



**OCTOBER 2023**



# 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

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**Secretary:** Annette Garcia

**Treasurer:** Julie Pfarrer

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Janet Adams, Beth Clarke,  
Gene Clarke, John Farley,  
Carole Henriksen, Steve Locke,  
Paul Mackendrick, Dave Moross,  
Mary Sauvain

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**Programs:** Jill Reid

**Educational Outreach:** Jill Reid

**Membership:** Carole Henriksen

**Chaplain:** Rusty Merrill

**Parkinson's Awareness Day:**  
Vacant

**Photographer:** Annette Garcia

**Lending Locker Coordinator:**

Mary Sauvain [redacted]

**Main Dish Coordinator:**

Bill Hicks [redacted] or  
potluck@co-parkinson.org

**Picnic:** Carole Henriksen  
and Janet Adams

**Media Relations:** Mary Sauvain

**Medical Advisor:**

Dr. Brian Grabert, MD

**New Member Table Chairmen:**

Norm Tuinstra

**Sunshine (Cards):** Sharon Carlson  
[redacted]

**T-Shirt Chairman:** Vacant

**Webmaster:** Julie Pfarrer

webmaster@co-parkinson.org

**Newsletter Editor:** Kristy Schleiker

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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 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)

## October Meeting: Saturday, October 7th – 10:00 am – 1:30 pm

*We will NOT be Zooming OR recording this meeting*

**Location:** Central United Methodist Church, 4373 Galley Road—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.

### October Program Topic: Break-out Sessions

Moderators for the Parkinsonians: Kathleen Foster and for the Caregivers: Jill Reid & Julie Pfarrer

The Parkinsonians get together in one room and the caregivers in another to discuss their questions and concerns about their PD journey.

*The program will be followed by a potluck.*

### The October Potluck — Chili or Soup

If you would like to sign up to be one of the providers of a main dish or a side dish/dessert for the meeting, you can contact Bill Hicks at [redacted] or potluck@co-parkinson.org, no later than Wednesday, October 4th 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 President's Corner

| Jill Reid - Acting President, CPF & CSPSG



Technology is a wonderful thing. Cell phones have enabled us to stay in touch with each other even when we are not at home and to call for help without having to find a pay phone. We can bring friends and family up-to-date without our having to hand-write letters and pay for postage stamps. We can shop, do research, pay bills, organize our important documents, and file those documents on devices the size of our thumbs instead of having to use bulky, space-consuming file cabinets. Our members who can't get out of the house can join our meetings via Zoom, and we can record all our guest speakers and put videos of their presentations on our website for us to watch and review in the comfort of our homes. Technology is a wonderful thing.

Except when it doesn't work. Like during our last monthly meeting. Our wonderful and informative guest speaker, Dr. David VanSickle, needed to use his own Mac laptop instead of our Microsoft laptop and therefore his laptop had to be the one which started and controlled the Zoom meeting, which normally would not be a problem. Unfortunately, his laptop did not have updated Zoom software, and Zoom wouldn't let him log into Zoom, never mind start and control our Zoom meeting, without the updates. And his laptop wouldn't let Zoom update the software. Three of us fairly-techno-savvy people

tried for 45 minutes to find a work-around and finally gave up. Lesson learned: if the speaker needs to use a Mac laptop instead of ours, be sure he updates his Zoom software well before our meeting. Not only did our remote members miss his great presentation, we weren't able to record it for inclusion on our website. But do not despair—he and Dr. Gummadavelli will be doing the DBS presentation again sometime in September, and they promised to record it and share the recording with us. We don't know exactly when that presentation will take place, but we'll be sure to post it to our website just as soon as they share the recording with us.

This month, watch two comedies, Jumanji: Welcome to the Jungle, and its sequel, Jumanji: The Next Level. The characters that get harmed/killed in these two are not real people: they're avatars in a board game that mysteriously suck our heroes into a computer-generated jungle and desert—it's good vs evil with no blood. The fun part is watching how Dwayne, The Rock, Johnson, Jack Black and Kevin Hart start out as completely different people (the Rock is a skinny, whimpy kid afraid of everything; Jack Black is an airhead, self-absorbed teenage girl who can't live without her cell phone; and Kevin Hart is a big, burly high school football player) whose bodies get transformed (but not their personalities) to how we're used to seeing them. It's good, clean fun and highly entertaining.

