



September 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

**President Emeritus:** Ric Pfarrer

**Vice President:** Jill Reid

**Secretary:** Annette Garcia

**Treasurer:** Julie Pfarrer

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Janet Adams, Beth Clarke,  
Gene Clarke, John Farley,  
Carole Henrichsen, Steve Locke,  
Paul Mackendrick, 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

**Photographer:** Annette Garcia

**Lending Locker Coordinator:**  
Mary Sauvain [redacted]

**Main Dish Coordinator:**

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

**Picnic:** Carole Henrichsen  
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

**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 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)

## September Meeting: Saturday, September 2nd – 10:00 am – 1:30 pm

*We will be Zooming and 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.

## September Program: Deep Brain Stimulation Therapy Treatment Updates

**Speakers:** Dr. David VanSickle and Dr. Abhijeet Gummadavelli

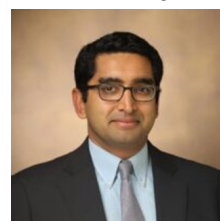
### About the Speaker: Dr. David VanSickle, MD, PhD, FAANS



Dr. VanSickle, board certified by the American Board of Neurological Surgery, specializes in helping patients with Parkinson's and other movement disorders gain years of active, fulfilling life through deep brain stimulation (DBS). As an experienced neurosurgeon, Dr. VanSickle saw the reluctance of patients to undergo DBS, which is traditionally performed while the patient is awake. Understanding his patients' fears, he set out to help develop a technique that allows patients to remain asleep during the procedure. Adding robotic-guidance, Dr. VanSickle now performs Asleep DBS with results that far outperform national averages.

Dr. VanSickle started his career in engineering. By the time he had completed his master's degree and doctorate in bioengineering, Dr. VanSickle had published roughly 40 papers. As someone with dyslexia, Dr. VanSickle has been able to use his approach to learning as an advantage, understanding systems and strategy in a way that has helped bridge the gap between engineers, scientists, and physicians. This perspective to learning and life led Dr. VanSickle to go on to pursue a career in neurosurgery. He earned his medical degree from the University of Pittsburgh and completed a six-year neurosurgery residency at the University of Colorado Health Sciences Center. While there, he was named Surgical Intern of the Year and later the Neurosurgery Resident of the Year. He is a member of Alpha Omega Alpha Honor Medical Society as his commitment to research, leadership, and learning continues to this day.

### About the Speaker: Dr. Abhijeet Gummadavello, MD



Dr. Gummadavelli is a fellowship-trained adult epilepsy and general neurosurgeon with Neurosurgery One in Littleton. He sub-specializes in stereotactic and functional neurosurgery including deep brain stimulation (DBS), NeuroPace responsive neurostimulation (RNS), vagus nerve stimulation (VNS), resections, and laser ablation for adult patients with epilepsy. He is skilled at using stereoelectroencephalography (stereo-EEG) to pinpoint the seizure-generating networks, which makes epilepsy surgery even more effective. Dr. Gummadavelli also is experienced in diagnosing and treating craniofacial pain, spasticity, and refractory back pain, as well as performing minimally invasive and traditional brain tumor and spine surgeries.

*The program will be followed by a potluck.*

## The September Potluck — Your Favorite Casserole Dishes!

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 (719) 238-9955 or potluck@co-parkinson.org, no later than Wednesday, August 30th 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



I'm always on the look-out for helpful tools, as those of you who read my article may have guessed by now. I've recently learned about two more.

While reverse-brake walkers, like the U-Step II, are the ideal for people with Parkinson's, they have one drawback that concerns me: you have to bend over at least slightly to reach the handles. People with Parkinson's tend to push their walkers away from their bodies instead of keeping them close to the bodies; this leads to eyes looking down instead

of straight ahead and walking on toes—both of these unchecked result in falls. U-Step II and most other walkers do not prevent these two issues—they exacerbate them. BUT the UPWalker takes care of both issues. You cannot easily push the UPWalker way out in front of you, and you're standing upright, not bent over, as you use it. The latest model is called the UPWalker Premium Lite. It weighs 18.5 pounds (about 5 pounds less than the original version), has larger front wheels than the original version, has lights to illuminate your path at night, and comes fully assembled. We have one of the original UPWalkers in our lending locker



if you would like to test drive it, keeping in mind that the latest model is lighter and has those larger front wheels and lights. I found both versions of the UPWalker on Amazon. Your doctor may write you a prescription for one, in which case you can work with the company directly and Medicare/insurance will pay for at least part of the cost.

