



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
president@co-parkinson.org
President Emeritus: Ric Pfarrer
Vice President: Jill Reid
Secretary: Linda Christian
Treasurer: Julie Pfarrer

Members at Large:

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

Facilitator: Patrick Holland

Committee Chairmen

Programs: Jill Reid
Educational Outreach: Jill Reid
Membership: Carole Henrichsen
Chaplain: Rusty Merrill
Parkinson's Awareness Day:

Vacant

Photographer: Vacant

Lending Locker Coordinator:

Rich Sauvain

Main Dish Coordinator:

Stephen Rudawsky
potluck@co-parkinson.org

Picnic: Carole Henrichsen
and Janet Adams

Medical Advisor:

Curt Freed, MD

New Member Table Chairmen:

Pat Dashosh

Sunshine (Cards): Sharon Carlson

T-Shirt Chairman: Vacant

Webmaster: Julie Pfarrer

Newsletter Editor: K. Schleiker

**Address/Email/Database Updates
and Newsletter Coordinator:**

Contact Julie Pfarrer at
db_mgr@co-parkinson.org

NOTE: We will be meeting again at Academy Christian Church for our February meeting since we haven't received word whether 1st Presbyterian Church will be open to us in the future.

Next Meeting: Saturday, March 13th | 10:00 am-1:30 pm

Location: 1635 Old Ranch Rd, on the corner of Old Ranch & Hwy 83 (Voyager Parkway)

9:45 am, – Come in a few minutes early to check in,
greet other members and ask questions.

First time visitors: Be sure to sign in, get a name tag and proceed to the visitors' table
for some special attention and information.

**Knowledge is power and enables us all the live well with Parkinson's, so plan to attend
the March meeting at Academy Christian Church or join us on Zoom.**

Program: Deep Brain Stimulation Therapy Treatment Updates

Speaker: Dr. David Vansickle, MD, PhD, FAANS



After earning a masters and doctorate in bioengineering, Dr. Vansickle went 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 also patented a new device to help facilitate epilepsy surgery. Dr. Vansickle has authored and co-authored numerous peer-reviewed journal articles and has given multiple presentations. He is a member of the American Association of Neurological Surgeons (AANS), Congress of Neurological Surgeons (CNS) and the American Medical Association (AMA). Dr. Vansickle specializes in deep brain stimulation for Parkinson's and essential tremor; epilepsy surgery; neuro-oncology; transphenoidal surgery (pituitary surgery); minimally invasive & motion preserving spine surgery; spinal cord stimulator implantation for pain; and stereotactic radiosurgery (gamma knife & cyber knife)

The March Potluck provided by Abbott Sandwiches & Side Salads – if not canceled due to COVID

Abbott has generously decided to provide us with the main dish, a side and chips. The only thing missing are desserts. If you would like to bring a dessert that's great – no need to sign up this time

Remember that bringing food for the potluck is voluntary.

We look forward to seeing you there!

18th Annual Caregiver Pampering Day!!!

The 18th annual Caregiver Pampering Day will be held on Saturday, May 1st. Our theme is, May Day-an every day experience for family caregivers. May Day is a call for help. But it is also the celebration and renewal of life.

This year family caregivers will be meeting in small groups of eight at nine sites across the city for the Pampering Day. All pampering activities and presentations will be provided to each site by ZOOM allowing caregivers to be connected to the other groups.

The doors at each site will open at 9:30 AM. At 10 AM Jane Barton, author of *Caregiving for the GENI-US* will provide the keynote address Change and Uncertainty-That's Caregiving. This will be fol-

lowed by 3 thirty-minute pampering activities. The event will end at 1 PM. A FREE boxed breakfast and lunch will be provided to caregivers attending the event at one of the nine sites. And FREE respite will also be available.

A small group of caregivers will have the option of attending the event via ZOOM from the comfort of their own homes. This will allow the event to pamper up to 100 family caregivers.

The Caregiver Pampering Day is open to any family member caring for a loved one who is 60 + years of age. Registration begins on March 9th and will close on April 12th. A registration link will be available starting March 9th at <http://www.ppacg.org/caregiver->

pampering-day/. The link will also have a small video blog explaining the 2021 version of the Family Caregiver Pampering Day. Registrations will also be accepted via phone or email by contacting Kent Mathews at (719) 886-7526 or kmathews@ppacg.org.

