



# Parkinson's Perspective

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

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:** Patricia Beatty

**Treasurer:** Julie Pfarrer

## Members at Large:

Janet Adams, Dee Beatty,  
Annette Garcia, Carole Henriksen,  
Bill Hicks, Karen Mein,  
Dave Moross, Mary Sauvain

## Committee Chairmen

**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):**

MJ Thompson [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)

**Next Meeting: Saturday, September 7th – 10:00 am – 1:30 pm**

*We will be Zooming and recording this meeting*

**Location:** Central United Methodist Church, 4373 Galley Rd-just east of Murray Blvd.

9:30am – Come early for a group sing-along with music therapist, Heather Johnson.  
*See more about Heather's business under 'Other Opportunities' later in this newsletter.*

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

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

*Knowledge is power and enables us all to live well, so plan to attend the meetings at Central United Methodist Church.*

## September Program Topic: Scam Prevention

**Speaker:** Scott Mathis, Colorado Springs Police Department

Scams are largely targeted to us, the older generation. Many scammers are very clever and have convincing approaches to get us to hand over money or our financial information. Older people lose millions of dollars to scammers each year. How do we know when a scammer is making a move on us? Come to the July meeting and find out. An officer from the Colorado Springs Police Department's Scam Prevention section will teach us how to protect ourselves from these vicious and hard-core criminals.

*The meeting will be followed by a potluck*

## The September Potluck Theme - Italian!

*Try to bring Italian dishes.*

If you would like to sign up to be a provider of the main dish or to bring a side dish/dessert for the meeting, you can contact Bill Hicks at [REDACTED] or potluck@co-parkinson.org, no later than Wednesday, September 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 Annual Summer Picnic was a Huge Success!



Group picture from the August picnic

## The President's Corner

| Jill Reid-Acting President, CPF & CSPSG



NeuroPong is alive and well at the Downtown Y. As you can see from Ann Grant Martin's article in this newsletter, it's been lots of fun. I admit, in these summer months, it's been hot in that gym; but the humongous fan that sits in the corner helps. And the participants are encouraged to take breaks whenever they need it. Most of the folks who are coming currently have come since NeuroPong got started in June. Let me assure you, they rarely hit the balls back to each other those first few sessions in June, but now they get long rallies going. Even when they couldn't hit anything, they were having fun! For those

of you who are just starting, don't let their current abilities intimidate or discourage you—you'll catch on quickly, just like they did. The benefits are well worth hanging in there for—a growing and healing brain, friendships, and good fun.

In the interest of finding ways for caregivers and people with Parkinson's to ask questions and find solutions to problems related to Parkinson's every day of the week, your executive committee explored the idea of administering an on-line chat room that our members could access freely. Pat Beatty took the lead on the project and rejected several possibilities as too hard for us to handle. BUT she did find an existing Parkinson's "chat room" sponsored by Parkinson's News Today. It's called Parkinson's News Today Forums. I checked it out and agree that it's a viable option for those of you who would like to be able to get

help the 360 days of the year that we're not having break-out sessions. To join the conversations, you simply register; and within 24 hours, you can scroll through what others have written and add your own two cents or ask additional questions. To register, go to [parkinsonsnewstoday.com/forums](https://parkinsonsnewstoday.com/forums) and then click on Register at the top of the page. Once you've registered, you'll receive an email confirming your registration; give it another 24 hours or so before you try to join in; I tried joining in right away, and it wouldn't let me see any of the conversations until the next day.

The Parkinson Foundation is holding a fund-raising walk-a-thon on September 14 at Memorial Park (see the flyer elsewhere in this newsletter). I encourage you to support this event if you possibly can. Although the funds raised will not come to us directly, the Parkinson Foundation has been a great help to us over the years. They provide a wealth of free literature to individuals and groups like ours (see our literature at each meeting for samples), they have given us grants over the years, they fund research, and they increase awareness of Parkinson's throughout the country as well as here. We'll have a booth at the event. Please join us!

Being retired Navy and having served on a Navy ship for 3½ years (thankfully, not on a submarine!), I'm excited to recommend Down Periscope to you. Starring Kelsey Grammer, Lauren Holly, and Bruce Dern, it's one of my favorite comedies and has lots of humor and a good-guy (Kelsey Grammer)/bad-guy (Bruce Dern, of course) struggle in which the good guy prevails—which always makes for a feel-good movie. Enjoy!

