



November 2023



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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Bill Hicks, Dave Moross,
Mary Sauvain

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Programs: Jill Reid

Educational Outreach: Jill Reid

Membership: Carole Henrichsen

Chaplain: Rusty Merrill

Parkinson's Awareness Day:

Vacant

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Lending Locker Coordinator:

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Main Dish Coordinator:

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potluck@co-parkinson.org

Picnic: Carole Henrichsen
and Janet Adams

Media Relations: Mary Sauvain

Medical Advisor:

Dr. Brian Grabert, MD

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Norm Tuinstra

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and Newsletter Coordinator:**

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db_mgr@co-parkinson.org or
call [REDACTED]

November Meeting: Saturday, November 4th – 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.

Topic: The Benefits of Ping Pong for People with Parkinson's

Speaker: Dr. Antonio Barbera, MD



About the Speaker: As a doctor, Dr. Barbera specialized in Obstetrics and Gynecology. He helped thousands before Multiple Sclerosis (MS) forced him to give up his career in 2017. However, he found a new way to help others, and himself, get better by playing ping pong. Once he discovered that table tennis was alleviating his MS related discomforts, Dr. Barbera founded a nonprofit organization called Table Tennis Connections. The main core of his organization is the NeuroPong™ Project, a table tennis program tailored to people living with MS, Parkinson's, Mild Cognitive Impairment/Alzheimer's and other neurodegenerative conditions. He is a member of the International Parkinson and Movement Disorder Society and of the Movement Disorders Center of the University of Colorado,

School of Medicine. Using table tennis as a form of prehabilitation and neurorehabilitation, he is teaching his NeuroPong™ Program, aiming to improve both motor and cognitive function of people living with the above-mentioned conditions.

Dr. Barbera believes that by learning new table tennis skills and doing exercises specifically designed to challenge the brain, participants can improve their lives and conditions.

The program will be followed by a potluck.

The November Potluck — Thanksgiving Dinner!!

Turkey and gravy will be provided by CSPSG.

Members bring appropriate Thanksgiving side dishes such as mashed potatoes, dressing, cranberry sauce, pumpkin pie, etc.

If you would like to sign up to be one of the providers of a main dish or a side dish/ dessert for the November meeting, you can contact Bill Hicks at [REDACTED] or potluck@co-parkinson.org, no later than Wednesday, November 1st and tell him what you would like to bring.

Remember that bringing food for the potluck is voluntary.

We look forward to seeing you there!

The *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)

The President's Corner

| Jill Reid - Acting President, CPF & CSPSG



Our November meeting should be VERY interesting. It's a topic we haven't talked about at any length: how ping pong can help people with movement disorders, such as Parkinson's, presented by Dr. Antonio Barbera. Our cat's vet, Kristen Woestehoff, retired after she was diagnosed with Parkinson's, but she says that the disorder has not progressed much since she took up ping pong. You may remember the article she contributed to our April 2023 newsletter about it; you'll find her update in this issue. It seemed the perfect article to include in this newsletter since it immediately precedes Dr. Barbera's talk. I encourage you to read to entire article before our next meeting. (By the way, the article includes places in Colorado Springs where you can go to play ping pong.)

I was reminded again during the caregivers' breakout session how important it is for caregivers to take care of themselves by taking regular breaks that relax and refresh. Going to bed at night or to the store by yourself doesn't count as that kind of a break. I mean that you MUST walk away from caregiving completely and go do something that you really enjoy, not some errand or chore that you have to do. I can't tell you how often you need to do that—I'd think at least one or two times a week—but I can tell you that if you don't, you won't be around to take care of your loved one. Who would step in and take of that person if you're sick or, worse, dead? When I sit in on the caregivers' breakout sessions, I can pick out the caregivers that give themselves time off and don't let guilt stop them. Guilt will kill you so you mustn't succumb to it. As one of our caregivers put it, get a backbone—stand up to the guilt that either you or your loved one lays on you and, if necessary, stand up to your loved one and put yourself first several times a week. Please. If you have to, tell your loved one this simple truth—"I have to take regular breaks so that I can continue to take care of you; without those breaks, I'll either be too sick or too dead!" Then, if needed, find someone (a friend, family member, a neighbor, professional caregiver) to stay with your loved one while you get rejuvenated.

