



Putting for Parkinson's

Attn: Scott Layman

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*** PLEASE SHARE THIS WITH FRIENDS AND FAMILY! ***

March 26, 2019

Dear Friends,

I hope this finds you in good spirits and good health. My spirits are way up compared to this time last year. Fatigue and unexplainable weight loss plagued me last year starting in the Spring and continuing through the July golf outing. I was not a happy camper, in case any of you took notice. I finally sought medical advice after the outing, and I am happy to report the weight and energy are back up, and I feel alive again.

I switched to a new Dopamine replacement pill called Rytary, and although I cannot blame the weight loss on this new medication, I feel that I can credit the Rytary with giving me some improvement in my speech. My volume is still low, but my articulation has improved, and words do not get "stuck" in my brain as much as they used to. The one real problem I am having is random dyskinesia, or involuntary movements of my body, which can occur when I am resting on the couch or lying in bed, but the worst is when I am talking to someone and my entire body tightens up, making it extremely problematic to just breathe and get recognizable words out.

We are already busy planning our TENTH golf outing. Ten years is a good milestone for reflection, and a lot has happened since our first outing in 2010. In my very first letter introducing everyone to the event, I confessed that, despite coming close, I had never shot a score below 90 for 18 holes of golf, but I am proud to report that statistic can be tossed aside, since I shot an 87 (Yes!) at Aston Oaks golf course the in October 2017, chipping in back-to-back birdies on #16 and #17. My golf game in 2017 was the best it has been in a long time, but I barely played in 2018, due to the aforementioned dyskinesia. When my body tightens and my right leg starts moving everywhere, it makes swinging a golf club very difficult. I am anxious to see if 2019 offers any improvement in my game and my basic ability to play.

In my 2014 letter, I wrote about my successful Deep Brain Stimulation surgery that previous December, in which I had wires surgically implanted in my brain that connect to a transmitter embedded in my chest, which sends a constant current to the region of my brain that used to produce Dopamine. The DBS surgery was a game changer, and while some of my Parkinson's symptoms have returned, developed or worsened over the past year or so, I'm certain that I'd be a total mess if it were not for the DBS.

While we saw a dip in attendance last year, our numbers have continued to grow, and in 2014, increased demand allowed us to offer 2 flights, morning and afternoon, and while we have never reached full course capacity, we have come darn close.

In 2015, we started "People Helping People" and 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 effort 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. We have been able to positively impact many lives through this campaign.

I retired from my career as an Architect in 2016. The longer time it took me to complete jobs and daily tasks that I used to rapidly do, my worsened speech, my balance concerns ... these were just a few of the realizations that led me to conclude that I wasn't carrying my weight in the firm. This was not fair to my three partners at AGI in Covington, so I cashed in the chips.

In November of 2016, I started an exercise regimen called Rock Steady Boxing. We are pushed to perform exercises that get our hearts pounding, with training to improve our core strength and balance, and yes, we put on boxing gloves and pound the heavy and speed bags. The best part is that we occasionally get to beat the crap out of our coach and trainer, Matt Daniels. I am proud to have scored not one, but two knockdowns of Matt this year. The key is to hit him hard and hit him low, and as Matt takes a step back to gain his footing, you keep on pounding him until he eventually trips on the side of the ring and falls down. Sure, the ring helped me knock Matt down, but man, both times were hilarious.

In 2017, I befriended Dave Parker, a former professional baseball player who, like me, has Parkinson's Disease. We have our individual struggles with the Parkinson's, but it doesn't deter us from being active in fundraising for Parkinson's research and efforts to raise public awareness of the disease. We support and complement each other's charitable work, and though we only see each other a few times a year, each time begins with a smile and a hug. Dave is great.

Through the past 9 years, *Putting for Parkinson's* has raised nearly \$250,000 for Parkinson's research and "People Helping People." Thank you to everyone who played, sponsored and donated, because, and I've said this many times before, we could not have done anything close to this without YOU. Every day, every dollar gets us closer to a cure ... I honestly believe that.

Help us make year #10 special 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 (www.putting4parkinsons.com). You can help us make a positive impact on the lives of Parkinson's patients everywhere and find a cure, and you'll have fun at the same time!

Our 10th golf outing will be held on **Friday, July 12, 2019** 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 promise you'll have a great time, and I hope to see you on July 12!

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

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

Scott Layman
P4P Golf Committee

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