



Putting for Parkinson's

Attn: Scott Layman

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April 14, 2017

Dear Friends,

My letter to you this year has taken longer to prepare than the ones before. The delay has more to do with the emotions behind it than anything else. Physically, other than a "dead" left hand (my term) and the occasional uncontrollable blinking, you'd hardly know anything was wrong with me. Yes, the DBS implants are still working, and my physical presence is testament to that.

But come close and ask me a question, or be the sales clerk that helps me find something in a store, or the person in a noisy restaurant trying to take my order. The problem is that I cannot be heard, or many times, understood at all. And it doesn't matter who you are ... my wife, my kids, my parents, my friends, a former President and First Lady ... you are all the same in this regard of not being able to hear me. I actually feel bad for everyone who tries to communicate with me, because people genuinely try to engage me in conversation, and yet I can offer little in return.

If a man with Parkinson's screams in a room full of people, and no one hears him, is he really there? This is how I feel every single day, and I can easily sense how many people with Parkinson's Disease become reclusive and socially withdrawn. I never knew how much I relied on verbal communication until I couldn't speak very well. I fear that I am cheating my son, Tyler, out of those great father-son talks everyone else seems to have. I see my infant grandson and wonder what in the world he'll think of his crazy babbling grandpa one day.

Try taking one typical day of your life and do not speak to anyone. You'll either drive yourself crazy, or you'll simply fail the challenge. It sucks.

Now, at times I am fine speaking, but I cannot pinpoint the 'can' from the 'cannot' when it comes to my speech, and why I sound better at certain times versus others. Morning conversations are usually better than evening ones, and if I am fatigued, I had better not try talking at all. When my dad asked Dr. Joe Broderick at a Mayfield Foundation event about why my speech gets worse later in the day, the good doctor offered a great analogy – I'm like a marathon runner whose legs are strong at the start of the race, but tired at the end. I awake in the morning fresh, and with a bit of coffee, I can, on most days, speak legibly. As the day progresses, just as the runner's legs start to wear down, my brain literally gets tired.

But enough with the downer talk. I do want to share something very neat with you. I am boxing! I can hear you now ... "Boxing??" ... That's how everyone that I tell this to responds back to me. I try to do three days a week. It's fun, challenging, rewarding and keeps me fit. A mutual friend introduced me to my trainer, Matt Daniels, who owns the Northern Kentucky affiliate of *Rock Steady Boxing*, a proven program started in Indianapolis with Parkinson's patients in mind. I have seen news stories on both CBS and HBO on this unique Parkinson's therapy. Sessions are generally two-thirds cardio and strength, and one-third boxing. The results I have seen so far are



impressive, but the best thing about being a boxer with Parkinson's is that I can beat the living crap out of Matt, and he can't hit me back!

Through the past 7 years, *Putting for Parkinson's* has raised nearly \$200,000 for Parkinson's research. Thank you to everyone who played, sponsored and donated, because, and I've said this a hundred times, we could not have done anything close to this without YOU.

Again this year, *Putting for Parkinson's* will be donating up to 20% of the net proceeds from the golf outing to one or two deserving individuals suffering from Parkinson's Disease who might need medication, a special medical device, DBS surgery, a home handicap alteration, or a piece of equipment, but might not otherwise be able to afford it. I prefer to keep this local and help Parkinson's patients in this area. If you know anyone fitting this bill, please have them send me a brief letter to the address at the top of this letter.

Last year, I, along with Pete and John from our golf committee, met a gentleman with Parkinson's who desperately needed financial assistance. He had practically stopped taking his medication because he simply could not afford it or his insurance premiums. Through our *People Helping People* campaign, we were able to give him a check for \$5,000. This was real time, real life help to someone in our community. *People Helping People* at its best!

Please join us again this year by playing golf, volunteering, or coming to the dinner and festive part of the night. Of course, those unable to attend the event can always mail in a donation, or donate on-line. Please help us make a positive impact on the lives of Parkinson's patients everywhere and find a cure!

Our EIGHTH golf outing will be held on **Friday, July 14, 2017** at Highland Country Club in Fort Thomas, KY, with morning and afternoon shotgun starts. Breakfast, lunch and dinner are included with your golf registration, and we also have a dinner-only option for non-golfers, spouses & friends. Join us as we dance and sing to music by the awesome 80s cover band 'Them Carls', scheduled to start playing around 9:00pm. Yes, it will be a long day, but it will be loaded with fun and friendship. I guarantee you'll have a great time, and I hope to see you on July 14!

God Bless and Remember ... *Optimism Always Prevails!*

A handwritten signature in blue ink, appearing to read 'Scott Layman', is written over a faint circular watermark.

Scott Layman  
P4P Golf Committee and Event Host