

- Goodbye 2021 -

*December
&
January*

- Hello 2022 -

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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president@co-parkinson.org
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Treasurer: Julie Pfarrer

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Pat Dashosh, John Farley,
Carole Henrichsen, Steve Locke,
Paul Mackendrick, Dave Moross,
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:
Bill Hicks [REDACTED] or
potluck@co-parkinson.org

Picnic: Carole Henrichsen
and Janet Adams

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New Member Table Chairmen:

Pat Dashosh

Sunshine (Cards): Sharon Carlson
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T-Shirt Chairman: Vacant

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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).

December Meeting: Saturday, December 11th – 10:00 am – 1:30 pm
We will NOT be Zooming or recording this meeting

January Meeting: Saturday, January 8th – 10:00 am – 1:30 pm
We will be Zooming and recording this meeting

Location: First United Methodist Church, 420 N Nevada Ave, downtown just south of St. Vrain.

9:30 am – 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.

9:45 am – Everyone else 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 to live well, so plan to attend the meetings at First United Methodist Church.

December Meeting: Annual Christmas Party

The "Song Spinners" Show Choir will be entertaining us!



also...

and...

The Annual Christmas Outlandish Apparel Contest!

You are invited to participate in an ugly Christmas apparel contest during this meeting.

The most outlandish sweater, tie, hat or combination thereof as judged by your applause. Ties will be broken by a new member to our group.

Identify yourself as a contestant during registration to receive a participation sticker to be worn on your permanent or temporary name tag. **Winner will receive a prize!**

A Gift Exchange!

We will also have a gift exchange for those who wish to participate, with a \$10 limit.

Give a gift – get a gift.

Come join us!!

January Program: Parkinson's 101 Speaker: Jill Reid, Educational Outreach

Jill will present the annual Parkinson's 101 program. Designed for People with Parkinson's and their family-member caregivers, Parkinson's 101 provides invaluable information for those new to the disorder as well as for those who already have extensive experience with the disorder. It also includes practical advice on coping with Parkinson's on a day-to-day basis. Since the symptoms of each PWP's Parkinson's change to some degree over the course of a year, we present this briefing annually so that each of you can key in on the information that wasn't relevant to you in the past. Knowledge is power and enables us all to live well, so plan to attend the January meeting at First United Methodist Church or join us on Zoom.

See page 2 for both December's and January's Potluck Menus and Information!

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

The Pfarrer's and the Reid's went camping at Medora, North Dakota, this summer (if you've never been there, you need to go. It's the home of the spectacular Theodore Roosevelt National Park and the equally spectacular Medora Musical, a Branson-quality outdoor stage show). The national park is the home to a large herd of bison, and we often got close-up and personal views of those magnificent creatures.

There is a lot to be learned from bison, and we were witnesses, not once but twice, to one of the most important of these lessons. When God shows you something twice, He's telling you to pay attention. When He shows you something three times, you had better not miss it. Here's the lesson we twice saw brought to life before our eyes: two full-grown bull bison faced each other, pawed the ground, snorted at each other, and banged their heads together once. Then they stood there, glaring at each other. We expected them to explode into all-out battles, but instead they continued to stand there, just staring at each other and not moving a muscle. **THEY STOOD THEIR GROUND**—until one of them blinked and turned away.

That's the lesson—**STAND YOUR GROUND** until your adversary blinks and turns away. Don't let the things attempting to "destroy" you (Parkinson's, colds, flus, cancers) defeat you. Make them turn away by standing tough.

Standing tough for us humans includes doing everything at our disposal to defeat our adversaries. In the case of Parkinson's, that's taking advantage of every proven therapy out there—Lee Silverman Voice Therapy BIG and LOUD, PWR! Moves, boxing, aerobic exercise, weight lifting, water aerobics, brain exercises, going on the ketogenic diet, using only healthy oils (coconut oil, avocado oil, olive oil), doing favorite activities, staying involved in life, taking up new interests, playing cards, and helping others.



Be determined to prevail and to not succumb. Have a tough hide. Keep moving on. Have a strong spirit. **BE THE BIGGEST, BADDEST BISON ON THE PLANET.**

Another CPF Charitable Giving Opportunity!

