



Parkinson's Perspective

**Newsletter of the Colorado Springs Parkinson's Support Group
Colorado Parkinson Foundation, Inc.**

www.co-parkinson.org | (719) 884-0103

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Secretary: Linda Christian

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Janet Adams, Naomi Boswell,
Beth Clarke, Gene Clarke,
Jack Dashosh, Pat Dashosh,
John Farley, Carole Henrichsen,
Paul Mackendrick, Dave Moross,
LuAnne Nickelson,
Ron Nickelson, Mary Sauvain,
Rich Sauvain

Facilitator: Patrick Holland

Committee Chairmen

Programs: Jill Reid

Educational Outreach: Jill Reid

Membership: Carole Henrichsen

Chaplain: Rusty Merrill

Parkinson's Awareness Day:

Vacant

Photographer: Vacant

Lending Locker Coordinator:

Rich Sauvain [REDACTED]

Main Dish Coordinator: Stephen

Rudawsky [REDACTED] or
potluck@co-parkinson.org

Picnic: Carole Henrichsen
and Janet Adams

Media Relations: Mary Sauvain

Medical Advisor: Curt Freed, MD

New Member Table Chairmen:

Pat Dashosh

Sunshine (Cards): Sharon Carlson

T-Shirt Chairman: Vacant

Webmaster: Julie Pfarrer

Newsletter Editor: K. Schleiker

**Address/Email/Database Updates
and Newsletter Coordinator:**

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

The Colorado Springs
Parkinson's Support Group
(part of CPF) meets the second
Saturday of each month at 10AM
(with exceptions to be noted
in this newsletter).

NOTE: We will be meeting again at Academy Christian Church for our February meeting since we haven't received word whether 1st Presbyterian Church will be open to us in the future.

Next Meeting: Saturday, April 10th | 10:00 am-1:30 pm

Location: 1635 Old Ranch Rd, on the corner of Old Ranch & Hwy 83 (Voyager Parkway)

9:45 am, – Come in 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 the live well with Parkinson's,
so plan to attend the meeting at Academy Christian Church or join us on Zoom.**



Program: Community Resources

Speaker: Khan McClellan, founder and owner
of Sages Elder Care

About the Speaker: Khan McClellan is the Founder and Owner of Sages Elder Care, a local non-medical home care agency that provides caregiving and handyman services to Seniors and other adults. He has a Master of Divinity from Emory University and a Graduate Certificate in Gerontology from UCCS. He is a long-time Methodist Minister and has five years of experience as a Hospice Chaplain. Khan has a strong sense of calling to service.

The program will be followed by a potluck lunch.

The April Potluck – Italian (if not canceled)

If you would like to be a provider of the April main dish or a side dish, you can sign up through our website or you can contact Stephen Rudawsky at [REDACTED] or potluck@co-parkinson.org, no later than Wed. April 7th and tell him what you would like to bring. If you'd like to go through the website, go to the "Events" page of the website and find the meeting you're volunteering for and select "Event Details". That will take you to the main sign-up page. In addition to the meeting information, you will see how many chefs and the number of servings per batch are needed. Click on "Sign Up" in the box and then select "Submit and Sign Up" which will take you to a page where you will select how many of the number of chefs you are signing up for. For example, if the # of servings requested is 10 but you're making 20 servings then the quantity you would select should be 2...the equivalent of 2 chefs. There is also a place for any comments you may have there. You must then provide your name & email address. When finished, select "Sign Up Now" and you will receive a confirmation email and your information will be sent to our potluck coordinator, Stephen. This capability should help make Stephen's job considerably easier. To return to the website, close the sign-up tab at the top of the screen.

Remember that bringing food for the potluck is voluntary.

We look forward to seeing you there!

Save the Date! | Colorado Community Conference | Save the Date!

Saturday, April 24th, 8:30 am – 12:30 pm

Parkinson Association of the Rockies

1325 S. Colorado Blvd., Ste. 204B, Denver, CO 80222

The Parkinson Association of the Rockies' Colorado Community Conference is Colorado's premier conference focused on Parkinson's research and treatments. This conference brings together individuals with Parkinson's, their care partners and family members, as well as professionals who work with the Parkinson's community to provide them with updates on the latest research on Parkinson's medications and medical devices. The conference also includes a Clinical Research Resource Fair, providing conference participants with opportunities to speak directly with clinicians and physicians who currently have open research trials as well as individuals who have participated in past and/or present clinical research trials.

Conference Details: Conference time and location are subject to change; we will be updating the conference website with more information as it becomes available. We fully expect the conference to be partially virtual and available through live-streaming.