COVID 19 protocols will be followed at each site. Social distancing and masks will be observed at the sites at all times. Check in at each site will include COVID 19 Screening Questions. A yes answer to any of the questions will exclude the caregiver from attending the event.

For further information or questions please contact Kent Mathews at (719) 886-7526 or at kmathews@ppacg.org.

The Colorado Springs
Parkinson's Support Group
(part of CPF) meets the second
Saturday of each month at 10AM
(with exceptions to be noted
in this newsletter).

The President's Corner

| Jill Reid - Acting President, CPF & CSPSG



Occasionally, we ask our members for direct feedback on membership- and Parkinson's-related issues. In last month's newsletter, we included two such "surveys": one asking if you would be willing to be a walking billboard by wearing eye-catching t-shirts that we would provide to you and another asking what kind of programming you would like to have at our monthly membership meetings. The t-shirt survey included the opportunity for you to order your t-shirt (we'll pay for it), and the latter one asked for presentation subjects and any recommendations you might have of a speaker or speakers who could talk intelligently about those subjects. We haven't received many responses to either survey as yet.

Please look at last month's surveys again. Your willingness to wear a Colorado Springs Parkinson's Support Group t-shirt when you're out and about is an inexpensive way for us to get the word out about our existence. Many of you don't have any of our previous t-shirts since it's been a long time since we had any to offer, but you could correct this deficiency and at the same time reach people with Parkinson's who don't know that there is a vibrant support group in this town. I know that you consider this support group to be a very helpful resource; help us get the word out to others who need us.

As the program director, I would really appreciate programming ideas that you might have so that I can make sure I'm providing the group with relevant information that helps both caregivers and those of you with Parkinson's.

You can respond to either or both surveys by

printing them off from the electronic version of the newsletter that you received last month or cutting them out of the hardcopy version. Mail it to our address on the back page of any of our newsletters.

Next month, the newsletter will have another survey—this one is in the line of informal research. Earlier research has shown that there may be emotional issues in common with many who have Parkinson's and that these emotional issues have had a role to play in bringing on Parkinson's. Knowing whether there is such commonality among people with Parkinson's and understanding what those common issues are may enable us to find non-medical ways to heal possible causes of Parkinson's. Unlike the previous two surveys, this one will be completely anonymous. Be on the lookout for it and fill it out for us!! Wouldn't it be exciting to cure Parkinson's?

February 13, 2021 Program Review

| by Linda Christian, Secretary

Constipation

Presented by - Danielle Spivey Mulligan, PT, MSPT

The NeuroRehab Project and the Personal Wellness Center at Orthopedic Rehabilitation Associates

Danielle began her presentation by starting with a sitting exercise from LSVT Big. She had us all sit towards the front of our chairs, legs apart and the stretching exercise using big movements began as follows:

- Start "Big"** – Bringing arms up and placing hands on thighs (using big movements)
- Out "Big"** – Stretching arms out straight, spreading fingers wide (using big movements)
- Down "Big"** – Lean forward and touch the floor holding for a few seconds (using big movements)
- Up "Big"** – Bringing arms straight up, spreading fingers wide (using big movements)
- Back "Big"** – Bring arms down slowly, like claws on a blackboard to protect your shoulders then, move arms back, pulsing back 10 times.
- End "Big"** – Bring arms back to thighs (using big movements)

This is a great stretching exercise to start your day. If you've ever had a PT session with Danielle, you probably have this in your daily exercise toolbox.

Danielle then outlined today's presentation:

- What is constipation?
- How common is it.
- Causes of constipation.
- How is it managed?



The next slide presented included a picture of Howie, who assisted Danielle in her presentation at the CSPSG Symposium in 2017. Howie has a great sense of humor and the slide is an indication of that.



"All we eat is fish. Fish has no fiber. We're all constipated. That's why we walk funny!"