Another easy and painless way for you to help CPF. We told you about the Scheels 2021 Colorado Springs Giving Campaign - the voting ended on November 30th - but we also want to let you know about an ongoing charitable giving opportunity each time you order merchandise from Amazon.

It's called **Amazon Smile**. Colorado Parkinson Foundation (which includes CSPSG and all its other support groups) is listed with Amazon Smile as a charity that you can generate donations for. Rather than starting your Amazon shopping by pulling up **Amazon.com**, type in **SMILE.AMAZON.COM** instead. The first time you do that you will have to designate Colorado Parkinson Foundation, Inc. as the recipient of charitable donations based on your purchases. From then on 0.5% of the eligible purchase prices you place through Amazon Smile will automatically generate donations from Amazon to CPF – at no cost to you!

WE HAVE A NEW POTLUCK COORDINATOR!!

Bill Hicks with his right-hand-woman, Brenda, has volunteered to fill the huge shoes of Stephen Rudawsky. *Thanks so much, Bill!!!* And so far so good. They did a fantastic job with the November potluck.

The December Potluck main dish – Christmas Ham

The main dish, ham, will be provided by CPF. If you would like to sign up to be a provider of a side dish or dessert for the December meeting contact Bill Hicks at the phone number or email below—or—sign up on the website, see below!

The January Potluck main dish – A Brunch Theme

Pancakes will be provided...Side dishes to bring: Egg Dishes, Hashbrowns, and Breakfast Meats

If you would like to sign up to be a provider of a side dish for the January meeting, please see the following information.

You can sign up through our website or you can contact Bill Hicks at [redacted] or potluck@co-parkinson.org, no later than Wed. Jan 5th and tell him what you would like to bring.

If you'd like to go through the website (www.co-parkinson.org), 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. This process makes Bill'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 potlucks is voluntary.

We look forward to seeing you there.

Recipe of the Month: Caryn's Keto Cheesecake

Our low carb/good fat ketogenic study that was completed this past year 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 the caregivers who chose to change their diet along with their Parkinsonians). 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 2 in the newsletter each month to promote healthy eating at our potlucks.

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:**Filling**

- 8 oz cream cheese
- ½ C erythritol-based sweetener
- 1 large egg
- ½ tsp vanilla extract
- ¼ tsp salt

Crust

- ½ C almond flour
- 1 Tbl erythritol-based sweetener
- ¼ tsp cinnamon
- Pinch of salt
- 2 Tbl butter - melted

Preheat oven to 350 degrees. Grease bottom and sides of 6 oven-safe cups.

Crust: Combine dry ingredients and stir to mix and remove clumping of almond flour. Add melted butter – stir to combine. Divide between 6 cups. Press down firmly. Bake 10-15 minutes.

Cheesecake: combine all ingredients. Mix with mixer until smooth. Divide into 6 cups. Bake 18-20 minutes. Cheesecake should jiggle in center. Chill in fridge 30 minutes before serving.

cake, using a small spatula or fork to evenly distribute.

Sprinkle with the remaining 1 Tbl sweetener and serve.

Thank You!

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

(November 13th, 2021: Program Review)

| Linda Christian, Secretary

The Alexander Method & Parkinson's

Presented by: Travis Chastain, Neuro-Muscular Rehabilitation & Movement

Travis began his presentation by stating the Alexander Technique is a therapy that is fantastic at helping when Parkinson's is bad. This technique helps you regain balance. Travis then explained how he feels that this technique actually saved his life, the life he was pursuing. During his senior year studying classical guitar, he was in a car accident. A woman who was texting at the time plowed into him, his head jolted back several times and he incurred injuries to the C6 & C7 vertebrae.

Travis further explained that when the doctors cleared him to go home to a normal life, he had no energy or enthusiasm of life. On the day of his graduate recital, he woke up and knew something was wrong; the right side of his body felt like stone and his body felt heavy. He couldn't play the guitar, had intense burning pain in his back on the right side of his body. In addition to this, his right thumb kept shaking. He wanted to play classical guitar, so he pursued additional therapies including acupuncture; all were painful. Travis consulted with a spine surgeon who determined there was compression of the C6 and C7 vertebrae. He was treated with an injection, which helped the pain level but every time he tried to play the guitar, the pain came back, and his thumb would shake making it difficult/impossible to play the guitar.