For more information or to register:
www.ParkinsonRockies.org/CCC
(303) 830-1839

The President's Corner

| Jill Reid - Acting President, CPF & CSPSG



At the last Executive Committee meeting, Pat and Jack Dashosh gave good feedback on their experiences at Memorial North and Memorial Central Rehab wing. Jack spent some time recently at Memorial North,

where he received great care. The staff there determined that he needed rehab and highly recommended that he go to the Memorial Central Rehab wing. Pat couldn't say enough good about the trouble the staff Memorial Central went to to make sure that Jack received all his Parkinson's meds on time. She said that they were "unbelievably responsive" to his Parkinson's needs and that their rehab restored him to his previous capabilities. It's really wonderful to hear that kind of feedback so that we can share it

with all of you. In fact, we've added a new feature to our website--member feedback about facilities and companies which have not received our training but have provided great care.

We've had recent good experiences with two other rehab facilities as well. Encompass Rehabilitation Hospital of Littleton specializes in Parkinson's and strokes, and they did a fantastic job in all respects for one of our members. More recently, Medallion Skilled Nursing facility here in Colorado Springs is allowing one of our members to manage his PD meds himself; this is extremely important for him (and could be for you!) since he needs his meds hourly in order to get the maximum benefit of his physical and occupation therapy. This is the only facility that allowed him to manage his own meds since his first hospitalization in

December (he was in two hospitals and two other rehab facilities before this one; one of the rehab facilities promised to let him self-medicate but did not keep that promise). I can't vouch yet for the quality of Medallion's rehab, but they certainly are willing to go out of their way to meet the medication needs of people with Parkinson's. I'm thinking that this patient will get fantastic rehab if he continues to put his mind to it and to insist on it from the staff.

If you don't see a facility or company listed on our website, it's not necessarily a bad thing; it usually simply means either that they have not received our training on caring for people with Parkinson's or that we haven't received any feedback about them at all. However, we won't list any facility or company about which we've received only negative feedback.

March 13, 2021 Program Review

| by Linda Christian, Secretary

Deep Brain Stimulation Therapy Treatment Updates

Presented by - Dr. David VanSickle, MD, PhD, FAANS

Via Zoom Webinar

Dr. VanSickle began his presentation with two videos of a patient before DBS and after DBS. Before DBS, the gentleman had a slow gait, his left side was worse, difficulty tapping fingers.

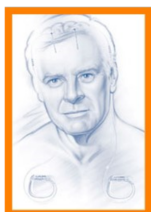


After DBS, he was walking better, able to tap his fingers and his posture greatly improved.



Dr. VanSickle explained that the first DBS surgery that he performed 13 years ago, the patient was awake during the surgery. Now, the surgery can be performed while the patient is asleep. Because of awake surgery complications, individuals did not want to pursue DBS treatment.

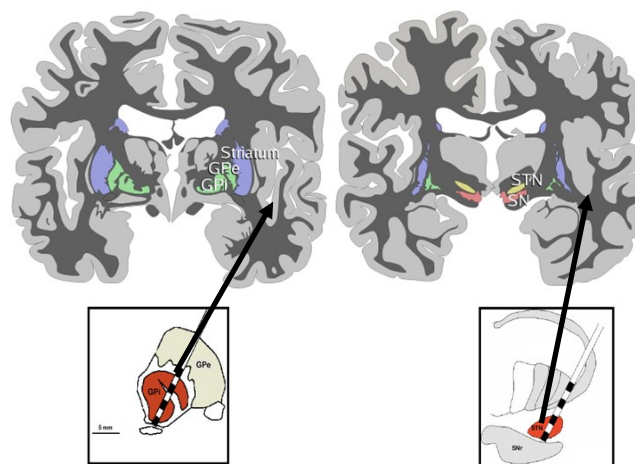
Next, Dr. VanSickle explained what Deep Brain Stimulation is. He stated it's basically a pacemaker for the brain. This slide depicts the components of DBS:



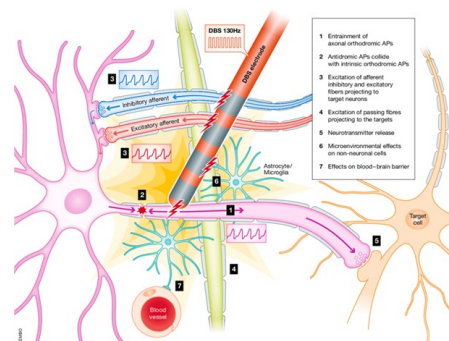
He further explained that electrodes connect to stimulator in the brain and controller is used for adjusting the stimulator. Currently, you can use an app on your iPhone to control device.

Dr. VanSickle then covered the brain areas for electrode placement.

STN and GPi Stimulation



The next slide shows areas impacted by the DBS electrode placement:



Dr. VanSickle then explained that DBS can treat all of the motor symptoms of Parkinson's:

- Bradykinesia (slowness)
- Facial Expression
- Rigidity
- Tremor
- Freezing
- Fine and Course motor skills

He then stressed what DBS cannot treat in Parkinson's, noting that these issues are late in the disease:

- NOT Postural Instability (balance)
- NOT Dementia

Dr. VanSickle also noted that DBS can work even if medications fail to work.

