



Parkinson's Perspective

Newsletter of the Colorado Parkinson Foundation, Inc. and
the Colorado Springs Parkinson's Support Group
www.co-parkinson.org | (719) 884-0103

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The *Colorado Springs Parkinson's Support Group* (part of CPF) meets 10AM, the first Saturday of each month at the Central United Methodist Church, 4373 Galley Rd, Colo Spgs, 80915

(with exceptions to be noted
in this newsletter)

Next Meeting: Saturday, April 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.

APRIL PROGRAM

1st Topic: Dr. Grabert Answers Your Questions!

Speaker: Dr. Brian Grabert, MD, a Parkinson's Specialist

2nd Topic: The Benefits of Dance for Parkinson's

Speakers: Laura Treglia & Robin Izer, Ormao Dance Company

The meeting will be followed by a potluck

The April Potluck – Sandwiches!

If you would like to sign up to be a provider of the main dish or to bring a side dish/dessert for the meeting, you can contact Bill Hicks at [REDACTED] or potluck@co-parkinson.org, no later than Wednesday, April 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!

Researchers Develop Tool to Study Gut-Brain Connection

By Lindsey Shapiro, PhD – Parkinson's News Today, 6/29/23

Researchers have uncovered new evidence that activity in the gut can directly influence brain function, a relationship that's been proposed to contribute to Parkinson's disease.

Using specialized fibers with the ability to stimulate nerve cells with light, called optogenetics, the scientists found that by altering cell activity in the intestines of mice, they could mimic behavioral changes observed when certain areas of the brain are stimulated.

The team believes their new technology can be used to further probe how the gut-brain connection might be involved in Parkinson's and other neurological diseases.

"The exciting thing here is that we now have technology that can drive gut function," Polina Anikeeva, PhD, a professor at the Massachusetts Institute of Technology (MIT) and the study's senior author, said in a university news story.

"More importantly, we have the ability to start accessing the crosstalk between the gut and the brain," added Anikeeva, who is also director of the K. Lisa Yang Brain-Body Center, associate director of the research laboratory of electronics, and member of the McGovern Institute for Brain Research at MIT.

The study, "Multifunctional microelectronic fibers enable wireless modulation of gut and brain neural circuits," was published in *Nature Biotechnology*.

Brain damage patterns differ in patients with, without RBD: Study

Communication between brain, gut aids in functions

The importance of the bidirectional communication between the brain and the gastrointestinal tract has

continued on page 7...

The President's Corner | Jill Reid-Acting President, CPF & CSPSG



Let me introduce you to the newest members-at-large for the Colorado Springs Parkinson's Support Group: Dee Beatty and Karen Mein, who both answered my recent appeal and have kindly volunteered their services to this group; two other potential volunteers have agreed to consider becoming members-at-large. Thanks to all of them for being willing to step in and help out! We would welcome other additions as well!!!

Dr. Brian Grabert will attend the April meeting and hold a 15-minute questions and answer session before our guest speaker from the Ormao Dance Company starts her presentation. Come armed with any question you've been wanting to ask!

Last month, I told you about two products that I had heard about and thought you all might be interested in. I didn't have room in that newsletter to include the PureWick Female External Catheter, pictured below. Caregivers from Sages Elder Care have told me that it works very well for their clients. I found it on one internet site for \$13 and on another for just under \$19; it was unclear on both sites whether those prices include the collection bottle and tubing that are needed.



I also have just read a little something about moringa powder, which supposedly has been studied for its protective effects against various chronic disorders. According to Dr. Stella, MD, "Moringa's antioxidants and neuroprotective compounds may help protect against neurodegenerative diseases like Alzheimer's and Parkinson's by reducing oxidative stress and inflammation in the brain." It might be worth looking into. Being a proactive kind of guy, my husband adds moringa powder to his morning "grog."

This month's recommended comedy is the 1950 classic, Cheaper by the Dozen, starring Clifton Webb, Jeanne Crain, and Myrna Loy.

