



# Parkinson's Perspective

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

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

## Acting President:

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

**President Emeritus:** Ric Pfarrer

**Vice President:** Jill Reid

**Secretary:** Linda Christian

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

**Facilitator:** Patrick Holland

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**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 meeting since we haven't received word whether 1<sup>st</sup> Presbyterian Church will be open to us in the future.

**Next Meeting: Saturday, June 12th | 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.**

**Topic: 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, DHSc, M.A., OTR/L

**About the Speaker:** About the Speaker: Dr. Tidman completed a Bachelor's degree in Occupational Therapy at Colorado State University, a Master's degree from the University of New Mexico, and her Doctorate in Health Science from AT Still University Doctorate in Health Science program in 2011. She is currently working on certification as a Metabolic Health Practitioner with the Society of Metabolic Health Practitioners and certification as a Nutrition Practitioner with the International Nutrition Network.

Dr. Tidman has 40 years of experience as an Occupational Therapist in Pediatrics, Intensive care, and Adult Physical Rehabilitation, emphasizing Neurology and Neurosurgery Rehabilitation. She owned and directed Tidman Therapy Services, a pediatric rehabilitation center, for 22 years, served patients with neurological and neurosurgical disorders in a Neurosurgery Intensive Care Unit for 20 years, and has expertise in all areas of inpatient and outpatient Adult Physical Rehabilitation with specialized expertise in Parkinson's Disease, Stroke and Brain Injury.

In 2019, Dr. Tidman conducted a field research study for the CPF entitled "**The effects of a community-based exercise program on mobility, balance, cognition, ADS's and QOL in PD: a community partnership pilot study**" which was published in February 2020 in the Journal of Neurodegenerative Disease Management.

During her professional experience, Dr. Tidman has published several professional journal articles, is a contributing chapter author for an Occupational Therapy textbook, and has published the first two books in a series of educational guides for families of patients with neurological conditions. "Families in the ICU: A Survival Guide" was published in 2014, and the sequel book, "Families in the Rehab Center and Beyond" was published in 2017.

Dr. Tidman is an Adjunct Professor for A.T. Still University's Doctorate in Health Science program, Nova Southeastern University's Ph.D. in Occupational Therapy program, and Colorado Christian University's Masters in Healthcare Administration program. In addition to presenting at professional conferences, Dr. Tidman has particular interest in healthcare delivery and reform, patient-centered care, and instruction for doctoral students on professional writing for publication.

The program will be followed by a potluck lunch.

## The June Potluck – BBQ - Provided by CPF!

If you would like to be a provider of 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. June 9<sup>th</sup> 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!**

## The President's Corner

| Jill Reid - Acting President, CPF & CSPSG



After two devastating fires aboard the aircraft carriers USS Forrestal and USS Oriskany during the Vietnam War, the US Navy changed its firefighting policies and required everyone assigned to sea duty to attend shipboard firefighting school; before that time, each Navy ship had a single firefighting team whose members were experts in putting out fires. So when Forrestal's one and only firefighting team died in a massive explosion during the fire, the remaining crew members didn't know what they were doing and nearly lost the ship because everything they did was wrong. One of the big problems with shipboard life is that there is nowhere to run to when a disaster, like a major fire, is in progress. You have to stand and fight OR die OR abandon ship, hoping some other ship will come along

and rescue you—those are your grim choices. I attended shipboard firefighting school in 1980, and I found it interesting, fascinating, and alarming, all at the same time. The school in San Diego had a simulated engine room space where we fought various fires. We took turns being positioned at different parts of the firehose. During one of the drills, I was assigned as the Number 1 Nozzleman, which meant it was my job to lead my team into the fire, turn on the water, and extinguish the fire. The rest of the team just helped carry the weight of a long firehose full of high-pressure water so that I could move forward. Unfortunately for me, the instructors let the fire rage for a long while before they let me move into the "engine room" space. By then, the space was so full of black smoke that I couldn't see the flames. The enemy, fire, was completely invisible to me. Not surprisingly, I aimed the stream of water into completely the wrong part of that space.

Had it been a real fire in a real engine room space, at least some of us would have died. As it was, one of the instructors grabbed me and pointed me in the right direction.