The Alexander Technique was being taught at the University of Denver, so he decided to try it. It's not rehab; instead, it's working with a group of muscles and determining how thinking and movements could be negatively impacting one's life. The therapist had him practice sitting and standing; after the lesson, he felt calmer and more relaxed. He continued to practice what he had been taught. For over a year, he could not lift above his waist, his back felt like there was a cleaver in his spine. Through practice of the Alexander Technique, he was able to shift the focus, raise his arm over his head, and play the guitar again.

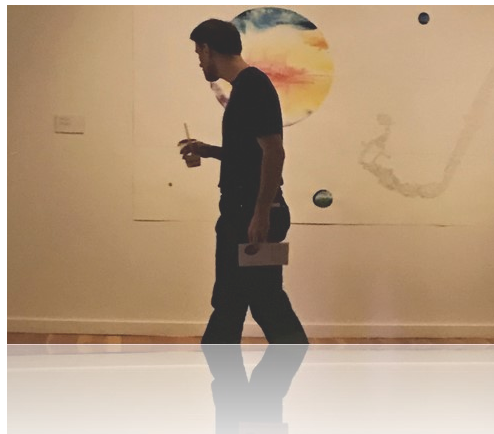
Travis then presented his first slide explaining the Alexander Technique. He explained that this technique is a means of gaining control of things out of your control like medication cycles and freezing in Parkinson's Disease. He provided another example of being afraid of falling; the Alexander Technique gives you the means to gain confidence in what you're

doing. He further explained that the Alexander Technique consists of a tool set to use for gaining control of the items listed below:

What is the Alexander Technique?

- Means of Gaining Control
- Control of your Movement
- Control of Your Posture
- Control of Your Functioning
- Control of the Outcome

Travis then covered his second slide explaining that the picture below was taken of him two weeks before his symptoms got bad. He then asked the attendees what they saw in the picture, and they responded that his head was down, and tilted forward. Travis concurred that yes, he displayed a forward stooped head posture in the photo.



In Travis' third slide below, he discussed the inventor of the Alexander Technique, Frederick Matthias Alexander. He also noted that the average skull weighs 12 to 18 pounds. Travis then explained that Frederick Alexander was an actor who lost his voice and suffered from chronic fatigue. When he did not get answers from his doctors, he decided to use mirrors to watch himself when he practiced. He noticed that when he got ready to recite, he tensed his neck muscles which pulled his head back and down. Travis told the attendees that he was doing the same thing when he would get ready to play the guitar. Alexander made this observation and thought he would just change the position, not considering the mental aspect. He couldn't stop it no matter what he did. Alexander then thought, "What if I cautiously give myself permission to do what I want my head to do (Indirect Method)?" Alexander began

thinking about the process instead of the goal.

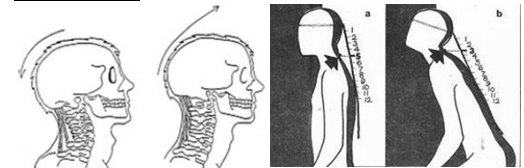
Invented By Frederick Matthias Alexander



- Developed his Technique during the turn of the 20th century
- Suffered from Chronic voice loss
- No Diagnosis
- Healed himself from his ailment

Next, Travis covered the discoveries:

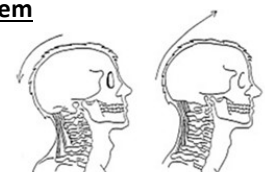
Discoveries



- Excessive tension in the neck when reciting
- This tension caused excessive pressure through the entire back
- Universal Pattern of Misuse
- Physical Component
- Mental Component

Travis then explained the components of the problem:

The Problem



- Habitual response to stimulus
- Brain factors in habitual misuse in all actions
- Misuse is interpreted as correct
- Faulty representation runs constantly
- Beneath conscious awareness
- NO WAY TO DIRECTLY IMPACT CHANGE

Continued on Page 6...