This month, I'm being totally un-PC and recommending a delightful comedy starring George Hamilton and Lauren Hutton. I can't help it—even though it is un-PC, it's one of my favorite movies ever. It's called Zorro the Gay Blade. In it, George Hamilton plays a straight Don Diego (aka Zorro) AND his twin gay brother (they were "womb mates" before they were born), who must step in as Zorro when Don Diego gets injured. As Don Diego, George speaks with a heavy Spanish accent (the "pipples" love him, he declares), but as the brother, he speaks with a refined English accent. If you've never seen George Hamilton in a comedic role, you'll not want to miss this movie.

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, please let Julie know at db_mgr@co-parkinson.org so that person 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

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

Potluck Favorites: Shakin' & Bakin' Cookbook!



Another reminder about a CSPSG endeavor to add new recipes to the original cookbook the support group created years ago. Add 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. They don't have to be gluten-free or Keto. We will, however, indicate which ones fit those categories.

We will also add a conversion table that will tell you how to convert ordinary recipes into gluten-free or Keto recipes if you would like to know how to do that. All favorite recipes are welcome.

Send them to project@co-parkinson.org.

If there are any items listed below that you would like, please contact: Mary Sauvain [REDACTED]
Items in our lending locker that are free for the taking:

Bibs	8	Prevail Nu-fit daily briefs w/ fastener tabs – 32"-44" size – maximum absorbency-16 count	2 pkgs
Weighted utensils	6		
Rehab squeeze balls	2	Depend men's guards – 52 count – 1 unopened and 1 opened with a few missing	2 pkgs
Thick-it	1	Prevail daily male guards – one size fits all – maximum absorbency-14 count	2 pkgs
Bedside toilet commode liners: 3 big boxes with 6 smaller boxes in each		Cardinal health guards for men - extra heavy absorbency -14 count	2 pkgs
Reusable bed pads	8	Fitright guards for men – 52 count	1
Hospital slippers – XL & XXL	2	Hospital bed bedding: 2 sets of sheets 1 mattress pad	
Aluminum walker tennis balls	4		
Aluminum walker tray	1		
Gate belt	8		
Plastic handicap plate	2		
Plastic handicap bowl	2		
Pill crusher, storage, & drink cup combination	1	Hospital gown	1

PING PONG AND PARKINSON'S

| An Updated Testimonial by CSPSG Member Kristin Woestehoff

My journey with Parkinson's began in 2007, the year that both my mom and I were diagnosed with Parkinson's disease (PD). Yup-same diagnosis by different doctors in different states. You might wonder how that felt to be diagnosed at the same time as my mom, what it was like to be diagnosed at 49 (young-onset), to navigate middle-age life, family, and my work as a small animal veterinarian w/YOPD.... but that's another story for another day. I am here to tell you about this amazing little game called Ping Pong (AKA 'Table Tennis' if you are a purist) and how it has enriched my life and truly helped me to fight my Parkinson's disease...and I believe it can do the same for you!

In 2018 (age 60) I retired to make fighting this disease my #1 priority, doing all that I could think of to maximize my health. I focused on following a plant-based Mediterranean diet and reduced the stress in my life. I knew that exercise was the only thing that had been shown to slow the progression of PD (and potentially even to reverse it) so I increased my exercise, hiking our beautiful mountain trails almost daily. I am so glad I retired while I still have the health to enjoy it! A few months into retirement I saw a notice in the CSPSG newsletter "Ping Pong for Parkinson's" about playing ping pong at the Y. I loved playing ping pong as a kid so I thought why not give it a try? When it was clear that not everyone had PD, I got my husband to join me and our fun adventures with ping pong began. I had no idea how this would change my life!