I'll bet you're wondering what possible connection there could be between my story and Parkinson's. Well, I'm glad you asked! There is an invisible enemy in caregiving, too—caregiving burn-out! That happens to a caregiver who gives his or her all to the loved one without ever taking care of himself or herself. Like those hidden flames, burn-out can literally kill you. And truly, that's an unnecessary death because once you give yourself permission to take care of yourself and get the necessary refreshing, you can be in caregiving mode as long as needed. If you die from burn-out, who will take care of your loved one? Take care of yourself for your loved one's sake, if not for your own!

## T-Shirt Survey

Regarding new CSPSG t-shirts: Our local CSPSG is planning to offer a free t-shirt to all members and spouses who are interested in receiving one. This is a great way to spread the word to others of a local, active PD support group, and a window for possible new PD'ers who could use support. A drawing of this t-shirt is enclosed with this newsletter. It will be in tennis yellow (safety green), the same color as past t-shirts.

Please respond stating "yes" or "no" for your interest in receiving a t-shirt.

If interested, please give following information for ordering purposes:

Primary Member

- 1 – Interested: Yes / No (*circle one*)
- 2 – Male / Female (*circle one*)
- 3 – Size: Sm, Med. Lg., X-Lg, XX-Lg (*circle one*)
- 4 – Your Name:

5 – Your Phone Number:

Secondary Member

- 1 – Interested: Yes / No (*circle one*)
- 2 – Male / Female (*circle one*)
- 3 – Size: Sm, Med. Lg., X-Lg, XX-Lg (*circle one*)
- 4 – Your Name:

5 – Your Phone Number:

Mary Sauvain will be working to assure accurate information is given to the t-shirt manufacturer and t-shirts are disbursed. Due to Covid-19 there is no specific time when these shirts will be ready for distribution, but, hopefully, it will be in the near future. The t-shirt company is ready to go and just waiting for incoming information from CSPSG!

We request your reply to this survey be returned to:  
[db\\_mgr@co-parkinson.org](mailto:db_mgr@co-parkinson.org)  
 at your earliest convenience.





**May 8, 2021 Program Review**

| by Linda Christian, Secretary

**Focused Ultrasound**  
 Presented by - **Ronald L. Nickelson**  
 Person With Parkinson's (PWP)

Ron began his presentation by stating he is a person with Parkinson's not a medical professional and that his presentation is from his own personal experience.

The next slide in Ron's presentation provides information regarding the dyskinesia study group he was in:

Ron then provided a timeline of his Parkinson's journey:

- 2002: first symptoms, age 47
  - While jogging, his left foot started turning out and numbness in his left fingers.
- 2003: wrong diagnosis
  - Doctor diagnosed his symptoms as a pinched nerve and placed him on Ibuprofen for two months. Ron felt that his symptoms were due to a neurological issue not a pinched nerve.
- 2004: correct diagnosis
  - Ron finally received a correct diagnosis in 2004, his doctor pointing out that of the three illnesses, Parkinson's, MS and MD with similar symptoms, Parkinson's is the one you want.
- 2012: declared "ideal candidate" for DBS
  - In 2012, Ron saw a Movement Specialist in Cincinnati, Ohio and was told that he was an ideal candidate for Deep Brain Stimulation (DBS). Ron declined this procedure, he had researched Focused Ultrasound (FUS) and felt that was the best treatment for him. He explained that his research of the two treatments helped him decide on FUS because of the lengthy DBS process with recovery, programming and getting medication adjustments correct. His life was busy, and he did not have the time to invest into the DBS procedure. Ron then provided a brief comparison of the two procedures.
    - ◆ DBS vis-à-vis FUS
      - ◇ Deep Brain Stimulation: invasive but not destructive
        - Electrodes placed in the brain with controlling devices implanted on each side of the chest (like a pacemaker) to adjust the programming of the stimulator.
      - ◇ Focused Ultrasound: destructive but not invasive
        - A small part of the brain is destroyed. In the 1940's, a European surgeon performed FUC on his patient and when the patient woke up, his Parkinson's was better.
- 2016: moved from Ohio to Colorado and participated in FUS clinical trial
  - In 2016 after moving to Colorado, Ron read a newsletter article from the Michael J. Fox Foundation on Focused Ultra Sound clinical trials. Even though not approved by the FDA at that time, he applied to be a participant in the trials.
    - ◆ The study title was:
      - ◇ ExAblate Transcranial Magnetic Resonance-guided Focused Ultrasound (MRgFUS) of the Globus Pallidum for Treatment of Parkinson's Disease. [NCT02263885]