Other Local Support Groups: Due to Coronavirus concerns, check ahead to see if canceled**Ladies w/ Parkinson's Support Group**

The leader of this support group, Carla, is stepping down. The group meets once a month to do various fun activities such as lunch, crafting, baking, etc. If you are a fun-idea person and would like to make sure that this group that has been so valuable to its members continues, please consider volunteering to lead the group.

If you're interested please notify Julie Pfarrer at db_mgr@co-parkinson.org or [REDACTED].

Parkinson's Caregivers Support Group

All family caregivers of persons with Parkinson's are invited to come and participate in our discussion meetings.

Starting in January, we meet the 3rd Thursday of each month from 10:00 to 12:00 at New Life Church Midtown – 3985 N. Academy Blvd., Suite 103, Academy & Austin Bluffs.
Contact Brenda Hicks at [REDACTED] or [REDACTED] to let her know you are coming.

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 information contact Barry Hanenburg at bhanenbu@hotmail.com or Syble Krafft at 719-488-2669.

Essential Tremor Support Group

The essential Tremor Support Group is moving from Monument to Colorado Springs starting October 16th. The meetings will be in the ENT conference room at Pikes Peak Library District. Colorado Springs Library 21c, 1175 Chapel Hills Drive. For questions contact Jim Sanchez at 719-660-7275.

Other Opportunities: Due to Coronavirus concerns, check ahead to see if canceled**LSVT BIG & LOUD at Home**

At Home Healthcare offers the LSVT BIG & LOUD therapy program for individuals with Parkinson's Disease in the comfort of their homes. Their therapists are LSVT certified and can accommodate patients' home schedules. Medicare covers outpatient therapy at 80% and home health therapy at 100%. If you have questions about this service or would like a referral coordinated through your primary care provider please call their office at: (719) 227-8624.

Parkinson's Sing-a-Long Group

No music experience necessary! Join board certified music therapist, Heather Johnson, every Monday at 1 pm as we participate in group singing focused on improving breath control, strengthening of the throat muscles, and improving voice control, volume, and quality! Parkinson's Sing-a-Long is held at Square Music Co located at 2332 Vickers Drive in Colorado Springs. An online participation option is available as well. Square Music Co also offers individual music therapy to work towards motor movement goals along with the voice qualities listed above.
For more information or to sign up, please email heather@squaremusic.co or call/text 719-345-2887.

Adult Speech Therapy at Home

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.

Parkinson's: Voice & Swallowing
- SPEAK OUT!
- LSVT, an evidenced based voice treatment program designed for Parkinson's patients

Swallowing
- Neuromuscular Electrical Stimulation Therapy
- Respiratory Muscle Strength Training
Aphasia following stroke
Cognitive-Linguistic Deficits

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

HAPPY ■ HAPPY DECEMBER BIRTHDAYS

Robin Alvord
Christine Bishop
Amy Coyle
Pat Dashosh
Nicole de Naray

Bruce Hughes
Michelle Kahley
Connie Kremer
Steve Locke
Clayton McCoy

Bill Page
Gregg Pinchuk
James Rochon
Ted Rudawsky
Sue Seery

Mari Kay Shenk
Sukey Skousen
Charles Winkler
Kristin Woestehoff

HAPPY ■ HAPPY JANUARY BIRTHDAYS

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

Lisa Benhammou-Osur
Doris Briggs
Bill Byars
Linda Byars
Linda Christian
Claudia Christiansen
Vince Cologne
Christa Donley

Hannah Duncan
Elinor Edwards
Laurie Fellabaum
Sue Geist
Kathy Heroux
Bill Hicks
Patricia Kayser
Lynn Kozeliski

Bob Meredith
Randy Meyer
Ronald Nickelson
Lad Odell
Mary Ellen Palmer
Carol Prest
Tom Prest
Stanley Rapaport

Jill Reid
Mary Roney
Kathi Rudawsky
Richard Sauvain
Lonny Seery
Larry Suhr
Donna Telatnik

December and January Executive Committee Meetings

Dates: December 14th and January 11th if a meeting is deemed necessary
Time: 11:00 a.m. | Location: Place to be determined
(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.

February Newsletter Input Deadline: January 14th Call or e-mail Julie at:

db_mgr@co-parkinson.org.