The other item gets rave reviews from our own Mary Sauvain. It's called the CallToU Elderly Monitoring Call Button/Wireless Care-giver Pager. It comes with one, two, or four call buttons and one receiver/monitor. The receiver can be moved from room to room and has 55 ringing tones to choose from. Your loved one can call you from 500+ feet away without having to yell or arrange for you to stand by in case he needs help. Like the UPWalker, the CallToU is available on Amazon for only \$31.99.



This month, I really hope you'll watch the comedy, RV, starring Robin Williams. Those of us who have RVs delight in this movie because it is a documentary of sorts; in the RV group I belong to, we have all experienced at least one of the "disasters" that Robin encounters and have come to laugh at all of them and at ourselves because of them. It is a hilarious showcase for some very talented actors and singers. Enjoy!

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).

Thank You!

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

October Newsletter Input Deadline: September 20th

Call or e-mail Julie at: [db\\_mgr@co-parkinson.org](mailto:db_mgr@co-parkinson.org)

September Executive Committee Meeting

September 5th at 1:00 p.m. at a place to be determined. Contact Jill at [president@co-parkinson.org](mailto: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.



Dale Bowman  
Jackie Casey  
Larry Christian  
Ray Coddington  
Janet Conover  
Pamela Cooper  
Mary (Maria) Cordova  
Gerald Costanzo

Nancy Crosier  
JoAnne Egolf  
Linda Geist  
Barbara Gross  
David Gross  
Carole Henrichsen  
Patrick Holland  
Alan Knight

David Lydon  
Paul Metzler  
Corinne Nelson  
Kathy Parker  
Marge Parrott  
Ric Pfarrer  
Carol Rushing  
Gary Shrewsbury

Judith Stauffer  
Shanti Stuehmeyer  
Onda Waller  
Alan Whitaker

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

Recipe of the Month: Rosemary Roasted Cashews

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).

Directions

- Preheat oven to 375 degrees.
- Place nuts on ungreased baking sheet and bake for about 10 minutes until warmed through
- Meanwhile, combine rosemary, pepper, sugar, salt and butter in a large bowl.
- Toss warm nuts with mixture until coated.
- Serve warm

Ingredients

- 1 ¼ lbs cashew nuts
- 2 Tbl coarsely chopped fresh rosemary leaves
- ½ tsp cayenne
- 2 tsp brown sugar substitute
- 2 tsp kosher salt
- 1 Tbl melted butter

# July 1st, 2023: Program Review

## FRAUD/SCAM PREVENTION - Presented by: Mathis, Colorado Springs Police Department Crime Prevention Unit

**Disclaimer:** Scott introduced numerous statistical graph illustrations that show how prevalent scams have become throughout the world. These are too large and numerous to include in the newsletter but can be viewed in the video on the website under the 'Resources' tab.

What is a scam?

- A dishonest trick used to cheat someone out of something, especially money.
- After building trust with a victim, the scammer will defraud or steal from the victim.
- Scammers don't care about you; they only want cooperation to gain something from you.
- Can be in person, over the phone, via email, or by mail.

Four Signs It's A Scam!

- Scammers PRETEND to be from an organization you know.
- Scammers say there's a PROBLEM or a PRIZE.
- Scammer PRESSURE you to act immediately.
- Scammer tells you to PAY in a specific way.

### The Data:

Over the last five years, the IC3 has received an average of 652,000 complaints per year. These complaints address a wide array of internet scans affecting victims across the globe.



2022 IC3 Breakdown:

- \$10.3 Billion victim losses in 2022
- 2,175+ average complaints received daily
- 651,800+ average complaints received per year (last 5 years)
- Over 7.3 Million complaints reported since inception

See the following graphs in the presentation video on the website:

- 2022 – Victims by Age Group
- 2022 – Top 20 International Victim Countries
- Top 10 States by Number of Victims
- Top 10 States by Victim Loss (in millions)
- Top 5 Crime Type Comparison
- 2022 Crime Types
- Overall State Statistics

### The Scams:

#### Email Phishing

What is phishing?

- The fraudulent practice of sending emails purporting to be from reputable companies in order to induce individuals to reveal personal information, such as passwords and credit card numbers or to send money.



How to recognize phishing?

- Legit companies don't request your sensitive information!
- Legit companies usually call you by your name.
- Legit companies know how to spell.
- Legit companies don't force you to their website.
- Legit companies don't send unsolicited attachments.

#### Clues for spotting fake emails/profiles

Scammers can easily fake an official-looking email, using the same logo and design as the real company.