Ron then covered the study distinctions, explaining the two major ways Parkinson's Disease presents itself:

- Tremors
- Dyskinesia – Ron was in this study group

Next, Ron explained study particulars:

- Phases
  - ◆ Phase 1 – 10 participants
  - ◆ Phase 2 – 20 more participants added
- Inclusion/Exclusion Criteria
- His: NCT02263885

**Research News**

**Parkinson's Dyskinesia Update – All Patients Enrolled**

All patients have now been treated as part of the initial (pilot) trial investigating focused ultrasound for the treatment of dyskinesia associated with Parkinson's disease. The graphic below provides a snapshot of this exciting clinical trial. The initial results are promising enough to warrant a larger, pivotal study that is currently being organized.



Ron then provided the meeting attendees with the immediate results he received from the FUS surgery:

- The Good: reduced dyskinesia, reduced & changed dystonia
- The Bad: nothing
- The Ugly: me



The following website details were then provided:

[https://youtu.be/KU\\_cVX5oFrA](https://youtu.be/KU_cVX5oFrA)

Source: fufoundation.org

Ron explained that the two Band-Aids on his forehead were as a result of the helmet with electrodes used in the FUS surgery.

Next, information was provided about the three-and-a-half-hour operation. During the surgery, Ron was pulled in and out of an MRI tube to enable the medical team to test his memory and reflexes.



...continued from previous page.

The day after the procedure, Ron made the front page of The Columbus Dispatch Newspaper:



MEDICAL RESEARCH / OHIO STATE



Parkinson's disease patient Ron Nickelson shows the steadiness of his left hand to neurosurgeon Dr. Vibhor Krishna in Ohio State University's Wexner Medical Center on Friday. DORAL CHENOWETH III/DISPATCH

# New wave of treatment

Brain ultrasound for Parkinson's avoids cutting, drilling

Ron then provided attendees with the long-term results of the surgery:

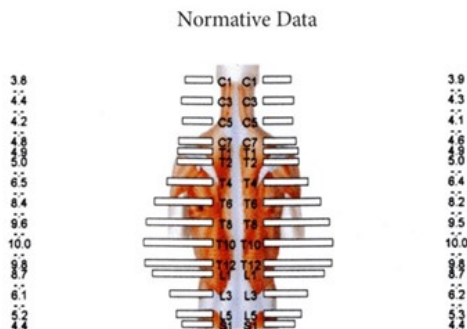
- Physical
  - ◆ Dyskinesia - reduced
  - ◆ Dystonia - better
  - ◆ Medication levels - stable
- Mental
  - ◆ Memory
  - ◆ Attention
  - ◆ etc.

For additional physical results, Ron offered the following slides showing Electromyography (EMG) results at different points in time. Ron explained that the EMG measures how well your muscles respond to signals from the brain.

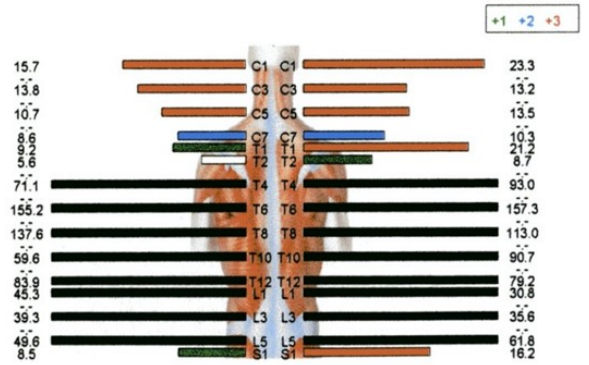
- 6 months prior to Focused Ultrasound:

Patient: Ronald L. Nickelson

Static EMG Scan EMG Amplitude On  
25 uV Scale / Position: Seated / Action: Neutral

