

Join the Fight to End Parkinson's Today!
MovingDayWalk.org/CommunityWalkCoSprings

Scan Here to Register →



For more information:
Kristin Courington
720-850-8299 • kcourington@parkinson.org

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, db_mgr@co-parkinson.org.



HELP SPREAD SOME SUNSHINE TO OUR MEMBERS!



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

She can be reached by calling

*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 12th

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

info@co-parkinson.org

September CSPSG Executive Committee Meeting

September 9th @ 09:30am

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

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

SEPTEMBER HAPPY BIRTHDAY

Jackie Casey
Larry Christian
Ray Coddington
Janet Conover
Pamela Cooper
Mary (Maria) Cordova
Nancy Crosier
Cheryl Davis
Brenda DeLuca



JoAnne Egolf
Linda G eist
Barbara Gross
David Gross
Carol Hellem
Robert Hellem
Carole Henrichsen
Patrick Holland
Alan Knight
David Lydon
Paul Metzler
Corinne Nelson



Carl Nolt
Kathy Parker
Marge Parrott
Ric Pfarrer
Carol Rushing
Gary Shrewsbury
Judith Stauffer
Shanti Stuehmeyer
Philip Thomas
Donna Vaughn
Onda Waller
Alan Whitaker

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

Potluck Favorites — Shakin' & Bakin' Cookbook

Cookbooks Are Here!

The price is a donation or free if you can't afford to donate. You can order them from Vicki Patterson at project@co-parkinson.org.

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

Send them to project@co-parkinson.org.



Recipe of the Month: CRUSTLESS PIZZA

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

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

Ingredients:

½ Tbl olive oil	½ tsp garlic powder
1 ½ C shredded mozzarella cheese	½ C pizza sauce (low carb)
½ C grated parmesan cheese	½ C toppings*
½ tsp dried oregano	Fresh basil for garnish

Directions:

- Preheat oven to 400° and grease a 9" oven-safe skillet or baking dish with olive oil.
- Use a well-greased, oven-safe dish or line with parchment paper.
- Spread cheeses evenly in the dish.
- Sprinkle with oregano and garlic powder.
- Bake for 5-7 minutes until the cheese melts and starts to bubble.
- If you want a crispier base, bake at 375°, a bit longer for even cooking or broil for the last 1-2 minutes for a golden top.
- Remove from oven and spread pizza sauce over the cheese base.
- Add extra cheese if desired and top with toppings.
- Return to oven for another 8-12 minutes until the cheese is golden and bubbly.
- Let it cool for a few minutes before slicing.
- Garnish with fresh basil if desired.

*toppings – stick to pepperoni, sausage, mushrooms, bell peppers, olives, onions and basil. Avoid overly watery veggies.

Parkinson's Disease Related Providers:

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

The following providers have been recommended by multiple members:

Colorado Springs

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

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

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

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

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

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

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

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

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

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

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

Denver

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

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

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

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

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

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

Other Local Support Groups:

Parkinson's Caregivers Support Group

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

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

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

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

Ladies w/ Parkinson's Support Group

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

If you're interested please notify Julie Pfarrer at

info@co-parkinson.org

or [REDACTED].

Essential Tremor Support Group

Meeting Location: ENT Conf Rm, Pikes Peak Library District; Colo Spgs Library 21c, 1175 Chapel Hills Drive.

Contact Jim Sanchez for meeting dates/times at

[REDACTED]

or [REDACTED].

Tri-Lakes Parkinson's Support Group

Meets the 3rd Saturday of the month at 10am at the Monument Community Presbyterian Church, 238 3rd Street, Monument.

Contact Becky Farley at

[REDACTED] or

[REDACTED] for more info.

Other Opportunities:

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

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

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

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

Adult Speech Therapy:

Outpatient speech therapy services.

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

Treating:

Parkinson's - Voice & Swallowing

- SPEAK OUT!

- LSVT

Contact Jana Hothan, MA, CCC-SLP

at slp@janahothan.com or call

(719) 338-8165 or for more info.

Parkinson's Sing-a-Long Group:

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

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

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

PD Exercise Classes:

Falcon Exercise Group

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

UCCS Center for Active Living at the Lane Center

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

NIA Class

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

Cost: \$10 a class

When: Every Friday at 10:30 am

Where: 525 E Fountain Blvd.