## Program Review: July 6th, 2024

| by Secretary Patricia Beatty

### A New Caregiver Study and Therapies in Parkinson's Disease

Those who attended our July 6th meeting heard from 2 presenters on different topics: Dr. Dawn Reid White & Dr. Steven Swank.

First, **Dr. Dawn Reid White** shared that she is recruiting participants for a new study, "Caregiver Grief: A Classic Grounded Theory Study." This study is of caregivers who have lost their spouses to Parkinson's. Participant can be either a wife or husband caregiver. The purpose is to determine the main concern(s) of the caregiver after the death of their spouse to Parkinson's disease.

If the requirements for your participation are met, you will sign a consent form, and Dr. White will conduct a 45-to-60-minute ZOOM interview. In return, she will provide a \$10.00 Amazon Gift Card for time spent in this first step. Your confidentiality is assured; your name is never used, and your identity is protected.

For more information or to answer any questions, you may contact Dr. White by email at [dawn.white@jbisa.org](mailto:dawn.white@jbisa.org) you may call her directly at 757-576-1029. She welcomes your interest and inquiries.

Our next presenter was **Dr. Steven Swank**, a Clinical Pharmacist Specialist with Peak Neurology here in Colorado Springs. Therapies in Parkinson's Disease was the topic and he shared up-to-date information as well as answered questions from the group.

After an introduction and presentation of his credentials, Dr. Swank gave a brief overview of Parkinson's Disease. He explained the difference between Parkinsonism and Parkinson Disease and their response to Levodopa. Parkinsonism is like an umbrella designation over numerous disorders while Parkinson Disease is a specific disorder under that umbrella. He explained that with PD there is a dopamine deficiency in the brain and usually 50% of dopamine neurons are lost by the time of diagnosis.

#### Parkinson's Disease is Levodopa- Responsive

"Slow and Small Movements" Bradykinesia • Stiffness / Rigidity  
Rest Tremor – Sometimes Responds

#### Parkinsonisms

Do NOT Respond or Small Degree • Lose Response (ex. After 1-5 years)

Dr. Swank also explained the progression of the disease and Levodopa intake. Doses usually last about 6 hours in early Parkinson's, but significantly less in advanced Parkinson's.

### RESEARCH PARTICIPANTS NEEDED

We are conducting a study to understand the main concern for caregivers who have lost their spouse to Parkinson's disease and the behaviors that follow their spouse's death.

#### WHO IS NEEDED?

Parkinson's caregivers over the age of 18, whose spouse passed away over six months ago, and who speak English.

#### WHAT'S INVOLVED?

Participate in one 45-60-minute interview and a possible 30-minute follow-up interview. Participants will receive a \$10 Amazon gift card as a thank you for your time and effort.

To volunteer email Dr. Dawn White at [dawn.white@jbisa.org](mailto:dawn.white@jbisa.org)





## NeuroPong at the Downtown YMCA

Contributed by Ann Grant Martin (a happy and grateful ping pong participant)



Hey Kathleen, want to play ping pong with me? It is so much FUN!!!

A few minutes before 1:00 on Tuesday and Thursday, I park in the parking garage on East Bijou St. near the alley entrance to the Downtown YMCA and sing "NEUROPONG" as I pass the front desk. She is busy with someone else but looks my way with acknowledgement. No check-in or money to pay. WHAT?? No money – I didn't have to pay anything... how can that be? Everything has an entrance fee.

We can take the elevator or stairs to the second floor where the small gym and six brand new sturdy ping pong tables are. I can already hear the clicking of the small white balls bouncing on the ping pong paddles. The group is warming up with attempts to gently bounce the ball straight up from the paddles. We try to hit the ball several times, but at this early point in our ping pong practice, we feel happy if we get a couple repetitions. We roll our shoulders and hips to the extent of their flexibility and pair up to play.

There are two or three volunteer instructors – ping pong experts and very kind. In the past they competed at a high level but today they are gently coaching us on how to hold the paddle and to change the angle of our paddle so the ball goes over the net. They understand the challenges some of us have in connecting the paddle to the ball. They watch, encourage and remind us to drink lots of water and take frequent rest breaks.