The next slide in his presentation displays Parkinson's symptoms:

Parkinson's Disease Symptoms



Dr. VanSickle also noted that DBS can help reduce the severity of symptoms in other neurological diseases such as:

- Essential Tremor
- Epilepsy
- Dystonia
- OCD

Adding, that in the future, it may be used for treatment of depression.

Dr. VanSickle then posed the question "Does DBS Work?" and provided the following information:

Multiple Randomized Controlled Trials

THE NEW ENGLAND JOURNAL OF MEDICINE

ORIGINAL ARTICLE

A Randomized Trial of Deep-Brain Stimulation for Parkinson's Disease

Günther Deuschl, M.D., Ph.D., Carmen Schade-Brittinger, et al.

JAMA

Online article and related content current as of July 10, 2009.

Bilateral Deep Brain Stimulation vs Best Medical Therapy for Patients With Advanced Parkinson Disease: A Randomized Controlled Trial

Frances M. Weaver; Kenneth Follett; Matthew Stern; et al.

JAMA. 2009;301(1):63-73 (doi:10.1001/jama.2008.929)

THE NEW ENGLAND JOURNAL OF MEDICINE

ORIGINAL ARTICLE

Neurostimulation for Parkinson's Disease with Early Motor Complications

W.M.M. Schoepbach, J. Rau, K. Knudsen, J. Volkmann, P. Krack, L. Timmermann,

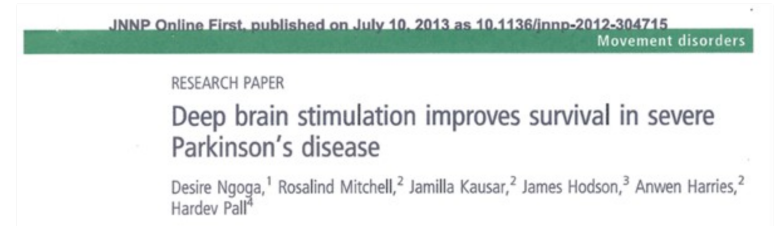
Bilateral Deep Brain Stimulation vs Best Medical Therapy for Patients With Advanced Parkinson Disease
A Randomized Controlled Trial

Frances M. Weaver, PhD
Kenneth Follett, MD, PhD

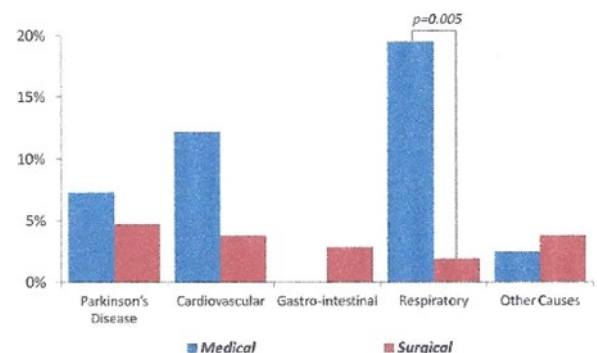
Context Deep brain stimulation is an accepted treatment for advanced Parkinson disease (PD), although there are few randomized trials comparing treatments, and most

In randomized control trials, patients having DBS saw tremendous improvement, much better than medication therapy alone. It was also found that the earlier the patient has DBS, the better the patient does. Further studies show that DBS improves survival in severe Parkinson's disease. DBS does not cure Parkinson's; it allows you to be more mobile for a longer period of time. There are no counter studies showing that DBS does not work, all studies demonstrate a benefit from DBS.

The next slide in Dr. VanSickle's presentation shows the survival rate of patients who chose DBS Therapy vs medically managed patients noting that after 10 years there is a 40% gap in the survival rate between the two.



This same slide shows a graph for causes of death for medical and surgically managed patients.



Dr. VanSickle noted that as a result of surgical procedures there are less deaths in most categories above. He stated a healthy heart and healthy lungs extends life.

Dr. VanSickle then answered the question "Who is a DBS Candidate" by providing the following FDA recommendations:

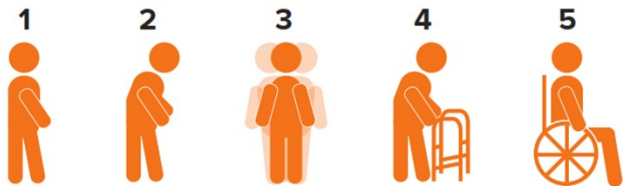
- Four years after first symptom.
- Four months after motor symptoms are not adequately treated.
- Before balance and cognitive problems set in.