Sad News



Michael Don McCraley passed away at home on December 25, 2023. Michael was born in Ogden, Utah. He graduated from high school in Salt Lake City, UT and faithfully served as a full-time missionary for the Church in the Southern Australia Mission. He then went on to graduate with a BS in Business Management from the University of Utah and a Master's degree in Public Administration from BYU. He spent his professional years as a Medical Clinic Administrator for various multi-specialty health clinics.

Michael met and married Karen Lee Holt. They have 2 children and five grandchildren. Mike devoted much of his time to service in his church. He loved all things racquet: tennis, racquetball, and pickleball. His love of being active extended to water and snow skiing. Mike enjoyed time spent with family, friends, and neighbors. Playtime was a must for him. Games were commonplace throughout his life. He loved playing the trumpet and was the first chair in the opening season of the Mormon Youth Symphony. His trumpet playing extended to his golden years, playing in Swing Masters and the New Horizons Band.

Mike's legacy is that of quick wit and dry humor, honesty, integrity and extremely strong work ethics. Any who knew him or had the privilege of meeting him were moved beyond words at how valiantly he battled Parkinson's, all with an even temperament and no complaints! His example will resonate for eternity.

Michael is survived by his wife, Karen, daughter, Maile Ann Box, son, Todd Michael McCraley, and his brother and sisters.

LENDING LOCKER INVENTORY

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

Back brace	1
Bed cane	7
Bed pan	1
Bed rails	1
Bed risers (set)	1
Bedding lifters	2
Bedside toilets	5
Canes	8
Chair/sofa cane	2
Crutches (set)	2
Double floor exercise pedals	1
Freestanding toilet rails	1
Hospital bed	4
Hospital bed food trays	2
Hoyer Lift	1
Lazercue for freezing help	1
Lift chairs	2
Lift-ware tremor compensating utensils	1 set
Monthly med carousel with reminder alerts	1
Pick-up assist	6
Shower seats/benches	7
Sock helper	2
Stand-up assist	1
Standup Walker	1
Squatty potty	2
Swivel seat	1
Toilet arm assist	1
Toilet rail	1
Toilet seats	3
Transfer pole	2
Transport chairs	11
Tub rail	1
U-step	1
Walkers with wheels & seat	9
Waterproof mattress protector (Twin)	1
Wheelchairs	8

Items in our LENDING LOCKER that are free for the taking:

Contact Julie Pfarrer at db_mgr@co-parkinson.org if interested in any of these items

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: 2 sets of sheets 1 mattress pad	
Hospital gown	1
Hospital slippers – XL & XXL	2
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
Thick-it	1
Transfer pads – can handle a person up to 300 lbs	4
Attend advanced briefs, maximum protection–large –24 count	3 pks
Cardinal health guards for men - extra heavy absorbency -14 count	2 pks
Depend men's guards – 52 count – 1 unopened and 3 opened with a few missing	8 pks
Fitright guards for men – 52 count	1
Generic briefs, L/XL – 18 count	4 pks
Prevail daily male guards – one size fits all – maximum absorbency-14 count	2 pks
Prevail Nu-fit daily briefs w/ fastener tabs – 32"-44" size – maximum absorbency-16 count	2 pks
Women's Always Discreet s/m/ p/m maximum protection underwear – 42 count	2 pks
Women's Always Anti-Bunch extra long panty liners. Extra protection – 92 count	1 pks

Program Review: March 2nd, 2024

A note from Danielle: "I so enjoyed speaking with all of you Saturday, March 2, 2023' about the most current exercise prescription. It was my intention to present the current findings that will lead to maximum benefits for most people. I understand that some folks felt this level of exercise was unattainable and the information made them feel defeated. I sincerely apologize. I also want to remind each and every person that all exercise will improve your health and wellbeing regardless of the intensity.

Sincerely, Danielle Mulligan, PT"

Exercise is Medicine! What's the Prescription?