In the small gym the big fans roar - it is sweltering! We play ping pong anyway. Ping pong is an active game. We are moving...moving... moving – more than we're used to. We move in ways that we seldom move in real life – maybe even a little hop or running step. We surprise ourselves with our quick efforts to connect with the little white ball. Eye/hand coordination is already improving. Did I mention all the reaching and stretching that happens in our determination to get to that little white ball?

Now we're developing a new Parkinson's community. We enjoy having different partners. We try to make it easy for our partner to return the ball. There are smiles galore as we surprise ourselves with a good serve or ball return that actually bounces off the table instead of catching on the net or flying off to kingdom-come. Today there are two little boys who delight in chasing the balls that bounce over the barrier. We hear their squeals of delight and laugh.

OK Kathleen, our warm-up time is finished and let's play. Oh, but first let me fill my pockets with ping pong balls.....

With many thanks to Jill Reid and Julie Pfarrer for getting the ball rolling (heh heh) with Travis Lerma at the Downtown Y (207 N. Nevada). Colorado Springs now has the NeuroPong program that Dr. Antonio Barbera developed and described to us. We are grateful to the Colorado Parkinson Foundation for purchasing all the necessary equipment. We appreciate our ping pong instructors who were trained by Dr. Barbera. NeuroPong meets on Tuesday and Thursday from 1:00-3:00 in the upstairs gym of the Downtown Y. It is necessary to register each month by calling 719-473-9622. Come as often as you can and stay as long as you can. Did you get that it is really fun and that there are plenty of spaces left? Come and give NeuroPong a try.

### LENDING LOCKER INVENTORY

If you would like to borrow any of the equipment listed here, please contact: Mary Sauvain at [REDACTED].

Back brace	1
Bed cane	7
Bed pan	1
Bed rails	1
Bed risers (set)	1
Bedding lifters	2
Bedside toilets	5
Canes	8
Chair/sofa cane	2
Crutches (set)	2
Double floor exercise pedals	1
Freestanding toilet rails	1
Hospital bed	2
Hospital bed food trays	2
Hoyer Lift	1
Lazercue for freezing help	1
Lift chairs	0
Lift-ware tremor compensating utensils	1 set
Monthly med carousel with reminder alerts	1
Pick-up assist	6
Shower seats/benches	7
Sock helper	2
Stand-up assist	1
Standup Walker	1
Squatty potty	2
Swivel seat	1
Toilet arm assist	1
Toilet rail	1
Toilet seats	3
Transfer pole	0
Transport chairs	11
Tub rail	1
U-step	1
Walkers with wheels & seat	9
Waterproof mattress protector (Twin)	1
Wheelchairs	8

### Items that are free for the taking:

Contact Julie Pfarrer at db\_mgr@co-parkinson.org if interested in any of these items

7-day/7 compartments per day pill dispenser	1
7-day medium-size pill dispenser	1
Aluminum walker tennis balls	4
Aluminum walker tray	1
Bedside toilet commode liners: 3 big boxes with 6 smaller boxes in each	
Bibs	8
Blood Pressure Monitor	1
Disposable bed pads	7
Easy sip hydrate bottle	1
Gate belt	8
Hospital bed bedding: 2 sets of sheets 1 mattress pad	
Hospital gown	1
Hospital slippers-XL&XXL	2
In-bed knee lift	1
Male portable urinals, new in individual packages – 32 oz capacity	4
Plastic handicap plate	2
Plastic handicap bowl	1
Pill crusher, storage, & drink cup combination	1
Rehab squeeze balls	2
Reusable bed pads	8
Waterproof twin mattress protector	1
Weighted utensils	6
Seat cushion	1
Thick-it	1
Transfer pads – can handle a person up to 300 lbs	4
Attend advanced briefs, maximum protection-Ig-24 ct	3 pkgs
Cardinal health guards for men - extra heavy absorbency -14ct	2 pkgs
Depend men's guards-52ct – 1 unopened and 3 opened with a few missing	8 pkgs
Fitright guards for men-52ct	1
Generic briefs, L/XL – 18ct	4 pkgs
Prevail daily male guards – one size fits all – maximum absorbency-14ct	2 pkgs
Prevail Nu-fit daily briefs w/ fastener tabs – 32"-44" size – maximum absorbency-16ct	2 pkgs
Women's Always Discreet s/ m/ p/m maximum protection underwear – 42ct	2 pkgs
Women's Always Anti-Bunch extra long panty liners. Extra protection – 92ct	1 pkg

**Thank You!**

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

**October Newsletter  
Input Deadline: September 13th**

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

### September CSPSG Executive Committee Meeting

*September 10th at 09:30 am 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.