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, at [db\\_mgr@co-parkinson.org](mailto:db_mgr@co-parkinson.org).

**Question:** I saw the YouTube: Episode #32 Light Laser Therapy for Parkinson's. Is this an up and coming treatment for PD? How can I find out more about it?

**Answer:** This was my first introduction to this topic. I had to view this myself but it was the first listing when I searched "YouTube episode #32 Parkinson's disease". This is a 17-minute video by a Dr. Wayne

Markum, Doctor of Chiropractic. He is the CEO of an Australian company that makes a laser light device called SYMBYX. This type of therapy is called Photobiomodulation [PBM]. PBM is the application of red to infrared light [wavelength 600 – 1070 nm] by this type of device to various parts of the body that can include the scalp [transcranial], nose [intranasal], neck and abdomen. There are some small [6 - 7 patients], uncontrolled studies in PD patients published that show clinical improvement. A Pubmed Search using the term: "photobiomodulation in Parkinson's Disease" yielded 169 hits, so you can learn more about PBM by doing your own Pubmed Search. Dr. Markum's company SYMBYX Biome began a trial last year in Adelaide, Australia and another one in Toronto, Canada. No published results yet. There are no current studies to my knowledge in the US. Whether this is "an up and coming treatment" will have to await further studies.

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	Walgreens men's underwear interior leg cuffs – small 28"-40" – maximum absorbency-20 count	2 pkgs
Rehab squeeze balls	2	Prevail daily male guards – one size fits all – maximum absorbency-14 count	2 pkgs
Thick-it	1	Cardinal health guards for men – extra heavy absorbency -14 count	2 pkgs
Eye drops – Systane lubricant – hydration PF – preservative-free – dry eye relief	2	Hospital bed bedding: 2 quilts	
Reusable bed pads	8	2 sets of sheets	
Hospital slippers – XL & XXL	2	1 mattress pad	
Aluminum walker tennis balls	4	5 pillow cases	
Aluminum walker tray	1	Grab Bars	1
Gate belts	5		
Plastic handicap plate	1		
Hospital gown	1		
Pill crusher, storage, & drink cup combination	1		

**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](mailto:db_mgr@co-parkinson.org) so that person can be added to this list.

**Colorado Springs**

- Dr. Bradley Priebe, MD – Neurologist at Peak Neurology, PC; (719) 445-9902
- Steven Swank, PharmD, BCACP – Peak Neurology, Clinical Pharmacist Specialist
- 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/Parkinson's vision issues.

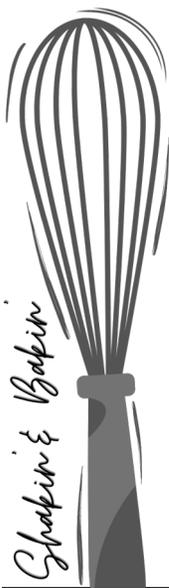
- Elizabeth Harmon, PA – UCHealth; (719) 365-7300
- Melinda McClenden, NP – UCHealth; (719) 365-7300

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

**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](mailto:project@co-parkinson.org).*

September 2nd, 2023: Program Review

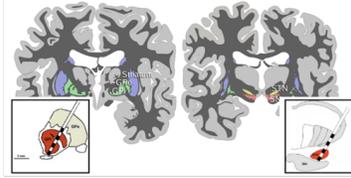
Deep Brain Stimulation (DBS) Update - Presented by: Dr. David VanSickle, MD, PhD - Neurosurgeon

Please watch Dr. VanSickle's video presentation of March 2021 on the CPF website (co-parkinson.org) under the 'Resources' tab before you read this review. Due to limited space in the newsletter, we weren't able to include all the supporting words that go with the illustrations.

