



Putting for Parkinson's

Attn: Scott Layman

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www.putting4parkinsons.com

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

May 7, 2021

Dear Friends,

I am happy to report that our 12th annual Putting for Parkinson's golf outing is ON again this year. We are following last year's successful abbreviated format with a 1:00pm shotgun start (No morning flight). We are still mindful of the financial hardships that Covid has created, and that many of our friends and neighbors are still struggling from layoffs, furloughs, reduced orders from clients, and the list goes on. "Community" was our theme for last year's outing, and it is a great theme to carry forward to 2021. Friends, old and new, can just come together and enjoy a round of golf on a great course, with no pressure to spend more money than you have to.

I would be remiss if I didn't provide an update on me; you know, how I have been feeling and dealing with Parkinson's Disease (PD) over the past year. I am happy to report that I feel pretty darn good, all things considered. Last October, I had surgery on my left shoulder to correct a number of issues, and healing of that area has been hindered by repetitive and uncontrollable muscle contractions in my left arm and my left shoulder that are created by the Parkinson's. The same muscles and joints that I had worked on are the same ones that are contracting. Eventually, increases in two of my medication dosages have kept the contractions in check. I still have them, just not as often.

I am also happy to report that my Deep Brain Stimulation implants are still working as they were designed. How do I know this? – Because I experienced a brief period of time with the system turned itself off. This thing is supposed to stay on 24/7. I quickly experienced my life without DBS.

I was walking upstairs from the basement and had just planted both feet on the kitchen floor when I felt a tingling sensation in my head, immediately followed by a catatonic state in which I could barely move. I could have sworn that I had just had a stroke. I gathered up my senses, and managed to get upstairs to tell Joy that I thought I had a stroke. Only I never told her. Since I couldn't recall the last time I had recharged the DBS battery implanted in my chest, I decided to check it. I like to charge the battery once a week, but sometime every two weeks, but never more than that, which I had apparently had done.

The system wouldn't turn on because the battery implant was totally depleted. So, I implemented a strategy of getting it running again. I hooked everything up and went to bed. I was shaking with a tremor in my left arm, but I soon fell asleep. Each time I woke up, I'd check my battery level. When it was at or about 50% charged, I turned the system on, and within seconds, I had a burst of energy and went from rolling around on the floor to jumping right up and walking. I went back to bed and slept while the battery charged to 100%, relieved that the DBS battery would



hold a charge and that it would actually turn on, and that I had not ruined it.

Technology is great, but it is not idiot-proof, as I just illustrated. I am constantly amazed at advancements in medicines and medical equipment and devices, like my DBS, and every day I awake and stand on my own two feet I count a blessing. What a game changer DBS was for me!

Community. This is again the theme for this year's *Putting for Parkinson's* golf event. *Putting for Parkinson's* is being held on Friday, July 16, 2021, however we are focusing less on fundraising and more on just being together as one large Community of support toward a cure for Parkinson's Disease. We are also celebrating one of the reasons that I started this event in the first place – to increase public awareness of Parkinson's Disease. We are still golfing, but only in the afternoon, with no add-ons like Mulligans and raffle tickets to buy, and we will not have any hole sponsors. We will serve a boxed lunch, but we will not have breakfast or dinner. We will, however, have appetizers to enjoy after your round of golf. We may pass the hat for donations, and people can still donate if they want to, but that is not our main objective. This year, 2021, like last year, is about getting together as a Community to just celebrate life and being together.

We are holding our abbreviated golf outing this summer on **Friday, July 16, 2021!** Help us make this year's event extra special by playing golf or just by joining us for happy hour and appetizers. You can register yourself or your foursome at: www.putting4parkinsons.com.

Our 12th(!) golf outing will be held at Highland Country Club in Fort Thomas, KY, with an afternoon (1:00PM) shotgun start. Lunch and appetizers are included with your golf registration. It will be a great day, loaded with fun, friendship, and **Community**. I promise you'll have a great time, and I hope to see you on July 16!

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

A handwritten signature in blue ink, appearing to read 'Scott Layman', with a large, stylized flourish at the end.

Scott Layman
P4P Golf Committee

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