### 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, let Julie know at db\_mgr@co-parkinson.org so that they can be added to this list.

**The following providers have been recommended by multiple members:**

#### Colorado Springs

Dr. Bradley Priebe, MD – Neurologist at Peak Neurology, PC; (719) 445-9902

Steven Swank, PharmD, BCACP – Peak Neurology, Clinical Pharmacist Specialist; (719) 445-9902

Dr. Aparna Komatineni, MD – Neurologist at Centura Penrose Hospital and UCHealth; (719) 694-3595

Dr. Andrea Manhart, DO – Neurologist at UCHealth; (719) 365-7300

Dr. Lael Stander, MD – Neurologist at UCHealth; (719) 365-7300 Note: Does well w/PD vision issues

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

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

Dr. Kevin Scott, MD – Neurologist at UCHealth; (719) 365-7300

Dr. Monica Stanton, MD – Primary Care Physician at UCHealth in Monument; (719) 364-9930

Dr. David Stevens – Neurologist at CS Neurological Associates; (719) 473-3272

Bettner Vision – Neuro-Ophthalmology Vision Therapy; (719) 282-0400

#### Denver

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

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

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

Dr. Victoria Pelak, MD – Neuro-ophthalmology, UCHealth Sue Anschutz-Rodgers Eye Center; (720) 848-2020

Dr. Trevor Hawkins Neurologist at UCHealth Neurosciences Center, Anschutz Medical Campus; (720) 848-2080

Dr. Brooke Heffernan, MD – Movement Disorders Fellow at UCHealth, Anschutz Medical Campus, (720)848-2080



Dale Bowman  
Jackie Casey  
Larry Christian  
Ray Coddington

Janet Conover  
Pamela Cooper  
Mary (Maria)  
Cordova  
Nancy Crosier  
JoAnne Egolf  
Linda Geist  
Barbara Gross  
David Gross  
Carol Hellem

Robert Hellem  
Carole Henrichsen  
Patrick Holland  
Alan Knight  
David Lydon  
Paul Metzler  
Corinne Nelson  
Carl Nolt  
Kathy Parker  
Marge Parrott

Ric Pfarrer  
Carol Rushing  
Gary Shrewsbury  
Judith Stauffer  
Shanti Stuehmeyer  
Philip Thomas  
Donna Vaughn  
Onda Waller  
Alan Whitaker

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

### Potluck Favorites—Shakin' & Bakin' Cookbook Now Available!

#### The updated cookbooks are here!

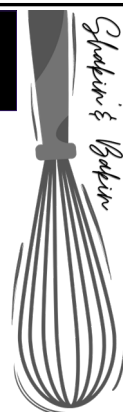
The price is a donation or free if you can't afford to donate. You can order them from Julie Pfarrer at db\_mgr@co-parkinson.org.

The cookbooks are bound so that new recipes can be added in the future. So continue to send in 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.

All favorite recipes are welcome.

Send them to project@co-parkinson.org.



### Recipe of the Month: MUSTARD CHICKEN SALAD

Our low carb/good fat ketogenic study that was completed in 2021 showed incredible results. Not only was there remarkable improvement in the symptoms of Parkinson's but also with overall health in general (including the health of caregivers who chose to change their diet along with their Parkinsonian). Since it seems clear that everyone's health would improve exponentially if we all changed our diet to eat this way and since we have potlucks, we thought we would feature an easy low carb/good fat recipe or two in the newsletter each month to promote healthy eating.