Presented by Danielle Mulligan, PT, MSPT

UCHealth – Adult Outpatient Rehabilitation at Grandview Medical Center

Medication targets 3 motor symptoms of PD:

- Tremor
- Stiffness
- Slowness

We need Exercise to target the rest of the symptoms!

Medication + Exercise = Improved Quality of Life!

Exercise helps medications work more effectively by helping the brain use dopamine.

1. Benefits of Exercise

- **Beyond stronger heart, bones and muscles**
- **Slows the Effects of Aging and Disease**

Neuroprotection & Neuroplasticity

- Stronger BRAIN –
 - Making growth factors
 - Leads to new brain cells
 - Better blood flow
 - Less inflammation
 - Rewires the brain
 - Builds new communication pathways
 - Utilize existing Dopamine more effectively
 - Slow the Progression of Parkinson's Disease
 - Reduce the risk of being diagnosed with Parkinson's Disease and Alzheimer's

Ease the Motor and Non-Motor Symptoms of PD

- Improves Balance
- Decreases Fall Risk
- Decreases Constipation
- Decreases Pain
- Improves Cognition
- Improves Sleep
- Improves Mental Health
- Decreases Depression
- Decreases Anxiety
- Improves Executive Function
- Improves Motivation
- Improves Motor Control

There are currently more than 137 clinical trials going on looking at the benefits of exercise improving the quality of life of people living with Parkinson's Disease and other Movement Disorders.

2. Exercise Prescription: Based on the American Physical Therapy Association and the Parkinson's Foundation.

Aerobic Activity

- 3-4 days a week
- 30-40 minutes
- 3 days at High/Vigorous Intensity – 85% of heart rate max
OR
- 4 days at Moderate Intensity – 65% of heart rate max

Strength Training

- 2-3 days a week
- Progressive Resistance Training
- Training major muscle groups important for walking, balance and posture

Balance, Agility & Task Specific Training

- 2-3 days a week
- Balance Training
- Multidirectional Stepping
- Boxing class
- Tai Chi class
- Dance class
- LSVT Big – Lee Silverman Voice Treatment BIG
- PWR – Parkinson's Wellness Recovery

3. Exercise Prescription:

Aerobic

Strength

Balance



Aerobic Activity

- Three studies over 6 months all concluded the higher intensity aerobic exercise resulted in less progression of PD on the Unified Parkinson's Disease Rating Scale, MDS-UPDRS.
 - SPARX 2: USA. Newly diagnosed with PD and not on medication for PD.
 - Van Der Kolk: Netherlands. Sedentary people with PD on medication.
 - Mak: Hong Kong, China.
- Results:
 - Higher intensity Exercise group had no decline in MDS-UPDRS Motor Score.
 - Moderate Intensity Exercise group had a 2-point decline on the MDS-UPDRS Motor Score
 - Usual Care group which did not exercise had the typical progression which was a 4-point decline on the MDS=UPDRS Motor Score
 - A score of zero means no symptoms of PD.
 - Example:
 - If your UPDRS score was 22 and you choose not to exercise, you can expect your score to increase to 26 in 2 years.
 - If you do exercise at 85% per protocol you can expect your score to stay the same – or even improve over 2 years.
- High Intensity is defined as exercising at 85% of your max heart rate.
- Moderate Intensity is defined as exercising at 65% of your max heart rate.
- Start with your target heart rate. $220 - \text{age} = \text{Target Heart Rate/Beats Per Minute, BMP}$
- High Intensity: $220 - \text{age} \times 65\%$
- Moderate Intensity: $220 - \text{age} \times 65\%$
- Example: If you are 70 years old: $220 - 70 \times 85\% = 128 \text{ BPM}$ for High Intensity.
- Example: If you are 70 years old: $220 - 70 \times 65\% = 98 \text{ BPM}$ for Moderate Intensity.

Thank You!

Thanks to ALL who brought food and to those that helped set up & cleanup at the last two meeting!

May Newsletter
Input Deadline: April 19th

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

CSPSG Executive Committee Meeting

April 9th at 10 am at a place to be determined

Contact Jill 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 the address. Leave your email address so Jill can contact you if anything changes.