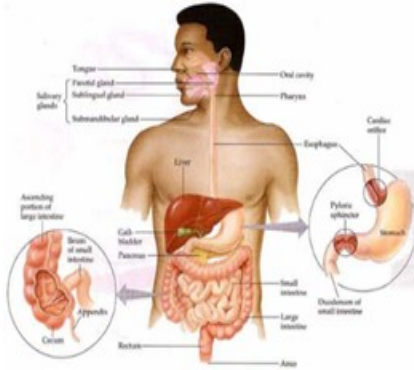
Next, Danielle provided the attendees with a definition of constipation.

- Constipation is a common digestive issue in which bowel movements are infrequent or difficult to pass. ... You're considered constipated if
- you have fewer than three bowel movements in a week. After this point, your stool may harden and become difficult or even painful to pass. Feb 19, 2016
www.everydayhealth.com/constipation/guide/
- Incomplete Evacuation: When several or a few bowel movements get backed up in the colon causing bloating and gas.

Danielle then explained how common constipation is.

- Constipation is one of the most common gastrointestinal (GI) issues in the United States, affecting about 42 million people, or nearly 15 percent of the population, according to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).
- Constipation is a common problem in Parkinson's disease (PD), occurring in about 98% of patients <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3152159/>

Causes of constipation was covered next.



- The GI tract, which consists of a series of hollow organs stretching from your mouth to your anus, is responsible for digestion, nutrient absorption, and waste removal.
- In your lower GI tract, your large intestine, or bowel — which includes your colon and rectum — absorbs water from your digested food, changing it from a liquid to a solid (stool).
- Constipation occurs when digested food spends too much time in your colon, making your stool hard and dry — and difficult for your rectal muscles to push out of your body.

<http://www.everydayhealth.com/constipation/guide/>

Danielle continued with,

What Causes Constipation in folks with Parkinson's Disease?

- Slowness of movement and rigid muscles affect the muscles of the bowel.
- Gastroparesis (slow stomach emptying)
- Decrease in activity and exercise.
- Decrease in ability to chew food completely.
- Decrease in drinking fluid if concerned for choking.
- Medication
- Difficulty contracting the abdominal muscles and relaxing anal sphincter.

https://www.michaelfox.org/foundation/grant-detail.php?grant_id=1501

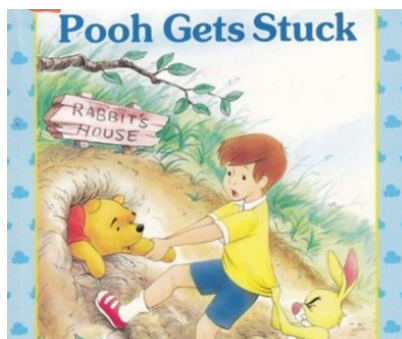
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3152159/>

Danielle then recommended the following,

- Exercise to help with constipation.
- Chewing food well, helps with digestion.
- Drink plenty of water, some people limit their fluid intake because of incontinence. Increased water intake helps with incontinence.
- Take your medications on time. Sometimes absorption changes because of constipation and medications may not work as well.

She then added that a study indicates that a person with fewer than four bowel movements a week early in life has a 90% chance of developing Parkinson's Disease.

The next slide says it all,



Danielle then explained the key elements to managing constipation,

- Schedule
 - Our GI loves a schedule.
 - Eat meals at the same TIME each day.
 - Plan TIME to Poop at the same TIME each day.
 - Be patient it can take TIME (months) to create your poop schedule.



- Drink, Drink, Drink
 - Drink 6-8 glasses (8oz) of WATER each day, start early in the day.
 - This does not mean drinks with caffeine or alcohol which can aggravate constipation.
 - Warm liquids help start bowel activity.
 - Room temperature is best for swallowing issues.



www.parkinson.org/pd-library/fact-sheets/constipation-in-parkinsons



Shot of prune juice at night, does the body right, juice can be warmed.

- Food
 - Chew your food well it helps you poop "Chew to Poop".
 - Eat at the same TIME each day - GI tract loves habit.
 - Fiber is important - there is lots of variation on amount needed.
 - Men need 30 to 38 grams of fiber daily.
 - Females need 21 to 25 grams of fiber each day.