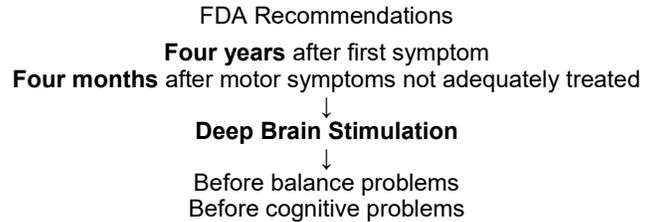
A Pacemaker for the Brain



STN and GPi Stimulation

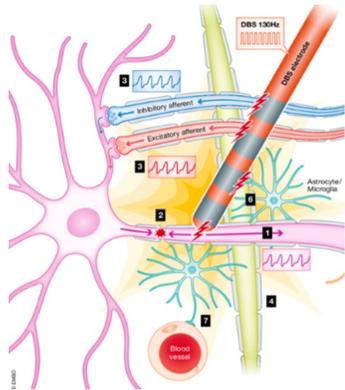


Who is a DBS candidate?



DBS is non-destructive but it is invasive. Its targets (either the subthalamic nucleus (STN) or the GPi) remain intact post-surgery and the electrode is within 1 mm of its intended target. DBS is essentially electrical dopamine; DBS does not require dopamine receptors so it keeps right on working as the disease progresses and the dopamine receptors die off. The best results are usually from a combination of DBS and carlevio supplementation.

Today, people are candidates for the surgery at a much earlier age. The FDA guidelines (not locked in concrete) are that people with idiopathic Parkinson's are eligible for DBS four years after the first Parkinson's symptoms appear or four months after motor symptoms are not adequately treated with carlevio. DBS does not help anyone but those with idiopathic Parkinson's.



- DOPAMINE is an INHIBITORY Neurotransmitter
- Electrical Stimulation also INHIBITS Neurons
- Electrical INHIBITION replaces DOPAMINE

Who with Essential Tremor is appropriate?

1. Severe or disabling Essential Tremor unresponsive to medical therapy
2. Bilateral or unilateral stimulation based on symptoms
3. Absence of medical contraindication

The awake version of DBS had wonderful increases in quality of life but came with negative side effects: the torture of the 7-hour surgery while the patient was awake; unwanted complications such as infections, and less than perfect outcomes.

Does DBS work?

Multiple Randomized Controlled Trials

THE NEW ENGLAND JOURNAL OF MEDICINE

ORIGINAL ARTICLE

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

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

THE NEW ENGLAND JOURNAL OF MEDICINE

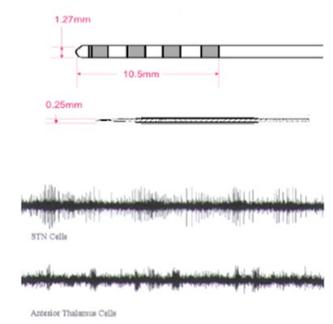
ORIGINAL ARTICLE

**Neurostimulation for Parkinson's Disease with Early Motor Complications**

W.M.M. Schuepbach, J. Rau, K. Knudsen, J. Vollmann, P. Krack, L. Timmermann, et al.

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

Francis M. Weaver, Kenneth Follett, Matthew Stern, et al. JAMA. 2009;301(11):1407-15. doi:10.1001/jama.2009.3029



"An unexpectedly high rate of revisions and removals in deep brain stimulation surgery: Analysis of multiple databases" written by John D. Rolston\*, Dario J. Englot, Philip A. Starr, and Paul S. Larson Department of Neurological Surgery, University of California, San Francisco, United States

Centers for Medicare Services (CMS) ACS National Surgical Quality Improvement Program (NSQIP)

- Over 28,000 procedures over 10 years
- 15.2% of CMS cases had intracranial electrode removal or replacement
- 34.0% of NSQIP cases had removal or replacement

Does not include other surgical complication

The awake version of the surgery resulted in an unexpectedly high rate of revisions and removals—34%. That number for any surgery should be 1% or 2% at most.