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 db_mgr@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. Gregory Ales, DO – Neurologist at CS Neurological Associates; (719) 473-3272

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

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

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. Brooke Heffernan, MD – Movement Disorders Fellow at UCHealth, Anschutz Medical Campus, (720)848-2080



Send in Your Questions!

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, send them in an email to Julie, our newsletter coordinator, db_mgr@co-parkinson.org.

Potluck Favorites—Shakin' & Bakin' Cookbook Now Available!

The updated cookbooks are here!

The price is a donation or free if you can't afford to donate. You can order them from Julie Pfarrer at db_mgr@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: KETO-ADAPTED STUFFED PEPPERS

Our low carb/good fat ketogenic study that was completed in 2021 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: db_mgr@co-parkinson.org.

Ingredients:

4 medium bell peppers (red,yellow)	2 Tbl chili powder
Kosher salt & pepper	½ tsp cumin
3 Tbl olive oil	1 28-oz can whole tomatoes
1 lb ground beef	2 Tbl apple cider vinegar
4 medium yellow onions	1 ¼ C riced cauliflower, cooked
6 large cloves garlic, minced	¾ C shredded sharp yellow cheese

Directions:

- preheat oven to 400°.
- arrange pepper halves cut side up on a baking sheet lined with parchment.
- sprinkle interiors with salt & pepper & drizzle with 2 Tbl of olive oil.
- place baking sheet in oven & roast until peppers are juicy & somewhat softened & tender, 12 to 15 minutes.
- remove from oven.
- meanwhile, heat 1 Tbl of coconut oil in a large heavy bottomed pot over medium heat.
- when the oil begins to smoke lightly, add meat in a thin layer & sprinkle with salt & pepper.
- cook, stirring with a wooden spoon, until the meat browns & is cooked through, 5-8 minutes.
- remove meat with slotted spoon to a bowl.
- stir the onions, garlic, chili powder & cumin into pot with a sprinkle of salt.
- stir to blend, then cook until flavors meld together, 5-8 minutes.
- add tomatoes & simmer gently over medium heat until the tomatoes fall apart & the chili starts to thicken, 12-15 minutes.
- add meat back to pot along with vinegar. Remove from heat.
- fill each pepper about halfway with cauliflower. Divide the chili among all the peppers, layering it on top of cauliflower.
- top with cheese & return pepper to the oven.
- bake until piping hot & the cheese is melted, 20-25 minutes.



Diana Alzamora
Loretta Bogues
Wendy Booth
Naomi Boswell
Margaret Bush
Tracy Cologne

Karla Crescenta
Robert Fallon
Elizabeth Grambihler
Andrew Keen
Clinton Knowles
Jane Krueger

Roger MacDonald
Rita Maguire
Tony Neese
Malcolm Nordaby
Charles Ochiato
Fern Quidachay

Bob Ray
Gregory Ritscher
Phylis Ritscher
Lane Robison
Peggy Robison
Raquel Robison

Brenda Rogers
Luann Rogers
Judith Rowe
Steve Runkle
Joyce Schmaltz
Allen Snelling



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. We meet the 3rd Thursday of each month from 10:00 to 12:00 at the Central United Methodist Church, 4373 Galley Rd, Colo Spgs, 80915. Contact Brenda Hicks at [redacted] or [redacted] to let her know you are coming.

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 db_mgr@co-parkinson.org or [redacted].

Essential Tremor Support Group

Meeting Location: ENT Conference Room - Pikes Peak Library District.; Colo Spgs Library 21c, 1175 Chapel Hills Drive. For meeting dates/times or for questions, contact Jim Sanchez at [redacted] or [redacted].

Tri-Lakes Parkinson's Support Group

Meets the 3rd Saturday of every month at 10 am at the Monument Community Presbyterian Church, 238 3rd Street, Monument. For more info contact Syble Krafft at [redacted] or Barry Hanenburg [redacted].