At the time I figured ping pong could really benefit me because when playing the game, I have to think quickly, move quickly, stretch "BIG" to reach balls, control movements, improve hand-eye coordination and stay balanced in a variety of positions—all things that Parkinson's tries to steal from you! So, it came as no surprise when research (in 2020) showed a clear benefit from ping pong for Parkinson's patients. The patients enrolled (average age 73, average time with diagnosis 7 years) played ping pong once a week for 6 months and saw improvements in all aspects of their disease at 3 months and 6 months compared to their baselines collected prior to starting. What was surprising to me was that even their handwriting and facial expressions improved so the impact was global! I have since read that ping pong is especially beneficial for the brain as you are exercising while thinking intensely. It is the thinking with the exercise which really benefits the brain—lowering the risk of senility and Alzheimer's (for example) by 50% so even caregivers (or any seniors, really) can benefit from this sport. One doctor calls Ping Pong "the best brain sport" because it can activate up to 5 parts of the brain simultaneously at incredible speed. Competitive ping pong is also a great aerobic workout with a very low risk of injury. It is a good way for anyone to fight the effects of aging!!

And the results for me? Well, in 4 years my ping pong game has dramatically improved and my Parkinson's has not progressed. No progression in 4 years! When I started playing ping pong I was a rank beginner. With some tips from a Chinese couple at the Y as well as YouTube tutorials and playing with a lot of different players, I now have Mad SKILLZ —with a variety of serves and spins and I can also know how to counteract the spins my opponent has put on the ball. My husband and I cannot believe how much fun this game can be, and the more you know, the more you can change up the play and the more you have to think quickly how to counteract some craziness your opponent has done to the ball, the more fun it is! It

truly is a happiness booster for me (another thing us Parkinson's patients need)! Maybe it's the endorphins or the fact that ping pong increases the levels of all neurotransmitters but I personally think it is because the sport is so darn fun! When I think of physical therapy for any condition it conjures up an image of complete drudgery. Well, nothing could be farther from the truth with Ping Pong as physical therapy. My husband and I now play 6-7 days per week -1.5 -3 hrs./day (I am not exaggerating—pretty cool for a 65 y.o. and a 73 y.o.), even entering competitions and we have met many really fun people who love this sport like we do all over the world so it has been such an amazing adventure.

In the past few years there has been a big uptick in interest globally for using ping pong to fight Parkinson's. They even had a feature on CBS news about it not long ago...check it out:

www.msn.com/en-us/health/other/why-doctors-say-playing-ping-pong-could-help-parkinsons-disease-symptoms/ar-AA160TZo

Some people are so amazed at the benefits they have experienced using ping pong to fight their disease that they become the driving force behind the programs being offered around the country using ping pong as physical therapy for Parkinson's (also good for other neurodegenerative diseases) and also promoting Ping Pong competitions for people with Parkinson's such as the

1. ITTF Parkinson's Table Tennis World Championships (since 2019! This year it will be in Crete in conjunction with the "Ping Pong for Health Festival")
2. USATT National Championships - A Parkinson's division was offered in 2022
3. World Senior Games (aka the Huntsman Games) in St. George, Utah- a division for Parkinson's and MS patients.

All this positive press has to convince people that the benefits are real...and if you google health benefits of ping pong you will find many other articles to reinforce this message. Pretty exciting stuff if you ask me!

Ready to give it a try? Here are some places people play:

- Westside Community Center: 1628 W Bijou; Mon 1:15-3pm, Wed 1-3pm, Fri 10:30-12:30pm
- Hillside Community Center: 925 S Institute; Thu 6-8pm
- Colo Springs Senior Center: 1514 N Hancock Ave Fri 1:30-2:30pm
- Pikes Peak Ping Pong Club: Manitou Spgs High School; (\$10 / session) Mon 4-8pm
- Pikes Peak Table Tennis Club: UCCS, 102 S Tejon, #105; (\$8 / session) Tues 7:30-10
- Briargate YMCA: MWF 1-4 (Y membership required)

You can also even play right in your home virtually with people from all over the world in a very realistic AR game ElevenVR and you can probably even arrange virtual lessons with coaches at PingPongParkinsons or Ping Pong for Good using this technology. The World Championships used this technology during the pandemic. So now there are no excuses!