RESEARCH PAPER  
Deep brain stimulation improves survival in severe Parkinson's disease

osalind Mitchell,<sup>2</sup> Jamilla Kausar,<sup>2</sup> James Hodson,<sup>3</sup> Anwen Harries,<sup>2</sup>

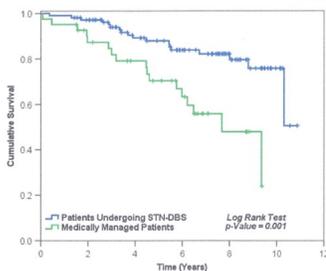


Figure 1 Kaplan-Meier survival curves.

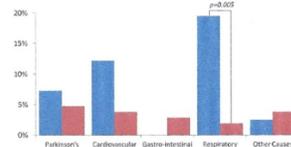
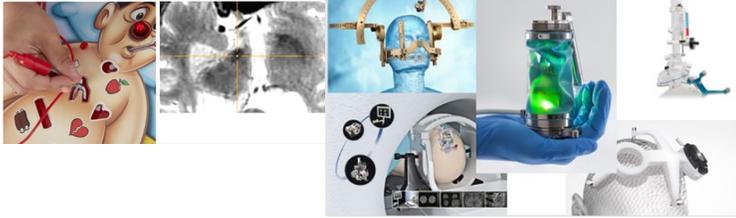


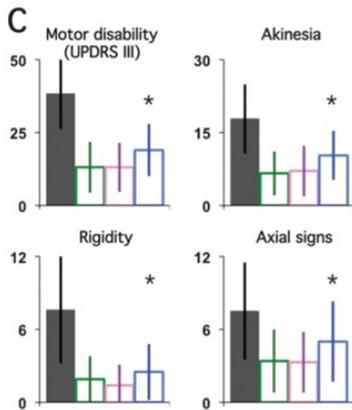
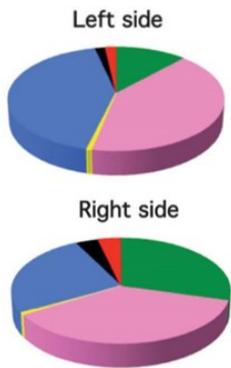
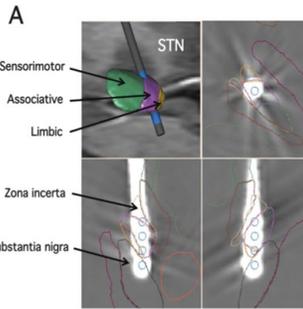
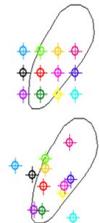
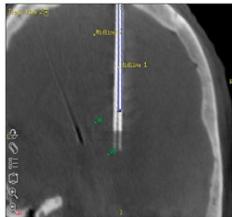
Figure 2 Causes of death for medical and surgically managed patients.

It is what you don't touch...