LENDING LOCKER INVENTORY

Note: a stair chair lift system has been donated to us. It's a seat on a rail that takes you up & down a staircase. This one is for a 14 step or less straight staircase with no turns. If you would like to borrow any of the equipment listed here, please contact: Rich Sauvain at [REDACTED].

3 Wheeled Walker	1	Black Back Brace	1	Knee Splint	1	Suction Cup Hand Rail	1
Arm Assist for Wheelchairs	1	Canes	5	Lift Chair	1	Tub Rail	1
Arm Splint	1	Chair/Sofa Cane	1	Lumbar Traction Belt	1	Transport Chairs	4
Bed Cane	3	Crutches	2	Pickup Assist	5	U-Step	2
Bedpan	1	Exercise Bike	1	Raised Toilet Seats	4	Voice Amplifier	2
Bed Rails	1	Hospital Bed	2	Shower Benches/ Chairs	9	Walkers with Wheels and Seat	9
Bedside Toilet	5	Ice Man - therapeutic for knee replacement surgery	1	Stair Chair Lift System	1	Wheelchairs	6
				Stand-up Walker	1		

PD Exercise Classes: Due to Coronavirus concerns, check ahead to see if canceled**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 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.

Questions: Contact Laura at laura.hymers@gmail.com or 719-640-8478.

Max Capacity NeuroFitness

is offering PWR Boot Camp classes, donation based Power Punch Boxing, pole walking classes and individual PD specific fitness training.

NEW LOCATION: 525 E. Fountain Blvd. Suite 150. Park on the S. Royer side of the building.

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.

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 & Thursday, 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

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 reaching 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.

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.

NeuroRehab Project at ORA Water and Movement Classes

Note: We were told that these classes have been discontinued, check ahead to see if canceled.

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:

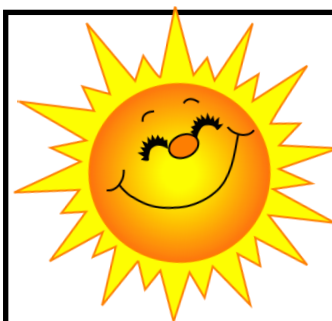
Power Moderate level. Fri at 1:30. \$10

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.



Help us spread some sunshine to our members!

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

Sharon can be reached by calling [REDACTED].

The next slide describes the indirect method of control:

Indirect Method of Control



- Every moment comes down to a stimulus response
- If I react, I will trigger my habitual pattern
- Process thinking vs. Goal thinking
- Proaction vs. Reaction
- Awareness - How am I thinking?
- Inhibition- Stop to make room
- Direction- Think about the process
- Help with hands-on guidance

In the next slide, Travis is coaching Tom on how to think through the movement:

Team Effort



- Encourages the Head, neck, and back into a better alignment
- Gives verbal coaching to switch from Goal to Process thinking
- Helps you experience more efficient movement
- Gives you tool set to align yourself
- The AT has helped millions worldwide

Travis then covered medical research from 2002 regarding the impact the Alexander Technique had on people with Parkinson's Disease:



Randomized controlled trial of the Alexander Technique for idiopathic Parkinson's Disease

- Find out the efficacy of AT lessons for managing Parkinson's symptoms
- 93 participants divided into 3 groups

- Alexander Technique, Massage Therapy, and Control Groups

Findings

- Patients reported the Alexander Technique helped them the MOST when they felt their WORST.
- Alexander students were far less likely to need an increase in medication compared to massage and control groups 6 months post intervention.
 - 68% of patients reported the Alexander Technique was a great deal of help
 - 0 reported the AT was no help at all
 - 59% reported an improvement in posture
 - 52% improved coping ability
 - 49% improved walking
 - 41% felt more hopeful
 - 38% improved speech
 - 35% reduction in stress and panic
 - 31% increase in energy
 - 28% tremor relief
 - 28% reduction in rigidity
 - 96% retention rate in practicing the technique

Data from a second study is provided in Travis' next slide:

Lighten Up: Specific Postural Instructions Affect Axial Rigidity and Step Initiation in Patients with Parkinson's Disease