LIVE LONG—PLAY PING PONG!!

Thank You!

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

December/January Newsletter
Input Deadline: November 10th

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

November Executive Committee Meeting

October 10th at 2:30 p.m. 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.



Percy Alzamora
Steven Boswell
Ron Brown
Fred Carrico
Susan Coddington
Janet Corns
Sheila Davis
Joseph Facer
John Faino

Pat Faino
Dorothy Filippi
Annette Garcia
Dick Geist
Doug Gibb
Richard (John) Hero
Brenda Hicks
Harry (Bill) Killa
Ann Knowles

Joan Lydon
Donna MacDonald
Carolyn Mangold
Pat Murphy
Jerry Nelson
Mittie Pedraza
Neal Purdy
Jeanne Ransberger
John Reid

Jack Risley
John Rogers
Joanne Snelling
Dan Spence
Diane Winkler
Marilyn Wisler

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

Recipe of the Month: Smoked Salmon Spread

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

8 oz cream cheese, room temp 1 tsp prepared horseradish, drained
½ C sour cream ½ tsp kosher salt
1 Tbl lemon juice ¼ tsp pepper
1 Tbl minced fresh dill ¼ lb (4 oz) smoked salmon, minced

Directions

- Cream the cheese in mixer fitted with paddle until just smooth.
- Add sour cream, lemon juice, dill, horseradish, salt & pepper, and mix.
- Add the smoked salmon and mix well.
- Chill and serve with veggies or low-carb crackers.

Sad News



Brian Alan Carlson passed away on October 1st. He was born in Ishpeming, MI to Swedish parents. He graduated from Northern Michigan University in 1966 and was drafted into the military the next day. After a tour in Vietnam, he got stationed in Colorado Springs where he met his wife of 54 years, Sharon. They had three children, Kim, Tim and Jim.

Brian was a bulk mail technician for the USPS and retired after 35 years of service. He received many accolades from the USPS, including the George Shannon Award for Excellence. Brian lived life to the fullest. He loved to camp, play games, and relax with his family in the mountains. He was a dog lover, an avid bowler and a stellar cribbage player. He belonged to the American Cribbage Congress Chapter 307 and enjoyed playing with his friends at the Cribbage Club.

Brian's last day included a great win by the "dang Broncos," and a cribbage game filled with suspense and fantastic cards. He is survived by his wife, his 3 children and a grandson, Fisher, as well as his brother and sister and three generations of nieces and nephews. He was laid to rest at Pikes Peak National Cemetery.



Beverly Ann Wells passed away peacefully on October 11th, 2023, after bravely battling MSA-P (Multiple System Atrophy, Type P), a rare and aggressive form of atypical Parkinson's Disease. Beverly was born in Painesville, Ohio and attended Lake Erie College. She and Charles (Chick) were married in 1966 and moved to Colorado Springs in 1980. There she was a secretary/receptionist at Command Sciences Corporation, where she taught herself computer programming. A few years later, she went to work as a computer programmer for the CSPD and helped in the development of the 911 emergency call system. She became known as the "go-to" person who could find the most stubborn programming bugs.

In 1998, she and her husband started FunTreks, Inc., a publishing company specializing in guidebooks for four-wheel-drive recreation. They bought a motorhome and traveled the west. She ran the company by phone communicating with the home office while Chick explored and documented the backroads. In those early years, Bev was the absolute backbone of the company, which is still in business today.

In 2004, the couple made Monument, Colorado their permanent home where she co-founded the Monument chapter of the Red Hat Society and served as Queen Mum until 2022.

Bev is survived by husband Charles, son Daniel, daughter Marcia, four grandchildren, two brothers and her sister.