- RE: TJ2034SD Digital imaging accessories URGENT** - Feigns a sense of urgency so victims don't inspect closely
- To Whom it May Concern,
- The Customs Office formally presents a notification regarding the immediate suspension of your consign- - Uses a generic greeting and doesn't address you or your organisation directly
- Government of Australia Office of Revenue Affairs - The organisation or company might not even exist
- ..Pursuant to article 107, section 39, sub section iv of the 1998 INTERNAL REVENUE ACT, said Forces and Persons are hereby required to.. - May contain official sounding language to make it look more genuine
- ..has affected the delivery of a parcel containing some valuables and sum large amount on your package in favor of the above mentioned beneficiary address. - Poor grammar, spelling and punctuation

#### Smishing

What is smishing?

- Smishing (SMS Phishing) – “the fraudulent practice of sending text messages purporting to be from reputable companies in order to induce individuals to reveal personal information.”

Warning Signs:

- A text message requests personal information, such as your Social Security number or an online account password.
- The message asks you to click a link to resolve a problem, win a prize or access a service.
- The message claims to be from a government agency. Government bodies almost never initiate contact with someone by phone or text, according to the FCC.
- The text offers coronavirus-related testing, treatment or financial aid, or requests personal data for contact tracing.

#### Smishing (Text Scam) Samples

Text Message Today 8:55 AM: [Redacted], urgent notification regarding the USPS delivery \$46K5 from 04/04/2020. Go to: [m9sxxv.info/lbJ0nVq6Ft](http://m9sxxv.info/lbJ0nVq6Ft)

Text Message Sun, Mar 21, 4:21 PM: Tonia, you still have \$130 Amazon Bonus credit: [v4fzc.info/CKQp0ZDGky](http://v4fzc.info/CKQp0ZDGky) See what you can buy before it expires on 03/22 [v4fzc.info/CKQp0ZDGky](http://v4fzc.info/CKQp0ZDGky)

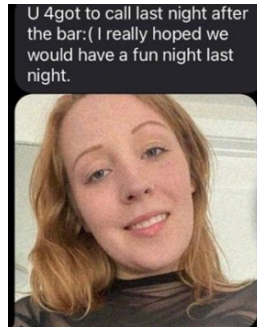
- Did you receive a text message from yourself?

Text Message Today 9:14 AM: Free Msg: Your bill is paid for March. Thanks, here's a little gift for you: [um3yy9.rczt35.xyz/flch](http://um3yy9.rczt35.xyz/flch)

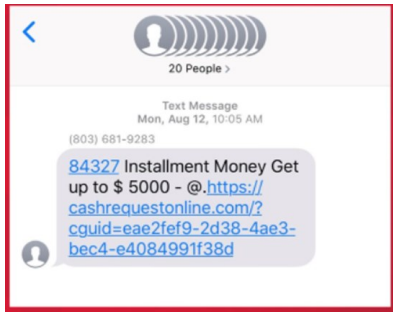
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- Did you get a random picture from an unknown person?



**Group Text Message Scams**



**Q:** Does replying with “STOP” on unwanted text messages really work?

**A: NO!** If the message is clearly a scam or an attempt to “phish” information from you, replying with “STOP” is not only ineffective, it’s an invitation to be bombarded by lots of junk messages in the future.

When they get the “STOP” response from you, they will know that your phone number is both active and responsive. This will lead to your number getting placed on an active list that is sold and resold countless times amongst the bad actors.

**How to Block Unwanted Group Text Messages**

**IPHONE:** Open the text message you received. Tap the phone number/group at the top of the screen and then tap the Info button. At the next screen, select **Block this Caller** and then tap **Block Contact** to confirm.

**ANDROID:** Navigate to the group chat. Tap on the three vertical dots in the upper right corner to open the group text’s setting page. Select “People & Options.” At this point, you should see a list of all the group text members. Find the original number for the text and tap on their name/number and select “block.”

**How to Report Unwanted Text Messages**

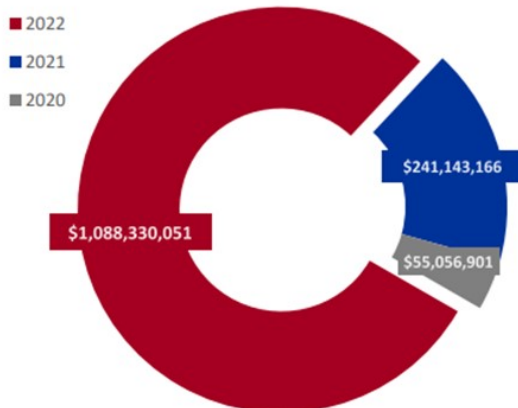
You can report a robotext to your mobile carrier by forwarding it to a specific number.