Other Opportunities:

Adult Speech Therapy:

Outpatient speech therapy services conducted in the comfort of the patient's home. Personalized speech therapy for restoration of function due to illness or injury.

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

For more information, contact Jana Hothan, MA, CCC-SLP at slp@janahothan.com or by phone at (719) 338-8165.

Parkinson's Sing-a-Long Group:

Square Music Co offers individual music therapy services with Heather Johnson, MT-BC! Individual sessions can be held in person in the 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/text Heather at (719) 345-2887 or email her at 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

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

PWR!Moves Class

Skyline Wellness & Aquatics Center has partnered with the YMCA to help the PWR! Moves class be more available to everyone. We are reaching out to help individuals who may be located on the south side of town and need a closer location to their home. LOCATION: 2365 Patriot Heights (located within Brookdale Skyline, near Bear Creek Dog Park) Our classes are held every Tues and Thur from 12:30-1:30pm. For more info contact: Karisa Dreyer at (719) 867-4658

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.ormaadance.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 BUTTI!" 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

... continued from page 3 Program Review: March 2nd, 2024 | Exercise is Medicine! What's the Prescription?

- The exercise prescription for maximum benefit is 3 days a week if you can achieve high intensity for 30 minutes and 4 days a week if you can achieve moderate intensity for 30 minutes. The warmup and cool down period are not part of the 30 minutes.

What if you don't want to monitor your heart rate or what if your heart rate is not an accurate indicator of your effort?

- You can use the "Talk Test" or the Borg Scale of Perceived Exertion.
 - Moderate Intensity:
 - "I can talk, but not sing"
 - 4 to 6 on the Borg Scale
 - High/Vigorous Intensity:
 - "I cannot talk or sing"
 - 7 to 8 on the Borg Scale

Examples of Aerobic Activity:

- | | |
|-------------------|--------------|
| • Treadmill | • Running |
| • Stationary Bike | • Dancing |
| • Elliptical | • Skiing |
| • Rowing Machine | • Canoeing |
| • Brisk Walking | • Skating |
| • Hiking | • Tennis |
| • Biking | • Pickleball |
| • Jogging | • Basketball |
| • Water Aerobics | • Swimming |

Strength Training

- Age Influence on Strength – Narcici et al. AI Study looked at muscle loss with age starting at age 60.
 - If we have a decline in strength it leads to frailty which leads to mortality.
- Progressive Resistance Exercise Training (PRET) study over 24 months using the UPDRS motor score.
 - Increased resistance as tolerated.
 - All major muscle groups.
 - Results in Corcos et al. Movement Disorders 2013 revealed there was improvement in UPDRS motor score over 24 months in the group participating in the study.
- Progressive Resistance Exercise Training with Instability – this study added uneven surfaces to the strength training, which is also revealing improved UPDRS motor scores over 24 months.
- Cognition improves with strength training:
 - A study by David et al. – evidence that 24 months of Progressive Resistance Training may improve attention and working memory in patients with mild-to-moderate Parkinson's disease.
 - A study by Silva-Batista et al. looking at Progressive Resistance Exercise with Instability and The Montreal Cognitive Assessment (MoCA) is a test used to detect mild cognitive decline and early signs of dementia.
 - Results indicated participants did not have a decline in MoCA score and in some cases had an improved MoCA score.

Improves Cognition!

Exercise Improves Sleep

Memon et al. Study: High-intensity rehabilitation, combining resistance training and body-weight interval training, improves sleep efficiency in Parkinson's disease.

This study is the first to demonstrate that high-intensity exercise has a potential role in improving sleep and leading to better cognitive performance in the memory.

Improves Sleep!