STEREOTACTIC & FUNCTIONAL Technique Assessment

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

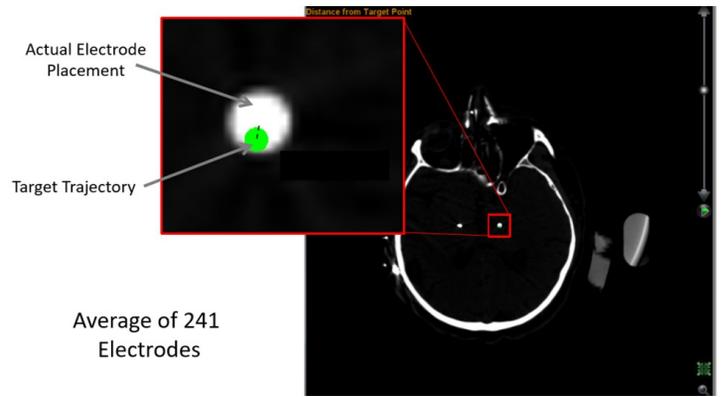
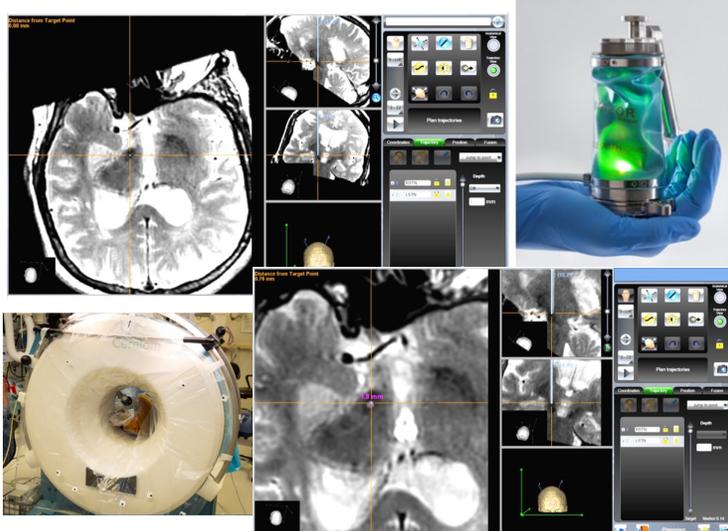


In the early 2000's, with the awake version of the surgery, there was a 40% survival advantage for 10 years. At that time, the surgery was only done on older patients, so 40% survival advantage was huge.

The goal since those days has been to avoid all these problems and make the surgery better. The newer sleep version has accomplished that by being shorter (1 1/2 to 2 hours) and much more accurate.

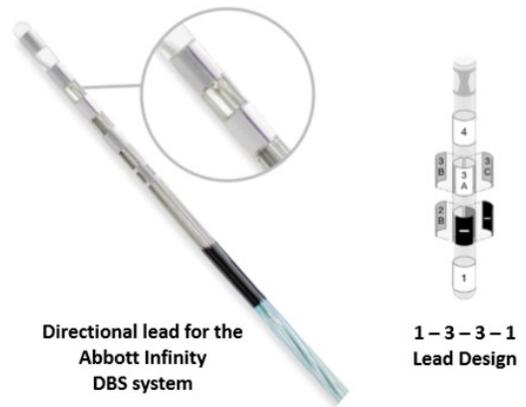
**Asleep-Robotic DBS**

The robot that Dr. VanSickle uses for the asleep version of the surgery was invented by the Israelis. It enables an accuracy of less than 1/2 mm.



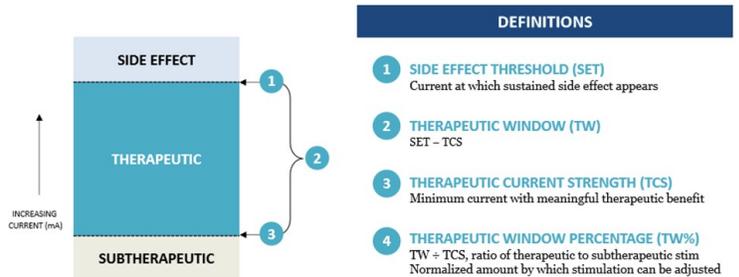
Average of 241 Electrodes

**Directional Stimulation**



Introduced by Abbott, it provides a much bigger therapeutic window. It can virtually (not physically) "move" the probe forward or back to treat particular symptoms more effectively. With this type of probe, the number of revisions has decreased greatly. The Abbott probe also enables doctors to log into the device remotely so you don't have to go the doctor's office in order for it to be adjusted!