- Fiber
 - Fiber includes: Vegetables, fruits, beans, legumes, whole grains, nuts, and seeds.
 - 4 to 5 grams of fiber per one-half cup cooked serving: Brussels sprouts, okra, green peas, turnips, and sweet potatoes.
 - 3 grams of fiber: A small pear, apple, or orange.
 - 6.7 grams of fiber: 25g of dried apricots.
 - 5 to 6.5 fiber grams in a half cup: Black beans, lentils, navy beans or pinto beans.
 - 8 fiber grams in a half cup: kidney beans.
 - 1.5 grams of fiber per slice: Whole-wheat bread.
 - 8.5 to 12 grams of fiber per serving: high-fiber cereals.



www.livestrong.com/article/82725-daily-recommended-fiber-intake/

Danielle utilizes the following websites for Parkinson's information:

- Michael J. Fox Foundation
- Davis Phinney
- National Parkinson's Foundation

She also recommends the Mayo Clinic as a go to for a variety of health/medical information.

Danielle provided descriptions of soluble and insoluble fiber,

- Soluble fiber dissolves in water to form gel like material, it can help lower blood cholesterol and glucose levels. Soluble fiber is found in oats, peas, beans, apples, citrus fruits, carrots, barley, and psyllium.
- Insoluble fiber promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools.

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Whole-wheat flour, wheat bran, nuts, beans, and vegetables, such as cauliflower, green beans, and potatoes, are good sources of insoluble fiber.

She then recommended to the attendees to keep a diary on fiber intake to make sure you get the right mix of soluble and insoluble fiber for you. Danielle also recommended starting your day with a high fiber cereal and to take notes for yourself when adding fiber.

Danielle advised the group that in Colorado Springs, Dr. Sue Mitchell at Gut Well helps with constipation issues and has a nutritionist. She also noted that this is a cash-based facility, no insurance options.

Next, Danielle covered the importance of movement,



• Move/Exercise/Walk

- Parkinson's Disease can lead to less mobility which compounds constipation.
- Have to find a way to move more!
- Physical Therapy.
- Exercise classes, she noted set ups are out, hurts back.
- Find what you love, vigorous exercises are good to relieve Parkinson's.

Danielle stressed, "Do Something", with Parkinson's you have to exercise, it slows the progression of the disease.

She then told us how to,

- Set yourself up for success...
 - Belly/Colonic Massage



- Purpose:
 1. Helps to stimulate urge for bowel movement (Not to push the stool through, but to increase the motility)
 2. Helps with more complete bowel movement.
- How often:
 1. 5-10 minutes
 2. 10 minutes after a meal
 3. --2 +++ times a day

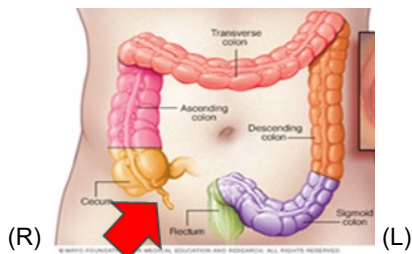
Danielle then demonstrated how to massage the belly/colon to the attendees - 2 ++ times a day -- 10 minutes after a meal,

- 1st Gently sweep both hands from hips down & in towards pubic bone 5 times to stimulate lymph system.

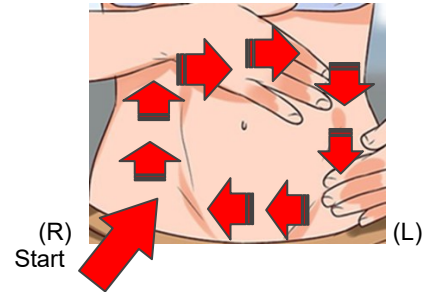


- 2nd Gently pump cecum on lower right side 5 times to help get bowels moving.

GENTLE is KEY - The same pressure you would apply to a baby's belly.



- 3rd Gently massage starting on the right side of your lower belly, massaging in small circular motion up & around following the outline of your colon (5-10 minutes).



- How to Poop - listen to your FIRST URGE
 - - have a consistent SCHEDULE



- Sit on the toilet with feet on a foot stool to get into a squat position (Love the Squatty Potty)



- Legs must be in V position to create a squat.