He then provided a slide containing descriptions of the five stages of Parkinson's disease:

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5 Stages of Parkinson's Disease



Stage 1: Mild symptoms such as tremors along one side of the body

Stage 2: Both sides of the body may be affected by slightly worsened tremors or rigidity

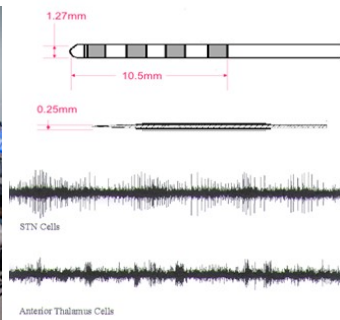
Stage 3: Loss of balance and slowness of movement

Stage 4: May be able to walk and stand unassisted, but are noticeably disabled

Stage 5: Inability to stand without help, confinement to bed or wheel chair

The next topic Dr. VanSickle covered is the advances in DBS from historical awake surgery to the most recent, sleep surgery, newest electrodes, and technological advancements.

Historical Awake Techniques

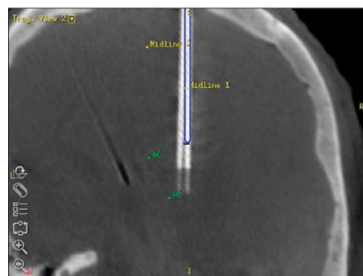


Electrode passed through the brain to STN cells – test for tremor, rigidity and once found, larger electrode passed through.

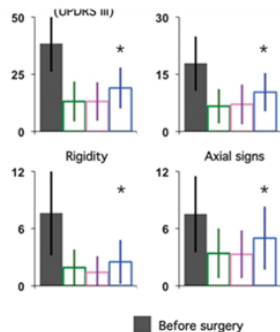
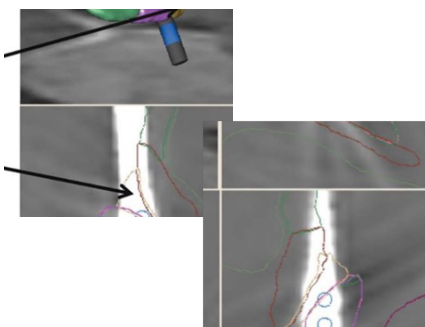
STEREOTACTIC & FUNCTIONAL

Technique Assessment

A Quantitative Assessment of the Accuracy and Reliability of O-Arm Images for Deep Brain Stimulation Surgery



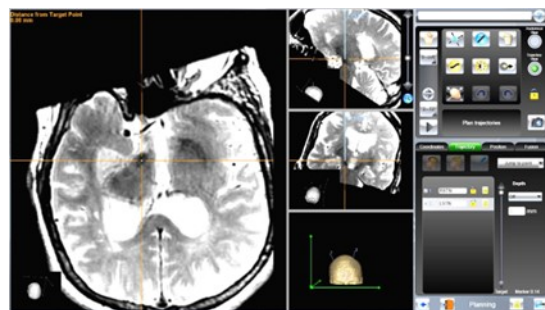
Dr. VanSickle explained that you cannot test for everything and that air deviation makes a difference.



He further explained that the pink portion above was hit 40% of the time and when the green area above was hit, it worked pretty well. Dr. VanSickle added that awake surgery is very iffy.

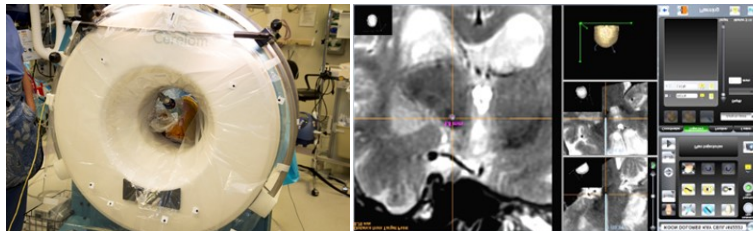


The next slide presented represents a robot that has been designed to enable more accurate placement of the electrodes.



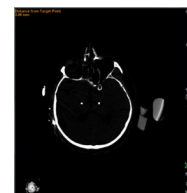
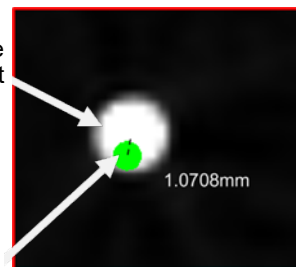
Dr. VanSickle explained that an MRI of the brain is performed one day before surgery under anesthesia.

He further explained that a portable CAT Scan used during the surgery monitors where the electrode is placed, resulting in more accurate positioning of the electrode. This process ensures the electrode will be well placed hitting the correct spot 99% of the time.



Actual Electrode Placement

Target Trajectory

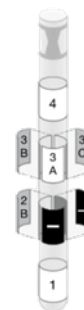


Average of 241 Electrodes

Dr. VanSickle added that there is no perfectly placed electrode, but the Abbott Directional Stimulation Electrode helps correct deviations. Micro adjustments can be made with this electrode. The electrode has four contacts that can turn on parts of the electrode for best benefit.