- Provide objective data for the changes discovered in the previous trial
- 20 subjects with Parkinson's - 2 sets of instructions
- "Lighten Up" directions relied on AT principles
- "Pull Up" instructions relied on popular concepts of effortful posture correction
- They measured movement mechanics, resistance to axial rotation, and pressure plate to measure weight distribution
- Results
- Both instructions improved posture
- ONLY "Lighten Up" directions created measurable changes in function

Travis also shared information from a third trial:

Randomized Controlled Trial of Alexander Technique Lessons, Exercise, and Massage (ATEAM) for Chronic and Recurrent Back Pain

- 579 patients diagnosed with chronic

low back pain

- 144 normal care
- 147 to massage
- 144 to six AT lessons
- 144 to 24 AT lessons
- Results were measured prior to intervention, 3 months post-intervention, and 1-year post-intervention

Results



- After 24 Alexander Lessons, back pain was reduced by 86% 1-year post-intervention.
- Disability was reduced by 42%
- Results got better from the 3-month mark to the 1-year mark.
- 6 AT lessons with Exercise Routine was 72% as effective as 24 AT lessons 1-year post-intervention
- Alexander Technique lessons with or without exercise was the only intervention that provided long-term sustainable benefit.

Travis added that the Alexander Technique compliments physical therapies.

The last slide presented recapped how the Alexander Technique can help:

Invest In the Alexander Technique



The Alexander Technique can help:

- Manage Parkinson's Symptoms
- Low back pain
- Neck pain
- Joint pain and stiffness
- Osteo-knee arthritis
- Breathing issues
- Postural issues
- Performance anxiety
- Reduces depression and stress
- More energy
- Movement efficiency

After his presentation, Travis asked if

there were any questions:

Q: What is the technique?

A: Noticing habits you carry into your day-to-day movements. A fixed or mindless movement causing a negative chain of reactions. A means of shifting your attention to organizing yourself more efficiently.

At this point, Travis asked if a demonstration would help, and attendees said yes. He then asked for a volunteer and Jill volunteered. Travis explained to Jill instead of thinking about getting to point B (goal), to think about being easy in your neck. Travis continued to instruct Jill calmly while positioning her head, having her think about keeping her neck/head in position. After a while he asked her to walk to point B. Jill explained that she felt like she was floating while walking to point B.

Q: Is this something like the BA Technique? I was at the US Coast Guard Academy and the cadets were taken in and continually told to stand up straight, shoulders back etc. . Over time, it became a habit.

A: With the Alexander Technique, it will become a perfect posture by means of gaining control over what things are interfering with posture problems. The Alexander Technique is not building new patterns. The Alexander Technique allows us to live as optimally as we can where we are.

Q: Do you have a team of teachers, do we sign up with you, and what is the cost?

A: There are 3 in Colorado Springs, more in the Denver area. It is \$70 per lesson and will be less for group classes.

Q: In the newsletter it states that the Alexander Technique can help with Ehlers-Danlos symptoms; can you explain?

A: The Alexander Technique helps people as a whole.

Q: Can Alexander Technique help someone with a strange gait?

A: When you're doing the Alexander Technique, the whole body improves. Indirectly improves walking when head, neck, and back move more efficiently.

Q: If you use a walker, can this technique help?

A: It can work.

Q: Can it help scoliosis? It throws everything off, functional and structural.

A: It can help improve posture and take pressure off the spine. Can help functional scoliosis, not structural.

Q: What about a bulging disc?

A: Over time it can help if the ailment is not caused by a defective disc (structural).

Q: Can it help if you have mild cognitive impairment?

A: It's not mind over matter. If they can relearn, it can be beneficial.

Q: How is the Alexander Technique different from Chiropractic treatment?

A: Chiropractic treatment is in the moment. The Alexander Technique is long term gains. Subtle shifts over time so we can maintain.

Q: What are the exercises you practice?

A: Same as what I did with Jill. These are practiced over and over. This thought process shifted the downward pull in my back.

Please note: Travis Chastain's presentation is available on the CPF website.

Low Levels of Vitamin B6 and B12 Linked to Patients' Nerve Damage

By Marisa Wexler – Parkinson's News Today, Oct 25, 2021

Neuropathy, or nerve damage, was linked to abnormally low levels of the vitamins B6 and B12 in three people with Parkinson's disease, according to a case report.