- The squat allows your pelvic floor muscles to relax so the poop can slide out.
- The squat also puts pressure from your legs on your stomach to help push bowel out.
- Some people's pelvic floor muscles relax better leaning forward as if reading the paper while others relax better leaning back.
- OPEN your bottom and belly.
- Give yourself TIME to poop.
- Practice diaphragmatic breathing and exhale saying Ahhhhh, to aide in relaxation (slow breathing)
- The diaphragm can also help push the bowel out.
- More complete evacuation of the bowels also decreases bowel incontinence.
- Only sit 10 minutes at a time. If you cannot poop, get up, take a walk, work on your belly massage, relax and try again later.
- REST to DIGEST

Danielle added that men should also sit to pee, it opens up the pelvic muscles. She also stated that physical therapy helps with training. Monitors can be added by the physical therapist to see what works best for the individual sitting forward or leaning back while in the squatting position. Bio feedback on the screen indicates to the thera-

pist the best position for the individual. Danielle suggested that if you try everything that she has recommended in her presentation and it's not working; you can join a program to help.

Danielle then summarized how to manage constipation effectively,

Constipation - In a nutshell



- Schedule your meals and time you poop "GI loves Habit".
- Drink lots of water
- Food: Chew your food well to poop and increase your fiber.
- Move/Exercise/Walk: Movement creates a bowel movement.
- Belly Massage 2+ times daily.
- Listen to your first urge "Do not delay".
- Poop position matters: Feet on foot stool - SQUAT position.
- Relax - Breathe - Take your time "Rest to Digest".

To end her presentation, Danielle's last slide says it all,



Men's/Unisex Funny I Pooped Today! Short Sleeve T-shirt

She then asked if there were any questions,

Q.1. What about laxatives?

A.1. Danielle recommends that you talk to your pharmacist, they have the best information regarding laxatives. She did mention the following,

- Stool softeners – Colace, docusate
- Laxative – MiraLAX most effective, holds water in the colon.
- Stimulant Laxatives – Do not use!! If you must, obtain doctors approval. Senekot or Ducolax were her two examples.

Danielle asked if there were any more questions, none were raised.

She then addressed the Zoom attendees stating that she was going to show the in-house attendees how to use the Squatty Potty. She explained to keep your knees above your hips but not too high. Try leaning forward a little, if that doesn't work, lean back. Be sure to relax, give yourself time to poop but no more than 10 minutes. You can get up walk around for a while, work on your belly massage, relax and try again later.

Jill commented on the choking issue with Parkinsonian's, water is thin making it easier to cause choking. There are thickeners you can add to water. Her Mom used ice cubes to avoid choking. Jill also mentioned constipation can be dangerous, causing bowel blockage and it is the second leading death in Parkinson's. It was also mentioned that straining can cause a heart attack.

Danielle asked if there were any questions from Zoom attendees, none were raised.

The presentation ended with Danielle providing a handout containing the Five Pillars of Bowel Regularity as well as information regarding individual help offered by Orthopedic Rehabilitation Associates in the areas of constipation, mobility, speech or swallowing as related to Parkinson's Disease. This document was scanned in so that it could be included in the program review.

Five Pillars of Bowel Regularity

1. Water

- a. Daily recommended amount of water is 8 8-oz cups per day (total of 64 oz)
- b. Requirements increase with increased temperature (summer time), decreased humidity (dry air), exercise, and with drinking dehydrating liquids (coffee, alcohol, etc.)

2. Fiber

- a. Daily recommended amount of fiber is 20-25g for women, and 30-35g for men, however, everyone is different and sometimes more fiber can make you more constipated
- b. Soluble and insoluble fibers from plant-based food sources are best
- c. Can supplement w/ OTC fiber powders or gummies, everyone is different so expect to experiment with doses that work for you

3. Exercise

- a. Recommend at least 30 min moderate intensity exercise 5 days per week or 30 min of vigorous exercise 3 days per week
- b. Exercise (brisk walk or bike ride) after meals can encourage a bowel movement

4. Colonic massage

- a. Practicing the belly massage (above) on a regular basis can maintain GI motility, especially for older adults or those who have a generally slower moving gut
- b. Best practiced 10 min after meals, or first thing in the morning and last thing at night

5. Toileting position

- a. Human beings were not designed to eliminate on American toilets, we were designed to squat during elimination, so we want to mimic this position as much as we can
- b. Using a foot stool to elevate legs so that knees are at least higher than hips puts you into the optimal position for easily passed bowel movements
- c. In general, higher is better as long as there is no low back, hip or knee pain, however, everyone is different, and this may also take some experimentation
- d. Straining is to be avoided to prevent forming bad habits, be sure to breathe during evacuation attempt.