**If you have a favorite low carb/good fat recipe you'd like to share, please send it to Julie at: db\_mgr@co-parkinson.org.**

#### Ingredients:

2 whole chicken (4 split) breasts, bone-in and skin-on

Olive oil

Kosher salt and black pepper

2 C broccoli florets

1½ C mayonnaise

2 T dry white wine

1.4 C Dijon mustard

3 Tbl whole-grain mustard

2 Tbl minced fresh tarragon

1 C cherry or grape tomatoes, halved

#### Directions:

- Preheat oven to 350°
- Place chicken on sheet pan and rub skin with olive oil. Sprinkle liberally with salt and pepper. Roast for 35 to 40 minutes, until chicken is just cooked. Set aside until cool enough to handle. Remove meat from bones and skin and dice into large bite-size pieces.
- Add broccoli florets to large pot of salted water. Cook for 1 minute, until crisp tender, drain and place into bowl of ice water until cool. This will stop the cooking.
- Dressing: Whisk together the mayo, wine, mustards, 1 Tbl salt (or 2 tsp because some of the reviews said it was too salty) and ½ tsp pepper. Add enough sauce to the warm chicken to moisten well. Add tarragon, broccoli and tomatoes and mix gently to combine.
- Refrigerate for a few hours to allow flavors to blend. Serve at room temperature.

## 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 [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 Hanen-burg [REDACTED].

## Other Opportunities:

**Adult Speech Therapy:**

Outpatient speech therapy services. Personalized speech therapy for restoration of function due to illness or injury.

Treating:

*Parkinson's: Voice & Swallowing*  
- SPEAK OUT!  
- LSVT

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 her at heatherjohnson@squaremusic.co.

## PD Exercise Classes:

**Falcon Exercise Group**

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

**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

**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

**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

**Neuroping for Parkinson's**

Table tennis for Parkinsonians who want to improve both motor and non-motor symptoms and avoid mental decline.

**WHEN:** Tuesdays & Thursdays

**TIME:** 1:00 - 3:00 p.m.

**LOCATION:** Downtown YMCA  
207 North Nevada Avenue  
In the Small Gym

For more information contact  
Travis Lerma at (719) 495-5130  
or tlerma@ppymca.org.  
Neurologicrehab.com

**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

**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

**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 Tuesday at 11:30 am and every Friday at 11:00 am 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](http://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](mailto:laura.hymers@gmail.com) or (719) 640-8478

**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, 1:00-2:00 PM

Briargate YMCA: PWR!Moves;  
Mon, Wed, Fri, 1:30-2:30 PM

YMCA at 1st & Main; PWR!Moves;  
Mon & Wed, 1:15-2:15 PM

For more info contact Travis Lerma  
at [tlerma@ppymca.org](mailto:tlerma@ppymca.org)

**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

**Neuro Logic Rehabilitation and Wellness**

One-on-one physical therapy and wellness services for people with Parkinson's Disease and other movement/neuro disorders in the comfort of their home with outpatient mobile services. We come to you, to meet you where you are in your treatment & diagnosis!

Board Certified Clinical Specialist in Neurologic Physical Therapy Certified PWR! (Parkinson's Wellness Recovery) Moves Therapist

For more information, contact Ryan Mueller, PT, DPT, NCS at (719) 306-0009 or [ryan@neurologicrehab.com](mailto:ryan@neurologicrehab.com)

Neurologicrehab.com / Fax: (719) 691-7994





## Colorado Springs

Saturday, September 14, 2024

Memorial Park

1605 E Pikes Peak Ave, CO Springs

Registration: 9:00 AM | Walk Starts: 10:00 AM

You don't want to miss this wonderful opportunity for our Parkinson's community to come together to help raise awareness and funds for the Parkinson's Foundation. This is your chance to speak up about Parkinson's and take action.

**Join the Fight to End Parkinson's Today!**

[www.MovingDayWalk.org/CommunityWalkCoSprings](http://www.MovingDayWalk.org/CommunityWalkCoSprings)

**For more information:**

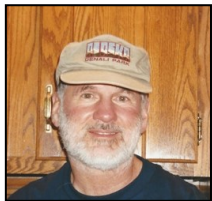
Kirstin Courington

720-850-8299 • [kcourington@parkinson.org](mailto:kcourington@parkinson.org)

Your participation, commitment and fundraising efforts are helping the Parkinson's Foundation to make life better for people with Parkinson's.

Thank you for being part of the fight to end Parkinson's disease!