MACS–corner of Fountain & Royer

One-on-One Physical Therapy

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

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

Neuroping for Parkinson's

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

When: Tuesdays & Thursdays

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

Location: Downtown YMCA

207 North Nevada Avenue

In the Small Gym

To sign up call the front desk at

(719) 473-9622

For more information contact Travis Lerma

at (719) 495-5130 or 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 Rocksteady Boxing

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

Neuro Logic Rehabilitation and Wellness

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

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

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

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

Getting to Know You, Kathleen (Kat) Foster

by Ann Grant Martin



This month (September, 2025) we are featuring Kathleen (Kat) Foster, an ace NeuroPong player, our PD Support Group moderator and a caring person. She continues to exemplify her devotion to nursing by keeping a sharp eye out for anyone who appears unsteady on the NeuroPong court. She's been known to throw down her paddle and rush across the room to stop someone attempting to step over the ping pong ball barrier instead of

moving it aside. No one is going to fall on her watch!

From Pittsburgh, PA, Kat (age 64) grew up in a government housing complex, otherwise known as "the ghetto" or "the hood." She says, "Her parents raised 8 kids on very little, but did the best they could." A graduate of Bucknell University in economics, she was the first in her family to attend college. While at Bucknell, she met Andrew Keen, her future husband. She served 7 years in the US Army which gave her the opportunity to see much of the world. During her Army career, she was stationed at Ft. Lee, Virginia; Panama; Taegu, South Korea; and Ft. Carson. When she left the service 31 years ago, Kat and Andrew (a software engineer) decided to stay in Colorado Springs.

Now married 40 years, they raised a son and a daughter. While a "stay at home mom," Kat offered a prison ministry to incarcerated teenagers. At age 50, she completed her nursing degree at PPCC, while her children (at the same time) also attended PPCC.

Kat's half century birthday year was a BIG one: she completed both her RN degree and her second degree black belt for Universal Kempo Karate. A practitioner of Tai Chi, she credits the martial arts with helping her maintain a strong sense of balance. Naturally athletic, Kat attended Bucknell on a cross country/track scholarship.

Kat's favorite story: When Kat and Andrew were at Bucknell,

she chose activities that pushed her beyond her comfort zone. Wanting to do things that overcame her fears, Kat took up sky diving. Andrew went along. 20 years later he admitted that he was petrified and did not enjoy it. When Kat asked why he went, Andrew said, "*I went because you were there.*" (This story was published on Valentine's Day in the Gazette several years ago.)

During Kat's career as a Registered Nurse, she found being a hospice nurse to be her calling. She was particularly successful at communicating with families about what was happening and what to expect. Kat was/is good at making people comfortable by knowing they were/are heard. Often specifically requested, she developed close friendships with some of her patients and families.

Kat's PD journey formally began in 2022 after noticing that her handwriting was very tiny. An animated "poster child" for physical activity, Kat is a fiend for exercise. She knows that NeuroPong, Tai Chi, Pilates, and additional exercise classes are important to slowing the progression of her Parkinson's.

Kat finds memory issues challenging and word-finding frustrating. Nevertheless, Kat is a life-long learner. She is curious and likes doing research. She is reading Parkinson's Regeneration Training by Karl Sterling on her Kindle tablet. She has established a women's support group: WWPDP, "Women with Parkinson's Disease," and enjoys being the facilitator of their weekly discussions.

Kat has come to understand that despite having PD, she is blessed by new friendships and experiences in the PD community. She is a friend to the newly diagnosed and helps them accept their uninvited reality. She has found reading, Michael J. Fox's books which outline his journey through PD to be encouraging and supportive. Kat now believes in herself and says yes to life every chance she can.

Thank you, Kat, for sharing your unique life story.

We each have a story.

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

Annual picnic 2025 at John Venezia Park – great turnout!!!

Oops - and latecomers!!