SAD NEWS



Bruce A. Johnson was born and raised in Salina, Kansas and died in his home in Colorado Springs on January 24, 2021 with his companion, Ruby Doyle, and his daughter, Dana, by his side. He was on the Dean's list at Kansas University and the University of Pennsylvania Wharton College of Business. After graduation he worked in banking and later in regional Colorado Economic Development.

Bruce had a life-long love of hiking and camping in the mountains of Colorado and the Canyonlands of southeast Utah. His children have many happy memories of hiking, camping and cross country skiing. Even when Parkinson's disease began to hamper his abilities, he and his family found ways to enjoy these activities. In the 1990's, his work moved him to the Four Corners Area where he enthusiastically learned about the geology, archeology and culture of the area for over 20 years. He spent the last 4 years of his life in the Colorado Springs area to be closer to his 5 children. A celebration of his life will be held in the summer.



Charles (Chuck) Delbert Alvord, 71, of Colorado Springs, CO, passed away peacefully on February 8th, 2021. He was the beloved husband of Robin (Flook) Alvord for 47 years and he had 2 children, Christina of Salida and Daniel of Middlebury, CT.

Born in White Fish, Montana, Chuck moved to Arizona in his early teens. In 1969, he was drafted into the Army, served during the Vietnam War and was stationed at Fort Eustis, Virginia. After his service, Chuck returned to Arizona, where he met Robin. They lived in Flagstaff where they enjoyed traveling to Oak Creek Canyon - a fond memory of their early marriage. In 1978, Chuck and Robin decided to move from Arizona. They originally intended to move to Denver, but fell in love with Colorado Springs and never left.

Chuck worked as a private contractor, building his business to a staff of 6, and retired in 2006 after being diagnosed with Parkinson's. He was best known for his crystal blue eyes, his immense love of classic rock and being an avid fan of the Broncos and Rockies. His optimism and love for his family drove his every decision. A private, family funeral was held in his honor shortly after he passed. A larger memorial will be planned and announced at a later date. In lieu of flowers, donations can be made to the Colorado Parkinson Foundation.

LENDING LOCKER INVENTORY

If you would like to borrow any of the equipment listed here, please contact Rich Sauvain

3 wheeled walker	1	Canes	5	Knee splint	1	Suction cup hand rail	1
Arm assist for wheelchairs	1	Crutches	2	Lift chairs	2	Transport chairs	2
Arm splint	1	Exercise bike	1	Lumbar traction belt	1	Tub rail	1
Bed Cane	2	Exercise pedals for 2	1	Pickup assist	2	Voice amplifier	2
Bedpan	1	Hospital beds	2	Raised toilet seats	4	Walkers with wheels/seat	6
Bedside toilet	4	Ice man - therapeutic for	1	Shower benches/chairs	8	Wheelchairs	5
Black back brace	1	knee replacement surgery		Stand-up walker	1		

PD SELF – Parkinson's Self-Efficacy Learning Forum Spring 2021
Are you newly diagnosed with Parkinson's Disease?

The PD SELF Early Stage virtual program is geared to newly diagnosed PD patients (0-3 years) and their care partners. It commences the 1st week in April and runs for 4 months, through the end of July. We will be running 3 of these groups for Coloradans living anywhere in the state. The groups meet virtually every 2 weeks and have a variety of learning materials available to them to review prior to each virtual session. Learn and gain support from you fellow participants through small group discussions. A computer or tablet with Wifi is all you need. Experience with videoconferencing not required. Register by March 19 at pdself.org or call 719-287-0947.

Thank You!

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

March Executive Committee Meetings

March 16th @ 12:00 pm
 Location: TBD—*You will be notified by email.*
 Contact Linda at secretary@co-parkinson.org if you haven't been to an Executive Meeting so we will know that you're coming.
 Leave your email address so Linda can contact you if anything changes.