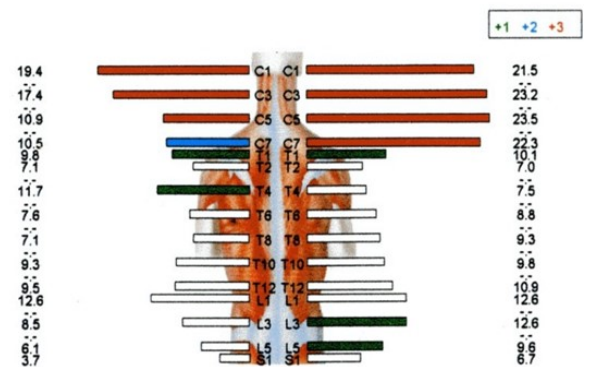


Date: 06/29/2016 10:34 AM



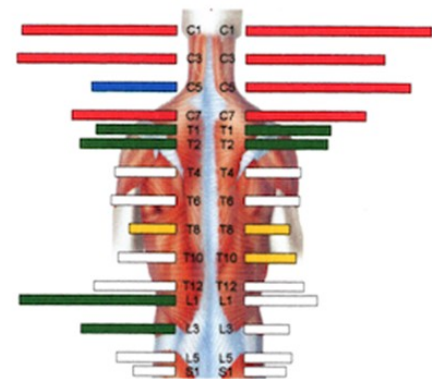
- 4 months after Focused Ultrasound:

Date: 04/26/2017 04:41 PM



- 2 days ago, a little worse than 4 months after Focused Ultrasound:

EMG Amplitude on (05/06/2021 09:11 AM)  
Position: Seated Action: Neutral



For additional mental results, Ron offered the following slide:

Personal Results Recap  
via Lumosity

Category	10/23 2016	12/22 2016	06/25 2017	05/04 2018	02/18 2021	Since Surgery	
Speed	52.9	S U	58.2	69.9	78.7	25.8	Speed
Memory	75.8	R G	80.3	69.1	76.3	0.5	Memory
Attention	56.5	E R	60.6	78.9	85.2	28.7	Attention
Flexibility	57.3	Y	67.5	64.6	69.9	12.6	Flexibility



Ron stressed that when trying to decide the best option for yourself, do your research and offered the following:

DBS and/or FUS?

- Do personal research
  - ◆ Web sites: fus.org, etc.
  - ◆ What: Clinical trials vs. FDA approved
  - ◆ Who and Where: dual expertise  
<https://youtu.be/9jyvuCAmz6c>



Ron added that Ohio State University does both DBS and FUS and both are covered by Medicare. He then ended by asking if there were any questions.

- Q1.** How do you get a referral for a treatment like this?  
**A.** Go through your neurologist for assistance.
- Q2.** How do you meet the criteria for this procedure?  
**A.** You can read about the criteria for this procedure, you do not want to wait too long. This procedure works best during the early stages of Parkinson's Disease, stages 1 & 2.
- Q3.** If one has tried DBS or FUS, can they then try the other?  
**A.** FUS – yes, you can then do DBS  
DBS – no, because DBS involves installation of hardware in the body therefore, an individual cannot be placed in the MRI tube because of the hardware.
- Q4.** Will FUS last forever?  
**A.** The destroyed part of the brain as a result of FUS will not come back, I have been fine without it. You have a choice of what side of your body you want targeted with FUS. Typically, you would pick the side with the most problems.
- Q5.** Can FUS be performed on both sides of the brain?  
**A.** No, when they tried on both sides of the brain, about 30% of the patients went mute.
- Q6.** As the disease progresses, can they fine tune it?  
**A.** No, it's a onetime surgery.
- Q7.** Is there a length of time that this surgery works?  
**A.** Clinical trials are tracking participants to determine this. If I had a choice, I'd do it all again.
- Q8.** Is this surgery FDA approved?  
**A.** Yes.
- Q9.** How many have had this surgery?  
**A.** A few years ago, there were between 500 – 600 individuals that have had FUS.

Ron added that FUS is being used for breast cancer treatment, they can hit and kill off some cancer tumor then the body will attack the rest. He also noted that The Michael J. Fox Foundation paid for his trials.

## Addendum to the May 8<sup>th</sup> CSPSG Meeting

The following information was taken from the Michael J. Fox Foundation website regarding Focused Ultrasound, you may find it interesting.

### Focused Ultrasound

In 2018, the FDA approved focused ultrasound (FUS) for Parkinson's tremor. (FUS also is approved for essential tremor, another movement disorder.) Clinical trials are testing FUS for other PD symptoms and complications, such as dyskinesia (uncontrolled, involuntary movement). And MJFF funded an early study of focused ultrasound for dyskinesia.

### Focused Ultrasound Surgery

During the FUS procedure, a patient is awake. No general anesthesia or surgical incisions are involved. Doctors use MRI brain scans to direct ultrasound beams to the target brain location.

Focused ultrasound typically decreases symptoms immediately. It does not require adjustment, programming, or additional procedures. But it is irreversible and permanent.

