



SAVE THE DATE!
White Rock Senior Living Community's Annual

Fall CRAFT SALE

Saturday, November 15 from 9AM to 2PM
at 6 Bow Center Road, (Cliff House)

• NO Entrance fee • Vendor spaces still available at no cost.
For information please contact: Barbara Hays 603.582.3361



Bow Young at Heart Club

UPCOMING EVENTS

OCTOBER 22, 2025 11:30 AM - 2:30 PM
NHA representative from the New Hampshire Telephone Museum will discuss the history of the telephone and the artefacts found in the museum.

NOVEMBER 12, 2025 11:30 AM - 2:30 PM
Eric Thum will present an overview of his canoe trip in the Northwest Territories of Canada.

Meetings are at Old Town Hall, 91 Bow Center Road. Bring your own lunch at 11:30, desert is provided. The public is welcome! Membership is open to all residents 55 and older.

For more information contact Peter Cherici at (603) 774-7682 or email at fairfield_a@hotmail.com.



The Town of Bow Parks & Rec Department is hosting a TRUNK OR TREAT event for Bow community residents on

SUNDAY, OCTOBER 26, 2025
2:00 to 3:00 PM

Bow Elementary School, 22 Bow Center Road

Event time for those with decorated trunks starts at 12:30pm and ends at 3:35pm. Participants are responsible for decorating their trunks and purchasing treats for attending trick-or-treaters (estimated 700). **Prizes will be awarded** to the best decorated trunk in 2 categories: family and business/organization.

Email bowreccenter@bownh.gov or call Shannon Camara at 603-223-3984 for registration information.



DOCTOR'S CORNER
by Dr. Richard Johnson
Dunbarton



STIFF PERSON SYNDROME (SPS)

This rare condition was first described at the Mayo Clinic in 1956. You and I probably became aware of it when in 2022 Canadian singer Céline Dion announced that she had been diagnosed with Stiff Person Syndrome putting her career on hold. When famous people are diagnosed with a disease, public awareness jumps and organizations develop to raise both support and awareness. In June of 2024 the Céline Dion Foundation donated \$2 million to the University of Colorado Medical School to fund research in SPS and established an endowed chair in autoimmune neurology which is held by Amanda Piquet, MD.

SPS is thought to be an autoimmune condition. Basically, that means your immune system attacks your body’s healthy cells by mistake. The symptoms may include stiff muscles in the torso, arms, and legs. One might have hypersensitivity to noise, touch, and emotional distress, which can set off muscle spasms. SPS affects twice as many women as men, most often in their thirties and forties. It is rare to see a pediatric case of SPS.

There are several reasons that the diagnosis of SPS is not readily made. It is rare, affecting only 4 people out of a million. At present there is no specific test that can make the diagnosis, although most people with SPS have higher levels of glutamic acid decarboxylase (GAD) antibodies and anti-amphiphysin antibodies. Some patients will ignore symptoms for a few years before seeing medical attention. On average, it can take 4 to 5 years before the diagnosis is established. In some cases, patients are initially diagnosed as having Parkinson’s disease, multiple sclerosis, fibromyalgia, or some sort of psychosomatic illness.

Currently there is no *cure* however, phase II trials are underway evaluating the efficacy of Chimeric antigen T-cell therapy (CAR-T). An explanation of CAR-T will have to be in a future article!

Material for this article came from:

- 1. CU Medicine Today. Fall 2024 Vol 37 Issue 2
- 2. National Institute of Neurological Disorders & Stroke
www.ninds.nih.gov/health-information/disorders/stiff-person-syndrome
- 3. Online videos of Céline Dion explaining her struggle with SPS.



603.801.5720

FULLY LICENSED AND INSURED

ERIC COOKE
ericcooke137@gmail.com

54 Woodhill Road
Bow NH 03304

 www.facebook.com/E.CookePlumbingandheating.com

603-682-3747



NO BLEACH Roof Stain Removal

www.RoofShampoo.com