

PEP NEWS

Newsletter of the Parkinson Education Program of Greater Cleveland

MARCH 2016

Barbara Marquardt, Editor

MARCH MEETING

Wednesday, March 2, 2016 – 2:00 p.m. till 4 p.m.

Sara Harper, M.S. Research Personnel, Department of Exercise Science at Kent State University will join us to speak on all of the great research taking place in Dr. Angela Ridgel's laboratory. They are conducting research that involves exercise as a key component to reducing symptoms related to Parkinson's disease but all in different unique ways.

**Cleveland Heights Recreation Center
One Monticello Boulevard, Cleveland Heights, OH**

(Last names A through M, please bring light refreshments)

From David Brandt

There are a few calendar items I want to mention so you can plan ahead.

- The 18th Annual Parkinson Symposium held by the Ohio Parkinson Foundation Northeast Region is being held at the Tallmadge Community Center on April 16 from 10 a.m.-2:30 p.m. *Music as Medicine* is one of the topics with featured speaker Dr. Deforia Lane, Director of Art & Music Therapy at the University Hospital Seidman Cancer Center. There is no charge for this event and lunch is provided. You must register by April 8 by calling 800-630-3193.
- *Stand Up! A Summit to Advance Parkinson's Disease Research* will be held May 4, 2016 at the Northeast Ohio Medical University (NEOMED). They are located at 4209 St./Rt. 44 in Rootstown, OH. Anyone interested in Parkinson's Disease and research being done in the field (persons living with PD, caregivers, clinicians, scientists, researchers, etc.) Open to all.

*Note: The morning sessions are geared towards scientists but ALL are welcome. There will be two tracks in the afternoon; one geared for the greater PD community and another for scientists.

Speakers are still being confirmed. There is no charge for this and a continental breakfast is offered in the morning and a box lunch available for all attendees. You can contact Lisa Miller at 330-325-6406 for questions.

- Remember that *Moving Day*, sponsored by National Parkinson Foundation Ohio, is scheduled for Saturday June 18 from 12:30-3:30 p.m. and will be held at Wade Oval in University Circle.

Spring is right around the corner, smile!!

TRIBUTES

We need your donations to continue bringing you the *PEP News* and for other expenses. A special thanks to those who contribute at the monthly meetings. To send a donation, please make your checks payable to Parkinson Education Program and mail to – 17930 Birch Hill Drive; Chagrin Falls, OH 44023

DISCLAIMER: *The material contained in this newsletter is intended to inform. PEP makes no recommendations or endorsements in the care and treatment of Parkinson's disease. Always consult your own physician before making any changes.*

The Emotional Side of Caregiving: Parkinson's Caregivers Share Advice

(Excerpt from www.michaeljfox.org)

Caregiving for someone with Parkinson's disease can bring up a range of difficult emotions, many of which are challenging and often conflicting.

To start, juggling daily and long-term care needs can be quite stressful. As a caregiver you value being able to support your loved one, but you may also feel resentful of how much time caregiving takes up. Parkinson's disease can also impact communication skills, especially speech and facial expressions. Miscommunication can create frustrating moments, and caregivers may feel guilty about losing patience. Furthermore, some caregivers also feel grief about how much Parkinson's disease has changed their lives, but feel guilty about expressing that feeling.

If you're experiencing any of these feelings, know that you're not alone. Caregivers from our community shared what helps them cope with difficult emotions.

1. Talk to a friend or family member about how you're feeling. If an in-person or phone conversation is not possible, writing an email to a friend or keeping a journal can also help relieve stress.
2. Have a healthy cry. For many people, crying is cathartic, and research tends to back up the emotional benefits of crying. There isn't exactly a "right" or "wrong" way to cry, but connecting with a close friend when you're upset can help you feel better.
3. Take a moment just for you. Whether it be deep breaths or listening to soft music, take a moment to pause and reflect. Many commenters said that they find comfort in meditation, their faith or support from religious and other communities. Whatever your beliefs, a short break can be a helpful way to center yourself in a busy day.
4. Do something that makes you feel like yourself. Many caregivers say they sometimes lose themselves in the day-to-day of providing care. Watch a favorite movie, work on an art project or get out of the house for a walk, if you can.

5. Connect with an online support group. Depending on your personal situation, you may not be able to attend a support group for caregivers outside of your home. Sharing with others online who are experiencing something similar can help you feel validated and connected to the community at-large.

Leg Power for a Better Brain

(Excerpt from www.drweil.com)

The brain seems to age more slowly when your leg muscles are strong. This finding comes from a 10-year long twin study in the UK that looked at a number of health and lifestyle predictors that can influence brain health. The researchers from Kings College London measured thinking, learning and memory among 324 healthy female identical twins whose average age was 55 when the study began in 1999 and again at its conclusion. They found that the twin whose legs were strongest at the start was mentally sharper 10 years later and had fewer brain changes associated with aging than her twin whose legs weren't as strong. They also reported that leg strength was a better predictor of overall brain health than any other lifestyle factor they evaluated. Earlier studies have found that physical activity can have a beneficial effect on brain aging, and animal studies have shown that exercising muscles releases hormones that can encourage nerve cells to grow, the researchers noted. But they believe that this study is the first to show a specific association between the legs' force and speed and cognitive changes in normal, healthy individuals. The researchers focused on twins because their shared genetics and early life are factors that don't change in adulthood. They noted that further studies are needed to determine if their findings hold true for older individuals and men.