Recommendations and Examples of Strength Training:

- 2-3 days a week
- Research Studies indicate needs to be Progressive, meaning increase the difficulty as you are able.
- Progressive example:
 - Progressive means need to continue to change as you get stronger
 - 3 sets of a given exercise

- 1st set more repetitions at a lower resistance
- 2nd set less repetitions at a higher resistance
- 3rd set may have less repetitions at an even higher resistance
- Newer studies also showing when you can add instability training to the weight training the results are even better.
- Target major muscle groups for gait, balance, posture
 - Prioritize extensor muscles to combat forward stooped posture
 - Back extensors, gluts, gastrocs
- Lifting Weights
- Resistance Bands
- Bodyweight exercises:
 - Planks
 - Squats
 - Sit tp Stands
 - Push-ups
- Heavy work:
 - Shoveling
 - Digging in the garden

Balance, Agility & Task Specific Training



- | | |
|-----------------------------|--|
| • 2-3 days a week | • Yoga class |
| • Balance Training | • Ping-Pong |
| • Multidirectional stepping | • Pickle Ball |
| • Boxing class | • LSVT BIG – Lee Silverman Voice Treatment Big |
| • Tai Chi class | • PWR – Parkinson's Wellness Recovery |
| • Dance class | |

Imbalance is typically NOT one of the first symptoms of Parkinson's Disease

Daily Walk

- To improve walking, you must practice walking with good quality arm swing and step length.
- Your daily walk can count as your Aerobic exercise if you can truly push to get your heart rate up.
- Benefits of walking are endless
 - Mental health
 - Cardiovascular health
 - Improves balance

I think of walking as task-specific training.
If you want to walk better, you must practice walking!

4. How to get started today

- See a Physical Therapist
 - Ideally you will start with a Physical Therapist for a Comprehensive Evaluation and Prescription for Physical Therapy and Exercise.
 - See your PT every 6-12 months for re-assessment and to help you keep your plan of attack current and effective!
- Join a Group Exercise Class
 - YMCA
 - PWR Parkinson's Wellness Recovery Classes
 - The Center for Active Living at UCCS Lane Center
 - Silver Sneaker Classes
 - Boxing Classes
 - Dance Classes
 - Spin Bike Classes
- Join a Gym

- Hire a Personal Trainer
- Find a Partner in Exercise
 - Friend
 - Family
 - Spouse
- Just get Moving!

Let's Exercise right now!

Standing Exercises – Stand with excellent posture

1. Standing heel raises
2. Standing hip kicks to the side
3. Standing hip kicks to the back
4. Sit and Stand – up fast to build power and down slowly to build muscle
“Nose over Toes”

Sitting Exercises – sit at the front edge of your chair with excellent posture

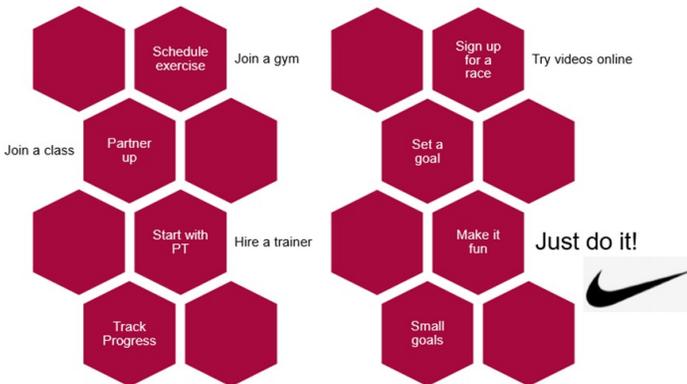
1. Sitting heel raises
2. Sitting toe raises
3. Sitting marching
4. Sitting and extend your knee all the way out – alternate – toes up too

**How do we make it progressive?
Increase reps and resistance!**

5. Barriers to exercise

- “I feel the same whether I'm physically active or not.”
- “I have little time to exercise.”
- “I have physical limitations that prevent me from exercising.”
- “The fear of falling prevents me from exercising.”
- “I don't know what to do for exercise.”
- “I cannot achieve this exercise prescription – so why bother.”
- “I have Apathy, and just cannot motivate to exercise.”
- “No one wants to exercise, even though the evidence is overwhelming”

How do we break the barriers to exercise?