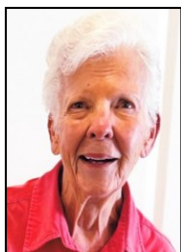
## Sad News



**Gerald "Jerry" Costanzo** passed away on June 10, 2024. He was born and raised in Niagara Falls, NY and became an Eagle Scout. Scouting helped Jerry develop confidence, self-reliance and civic pride. After graduating from high school, he moved to Dayton, Ohio to attend the University of Dayton, graduating in 1967 with a BA in Education. Shortly thereafter Jerry was commissioned in the United States Marine Corps and was quickly deployed to Vietnam. After his service Jerry returned to school at Wright State University and graduated in 1972 with a master's degree in Psychology. A job-offer at Pikes Peak Mental Health Center brought him to Colorado where he earned an MBA from UCCS. Jerry had various occupations throughout the years which included the Marine Corps, the psychiatric field, the home-building industry and, finally, teaching. He was an avid outdoorsman with a love of camping, fly fishing, boating and hiking.

Jerry was diagnosed with Parkinson's Disease related to his service in Vietnam. Despite his Parkinson's challenges, Jerry was a man of wisdom, humor, and resilience. His quick wit and jovial spirit were infectious to those around him. His legacy of hard work, a love for life, and an unyielding desire to help others will forever remain in the hearts and minds of his loved ones. A former professor called him "a Sherman tank with a marshmallow heart."

He is survived by his brother, four children Nicolas, Krista, twins Ryan, and Sean, three grandchildren and one great-granddaughter. He was laid to rest at Pikes Peak National Cemetery.



**Anita Jane Damon** passed away on June 22, 2024. She was born in Oshkosh, Wisconsin and married Thomas (Tom) in April 1952. Together they built a family while in the United States Air Force stationed in Morocco, Germany and multiple U.S. states. In 1974, they settled in Colorado Springs.

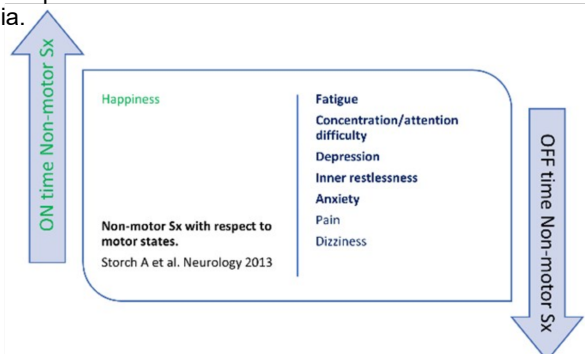
Anita's lifelong passion was music as she would sing in choirs, accompany on the piano, and eventually learn to play at least a dozen instruments. She and her long-time friend played together for over 40 years and performed duets for the American Music Society. She was the organist at every parish she attended throughout her life until she retired at Holy Apostles Catholic Church in Colorado Springs.

Anita is survived by her sister, 2 sons Thomas and Timothy, 3 daughters Theresa, Tammy Saxton and Christina, 3 grandsons and 3 great grandchildren. She was laid to rest with her husband at Pikes Peak National Cemetery.

**Bob Ray** passed away on June 14, 2024. Bob is the father of Carla Holland, who has Parkinson's and is a longtime member of our support group – starting in the days when we were at Otis Park and only had about 35 members. Carla's husband, Patrick, was the President of our group for several years. Although Bob did not have Parkinson's, he volunteered to help at the meetings in any way he could. Even when Carla and Patrick moved to Nevada for a few years, Bob and his wife, Lil, continued to attend all of the meetings as they always had done. They initiated our table decorating tradition and paid for all the decorations themselves, refusing compensation. After decorating, Bob greeted each person arriving at the meeting and made sure they knew where to go. His (and Lil's) help was immeasurable and very much appreciated. We will miss him.

(...continued from page 2) July Program Review

In addition, he spoke to the difference between Movement OFF time vs. Dyskinesia.



Off time is likely characterized by slow and small movements, shuffling walk, tremor, and Dystonia - painful spasm. On the other hand, Dyskinesia is characterized by random, jerky, wiggly, and/or dance like movements.

Dr. Swank stressed the importance of having a Parkinson's "team" to manage your PD diagnosis. In addition to your Care Partner/s this may include your Primary Care Provider, Neurologist, Physical Therapist, Speech Therapist, Pharmacist, and several others that may or may not be included. The target is to stop or slow the progression, and possibly reverse the disease while improving the quality of life.