PEP April Meeting – April 6, 2016

Laura Gasbarro, Moving Day Cleveland Coordinator, National Parkinson Foundation – Ohio will join us to provide information on the *Moving Day* scheduled for June and will also talk about National Parkinson Foundation – Ohio and what they can provide for you.

Community Recommendations: Assistance Products for Parkinson's Disease

(Excerpt from www.michaeljfox.org)

In June, NPR profiled an 11-year-old girl named Lily and her design for a special cup for her grandfather, who has Parkinson's disease. Called the Kangaroo Cup, it has three plastic legs attached so it won't tip over (kangaroos jump with their legs plus their tail, says Lily).

If you have Parkinson's disease or live with someone who does, chances are you've come up with your own creative solutions to making daily life easier. We asked our Facebook community about assistance products they use or solutions they've discovered, and added in a few popular options that have been in the news lately.

While some options are on the pricier end, like a motorized spoon that cancels out tremors, others are do-it-yourself projects made with materials picked up at your local hardware store.

Kitchen – Mealtime can sometimes be frustrating with Parkinson's symptoms. Utensils with ribbed, ergonomic rubber handles are easier to hold and often available at specialty stores, or sometimes at local retailers like CVS, our Facebook community says.

For a DIY approach, Facebook community member Tim Rusteberg suggests finding liquid rubber for tools at your local hardware store, and adding it to utensils.

If it's in your budget, the Liftware spoon uses stabilizing technology to cancel out tremors while you eat. In a clinical trial, it cancelled out 70% of tremors.

Hygiene – Faucets and toothpaste tubes can pose a challenge as part of a morning routine. “[I use] a sonic toothbrush and dental floss picks to keep inflammation at bay, and all products in a pump so I don't have to twist off the tops,” Betsy Arbelovsky shared. She also installed touch on and off faucets in her kitchen and bathroom.

Electronics – Community member Christian Mögel has a creative setup for his computer at work – he placed a mouse on each side of the keyboard so he can use the hand that's feeling better at any particular time. For home, he purchased a **27-inch tablet** that he's found helpful. “Due to its size the areas I have to hit for a certain command are much bigger than on a regular PC or tablet. I can bring the tablet flat about 8” over the table, so I can easily work standing,” he wrote.

Several members of our Facebook community suggested trying out Dragon voice recognition software if typing becomes difficult.

Around the house – If using keys to get in your house is a frustrating process, April Schorr Logsdon recommends installing a number punch entry at the front door.

For indoor ease, several commenters suggest installing touch lights around the house, especially in the bedroom. “My mom has ‘touch’ lamps in the bedroom in case she needs to get up at night,” says Lara Sees-Schob. “I think these are awesome because she doesn't have to fumble around and try to turn the lights on, especially if she's a little shaky... Works great!”

Clothing – Commenters also advised wearing non-slip shoes and finding styles that are easy to put on. “[I wear] slip-on shoes that curve up a bit – reduce tripping,” says Betsy Arbelovsky.

A few different Facebook community members recommended the clothing site Buck and Buck, a website that offers clothing to make self-dressing and assisted dressing easier. MagnaReady dress shirts, which have buttons on the outside but close using magnets, are another popular choice.

TO REACH US AT PEP

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PEP NEWS

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FIRST CLASS MAIL

We try to keep our roster current. If you no longer wish to receive this bulletin or would like to receive it via email instead, notify Katherine.A.Kaminski@gmail.com or call 216-513-8990.

TRIBUTES

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In Memory of Ronald J. Roch
Mary Roch and Family



Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with your questions!

Question: Q: What could naturally help with my Parkinson tremor?

Answer: Great question – thank you for asking!

MAGNESIUM has been shown to help reduce tremors, and to help naturally detox heavy metals and other harmful substances. Magnesium is found in the following forms:

- Magnesium lotion
- Magnesium oil
- Magnesium oral supplement
- Epsom salts for a bath

Additionally, magnesium helps with other Parkinson symptoms such as fatigue, insomnia, muscle cramps, headaches and anxiety to name a few. Most Americans today are magnesium deficient. A good source of magnesium can be found online at www.ancient-minerals.com, or by phone at 1-800-257-3315. Please consult with your healthcare provider before adding vitamins or minerals with prescription medications.

WHAT HAPPENED TO THE
OVERTURNED FRUIT TRUCK?
IT CAUSED A BIG TRAFFIC JAM!

#ClassicJokeFriday