Directional lead for the Abbott Infinity DBS System

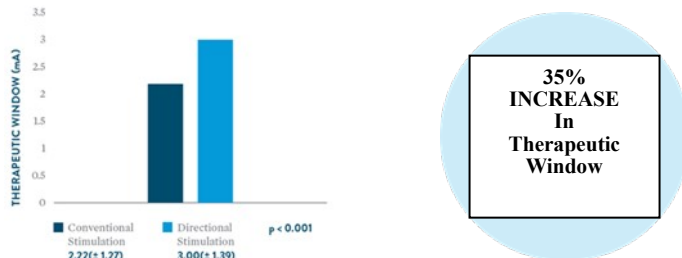


1 – 3 – 3 – 1 Lead Design

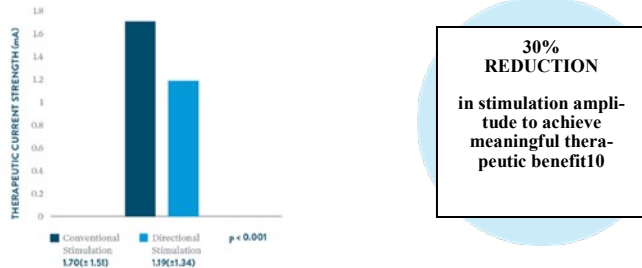
Next, Dr. VanSickle discussed Directional Stimulation. He noted that there are no perfectly placed electrodes, but the Abbott electrode

helps correct deviation. Micro adjustments can be made with this electrode. The next three slides show that after 3 months, there was an increase in the therapeutic window, a decrease in stimulation amplitude causing meaningful therapeutic benefit and a longer battery life. Also noted was the use of Single Segment Activation resulted in a wider therapeutic window for a large number of subjects.

Wider TW Using Directional Stimulation at Three Months¹⁰



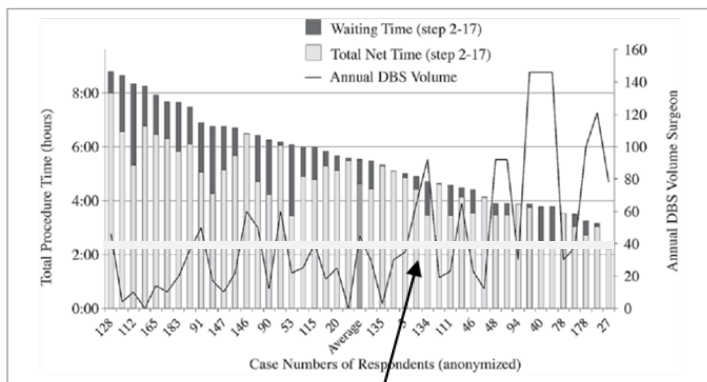
Lower TCS Using Directional Stimulation at Three Months



Single Segment Activation (SSA) produced wider therapeutic window than conventional stimulation in 84.8% subjects.¹⁰

Dr. VanSickle then discussed total case time:
Total Case Time

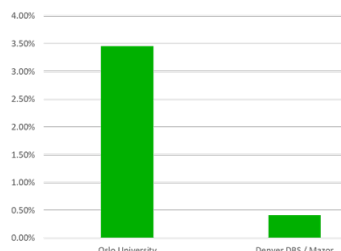
Comparison to Abosch 2013



Case Time: 139.8 minutes (Sleep Surgery)

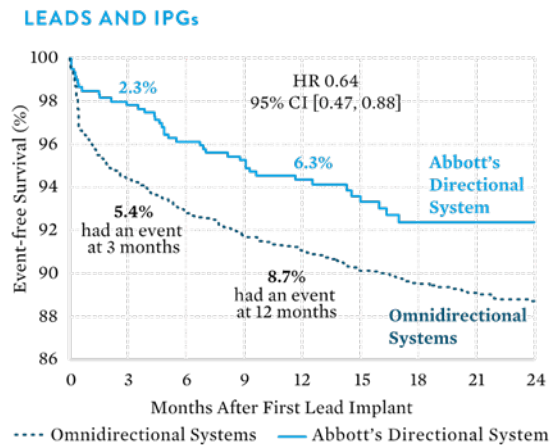
Infection rate was the next slide topic. Lower infection rates due to shorter surgery time. Sleep surgery infection rate .3%, 10 times lower infection rate than awake surgery. Dr. VanSickle noted that with infections, leads must be removed, treat infection with antibiotics and then redo the lead.

Infection Rate per Lead



Dr. VanSickle then presented the following slide from 24 months of Medicare data regarding surgical revision rates. 93% of Abbott Directional Leads showed no problems after 24 months vs 87% for Medtronic. He also noted that the fatter extension lead of Medtronic caused infections and were more fragile and would break. Dr. VanSickle told the attendees that during the 24-month period, 98 1/2% of the DBS surgeries performed at the Denver DBS Center required no replacements.