We have been told many times before, and he reiterated, the importance of exercise, suggesting 150+ minutes per week to include

cardio, resistance, and mobility. This will slow the progression of Parkinson's.

The medication of choice is Levodopa which is converted to Dopamine and protected by Carbidopa. It is available in a number of forms: tablet, capsule, intestinal gel (DUOPA), and inhaled (INBRIJA). Another bit of information that we've been told is about the interaction of protein with levodopa. This is true, but Dr Swank said it is important to NOT reduce protein intake because of the risk of muscle wasting. He suggested that high protein intake at dinner and/or bedtime is optimal.

In addition to carbidopa/levodopa and other ingested medications, he noted a couple of surgical therapies for Parkinson's such as DBS (Deep Brain Stimulation) and Lesioning, an MRI-guided Focused Ultrasound therapy. Additionally, there are Under-the Skin Pumps for neural transmission. There are several new therapies on the horizon, treating symptoms as well as "disease modifying." You are encouraged to discuss any of the aforementioned with your "team" to decide what is best for your PD management.

Resources:

**Parkinson Foundation:** [www.parkinson.org](http://www.parkinson.org)

**Michael J. Fox Foundation:** [www.MichaelJFox.org](http://www.MichaelJFox.org)

**Medication Tools and Drug Information:**  
[www.epill.com](http://www.epill.com)

[dialyzed.nlm.nih.gov/dailymed](http://dialyzed.nlm.nih.gov/dailymed)

**Parkinson's Consults:**  
[www.peakneurocos.com/pd.html](http://www.peakneurocos.com/pd.html)



## Ask the Doctor!

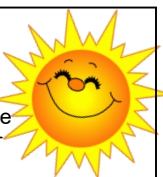
Dr. Grabert has generously agreed to answer your questions pertaining to Parkinson's Disease each month in our newsletter column called: "Ask the Doctor!"

If you have questions you'd like to submit to Dr. Grabert, email them to Julie, our newsletter coordinator, [db\\_mgr@co-parkinson.org](mailto:db_mgr@co-parkinson.org).

## Help Spread Some Sunshine to Our Members!

If you know of a Parkinsonian or PD caregiver that is having a tough time (illness, surgery) or one of our members has passed away, please let our Sunshine Chairman, MJ Thompson know.

She can be reached at [REDACTED].



**Colorado Parkinson Foundation, Inc.**

1155 Kelly Johnson Blvd.

Suite # 111

Colorado Springs, CO 80920

**PARKINSON'S PERSPECTIVE**

**SEPTEMBER 2024**

# Coming Events

See inside for more information

**September 7th - Reg Mtg** at Central United Methodist Church – 10 am  
**Program:** Scam Prevention; **Speaker:** Scott Mathis, CSPD

**October 6th - Reg Mtg** at Central United Methodist Church – 10 am  
**Program:** Pat Yourself on the Back – You're Making Such a Difference in the Parkinson's World!  
**Speaker:** Dr. Melanie Tidman, DHSc, M.A., OTR/L, MHP

**November 2nd - Reg Mtg** at Central United Methodist Church – 10 am;  
**Program:** Break-Out Sessions; Caregivers & Parkinsonians separate into different rooms to talk  
**July 6th - Reg Mtg** at Central United Methodist Church – 10 am

**December 7th - Reg Mtg** at Central United Methodist Church – 10 am;  
**Program:** Christmas Party!!!! - The Song Spinners will entertain us!

**January 4th - Reg Mtg** at Central United Methodist Church – 10 am;  
**Program:** Parkinson's 101; **Speaker:** Jill Reid, Education Outreach

**More useful websites:**

<https://parkinsonsnewstoday.com>; [www.parkinsonrockies.org](http://www.parkinsonrockies.org); [www.parkinson.org](http://www.parkinson.org); [www.nwvf.org](http://www.nwvf.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=PLkPIhQnN7cN6dAJZ5K5zQzY84btUTLo\\_C](https://www.youtube.com/playlist?list=PLkPIhQnN7cN6dAJZ5K5zQzY84btUTLo_C); [pmdalliance.org](http://pmdalliance.org);  
<https://www.michaeljfox.org/foundation/news-detail.php?self-care-tips-for-parkinson-disease-caregivers>