<https://www.dignitymemorial.com/obituaries/colorado-springs-co/beverly-wells-11495521>

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 jimds22@gmail.com or 719-660-7275.

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 719-488-2669 or Barry Hanenburg bhanenbu@hotmail.com.

Other Opportunities:

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.

Treating: *Parkinson's: Voice & Swallowing* Swallowing
 - SPEAK OUT! - Neuromuscular Electrical
 - LSVT Stimulation Therapy
Cognitive-Linguistic Deficits - Respiratory Muscle Strength
Aphasia following stroke Training

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 heatherjohnson@squaremusic.co.

PD Exercise Classes:

Caregivers/Care-partners Exercise Class

This exercise class involves strength training and cardio circuits modifiable for any person!
When: Every Friday at 9:30am for 45 mins
Where: Movement Arts Community Studio 525 E. Fountain Blvd (GPS: 150 S. Royer St)
Price: \$20 Drop-in/\$10 a week (\$40 total monthly pay!). First class is FREE!
 Limited space available so please contact Ashley Szekeres, NASM CPT at guardianfitllc@gmail.com or by calling (708) 846-0155 before coming.

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

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 11:00am at Ormao Dance Company, 10 S. Spruce Street. \$5/class. Free for care partners. You can also join us for this class online. Visit our website www.ormaodance.org and click on "Dance for Parkinson's" under the "Outreach" tab to get the Zoom link. Contact Laura at laura.hymers@gmail.com or 719-640-8478

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

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, 1:30-2:30 PM, Briargate YMCA: PWR! Moves; Mon, Wed, Fri, 1:30-2:30 PM
 For more information contact Jamie Clayton at jclayton@ppymca.org

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

Falcon Exercise Group

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

Tired of Parkinson's beating you up? THEN FIGHT BACK WITH P.A.R.K.!

Parkinson's Active Resistance Karate
 If you want to slow the advance of PD you need to stay active. Exercise is the only proven way to slow or halt progression of this disease, and that means cardio, strength, neuroplasticity, and flexibility training. PARK helps with all four, by unleashing these ancient fighting arts to battle PD:
Karate, Kempo, Taekwon Do, King Fu (Balance, Range of Motion, Cardio); **Arnis/Kali (Filipino Stick Fighting)** (Hand-Eye Coordination, Range of Motion); **Judo, JiuJitsu, and Aikido (grappling defenses)** (Flexibility, Strength, Balance). Tues @ 7pm, Woodmen Hills East Rec Center, 9205 Meridian Ranch Blvd. Sat @ 8am, Palmer Park in the grass west of baseball fields. To sign up, email parksenseichris@gmail.com or call (719)357-5739 (cost free/space limited)

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

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

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

Colorado Springs Rocksteady Boxing

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

Bringing song into speech therapy could strengthen patients' voice

By Marisa Wexler, MS – Parkinson's News Today, 6/15/23

Combining a singing program with conventional speech therapy could help to lessen the vocal problems facing people with Parkinson's disease, according to findings from a small clinical trial.

Therapy sessions were conducted using smartphones, and given to patients at the home.

The study, "[Voice improvement following conventional speech therapy combined with singing intervention in people with Parkinson's disease: A three-arm randomized controlled trial](#)," was published in the *International Journal of Language & Communication Disorders*.

Speech problems, such as an unusually quiet voice or trouble with articulation, are common among people with Parkinson's disease. Speech therapy, which consists of exercises focused on the mouth and breath to improve speech, may be helpful for managing these issues. Singing programs also can be helpful for issues like raising volume or improving articulation.

[Addressing loneliness and social isolation with chronic illness](#)

Study of speech therapy, singing, or combo approach in Parkinson's patients

There hasn't been much research into whether combined speech and singing therapies might provide more benefits to patients than either approach alone. To learn more, scientists at Iran University of Medical Sciences conducted a clinical trial (NCT04966689).

It enrolled 33 people with Parkinson's who had speech issues. Most participants were male, and the average age was in the late 50s.