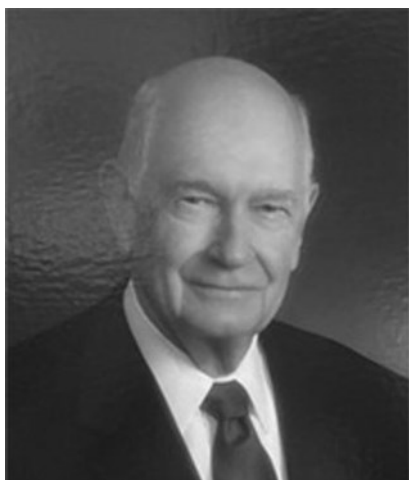
ANNUAL PICNIC

Program Review: Notes from the July 5th PD Patient's Break-out Session

Kathleen (Kat) Foster, Facilitator
Ann Grant Martin, Scribe

- Tongue Biting** – this can be a “real thing” for folks with PD. The advice from the group was to get a “bite guard” from your dentist. Google information says: “PD may cause oral motor impairment which can lead to jaw pain, excessive grinding of the teeth, biting of the tongue and cheek, and tooth fracture. It is essential that you discuss proper treatment options with your dentist....”
- Dry mouth** – can be caused by many of meds including urine incontinence and variations of C/L for PD. There are a variety of ways of dealing with this: taking frequent sips of cold water, chewing sugar-free gum, sucking sugar-free sweets, cutting down on caffeine and using an oral spray like “biotene.” Remove dentures at night to give your mouth a chance to recover. Note to self - use lip slave or balm to protect your lips.
- Dry scalp** – ask your dermatologist for a prescription shampoo and recommendations for how often to use it.
- Dry skin** – let's face it, we live in a dry climate. PD and our medicines dry us out. Drink More Water
- Drooling** – common for folks with PD. We need to swallow more often with more efficiency. Consider seeking swallow rehabilitation to strengthen your swallowing muscles from a Speech and Language Pathologist. I recommend Carolyn Lyon, Speech and Language Pathologist at Penrose Outpatient Rehab.
- Falling** – most common falls are backwards which cause head injuries. The second most common is falling forward and catching yourself with your face and hands/wrist (ouch)! If you take C/L or other PD meds you may feel light headed or dizzy. Ask your doctor to take your BP while you are lying down and then standing. Your BP may be lower when you stand. Therefore, as a practice, in everyday life, stand slowly and wait until your wits are collected before stepping away.
- Falls and depression** – It's hard to know which comes first. Kat's council is to get your depression treated so as to reduce your falls.
- “Young body fantasy”** – avoid relying on the fantasy that your balance is as good as it was when you were 8. Be realistic about your current body's balance capabilities.
- Request “wheel chair assist”** when travelling by air. Avoid the risk of falling when you hurry to catch a plane.
- Adopt a medium gaze** when walking – focus somewhere between your feet and 10 yards ahead. Be aware of balanced and upright posture with your head in alignment with your spine and hips.
- Hiking Poles** – for best traction fit your poles with rubber caps. For safest use of your poles, have your doctor or PT adjust the height of your poles. They will be higher than when used for hiking. If you use only 1 pole, your doctor or PT will adjust it is even higher. However, unless your doctor/PT advises that 1 pole is sufficient, use 2 poles for secure balance, upper-body aerobic exercise, cross body coordination, and improved posture.
- Hurricane (Hurry-cane) cane** – a cane that for better stability has three or four rubber discs at the base. Enthusiasm for the Hurricane Cane was strong.
- “Lift Knees Higher” chorus line** – Kat advised us to remember to lift our knees higher and with more energy when climbing stairs, stepping up on a curb and walking. This practice will help you avoid tripping and falling. We practiced lifting our knees and rotating them outward before completing the step. She also showed us how to turn properly without tipping ourselves over. Stand with feet comfortably apart. Rotate your right foot to the right, 90 degrees. Lift your left foot to meet the new direction of your right foot. Now stand with your feet comfortably apart and rotate your right foot to the right another 90 degrees. Continue until you have turned yourself around. Try it going to the left. “Do the Hokey Pokey and turn yourself around and that's what it's all about!”

SAD NEWS!



George T. Scott Sr. died peacefully in the loving arms of his wife, Lorraine, on the morning of his 91st birthday, June 13th, 2025. George was born in Minneapolis, Minnesota. In high school he excelled in basketball and track, taking city and state records in low and high hurdles. At his senior graduation, he was awarded the Leonard Moses award for superior scholarship, athletics, and good citizenship. He received two degrees, Chemical Engineering and Business Administration (Production Management) from the University of Minnesota and earned an MBA in Economics from the University of Houston. After serving two years in the U.S. Army Ordnance Corp, he began his professional career with Union Carbide in Texas, Louisiana, and New York. In 1978, George became General Manager of the Polystyrene business for Gulf Oil Chemicals in Houston, Texas. Then in 1980, he began managing the Polyethylene businesses.

In 1983, following three years of courtship, George and Lorraine Ann Michalka of Pennsylvania married! George retired January 1, 1996, and thereafter resided in Houston, Texas, and Colorado Springs, CO. He enjoyed golf, bridge, fly fishing, and travelling the world with Lorraine. He was known for having a quick wit and telling jokes in the accent of the subject matter!