When done on both sides of the brain, FUS may cause speech, swallowing or memory problems. So, doctors only do the procedure on either the right or the left. (This means it only helps symptoms on one side of the body.) Other potential side effects include rare bleeding or skin infection.

### Focused Ultrasound vs. Deep Brain Stimulation

Focused ultrasound and deep brain stimulation (DBS) are both surgical procedures for Parkinson's. Both are FDA-approved to treat tremor that does not benefit from medication. DBS also is approved for Parkinson's movement symptoms and dyskinesia, and clinical trials are evaluating FUS for these same indications.

Focused ultrasound and DBS work in the same brain areas but in different ways. FUS destroys cells, and DBS delivers small electrical pulses to those same cells to interrupt abnormal signaling. FUS is permanent and irreversible, while DBS may be reversed by removing the system or turning it off. Focused ultrasound is non-invasive — there are no incisions, and no hardware is placed in the body. For DBS surgery, doctors make incisions in the skull to insert wires in the brain and in the chest to place a battery below the collarbone. FUS is a one-time procedure that does not require adjustment. DBS needs programming to find the right electrical stimulation settings to maximize benefit and limit side effects.

Focused ultrasound may be an option in people who can't or don't want to pursue deep brain stimulation. Some are unable to undergo invasive surgery because of heart or bleeding problems. Others aren't DBS candidates because of memory and thinking problems. Still others don't want to manage the logistics of DBS programming and future battery replacements. Focused ultrasound expands the available treatment choices for patients and doctors.

### Research into Focused Ultrasound

Studies are evaluating whether focused ultrasound could ease dyskinesia and motor fluctuations: alterations between "on" time, when symptoms are controlled, and "off" time, when symptoms return. Researchers also are looking at how ultrasound could help other Parkinson's treatments, such as antibodies against alpha-synuclein or gene therapies, get into the brain more easily and efficiently.

<https://www.michaeljfox.org/news/focused-ultrasound>

**Other Local Support Groups: Due to Coronavirus concerns, check ahead to see if canceled**

<p><b>Ladies with Parkinson's Support Group</b></p> <p>If you are a lady with Parkinson's Disease, and would like to join the group or just get more information, contact Carla Holland at [redacted] or by email at <a href="mailto:president@co-parkinson.org">president@co-parkinson.org</a>.</p>	<p><b>Parkinson's Caregivers Support Group</b></p> <p>Linda Marie is no longer able to head the caregiver's support group.</p> <p>If you are interested in volunteering to lead this group, please notify Julie at <a href="mailto:db_mgr@co-parkinson.org">db_mgr@co-parkinson.org</a> or call [redacted].</p>	<p><b>Tri-Lakes Parkinson's Support Group</b></p> <p>Meets the 3rd Saturday of every month at 10 am at the Monument Community Presbyterian Church, 238 3rd Street, Monument.</p> <p>For more information contact Barry Hanenburg at <a href="mailto:bhanenbu@hotmail.com">bhanenbu@hotmail.com</a> or Syble Krafft at [redacted].</p>	<p><b>Essential Tremor Support Group</b></p> <p>For information on scheduled meetings and locations, please contact the POC listed below.</p> <p>POC: Jim Sanchez ET Support Group Co-Leader [redacted]</p>
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**Other Opportunities: Due to Coronavirus concerns, check ahead to see if canceled**


<p><b>LSVT BIG &amp; LOUD at Home</b></p> <p>At Home Healthcare offers the LSVT BIG &amp; LOUD therapy program for individuals with Parkinson's Disease in the comfort of their homes.</p> <p>Their therapists are LSVT certified and can accommodate patients' home schedules. Medicare covers out patient therapy at 80% and home health therapy at 100%.</p> <p>If you have questions about this service or would like a referral coordinated through your primary care provider please call their office at:</p>	<p><b>Creativity Lab</b></p> <p>Greetings everyone! With concerns for the health and safety of our participants, we at The Unsteady Hand have suspended all in person programming. We hope to resume around the first of the year. In interim, we are regularly updating our webpage with creative and fun things to do at home (Homework-the fun kind) and we also recently created a PD resource page on our site.</p> <p>We miss you dearly and can't wait to see you again! <a href="http://www.TheUnsteadyHand.org">www.TheUnsteadyHand.org</a> Re-Imaging Parkinson's - Mo</p>	<p><b>Adult Speech Therapy at Home</b></p> <p>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. Therapy offered includes speech/ language &amp; cognitive therapy, swallow rehabilitation and voice therapy (LSVT LOUD) an evidenced based voice treatment program designed for patients with Parkinson's disease. For more info, contact Jana Hothan, MA, CCC_SLP, LLC at <a href="mailto:slp@janahothan.com">slp@janahothan.com</a> or by phone at (719) 338-8165.</p>
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*Your birthday isn't listed? Fill out the membership form and check B listed "YLS".*