Summary



All exercise is good. If you feel you cannot exercise at this level, please know that all exercise will help you move better, feel better and be better.

Contact me with any questions.

Danielle Mulligan, PT, MSPT
Email questions to me at: Danielle.mulligan@uhealth.org

Please ask your doctor for orders to see a Physical Therapist 1-2 times each year.

... continued from page 1 | Researchers Develop Tool to Study Gut-Brain Connection

been increasingly recognized in recent years.

“For a long time, we thought the brain is a tyrant that sends output into the organs and controls everything,” Anikeeva noted. “But now we know there’s a lot of feedback back into the brain, and this feedback potentially controls some of the functions that we have previously attributed exclusively to the central neural control.”

The health of the gut has been found to profoundly impact brain health, which has been implicated in a number of neurological diseases, including Parkinson’s.

Anikeeva and her colleagues wanted to better understand how activity of the nervous system in the gut, called the enteric nervous system, impacts the brain and vice versa.

Creating needed optogenetics device

Their approach was based on the existing experimental technique optogenetics, which uses certain wavelengths of light to stimulate populations of nerve cells.

However, “to be able to perform gut optogenetics and then measure the effects on brain function and behavior, which requires millisecond precision, we needed a device that didn’t exist,” said Atharva Sahasrabudhe, the study’s first author. “So, we decided to make it.”

The scientists designed long, flexible fibers equipped with electrodes, temperature sensors, and light emitting devices for optogenetic stimulation. They also have tiny channels that can be used to deliver drugs. Different fiber types are designed with properties specific to the organ they’re intended for. Once implanted, the fibers can be controlled wirelessly.

In mice, optogenetic stimulation of the brain’s ventral tegmental area with the fibers led to the release of dopamine and increased reward-seeking behaviors. Dopamine is a nerve signaling chemical that mediates the brain’s response to rewards, and is also the chemical that’s progressively lost in Parkinson’s.

Next, the team investigated whether stimulating cells in the gut could similarly induce this reward-seeking behavior.

Indeed, both the release of sucrose (sugar) — a rewarding substance for mice — into the intestines through the fibers as well as direct optogenetic stimulation of certain nerve endings in the gut could induce dopamine release in the brain and reward-seeking behavior in the mice.

“We got this ... behavior that people have previously seen with stimulation in the brain, but now we are not touching the brain,” Anikeeva said. “We are just stimulating the gut, and we are observing control of central [brain] function from the periphery [body].”

The scientists believe their technology can now be broadly applied to learn more about the roles of certain cell types in this relationship.

“We anticipate that... multifunctional wireless fiber-based tools will provide key insights into the roles of specific cells in bidirectional communication between the peripheral organs and the brain,” the team wrote.

Now, the team plans to use their technology to study whether there is truly a connection between the gut and the brain that underlies diseases like Parkinson’s.

“Maybe there is an opportunity for us to tap into those gut-brain circuits to begin managing some of those conditions by manipulating the peripheral circuits in a way that does not directly ‘touch’ the brain and is less invasive,” Anikeeva suggested.

Colorado Parkinson Foundation, Inc.

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PARKINSON'S PERSPECTIVE

APRIL 2024

Coming Events

See inside for more information

April 6th - Reg Mtg at Central United Methodist Church – 10 am; (Two Programs)

1st Program: Dr. Grabert Answers Your Questions!

Speakers: Dr. Brian Grabert, MD, a Parkinson's Specialist

2nd Program: The Benefits of Dance for Parkinson's

Speakers: Laura Treglia & Robin Izer, Ormao Dance Company

May 4th - Reg Mtg at Central United Methodist Church – 10 am

Program: Launching Neuropong in Colorado Springs; Dr. Antonio Barber, MD

June 1st - Reg Mtg at Central United Methodist Church – 10 am; **Program:** Break-Out Sessions

July 6th - Reg Mtg at Central United Methodist Church – 10 am; **Program:** TBD

August 3rd - Annual Picnic at the Barn pavilion at John Venezia Park!!!

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>