George was preceded in death by his first wife and by his youngest son, Robert B. Scott. He is survived by his wife of 41 years, Lorraine Michalka Scott; son George T. Scott Jr; son John G. Scott (Rebecca); two grandchildren and four great grandchildren.

A Celebration of Life will be held September 21, 2025, from 2-5 P.M. in Colorado Springs at The Garden of the Gods Club; another celebration service will be held in Houston in late January 2026.

In lieu of flowers, please consider making a memorial gift to the American Macular Degeneration Foundation, PO Box 515, Northampton, MA 01961-0515, www.macular.org or the Colorado Parkinson Foundation, Inc., 1155 Kelly Johnson Blvd., Suite #111, Colorado Springs, CO 80920.

Anita Hanenburg passed away on August 4th, 2025.

At this time, no obituary has been published but there will be a memorial service on September 16th at 1:30 at Woodman Valley Chapel.

In lieu of flowers, donations can be made to the NeuroPong program at www.neuropong.org by scrolling down the 'Home' page and clicking on the 'Donate' button.

8 Tips for Traveling with Parkinson's

For many, living with Parkinson's disease (PD) can make it harder to leave the house on a daily basis, let alone travel to a new time zone. However, as with any trip, planning and preparing can help. This article covers how to factor Parkinson's into your itinerary.

Check out these eight tips for traveling with Parkinson's.

1. Plan to bring all Parkinson's medications and assistive equipment.

- Wherever you travel, pack all the medications and dosages you need, plus extras, in your carry-on bag.
- Familiarize yourself with our Hospital Safety Guide (and download guide components).
- Remember to pack snacks, a water bottle you can fill at the airport and throughout your trip, and anything else you need to take with medication.
- Write your list of essentials before packing.
- Remember to pack your go-to outfits that make getting dressed a little easier — wrinkle-free items, shorts, pants with elastic waistbands — and assistive devices you regularly use.

2. Before your trip, check in with your Parkinson's doctor.

Before jetting off, speak to your Parkinson's doctor to ensure that you have all the medications you need.

3. Request assistance in airports.

A few days before you fly, consider requesting special assistance at airports, such as a wheelchair or an electric cart service to help with luggage. This can make traveling much smoother and reduce stress. A physician's written certificate of need may be required, so call the airline ahead of time.

4. Call hotels to inquire about accessibility and special accommodations.

When staying at a hotel, call ahead to request a room with accessibility features, such as a room near the elevator or with wheelchair access. Additionally, if traveling from an airport, ask about transportation services ahead of time.

5. Continue to take medication as prescribed when changing time zones.

It is extremely important to take prescribed medications using your everyday intervals between doses. Set (or keep) your medication alarms the same as when you're home. Speak to your doctor if you have any questions.

6. Call our Helpline to find local resources.

If you're planning a longer stay, call the Parkinson's Foundation Helpline at 1-800-4PD-INFO (1-800-473-4636) to find local Parkinson's exercise classes and support groups in the area you are visiting.

7. Check your medical insurance policy.

Be sure to check in with your health insurance before traveling so you are aware of any coverage or lack thereof.

8. Take your time, relax and enjoy.

Give yourself extra time for everything — it's vacation after all. Enjoy longer meals, take breaks between the sites and activities, rest your legs at a coffee house, and try a sightseeing bus tour. Plan to see fewer sites so you enjoy them more, and when possible, book tickets for sites online ahead of time so you can minimize lines.

By the Parkinson's Foundation, July 24, 2025

Traveling with Parkinson's can come with added challenges; however, planning can help reduce stress and anxiety. Explore our Traveling with Parkinson's page for our full list of tips.

Advance preparation is the key to a satisfying trip. With a little preplanning, people living with Parkinson's disease (PD) can relax and enjoy the pleasures of travel. Break the trip into specific categories and questions to make preparation manageable.

Plan Ahead

- Ask your neurologist to give you the name of a doctor in the area you'll be traveling.
- Call the Parkinson's Foundation Helpline at 1-800-4PD-INFO (1-800-473-4636) to find out if there are local Parkinson's resources (such as exercise classes and support groups) in the area you are visiting.
- Plan to rest the day before your trip and the day (or day after) you arrive.

Manage Medication

Bring your Hospital Safety Guide with you when traveling. If you do not have one, order or download the guide and its printable components online or by calling the Helpline at 1-800-4PD-INFO (1-800-473-4636) in the planning stage of your trip.