**Text the new message to 7726**, which spells out SPAM. The number works for AT&T, Verizon Wireless, and T-Mobile, all of which will use the information to try and block future spam messages.

On most smartphones, when you delete a text, it will ask you if you want to report as junk.

**Cryptocurrency**

Over 60 Losses Reporting Cryptocurrency Past 3 Years



- Cryptocurrency is becoming a preferred payment method for all types of scams – SIM Swaps, Tech/Customer Support fraud, Employment schemes, Romance scams, and even some Auction fraud.
- It is extremely pervasive in Investment scams, where losses can reach into the hundreds of thousands of dollars per victim.
- The largest losses among victims over 60 are cryptocurrency-related Investment scams, which accounts for approximately 66% of all losses related to cryptocurrency for this age group.

**Common Types of Frauds/Scams**

- Romance scam
- Tech Support scam
- Grandparent scam
- Government Impersonation scam
- Sweepstakes/charity/lottery scam
- Home Repair scam
- Family/Caregiver scam
- Many More!

**You received a scam, what's next?**

**Protect Yourself**

- Recognize scam attempts and end all communication with the perpetrator.
- Search online for the contact information (name, email, phone number, addresses) and the proposed offer.
- Resist the pressure to act quickly!
- Be cautious of unsolicited phone calls, mailings, and door-to-door services offers.
- Never give or send any personally identifiable information, money, jewelry, gift cards, checks, or wire information to unverified people or businesses!
- Make sure all computer anti-virus and security software and malware protections are up to date.
- Disconnect from the internet and shut down your device if you see a pop-up message or locked screen.
- Be careful what you download!
- Take precautions to protect your identity if a criminal gains access to your device or account.

**Report a Crime**

- Always remember: STAY ALERT! Don't be a victim.
- Please report suspected crimes via 911 (emergency only), 719-444-7000 (non-emergency), or online @ <https://coloradosprings.gov/police-department/page/report-crime-online?mld=4841> (minor crimes only).
- Report to [www.ic3.gov](http://www.ic3.gov)
- Contact your bank/credit card and credit reporting agencies.

**Resources**

- [www.FBI.gov](http://www.FBI.gov)
- [www.ic3.gov](http://www.ic3.gov)
- <https://reportfraud.ftc.gov/#/>
- [www.coag.gov](http://www.coag.gov) (Colorado Attorney General - Scams)
- [www.consumerfinance.gov](http://www.consumerfinance.gov)
- [www.ncoa.org](http://www.ncoa.org) (National Council on Aging)
- [www.justice.gov](http://www.justice.gov)
- [www.ovd.ojp.gov](http://www.ovd.ojp.gov) (Officer for Victims of Crime)
- National Elder Fraud Hotline 1-833-372-8311
- [www.stopfraudcolorado.gov](http://www.stopfraudcolorado.gov)
- [www.consumer.ftc.gov](http://www.consumer.ftc.gov)

### e3 Conference: Educate, Empower, Energize

Saturday, September 30 - 9:45 am – 2:00 pm

Hyatt Regency Denver Tech Center, 7800 E. Tufts Avenue, Denver. CO 80237

Parkinson Association of the Rockies' 11<sup>th</sup> annual free, educational conference brings together individuals with Parkinson's, their Care Partners, and family members, as well as professionals who work with the Parkinson's community to provide them with tools and resources for living vibrant and healthy lives. This year's theme is Advocacy.

- Transportation provided, space is limited. There will be a bus to pick up participants at Colorado Springs and Pueblo.
- Lunch provided.
- Energize Breaks: Tai Chi, Music, and Power Punch.

Presentations:

- Advocacy for Parkinson's at the Federal and State Level
  - ◆ Presented by Julia Pitcher, J.D. (Director of State Government Relations at The Michael J Fox Foundation)
- Medical Advocacy Panel
  - ◆ Presented by a Movement Disorder Specialist, Physician Assistant, Social Worker, and Physical Therapist will discuss how to use your team to advocate for yourself at doctor's appointments.
- Personal Advocacy Panel
  - ◆ 4 community constituents will discuss their personal advocacy experiences like being an active participant in Parkinson's research, advocating for legislation and exercise, working full time with Parkinson's and more.