<p><b>HAPPY ■ HAPPY</b></p> <p><b>JUNE</b></p> <p><b>BIRTHDAY'S</b></p>	<p>Robert Adams Donald Ader Penny Austin Mark Finger Carla Holland Charles Kovac</p>	<p>Donna Kring Mark Lekarczyk Michael McCraley Rusty Merrill Suzanne Metzler Art Moore Dave Moross</p>	<p>Ronald Morris Bill Noe Jon Nordby Ronald Null Patricia Plank Julie Rush Larry Rush</p>	<p>Jean Saunders Mary Sauvain Daniel Skousen Cindy Stempson Celina Terrell Sherry Whitaker</p>
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<p><b>Thank You!</b></p>	<p>Thanks to <b>ALL</b> who brought food and to those that helped setup &amp; cleanup at the last meeting!</p>	<p><b>June Executive Committee Meetings</b></p> <p>June 15th @ 12:00 pm Location: TBD—<i>You will be notified by email.</i></p> <p>Contact Linda at <a href="mailto:secretary@co-parkinson.org">secretary@co-parkinson.org</a> 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.</p>	<p><b>July/August Newsletter Input Deadline: June 21st</b></p> <p>Call or e-mail Julie at: <a href="mailto:db_mgr@co-parkinson.org">db_mgr@co-parkinson.org</a>.</p>
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<p><b>LENDING LOCKER INVENTORY</b></p> <p>If you would like to borrow any of the equipment listed here, please contact Rich Sauvain at [redacted].</p>	<p>3 wheeled walker</p> <p>Arm assist for wheelchairs</p> <p>Arm splint</p> <p>Bed Cane</p> <p>Bedpan</p> <p>Bedside toilet</p> <p>Black back brace</p>	<p>1 Canes</p> <p>1 Crutches</p> <p>1 Exercise bike</p> <p>2 Exercise pedals for 2</p> <p>1 Hospital beds</p> <p>4 Ice man - therapeutic for knee replacement surgery</p>	<p>5 Knee splint</p> <p>2 Lift chairs</p> <p>1 Lift Ware – tremor compensating fork &amp; spoon</p> <p>1 Lumbar traction belt</p> <p>2 Pickup assist</p> <p>1 Raised toilet seats</p> <p>1 Shower benches/chairs</p>	<p>1 Stand-up walker</p> <p>2 Suction cup hand rail</p> <p>1 Transport chairs</p> <p>1 Tub rail</p> <p>2 Voice amplifier</p> <p>4 Walkers with wheels/seat</p> <p>8 Wheelchairs</p>
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 **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].

**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!**

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

**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.

**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

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

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

**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.

**Coronavirus and Parkinson's Disease**  
 For information on coronavirus and Parkinson's Disease go to: [www.parkinson.org/CoronaVirus](http://www.parkinson.org/CoronaVirus).

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."

## Colorado Parkinson Foundation, Inc.

1155 Kelly Johnson Blvd.

Suite # 111

Colorado Springs, CO 80920

Parkinson's Perspective

JUNE 2021

# Coming Events

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

**June 12<sup>th</sup> – 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 10<sup>th</sup> – Reg Mtg** at the Academy Christian Church – 10 am  
**Program:** Break-Out Sessions—Caregivers & Parkinsonians separate into different rooms to talk

**August 14<sup>th</sup> – 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](http://www.parkinsonrockies.org); [www.parkinson.org](http://www.parkinson.org); [www.nwpcf.org](http://www.nwpcf.org); [michaeljfoxfoundation.org](http://michaeljfoxfoundation.org); [www.parkinsonheartland.org](http://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://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.youtube.com/playlist?list=PLkPIhQnN7cN6dAJZ5K5zQzY84btUTLo_C); <https://www.michaeljfox.org/foundation/news-detail.php?self-care-tips-for-parkinson-disease-caregivers>; [pmdalliance.org](http://pmdalliance.org)