Surgical Revision Rates



Next, Dr. VanSickle discussed battery life, stating Abbott has not replaced a battery in 3 – 3 1/2 years and provided the following battery longevity analysis:

Predicted Battery Longevity

The single-center (Dusseldorf) analysis of battery depletion 4 years after the launch of Abbott's Infinity™ DBS system: Predicting battery longevity for primary cell devices.

Conclusions:

- Battery depletion at first implanter site for Infinity 7 has not reached the 50th percentile, 4.2 years since the first implant.
- One Infinity 7 device: ~5.6 years mean predicted survival.
- Two Infinity 5 devices: ~7.9 years mean predicted survival.

Dr. VanSickle advised the attendees that he uses two Infinity 5 devices for his DBS surgeries.



The last item Dr. VanSickle was excited to share with the attendees is the latest new technology, a programmer that can be used remotely. You can get DBS adjustments without coming into the office. This slide shows how the patient/doctor connect via secure connection in order to make necessary adjustments via an iPod Touch or iPhone.

Dr. VanSickle ended his presentation by asking if anyone had questions.

1. Q: If a patient has older device, can they utilize remote care?
A: Yes, I'm fairly sure older device can utilize remote care.
2. Q: What is the cost for DBS?
A: DBS is covered by Medicare and Medical Insurance. Patient will pay a few thousand out of pocket based on their insurance for co-pay/deductible. The cost is about one third of the cost of the awake DBS surgery. We accept all insurances.
3. Q: If a patient has slight cognitive problem, are they a candidate for DBS?
A: Depends, patient would need to be evaluated.

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4. Q: I'm confused about the cost; can you explain again?
A: Approximately \$2,000 - \$3,000 out of pocket expense based on co-pays/deductibles.
5. Q: Can you explain the qualifying process?
A: FDA recommends 4 years after first symptoms/4 months after motor symptoms not adequately treated but before balance and cognitive problems set in.
6. Q: Could your system be used for Chemotherapy?
A: Ommaya reservoir system has existed for a while.
7. Q: Can Medtronic be replaced by Abbott?
A: Yes and No. If you're doing well, no reason to change. You could have Medtronic battery changed to Abbott to allow remote programming and longer battery life.
8. Q: If medication is controlling everything except posture and slowness would you still be a candidate for DBS?
A: DBS would be good for you.
9. Q: DBS or Diet and Exercise for Parkinson's symptoms?
A: DBS and exercise improve mobility, and both are good for Parkinson's symptoms. No study data on the impact of diet and Parkinson's symptoms. Jill advised Dr. VanSickle of the CPF's current study on the LC/HF Ketogenic Diet. Dr. VanSickle stated that he looks forward to the study results. Jill added that study participants have seen health improvements.
10. Q: What about the Boston System?
A: The claim that it lasts up to 15 years you should take with a grain of salt. It's more like 8 to 9 years. Boston needs to be re-charged and maintained. Abbott is upgradeable and is the leader.
11. Q: What about decline in memory and speech with DBS?
A: Can happen. Decline in memory from awake surgery. Older technique caused a lot of damage. Speech issues due to electrode misplacement. Abbott can push current away from that.
12. Q: Can someone having Parkinson's for 5 – 6 years have DBS?
A: Yes, best time for DBS

Cindy with Abbott added that they will be scheduling clinics in the next few weeks to upgrade systems for remote programming. Virtual clinic to upgrade for remote adjustments to DBS electrodes, changes will be made from a secure connection via iPod Touch or iPhone. Dr. VanSickle added that this will be great for people in rural areas.

Note: In the near future, this presentation will be available on the CPF website for viewing. Also, if you would like to obtain more information about DBS, please visit the following website:

<https://www.neurosurgeryone.com/denver-dbs-center>

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

HAPPY ■ HAPPY
APRIL
BIRTHDAY'S

Loretta Bogues
Naomi Boswell
Margaret Bush
Tracy Cologne
Roger MacDonald
Rita Maguire

Doug Malmgren
Worth McCue
Malcolm Nordaby
Fern Quidachay
Bob Ray
Gregory Ritscher

Phylis Ritscher
Brenda Rogers
Judith Rowe
Steve Runkle
Allen Snelling
Howie Vroman

SAD NEWS – David Lydon, Shirley Milewski, and Dan Bandy



David Lydon passed away on February 18th at the age of 84. He was born in San Diego, California and graduated from San Diego State University with a Bachelor of Arts in Science, Math and Mechanical Engineering. Dave served as a meteorologist in the Air Weather Service of the Air Force. While in the service he earned a Master of Professional Meteorology from St. Louis University. He served in South Korea, California, Germany, Texas, Washington D.C., the Azores and Colorado Springs.