Register at [www.parkinsonrockies.org/event/e3/](http://www.parkinsonrockies.org/event/e3/)

Call (303) 830-1839 or email [info@parkinsonrockies.org](mailto:info@parkinsonrockies.org) for more information.

### 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

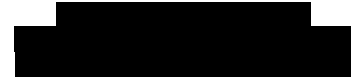
Dr. Lael Stander, MD – Neurologist at UCHealth; (719) 365-7300 **Note:** does well w/Parkinson's vision issues.

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

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

#### Denver

Dr. Michael Korsmo, MD – Neurologist at UCHealth, Anshutz Medical Campus; (720) 848-2080



Dr. David VanSickle, MD – Neurosurgeon at Neurosurgery One; (720) 638-7500 - **Note:** DBS expert

Erin Van Dok, OD – Optometrist at UCHealth Sue Anshutz-Rodgers Eye; Center (720) 848-2020

## 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].

## COLORADO SPRINGS PARKINSON'S SUPPORT GROUP

### SUMMER PICNIC-AUGUST 2023

at Venezia Park



## Sad News



**Charlotte Ann Cannava** died peacefully on April 29, 2023. Charlotte was born in New Britain, Connecticut in 1941. She studied sociology at Albertus Magnus College in Connecticut and then obtained her master's degree in education from Bridgewater State College in Massachusetts while raising her three young children.

She was a dedicated teacher who taught elementary students on an Air Force base, at an international school in Venezuela, and, most recently, in Colorado Springs. After she and Richard married and moved to Colorado in 1993, Charlotte taught 4th and 5th grade and was a reading specialist at Cheyenne Mountain Elementary. Charlotte and Richard shared many adventures together as they traveled extensively, rode motorcycles, and enjoyed ballroom dancing.

Through the years, Charlotte's warm smile and generous spirit attracted a wide circle of people who loved her, including her cherished grandchildren, the Cannava clan, dear friends from college, her tennis and bridge buddies in Plymouth, and friends from her book club, Bible study group, and exercise classes in Colorado Springs. While the past few years were challenging, Charlotte packed many fun times and rich relationships into her 80+ years. She will be missed very much.

Charlotte leaves behind her devoted husband Richard Cannava, her brother John Marenzana, and her three children Elaine, Rock Viccora, Glenn Rock, and Robert Rock and their families.



**Robert "Bob" David Sheets** passed away June 4, 2023. Bob was born April 1940, in Delta, Colorado. While pursuing a major in political science at Long Beach State College, Bob met "the love and light of his world," Colette Holbrook. They married in 1960 and soon moved to Houston, Texas, where Bob received an opportunity to become a part of the historic Apollo space program. He spent his early career as a marketing executive with North American Rockwell and Grumman Aerospace serving as their primary liaison to NASA's Johnson Space Center. He took immense pride in being a part of the select teams that contributed to the Apollo moon landings and developed the lunar module as well as key components of the space shuttle.

In 1983, he launched the Grumman office in Colorado Springs and became the Director of Corporate Development. Bob was a devoted member of the First United Methodist Church for forty years where he held numerous lay positions.

Bob loved water and snow skiing, enjoying nature through tent and RV camping, traveling with his grandchildren, reading and storytelling, and cooking.

His greatest source of pride was his family. Bob is survived two sons, Rob and Christopher and daughter, Andrea Bostick, seven grandchildren and two great-grandchildren and was predeceased by his wife of 54 years, Colette.

A memorial service to celebrate his life will be held on Saturday, August 26, 2023, at 2:30 p.m. at First United Methodist Church, 420 N Nevada in Colorado Springs. A reception will follow at Cheyenne Mountain Resort at 4:00 p.m. Please consider a gift in his memory to The YMCA of the Pikes Peak Region in lieu of flowers. <https://ppymca.org/support/donate>



**Thomas "Tom" Allen Small** died on June 9, 2023. Tom was born February 1940, in Pittsburgh, PA. He married Anne Penfield Chadwick, affectionately called Penny, June 12, 1965. They had two children, Andrew and Caroline "Carrie" and were long-time residents of Novelty, OH.

After college, Tom worked his way up the ladder at Republic Steel in Cleveland, OH. He then accepted a position with American Express as the Midwest Regional Sales Manager and retired in the early 2000s to Estero, FL. Penny passed away in 2016. Tom met Caitlin while she was part of Penny's hospice team during the summer of 2015. They were married on July 2, 2017. Tom always said, "I got lucky twice" and believed that Penny set the two of them up.