Patients were randomly assigned to one of three interventions: a speech therapy program, a singing program, or a combined speech therapy and singing program. In all three groups, participants received four sessions each week for three weeks, amounting to a total of 12 sessions. Each session lasted about an hour based on patients' availability and convenience, and was conducted via video on WhatsApp. Some patients had caregivers help them with their sessions.

Before and after the interventions, participants underwent voice assessments, which were performed by clinicians who did not know which intervention had been assigned. The main measure used was vocal intensity (i.e., loudness) while making an "ah" sound.

Overall loudness increased following all three interventions, results showed, although the magnitude of the increase was smaller for patients given only singing compared with speech therapy or combined therapy. Other vocal measures, such as jitter and shimmer — which cause sounds of breathiness or hoarseness — and variability in vocal tone also generally improved following all three interventions.

"The results showed significant improvements in all three groups after treatment in all outcomes over time," the researchers wrote.

Patients' perceptions of their voices, as meas-

ured with scores on a standardized measure called the voice handicap index (VHI), improved with all three interventions. But the magnitude of the improvement was larger with combined therapy than with speech therapy or singing alone. Vocal shimmer and frequency range also showed greater improvement with combined therapy.

"The results of this study ... showed that combination therapy, compared to singing or speech therapy in isolation, had a significantly greater effect on VHI, maximum frequency range in semitones and shimmer," the researchers wrote.

These findings suggest that vocal therapies that include singing might be beneficial for Parkinson's patients, the researchers said, noting that singing might be an easy way for patients to engage in regular vocal exercise.

"Singing can provide opportunities for successful experiences at different levels of speech, language and musical abilities. Because it is readily available in most communities, singing as a vocalization treatment may be accessible and economical," the team wrote. "In addition, singing is a normal activity that can be performed daily and may thus facilitate the maintenance of voice skills over the long term."

The scientists noted that this study is limited by the small size and short duration, stressing the importance of providing individualized care to help people with Parkinson's manage speech issues.

Smoking, aspirin may worsen some Parkinson's symptoms

By Marisa Wexler, MS – Parkinson's News Today, 6/22/23

People with Parkinson's who smoke cigarettes or use aspirin tend to report more problems with certain disease symptoms, according to a new study.

The study, however, did not find notable associations between drinking coffee and Parkinson's symptom severity.

"This study comprehensively assesses the effect of smoking, coffee drinking, and aspirin intake on clinical symptoms," the researchers wrote, adding that the findings "may help to acquire a better understanding of this complex disease."

[Wearable device for Parkinson's tremor control now available in US](#)

The study, "[Lifestyle factors and clinical severity of Parkinson's disease](#)," was published in *Scientific Reports*.

Studies have suggested that drinking coffee, smoking cigarettes, or using aspirin may affect the development of Parkinson's. There's less research, however, into how these lifestyle habits may influence the experience of symptoms among people who already have Parkinson's.

Here, researchers in Germany investigated these associations using data from the Fox Insight study, a research initiative led by the Michael J. Fox Foundation for Parkinson's Research.

The study included data on 35,959 people with Parkinson's in the U.S. Nearly 90% of the patients were white, their average age was in the mid-60s, and average time since the onset of Parkinson's was about five years.

Using these data, the researchers constructed statistical models to examine the associations between various symptoms and the use of coffee, cigarettes, or aspirin.

Results showed that patients who use aspirin reported higher rates of tremor, problems swallowing, and issues standing up. Models also sug-

gested these issues tended to be more severe in patients who reported taking larger doses of aspirin.

Findings also showed that patients who smoked cigarettes tended to report more problems with chewing, controlling saliva, or freezing while walking. Smokers also tended to report worse outcomes related to depression, anxiety, light-headedness, memory problems, and changed sex drive.

These issues tended to be more pronounced among patients who smoked more or had smoked for longer. However, some of these associations were not statistically significant after the researchers made adjustments to account for the presence of lung or heart disease.

Patients who drank coffee tended to report fewer swallowing problems, but otherwise results did not show any notable associations between drinking coffee and symptom severity.