**Outcome Measures of Directional DBS Data**



**Single Segment Activation (SSA)  
Produced Wider TW<sup>10</sup>**

**84.8% SUBJECTS** Single Segment Activation (SSA) produced **WIDER THERAPEUTIC WINDOW** than conventional stimulation in 84.8% subjects.<sup>10</sup>

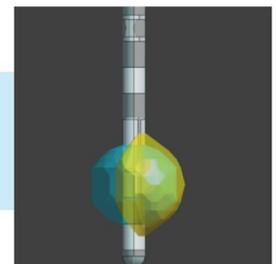
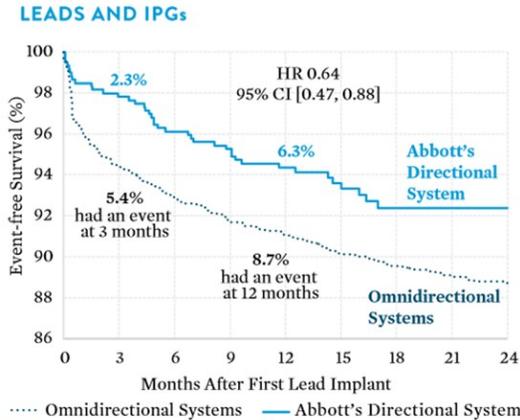


Image: Rebozo et al. 'Therapeutic Directional Deep Brain Stimulation for Tremor: Spinal vs. gpi work.' Brain Stimulation 2022.

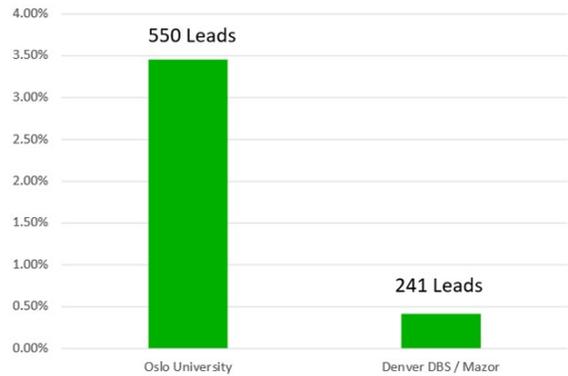
Measurables

# Surgical Revision Rates



The infection rate for the sleep version performed by Dr. VanSickle is only .3%.

# Infection Rate per Lead

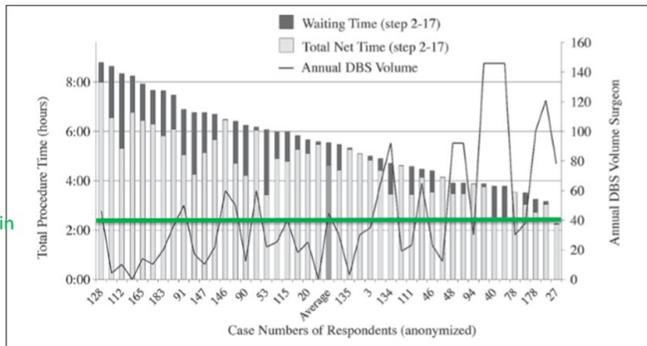


**Note:** DBS improves motor symptoms of Parkinson's only—not memory, balance, frequent falls, or smell.

### Remote Care

The Abbott probe also enables doctors to log into the device remotely so you don't have to go the doctor's office in order for it to be adjusted!