Tom spent his summers at Chautauqua Institution from the age of seven through the summer of 2017. He was actively involved in the Chautauqua Literary and Scientific Circle and served on the board and was an emeritus director in the Chautauqua Watershed Conservancy.

In Estero, Tom served the Pelican Sound Golf and River Club and was on the board of his church. After hurricane Irma, he recruited members from his men's group to help restore the Wonder Gardens in Bonita Springs. That led to him serving on the board, which he continued after moving to Colorado Springs.

Tom loved to travel and play golf, was an avid reader, and was determined to "beat" Parkinson's.

He is survived by his wife, Caitlin O'Reilly, his children Andrew Small and Carrie Smith, three grandsons and one great-grandson.

A celebration of life in Chautauqua, NY is planned for Sept. 23, 2023, at 10:30 am at the Hall of Philosophy with a reception to follow at Chautauqua Suites. Another service will be held in Estero, FL, date and time TBD. To learn more about the Estero celebration of life, contact Caitlin. In lieu of flowers, donations may be made to the Chautauqua Watershed Conservancy, the Parkinson's Foundation, the Michael J. Fox Foundation for Parkinson's Research, or the Bonita Springs Wonder Gardens.



**Richard Ray Sauvain** passed away June 19, 2023. Rich was born in Woodbine, Iowa. While attending Woodbine Junior High, he met his future wife, Mary Ellen Foutch, and they married on May 2, 1964.

Rich enlisted in the U.S. Marine Corps in 1963 and was stationed at the Yuma Marine Corps Air Station, where he worked on the flight line. He was honorably discharged in 1967 and remained a proud US Marine. Returning to Ames, Iowa, Rich began a career as a Barber in Iowa State University's Dogtown. Then he managed the Iowa Barber College in Des Moines, Iowa, and Missouri School of Barbering in St. Louis, Missouri.

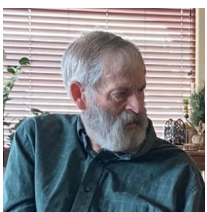
In 1984, the family moved west to Colorado Springs to follow Mary's numismatic career. Rich left his position at the barber college and began a new career selling for Peel's Beauty Supply. He won many sales awards, including a full year of use of a BMW Z3.

Retiring in 2010, Rich was free to enjoy his hobby of woodworking. He was a self-taught handyman who could fix pretty much anything around the house and a true outdoorsman, who loved to hunt. Rich and Mary enjoyed bicycling and hiking in the Colorado mountains and trails. With their Isuzu Trooper, the family took many four-wheeling excursions in the mountains of Colorado, where many hesitated to travel. Rich and Mary also traveled worldwide including to one of his favorite countries, New Zealand. Above all else, Rich's favorite pastime was spending time with his family.

He was devoted to Sunrise United Methodist Church and volunteered to do everything from ushering to repairs and landscaping. He lived by the mantra, "You can preach a better sermon with your life than with your lips."

Rich lost his brief but courageous fight with Myelodysplastic Syndrome after more than 19 years of living with Parkinson's disease.

Rich is survived by his loving wife of 59 years, Mary, his son, Thad, daughter Tara and his grandson, Eli. He will be missed dearly.



**Tom Prest** died on July 8th, at home surrounded by his two sons, their wives, first grandson of 4 months, and his wife, Carol. He was raised in California & met his wife at Doane College in NE. Tom received his MA at the University of Iowa where he studied French Medieval History. He then entered the gardening business in California, later opening a gardening center, in addition to a garden & pet center in Washington. Hobbies included hiking, camping, backpacking, gardening & reading. Tom was married for 53 years, dying at the age of 76.

*"As I walk through this season of sadness, my heart is still thankful - because I had a chance to know the incredible person that you were."*

**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 6310 Gemstone Way, Colo Spgs, 80918.

Contact Brenda Hicks at [redacted] or [redacted] to let her know you are coming.

**Ladies w/ Parkinson's Support Group**

If you are a fun-idea person, please consider volunteering to lead this valuable group.

If you're interested please notify Julie Pfarrer at db\_mgr@co-parkinson.org or [redacted].

**Essential Tremor Support Group**

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

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

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

**Other Opportunities:**

**Adult Speech Therapy 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**

**SEPTEMBER 2023**

# Coming Events

See inside for more information

**October 7th - Reg Mtg** at Central United Methodist Church – 10 am

**Program:** Break-Out Sessions – Caregivers & Parkinsonians separate into different rooms to talk

**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!!!!

**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);