Overall these findings imply that smoking cigarettes or using aspirin might lead to worse outcomes for some Parkinson's symptoms, though the researchers stressed it's impossible to draw any conclusions about cause-and-effect from these correlational data.

As an example, the team noted two potential explanations for the association between mental health and smoking: "Smoking itself may promote depression and anxiety, or patients with depression are just more likely to smoke and have greater difficulty quitting."

[Study limitations](#)

The team also noted this study was limited to the data that were collected as part of the Fox Insight study, and most of the data were self-reported, subjective assessments.

"These findings are so far only exploratory, however, they set the stage for future longitudinal assessments on these factors and [Parkinson's] clinical features," the team concluded.

Ask the Doctor!

| Dr. Brian Grabert, MD, a Parkinson's Specialist



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.

Help 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.

She can be reached at [REDACTED]

Report points to limited benefits of SSRIs in elderly patients

By Marisa Wexler, MS – Parkinson's News Today, 6/9/23

Use of certain anti-depressants may increase the risk of life-threatening clotting problems in elderly people with Parkinson's disease, a new report highlights.

The study, "[Deep venous thrombosis and hyponatremia associated with citalopram use for behavioral symptoms in Parkinson's disease: a case report](#)," was published in *BMC Geriatrics*.

Psychiatric problems ranging from anxiety to hallucinations are common among people with Parkinson's. Selective serotonin reuptake inhibitors, or SSRIs, are a class of antidepressant widely used to help manage these issues, though evidence for their efficacy in people with Parkinson's is limited.

[Wearable cyborgs improve walking for Parkinson's patients: Study](#)

A researcher at the University of Tabuk in Saudi Arabia described the case of an 86-year-old woman who went to the university hospital's emergency department due to swelling in her leg, generalized weakness, and an altered mental state.

The woman had a known diagnosis of Parkinson's disease, as well as diabetes, high blood pressure, and osteoporosis (weakened bones). She was taking a handful of medicines (gliclazide, metformin, valsartan, and atorvastatin) to help manage these issues, though she was not on any specific treatment for Parkinson's.

About a month before going to the emergency department, the woman had been prescribed the SSRI citalopram (sold as Celexa and generics) to help manage psychiatric problems including agitation, hallucinations, and difficulty sleeping. Owing to side effects of excessive fatigue, she had stopped taking this medication two days before she went to the hospital.

[Deep vein thrombosis](#)

Upon examination at the hospital, the woman was found to have abnormally low levels of sodium (salt) in her blood, and clinicians identified a deep vein thrombosis (DVT) in her leg. A DVT is a large clot that blocks blood flow, which can cause serious — sometimes fatal — problems.

The patient was treated with a high-sodium liquid infusion and with a clot-thinning medicine called warfarin. Her other medicines were paused for the duration of her stay in the hospital.

After two days in the hospital, her sodium levels had normalized. When the patient was discharged from the hospital, she restarted some of her earlier medications, and also started taking apixaban (an anti-clotting therapy) and donepezil, which is approved to help ease memory loss and confusion in Alzheimer's disease.

At follow-up about a month later, her blood sodium levels were still normal, and her cognitive state had improved markedly.

Taking these findings collectively, clinicians hypothesized that low sodium levels (hyponatremia) may have contributed both to DVT and to the changes in the patient's mental state. They noted that the patient's sodium levels had been normal before she started taking citalopram, and prior reports have suggested that SSRI antidepressants may alter

sodium levels in some patients, particularly older individuals.

[Sodium levels crucial](#)

"Close monitoring of sodium levels is crucial when treating older adults with SSRIs, especially when SSRIs are combined with other medications that may affect sodium levels ... to avoid synergistic effects and the serious consequences of hyponatremia," the scientist noted, adding "This case highlights the uncertainty, limited efficacy, and reduced tolerability of SSRIs when used for neuropsychiatric symptoms related to" Parkinson's disease.