"All patients were consecutively identified within one year at a single institution," the researchers wrote, which suggests that neuropathy associated with low levels of these vitamins "may be an unrecognized entity." As such, the team stressed the importance of measuring levels of vitamins B6 and B12 when neuropathy is suspected.

"Monitoring B6 and B12 levels even if neuropathy symptoms are not present should also be considered," the researchers added. "timely recognition and treatment of both vitamin deficiencies could lead to improved outcomes in these patients."

The report, "Neuropathy due to coexistent vitamin B12 and B6 deficiencies in patients with Parkinson's disease: A case series," was published as a letter to the editor in the *Journal of the Neurological Sciences*.

Vitamin B6 and vitamin B12 are essential nutrients for the body. Of particular note, these vitamins are involved in some of the molecular processes used to make the signaling molecule dopamine.

Parkinson's is caused by the death and dysfunction of dopamine-producing cells in the brain, and standard its treatment (levodopa and its derivatives) essentially involves giving the brain more raw materials with which to manufacture dopamine.

The researchers noted that high daily doses of levodopa or similar medications may lead to an increased need for vitamins B6 and B12 to help in making dopamine, as these molecules share some metabolic pathways that require a certain balance.

A team at the University of Rochester in New York described three Parkinson's patients on relatively high doses of levodopa (one gram or more) who developed neuropathy: a 53-year-old man, a 75-year-old woman and a 59-year-old woman.

After some time on levodopa treatment (between three and 10 years), all three patients developed symptoms indicative of neuropathy, such as numbness, tingling, or pain in the extremities.

In the first two, initial testing revealed low levels of vitamin B12, so supplements of this nutrient were given. But symptoms persisted in both patients, and further testing revealed unusually low levels of B6 as well.

Adding B6 supplements, along with those for B12, eased their neuropathy symptoms.

According to the researchers, these cases highlight that "B12 supplementation may unmask B6 deficiency" in people with Parkinson's, since both vitamins are consumed in the process of making dopamine.

The third patient was found to have low B6 levels with initial testing, and her symptoms also eased with B6 and B12 supplements.

"Current neuropathy workup guidelines recommend screening for folate [folic acid, a type of vitamin B] and B12 deficiencies, but not for B6 deficiency," the researchers wrote.

"Since coexistent deficiencies may be more frequent in PD, we propose that B6 levels should also be checked in this population when there is concern for neuropathy," they concluded.

The team also stressed the importance of measuring levels of B6, B12 and related molecules during and after treatment for all Parkinson's patients.

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Parkinson's Perspective

DECEMBER 2021 & JANUARY 2022

Coming Events

See Inside for More Information

(Current location for all meetings listed below is the First United Methodist Church with the exception of the August Picnic)

December 11th: Christmas Party with Entertainment by the Song Spinners!!

January 8th: Reg Mtg – 10 am; **Program:** Parkinson's 101; **Speaker:** Jill Reid

February 12th: Reg Mtg – 10 am; **Program:** Results of the 24 week CPF Study on the effects of a low-carb/healthy fat diet on PD, biomarkers, depression, anxiety & quality of life; **Speaker:** Melanie Tidman DHSc, M.A., OTR/L, MHP

March 12th: Reg Mtg–10 am; **Program:** Breakout Sessions; Moderators: Jill Reid–Parkinsonians; Julie Pfarrer–Caregivers

April 9th: Reg Mtg – 10 am; **Program:** Wealth Preservation & Planning for Long Term Care
Speaker: Kim Searles, Beneficent – LTC Consulting Group

May 14th: Reg Mtg – 10 am; **Program:** TBD

June 11th: Reg Mtg – 10 am; **Program:** TBD

July 9th: Reg Mtg–10 am; **Program:** Breakout Sessions; Moderators: Jill Reid–Parkinsonians; Julie Pfarrer–Caregivers

August 13th: 11 am; Picnic at John Venezia Park!!!!!!

More useful websites: <https://parkinsonsnewstoday.com>; www.parkinsonrockies.org; www.parkinson.org; www.nwpcf.org; michaeljfoxfoundation.org; www.parkinsonheartland.org; <https://www.pdself.org>; <https://www.brainhq.com/world-class-science/published-research/active-study>; www.davisphinnneyfoundation.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