Dave married Joan Carol Rietesel in 1963. In 1980 they moved their family to Colorado Springs where he retired from the Air Force as a Lt Colonel two years later. Dave earned his Master of Arts degree in Computer Resource Management from Webster University and worked for Unisys Defense Systems as Senior Systems Test Analyst, and also worked for Hughes STX, and Northrop Grumman in satellite communications and networking. In 2007 he retired for good.

Since 1982 Dave was a member and deacon of First Presbyterian Church in Colorado Springs and enjoyed working on projects around the home, listening to music, boating on Lake Havasu, AZ, his daily Sudoku puzzle, and especially time with his family. Dave is survived by his wife Joan of 57 years, a brother, a son, 2 daughters and 5 grandchildren.

Shirley Milewski - It is always difficult saying goodbye to someone we love and cherish. Family and friends must say goodbye to their beloved Shirley Elaine Milewski of Colorado Springs, born in Paterson, New Jersey, who passed away at the age of 84, on March 16th.

She was predeceased by her husband, Donald, and a sister and is survived by her children, George Gorter and Crystal Jack, a grandson, a brother, a sister and many nieces, nephews, great nieces, and great nephews.

In lieu of flowers, donations may be made in her name to the Colorado Parkinson Foundation at co-parkinson.org.



Dan D Bandy died in October 2020 at home following an extended illness. He was born in Anchorage, Alaska but grew up in Knoxville, Tennessee. He was an Eagle Scout and graduated from East Tennessee State University with a BS degree. Dan served 20 years in the Army. His most memorable assignments were Bad Tollz in Bavaria, the 2nd Gulf War and finally his Peace-Keeping-turned-combat-mission in Somalia. He earned an MBA at the UCCS before his second career with Colorado Springs Police Department in Human Resources.

Dan loved the outdoors, traveling, fly fishing, lapidary, photography, genealogy, listening to music, gardening, bird watching and antiques hunting. His grandsons brought him the greatest joy surpassed only by his love and pride of his daughter. He showed great courage in facing debilitating pain from Parkinsonism and military injuries in his last few years. Dan passed away in the year of the COVID-19 so his remains were cremated and interred in Pikes Peak National Cemetery, pending a military honors ceremony in the summer of 2021. Dan is very sadly missed by his family, beloved wife of 40 years, Susan, cherished daughter, Laurel, 2 treasured grandsons, a brother and 2 sisters.

"May you be happy, may you be healthy, and may the Force be with you." - A blessing from Dan Bandy

**Marketing Research
Study for Essential
Tremor Patients**
Sponsored by
**RC Horowitz & Company,
Inc. – a marketing
research company**

If you have been diagnosed by your doctor with moderate or severe essential tremors, you may be eligible to participate in a paid marketing research. You will be paid \$250 for a single 75-minute interview. Research is being conducted to help improve education for people who have been diagnosed with ET. For more information, please call: Devi Heyer, (888) 392-500 or (212) 401-7902.

"RC Horowitz & Company works to help bridge the gap between patients and the healthcare industry. Information gained from our studies is used to provide the healthcare industry invaluable information about patient experiences. Our studies have helped bring new drugs to the market, improve drug delivery methods, and develop patient informational materials like support websites, drug start-up brochures, and patient information packets. The more our clients learn, the better we can make it for others in the future."

PD Exercise Classes: Due to Coronavirus concerns, check ahead to see if canceled**Ormao Dance Company
Invites you to Dance for
Parkinson's Live Streamed Class**

Dance for Parkinson's—Keep Moving!
Each Fri at 11am until further notice
It's free and just requires internet
access, a computer, iPad or smart
phone to connect to the zoom
website. There will be a new Zoom
Meeting each week. Go to the
<https://co-parkinson.org> event
calendar each week for a new link.
Contact Laura Treglia at 719-640-8478
for more information
Look forward to moving with you!

**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.

PWR!Moves Class

Skyline Wellness & Aquatics Center
is partnering with the YMCA to
help the PWR! Moves class be more
available to everyone. We are reach-
ing out to help individuals who may
be located on the south side of town
and need a closer location to their
home. We are located within
Brookdale Skyline at 2365 Patriot
Heights near Bear Creek Dog Park.
Our classes are held every Tuesday
and Thursday from 12:30-1:30 pm.
If you have any questions, please
contact the Fitness Coordinator
Karisa Dreyer at (719) 867-4658

PWP: Parkinson's With Poles

Come join Emily Moncheski and
Eileen O'Reilly for a great exercise
workout at Monument Valley Park.
Every Friday, 9 am at the north
parking entrance of Fontanero and
Culebra streets. Poles are provided.
Everyone is welcome.