# Total Case Time Comparison to Abosch 2013



**They are happy to help patients get in to see neurologists as well!**

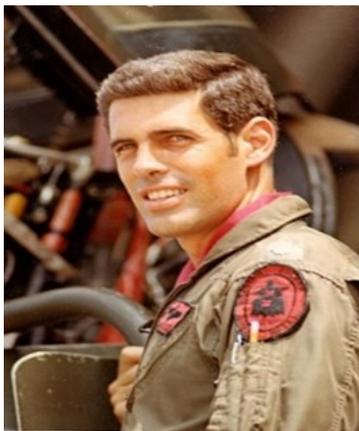
**DenverDBSCenter.Org**

855-202-9303

720-638-7500

David VanSickle MD, PhD

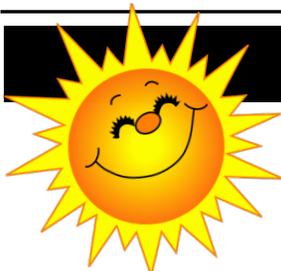
# Sad News



**Worth Russell McCue** passed away September 4<sup>th</sup>. He was born in Mobile, AL. After losing his father, a pilot in the US Army Air Corps, due to a plane malfunction, Worth, at the age of 3, and his sister were raised by their mother and grandparents near Mobile Bay. At an early age he seemed resolved to join the military and become a pilot. He attended University Military School (UMS) – Wright Preparatory, in Mobile, AL, played a multitude of sports, and took the state title in tennis doubles. In 1957 Worth was admitted to the US Air Force Academy. After graduating from the Academy in 1961 with a degree in Engineering Science, Worth went on to pilot training and later became a flight instructor. He and the love of his life, Joan Hedge, married on September 5<sup>th</sup>, 1965 and lived happily together until Joan's death in 2016. During Worth's military service he logged over 10,000 hours of flying time, including a tour in Vietnam where he flew as a Forward Air Controller. After Vietnam he flew a variety of aircraft, but primarily F-4 fighter jets.

At home Worth was a loving father and husband. To his sons he imparted values of determination, nerve, and compassion - consistent with the way he lived his life. After retiring from the Air Force in 1981, he returned to Colorado Springs and developed a second career in Computer Programming.

Worth is survived by his two sons Michael and Mark, his sister Carol Ann and 4 grandchildren. A graveside service was held at the US Air Force Academy Cemetery. Fond memories and expressions of sympathy may be shared at [www.Swan-Law.com](http://www.Swan-Law.com) for the McCue family.



# 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.

Sharon can be reached at [REDACTED].

Thank You!

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

### November Newsletter Input Deadline: October 13th

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

### October Executive Committee Meeting

October 10th at 1:00 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.



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

Judy Allgeyer  
Kathryn Allie  
Ann Brand  
Joshua Campbell  
Roger Christiansen  
Richard Cobey  
Charlene Costello  
Mike Cunningham

Ruby Doyle  
Eddie Edwards  
Bobbie Hamilton  
Phil Horton  
Betsy Hughes  
Linda Krager  
Elaine Laue  
Rudy Legleiter

Karen McCraley  
Katja Pinion  
Ed Pope  
Sean Prescott  
Gary Robinson  
Ed Santos  
Marda Santos  
Maria Serna

Linda Marie Shrewsbury  
Keith Smith  
Jan Suhr  
Rick Thomas  
Scott Van Pelt  
Charles Wells  
Helen Zinn

## Recipe of the Month: Garlic & Herb Roasted Shrimp

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](mailto:db_mgr@co-parkinson.org).**

**Ingredients**

- 1 stick of butter
- 2 Tbl olive oil
- 2 Tbl minced garlic (6 cloves)
- 2 tsp or 1 Tbl minced rosemary
- ¼ tsp crushed red pepper flakes
- Kosher salt
- Ground black pepper
- 2 large lemons
- 2 lbs (8-10) shrimp, tails on
- 1 tsp sea salt

**Directions**

- Preheat oven to 400 degrees.
- Melt butter over low heat in medium (10") saute pan.
- Add oil, garlic, rosemary, pepper flakes, 1 tsp salt and ½ tsp pepper and cook over low heat for 1 minute.
- Off heat, zest one lemon directly into butter mixture.
- Arrange shrimp snugly in 1 layer in large (12") round ovenproof saute pan (or 10" x 13" baking dish) with only tails overlapping.
- Pour butter mixture over shrimp.
- Sprinkle with sea salt and ½ tsp pepper
- Slice ends of the zested lemon, cut 5 (1/4" thick) slices, and tuck them among the shrimp.
- Roast for 12-15 minutes, just until the shrimp are firm, pink and cooked through. Cut the remaining lemon in half and squeeze juice onto the shrimp.

## Improved software for deep brain stimulation wins FDA approval

By Margarida Maia, PhD – Parkinson's News Today, 7/12/23

The U.S. Food and Drug Administration (FDA) has approved Boston Scientific's software called Vercise Neural Navigator 5, which provides visual guidance on how to best program deep brain stimulation (DBS) settings for Parkinson's disease.