- Carry all medications in original bottles, with the name of the drug and your doctor's name on the label.
- Bring a copy of your prescriptions (generic and non-generic names) and medication regimen, including your physician's name and contact information. This printable medication schedule can help.
- Keep all your medications, for your entire trip, with you in your carry-on bag; include snacks, water or juice to take with medications. Pack some extras in case you are delayed or your supply is lost.
- Continue to take your medications as prescribed if changing time zones, with the same intervals between doses. Consider wearing two watches: current time and time at home.

Pack Wisely

Pack efficiently to ease the challenges of travel. Make an essential checklist in advance.

- Gather passports, tickets, money and special items.
- Put complete outfits together including socks, undergarments and shoes. Include Parkinson's-friendly clothing and accessories, such as wrinkle-free items with elastic waistbands, pull-overs or button-free closures to simplify dressing.
- Pack toiletries in a compartment-type bag that can hang on the back of a door for easy access.
- Add a name label to your assistive equipment, such as a walker, cane or walking stick, before packing.

Foreign Travel

- Bring your passport. All American citizens require a passport to visit foreign destinations and to re-enter the U.S.
- Check your medical insurance policy to be sure that you are adequately covered wherever you are going. Be aware of services provided (or not provided) in other countries.

Transportation

Does each mode of transportation offer the accessi-

bility you need or extra time to board? Request special assistance at the time you make your reservations and notify the carrier of your PD diagnosis and any mobility issues.

- Request wheelchair or electric cart service within terminals if necessary. Your bags will be handled too.
- Check-in early.
- Take advantage of early boarding privileges and if necessary, special accommodations to get to your seat.
- Ask for an aisle seat, as close as possible to the bathroom.

Air Travel

Airline carriers must provide meet-and-assist service (like help getting to the gate or aircraft) at drop-off points.

- Personal care assistants of passengers with disabilities are allowed beyond screener checkpoints.
- The limit of one carry-on bag and one personal bag (purse, briefcase or backpack) per traveler does not apply to medical supplies or assistive devices.
- Assistive devices such as canes and wheelchairs are permitted onboard.
- People who require a wheelchair or scooter must have a physician's written "certificate of need."
- People in wheelchairs can request private checkpoint screenings.
- Syringes are permitted on board with documentation of medical needs and proper labeling.

Rail Travel

- Bring valid photo identification.
- Amtrak trains can accommodate most wheelchairs.
- Amtrak may randomly check wheelchairs.
- Passengers can travel with a service animal.

Bus Travel

Call ahead to speak with personnel about available services for the bus company. Some companies offer:

- Buses equipped with wheelchair lifts.
- Assistance with boarding, de-boarding, luggage, transfers, stowing and retrieving mobility equipment.
- Personal attendants can travel one way at no charge. Arrangements for a return ticket are made at the returning location.
- Space for service animals, oxygen and respirators.

Cruise Travel

- Rent assistive devices, such as a scooter, ahead of time. Ask your cruise line representative where you can rent devices. They are often directly delivered to your room.
- Most cruises offer "accessible" or "modified" staterooms.
- Search "Accessible Cruising" on the cruise line's website to find additional information.
- Determine in advance whether any ports of call require a license for a motorized wheelchair.
- If the cruise does not offer a wheelchair-accessible excursion, contact a travel agent or local tour operator ahead of time to book a wheelchair-accessible excursion.

Colorado Parkinson Foundation, Inc.

1155 Kelly Johnson Blvd.

Suite # 111

Colorado Springs, CO 80920

PARKINSON'S PERSPECTIVE

SEPTEMBER 2025

Coming Events

See inside for more information

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: Transportation around Colorado Springs;
Speaker: Lucy Cahill, Pikes Peak Area Agency on Aging

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

December 6: Save the Date — Annual Christmas Party!!
Location & Time: Central United Methodist Church - 10 am
Program: Christmas Party!!
Entertainment: The Song Spinners

January 3: Reg Mtg at Central United Methodist Church - 10 am
Program: Parkinson's 101
Speaker: Jill Reid, Educational Outreach

February 7: Reg Mtg at Central United Methodist Church - 10 am
Program: Break-out Sessions
Moderators: Kathleen Foster—Parkinsonians; Jill Reid & Julie Pfarrer—Caregivers
(*Caregivers & Parkinsonians separate into different rooms to talk*)

March 7: Reg Mtg at Central United Methodist Church - 10 am
Program: Silver Key Services
Speaker: Jayme Holligan, Director of Volunteer, Events, and Community Engagement

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

More useful websites:

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