Max Capacity NeuroFitness

Max Capacity is offering PWR Boot
Camp classes, donation based Power
Punch Boxing, pole walking classes
and individual PD specific fitness
training. All PD Boxing classes and
PWR BootCamp classes have moved
to: 731 Iowa Ave. in Otis Park.
Boxing: Tues/Thur – 4:00 to 5:00pm
and Sat – 9:00am to 10:00am
PWR Boot Camp: Mon/Wed –
3:30pm to 4:30pm
**Boxing is free of charge, Boot Camp
packages available!** Contact Emily
Moncheski at (719) 213-3996 or
emily@maxcapacitypt.com for info.

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.

When: Every Friday at 10:30
Location: 525 East Fountain Blvd.
MACS—corner of Fountain & Royer
Cost: \$10.00 a class.

Falcon Exercise Group

Mon and Fri –11:00 – 12:00 noon,
Grace Community Church.
For more information contact
Catherine Reed at [REDACTED].

**Coronavirus and
Parkinson's Disease**

For information on
coronavirus and
Parkinson's Disease go to:
www.parkinson.org/CoronaVirus.

YMCA PD Exercise Classes

We utilize exercise as medicine to
increase quality of life so that you can
get better and stay better.

**NOTE: All classes have been
suspended except the following:**

Tri-Lakes YMCA: PWR!Moves
Tuesday & Thursdays, 1:30-2:30 PM

Briargate YMCA: PWR!Moves
Monday, Wednesday & Friday, 1:30-2:30 PM

**For more information contact Jamie Clayton at
jclayton@ppymca.org**

**NeuroRehab Project at ORA — Water
and Movement Classes** offers the
following classes:

Improve your mobility in the water: We offer
warm water (92 degrees) pool classes for
people with movement disorders. Mondays
and Wednesdays from 1:30-2:30. \$10.

Parkinson's Wellness Recovery Exercise Class:
Power Moderate level. Fri at 1:30. \$10

Parkinson's Wellness Recovery Exercise Class:
Power Advanced level. Wed at 1:30. \$10.

Danielle Spivey, PT and Rachel Johnson, SLP
have created these opportunities to augment
skilled Physical and Speech Therapy.

Location: Pikes Peak Athletics, 602 Elkton Drive
in Rockrimmon. Please call us at (719) 559-0680
for information and to get signed up.

**Thank
You!**

Thanks to **ALL** who brought
food and to those that
helped setup & cleanup at
the last meeting!

May Newsletter Input Deadline: April 15th

Call or e-mail Julie at: [REDACTED]
db_mgr@co-parkinson.org.

April Executive Committee Meetings

April 13th @ 12:00 pm
Location: TBD—You will be notified by email.
Contact Linda at secretary@co-parkinson.org
if you haven't been to an Executive Meeting
so we will know that you're coming.
Leave your email address so Linda can
contact you if anything changes.

Colorado Parkinson Foundation, Inc.

1155 Kelly Johnson Blvd.

Suite # 111

Colorado Springs, CO 80920

Parkinson's Perspective

APRIL 2021

Coming Events

See Inside for Details, Phone Numbers, and for More Information

April 10th - Reg Mtg at the Academy Christian Church – 10 am

Program: Community Resources **Speaker:** Khan McClellan, Founder and Owner of Sages Elder Care

May 8th – Reg Mtg at the Academy Christian Church – 10 am **Program:** Focused Ultrasound **Speaker:** Ron Nickelson

June 12th – Reg Mtg at the Academy Christian Church – 10am **Program:** Results of the CPF Study on the effects of a low-carb/healthy fat diet on PD, biomarkers, depression, anxiety & quality of life: a pilot study **Speaker:** Dr. Melanie Tidman

July 10th – Reg Mtg at the Academy Christian Church – 10 am **Program:** TBD

August 14th – Picnic!!! John Venezia Park – Barn Pavilion

- ♦ Tri-Lakes PD Support Group meets the 3rd Sat of each month — Contact Barry Hanenburg at bhanenbu@hotmail.com.
- ♦ NeuroRehab Project at ORA — Call Danielle for PWR!MOVES or Rachel for Speech Therapy & Swallowing at 719-265-6601.
- ♦ YMCA- Parkinson's Wellness Recovery Exercise — call (719) 329-7295 or email wellness@ppymca.org.
- ♦ Colorado Springs Senior Center: Exercise, Yoga, and TaiChi for older adults - (719) 955-3400 or <http://www.ppymca.org/colorado-springs-senior-center/about-us>.
- ♦ UCCS Center for Active Living — at the Lane Center - Power Moves group exercise classes. Also: Balance & Agility Class for information: Call 719-255-8004 or email CAL@uccs.edu.
- ♦ Max Capacity NeuroFitness — Contact Emily at (719) 213-3996 or visit maxcapacitypt.com
- ♦ The Resource Exchange — the single-entry point for Medicaid long-term care – must be eligible for Medicaid and for Social Security disability.

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