The improved software features an enhanced user-friendly interface that presents simplified patient data and provides clinicians with advanced settings for improving how the therapy is administered. It also allows for greater flexibility in managing the changing requirements of patients at any stage of their condition.

"The new features in the Vercise Neural Navigator 5 are expected to help further reduce the time needed to adjust stimulation and minimize potential side effects, allowing us to optimize treatment benefits for each patient," Mustafa Saad Siddiqui, MD, the director of the DBS program at Atrium Health Wake Forest Baptist in Winston-Salem, said in a press release.

"Developing meaningful tools to help physicians provide personalized treatments for their patients delivers on our promise to advance

our technologies for people living with neurological conditions," said Jim Cassidy, president of neuromodulation at Boston Scientific.

Symptom-responding deep brain stimulation system in development

Improving deep brain stimulation technology

DBS is a Parkinson's treatment that consists of a surgical procedure wherein doctors place one or more small wires, called leads, into the deep structures of the brain. The leads are connected to a stimulator device that's powered by a battery. It's placed under the skin below the collarbone.

Once connected, the stimulator releases pulses of electrical current through the leads and into the brain. The pulses block the irregular signals that cause tremor and other motor problems, reducing Parkinson's symptoms.

It's important that doctors place the leads in exactly the right place and that the settings are adjusted to find the balance between reducing symptoms and minimizing side effects. Pre-

forming this programming can be time consuming, however.

Vercise Neural Navigator 5 software, with STIMVIEW XT technology, was developed with Brainlab AG. Used with the company's Vercise Genus DBS System, the tools have been shown to reduce programming time and provide doctors with real-time visualization and stimulation of each person's distinct brain anatomy.

"The ability to see the precise placement of DBS Systems enables us to target therapy to meet individual needs," Siddiqui said.

"Providing effective DBS therapy is complex and can be time-consuming. This software will help streamline the process and allow for more doctor-patient interaction time," Cassidy said.

The DBS system is approved for conditional use in a magnetic resonance imaging (MRI) environment, meaning it's safe to use with full-body scans. It can be used with Parkinson's or essential tremor, which refers to an involuntary shaking in parts of the body that tends to lessen at rest.

**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 jimdjs22@gmail.com or [redacted].

**Tri-Lakes Parkinson's Support Group**

Meets the 3rd Saturday of every month at 10 am at the Monument Community Presbyterian Church, 238 3rd Street, Monument. For more info contact Syble Krafft at [redacted] or Barry Hanenburg 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!  
 - LSVT  
*Cognitive-Linguistic Deficits*  
*Aphasia following stroke*  
 - Neuromuscular Electrical Stimulation Therapy  
 - Respiratory Muscle Strength 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

**Colorado Parkinson Foundation, Inc.**

1155 Kelly Johnson Blvd.

Suite # 111

Colorado Springs, CO 80920

**PARKINSON'S PERSPECTIVE**

**OCTOBER 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:** 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](http://www.parkinsonrockies.org); [www.parkinson.org](http://www.parkinson.org); [www.nwpcf.org](http://www.nwpcf.org); [michaeljfoxfoundation.org](http://michaeljfoxfoundation.org);  
<http://caremap.parkinson.org>; <https://www.brainhq.com/world-class-science/published-research/active-study>;  
[www.davisphinneyfoundation.org/living-pd/webinar/videos/cognitive-nonmotor-symptoms-parkinsons](http://www.davisphinneyfoundation.org/living-pd/webinar/videos/cognitive-nonmotor-symptoms-parkinsons); [www.parkinsonheartland.org](http://www.parkinsonheartland.org);  
<https://www.pdself.org>; [https://www.youtube.com/playlist?list=PLkPlhQnN7cN6dAJZ5K5zQzY84btUTLo\\_C](https://www.youtube.com/playlist?list=PLkPlhQnN7cN6dAJZ5K5zQzY84btUTLo_C); [pmdalliance.org](http://pmdalliance.org);