The researcher noted that other classes of psychiatric medications — particularly dopaminergic agonists and cholinesterase inhibitors — may be more helpful than SSRIs for managing psychiatric issues in Parkinson's, and other interventions such as talk therapy also may be helpful.

"First-line therapy for these symptoms should focus on non-pharmacologic measures, followed by dopaminergic agonists ... or cholinesterase inhibitors," they wrote.

Real-time brain activity to guide study of personalized light therapy

By Andrea Lobo – Parkinson's News Today, 5/17/23

[Findings will help understand effectiveness of photobiomodulation for Parkinson's](#)

Neuronic has partnered with Santa Clara University in Silicon Valley to develop a research project to study light therapy guided by real-time brain activity.

Light therapy, also called photobiomodulation, is painless and noninvasive, and uses light-emitting diodes (LEDs) to deliver near-infrared light that passes through the skin and activates molecules that can improve blood flow, reduce inflammation, and increase cellular energy. Researchers hope the findings will help understand its effectiveness for brain injury and neurodegenerative conditions such as Parkinson's disease.

"This partnership brings together the expertise of Neuronic and a leading university to revolutionize brain health," Liam Pingree, co-founder of Neuronic, said in a press release.

The incidence of Parkinson's and other neurodegenerative conditions, such as Alzheimer's

disease, is increasing and it's estimated that 139 million people will have dementia by 2050.

Neuronic's technology is a next-generation photobiomodulation therapy device. Research has shown that brain stimulation with LED light at the near-infrared range (1070 nm) has a positive impact on cognition and behavior. This wavelength penetrates deeper into the skull, targeting mitochondria, the cell's powerhouses that produce the energy required to maintain cell functions. Their dysfunction is thought to mediate the cellular processes associated with neurodegenerative disorders.

Photobiomodulation therapy has been shown to be effective for people with Parkinson's disease in recent clinical trials, improving gait speed, stride length, and balance, according to the company.

[Gains seen in Parkinson's with Symbyx's red light therapy helmet](#)

[Evidence for light therapy in Parkinson's, neurodegenerative disorders](#)

The new project, led by Julia A. Scott, PhD, and Sally Wood, PhD, will conduct small-scale studies on healthy volunteers to access light therapy's effects on the brain's activity and evaluate protocol design. The aim of the research is to find more conclusive evidence about the therapy's effectiveness in treating brain injury and neurodegenerative disorders.

Neuronic plans to integrate the findings into their device's next generation, the ultimate goal being to improve the therapy's effectiveness and increase its acceptance as a therapeutic option.

"We are excited for the opportunity to contribute to the development of safe and effective interventions for brain health that can reach a wider population who are struggling with brain injury and neurodegeneration," Scott said.

In the future, researchers envision tailoring treatment to each patient using real-time electroencephalogram (EEG) data. EEG technology has long helped measure the brain's electrical activity and identify evidence of neurological diseases using metal discs attached to the scalp.

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PARKINSON'S PERSPECTIVE

NOVEMBER 2023

Coming Events

See inside for more information

November 4th - Reg Mtg at Central United Methodist Church – 10 am
Program: The Benefits of Ping Pong for People with Parkinson's; **Speaker:** Dr. Antonio Barbera, MD

December 2nd - Reg Mtg at Central United Methodist Church – 10 am
Program: Christmas Party!!!! — The Song Spinners will entertain us!

January 6th - Reg Mtg at Central United Methodist Church – 10 am
Program: Parkinson's 101; **Speaker:** Jill Reid, Educational Outreach

February 3rd - Reg Mtg at Central United Methodist Church – 10 am
Program: Break-Out Sessions – Caregivers & Parkinsonians separate into different rooms to talk

March 2nd - Reg Mtg at Central United Methodist Church – 10 am
Program: Physical Therapy for People with Parkinson's; **Speaker:** Danielle Mulligan, PT, MSPT

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>;
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<https://www.pdself.org>; https://www.youtube.com/playlist?list=PLkPlhQnN7cN6dAJZ5K5zQzY84btUTLo_C; pmdalliance.org;