April Newsletter Input Deadline:

March 22nd
 E-mail Julie at:
db_mgr@co-parkinson.org.



John Baker
 Karen Baker
 Marci Braithwaite
 Donna Deis Rickett
 John Farley
 Stephanie Graczyk
 Judy Horton

Mary Lekarczyk
 Donna Lee McDonnell
 Keith Mitchell
 Marti Purdy
 Ken Rowe
 Shelley Runkle
 David Smith

Francel Smith
 Patrick Smith
 Karl Stengel
 Daniel Theis
 Marny Weckwerth
 Keith Woestehoff

PD Exercise Classes: Due to Coronavirus concerns, check ahead to see if canceled**Ormao Dance Company
Invites you to Dance for
Parkinson's Live Streamed Class**

Dance for Parkinson's—Keep Moving!
Each Fri at 11am until further notice
It's free and just requires internet
access, a computer, iPad or smart
phone to connect to the zoom
website. There will be a new Zoom
Meeting each week. Go to the
<https://co-parkinson.org> event
calendar each week for a new link.
Contact Laura Treglia at 719-640-8478
for more information
Look forward to moving with you!

**UCCS Center for Active Living - at
the Lane Center**

Power Moves group exercise and
Balance & Agility classes.
For more information call
(719) 255-8004 or email
CAL@uccs.edu.

PWR!Moves Class

Skyline Wellness & Aquatics Center
is partnering with the YMCA to
help the PWR! Moves class be more
available to everyone. We are reach-
ing out to help individuals who may
be located on the south side of town
and need a closer location to their
home. We are located within
Brookdale Skyline at 2365 Patriot
Heights near Bear Creek Dog Park.
Our classes are held every Tuesday
and Thursday from 12:30-1:30 pm.
If you have any questions, please
contact the Fitness Coordinator
Karisa Dreyer at (719) 867-4658

PWP: Parkinson's With Poles

Come join Emily Moncheski and
Eileen O'Reilly for a great exercise
workout at Monument Valley Park.
Every Friday, 9 am at the north
parking entrance of Fontanero and
Culebra streets. Poles are provided.
Everyone is welcome.

Max Capacity NeuroFitness

Max Capacity is offering PWR Boot
Camp classes, donation based Power
Punch Boxing, pole walking classes
and individual PD specific fitness
training. All PD Boxing classes and
PWR BootCamp classes have moved
to: 731 Iowa Ave. in Otis Park.
Boxing: Tues/Thur – 4:00 to 5:00pm
and Sat – 9:00am to 10:00am
PWR Boot Camp: Mon/Wed –
3:30pm to 4:30pm
**Boxing is free of charge, Boot Camp
packages available!** Contact Emily
Moncheski at (719) 213-3996 or
emily@maxcapacitypt.com for info.

NIA Class

Moving to Heal – the art of feeling
better; slower movements with joy
and purpose. NIA works with
balance, breath, cognitive mind/
body function, mobility and
stability. You can go at your own
pace. Stop if you want, sit down
and dance while sitting in a chair
for a while. All while dancing to
music from all genres; Jane, the
instructor, often asks what we need
that day and works her routine
around what can help. She has
done a wonderful job making the
routines fit our Parkinson's needs.

When: Every Friday at 10:30

Location: 525 East Fountain Blvd.
MACS—corner of Fountain & Royer
Cost: \$10.00 a class.

Falcon Exercise Group

Mon and Fri –11:00 – 12:00 noon,
Grace Community Church.
For more information contact
Catherine Reed at (719) 683-2960.

**Coronavirus and
Parkinson's Disease**

For information on
coronavirus and
Parkinson's Disease go to:
www.parkinson.org/CoronaVirus.

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 – Mon & Wed,
3 pm - 4 pm and Pedaling – Tues & Thur, 11:15 am
- 12:15 pm For more info, call 719-329-7233
or email jclayton@ppymca.org

Starting March 15th: The Tri-Lakes exercise
program will be moving to the Briargate YMCA,
4025 Family Place, 719-282-9622.

Each session is 6 classes at \$32 per session.

Mon, Wed & Fri – 1:30-2:30 pm in the Group
Exercise Room. Exercise includes: PWR!, Gary
Sobel, Silver Sneakers, Vocals, PEP Drumming &
Circuits. Caregivers are welcome to join in

Briargate YMCA: Ping Pong – Playing times are
Mon, Wed & Fri from 1:30 to 3:30 pm. Come and
join in the laughter and improve your skills.

For more info contact Kristin Woestehoff,
719-648-9593 or kgwoestehoff@comcast.net

Briargate YMCA: Boxing for Parkinson's – A
non-contact boxing class based on a specific curric-
ulum. Through rigorous exercise, emphasizing
gross motor movements, balance, core strength and
rhythm with positive impact on range of motion,
gait, flexibility, posture and strength, this class
should improve overall quality of life. The classes
will be on Tuesdays & Thursdays from 12:30 – 1:30.
\$5 for YMCA members and \$7.50 for non-members.

For more info contact Jamie Clayton
at jclayton@ppymca.org.

**NeuroRehab Project at ORA – Water
and Movement Classes** offers the
following classes:

Improve your mobility in the water: We offer
warm water (92 degrees) pool classes for
people with movement disorders. Mondays
and Wednesdays from 1:30-2:30. \$10.

Parkinson's Wellness Recovery Exercise Class:
Power Moderate level. Fri at 1:30. \$10

Parkinson's Wellness Recovery Exercise Class:
Power Advanced level. Wed at 1:30. \$10.

Danielle Spivey, PT and Rachel Johnson, SLP
have created these opportunities to augment
skilled Physical and Speech Therapy.

Location: Pikes Peak Athletics, 602 Elkton Drive
in Rockrimmon. Please call us at (719) 559-0680
for information and to get signed up.

Colorado Parkinson Foundation, Inc.

1155 Kelly Johnson Blvd.

Suite # 111

Colorado Springs, CO 80920

Parkinson's Perspective

MARCH 2021

Coming Events

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

March 13th - Reg Mtg at Academy Christian Church - 10 am

Program: Deep Brain Stimulation Therapy Treatment Updates **Speaker:** Dr. David Vansickle

April 10th - Reg Mtg - 10 am, **Program:** Community Resources - **Speaker:** Khan McClellan, Founder and Owner of Sages Elder Care

- ◆ Tri-Lakes PD Support Group meets the 3rd Sat of each month — Contact Barry Hanenburg at bhanenbu@hotmail.com.
- ◆ NeuroRehab Project at ORA — Call Danielle for PWR!MOVES or Rachel for Speech Therapy & Swallowing at 719-265-6601.
- ◆ YMCA- Parkinson's Wellness Recovery Exercise — call (719) 329-7295 or email wellness@ppymca.org.
- ◆ Colorado Springs Senior Center: Exercise, Yoga, and TaiChi for older adults - (719) 955-3400 or <http://www.ppymca.org/colorado-springs-senior-center/about-us>.
- ◆ UCCS Center for Active Living — at the Lane Center - Power Moves group exercise classes. Also: Balance & Agility Class for information: Call 719-255-8004 or email CAL@uccs.edu.
- ◆ Max Capacity NeuroFitness — Contact Emily at (719) 213-3996 or visit maxcapacitypt.com
- ◆ The Resource Exchange — the single-entry point for Medicaid long-term care – must be eligible for Medicaid and for Social Security disability.

More useful websites: <https://parkinsonsnewstoday.com>; www.parkinsonrockies.org; www.parkinson.org; www.nwpcf.org; michaeljfoxfoundation.org; www.parkinsonheartland.org; <https://www.pdself.org>; <https://www.brainhq.com/world-class-science/published-research/active-study>; www.davisphinneyfoundation.org/living-pd/webinar/videos/cognitive-nonmotor-symptoms-parkinsons; <http://caremap.parkinson.org>; https://www.youtube.com/playlist?list=PLkPIhQnN7cN6dAJZ5K5zQzY84btUTLo_C; <https://www.michaeljfox.org/foundation/news-detail.php?self-care-tips-for-parkinson-disease-caregivers>; pmdalliance.org