

PEP NEWS

Newsletter of the Parkinson Education Program of Greater Cleveland

MARCH 2019

Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT

MARCH MEETING

Wednesday, March 6, 2019 – 2 p.m. till 4 p.m.



A representative from the Western Reserve Area Agency on Aging will talk on their many wonderful programs and services for those living in Cuyahoga and the surrounding counties. They will focus on their Family Caregiver Support program. The Family Caregiver Support team is here to help identify exactly what your unique needs are as a caregiver, and then connect you to every resource that may be able to help. These resources can include respite, support groups, and even financial support.

Cleveland Heights Recreation Center / One Monticello Boulevard, Cleveland Heights, OH 44118
(Last names N through Z, please bring light refreshments)

From David Brandt

There was a recent letter to the Plain Dealer written by Mary Kay Doherty on Sunday, February 3 which dealt with her mom's struggle with Parkinson's and how she and her siblings help out as much as they can and wondering if their decisions are the best for their mom. I am printing the last few paragraphs which is a scenario played out in countless homes.

"The "wins" will seem imperceptible in the moment. Making sure her candy drawer is never empty. Brushing and curling her hair. Asking what she wants or needs rather than presuming to know. Listening and sharing stories from the past. Arranging visits from grandchildren whose joie de vivre is contagious. These are fronts we can muster against the enemy; the small things we can do to show our love and support.

We don't know how her disease will progress. We don't know if we are making the right decisions. But we will do everything we can to protect her for as long as we can.

And we take comfort in knowing that we are not alone. Our struggle is timeless – adult children helping aging parents has never been, nor will it ever be, easy. And the rising tide of the "silver tsunami" means that, in the coming years, more of us, not fewer, will be engaged in battle. So from our foxhole to yours, we send prayers for

strength and courage in battle."

A couple of announcements:

- ♦ I had the incorrect date listed in our last newsletter for the upcoming Parkinson's Symposium. It is April 6.
- ♦ If you should be moving, please notify us of your new address by emailing Katherine.A.Kaminski@gmail.com or call 216-513-8990.
- ♦ If the Cleveland Hts. Schools are closed due to bad weather on our meeting day, the Senior Center will be closed and we will not have a meeting.

Upcoming events on the calendar

- ♦ April 6, 2019 – The 21st Annual Parkinson Symposium put on by the Ohio Parkinson Foundation Northeast Region. The event will be from 10:00a.m. – 2:30 p.m., check in beginning at 8:30 a.m. There is no charge for the event, door prizes and a free lunch will be provided. Register by March 25 at <http://ohparkinson.com/21st-annual-parkinson-symposium-registration/> (preferred) or call 800-630-3193. The event will be held at the Hilton Garden Inn Twinsburg, 8971 Wilcox Dr., Twinsburg, OH 44087.

TRIBUTES

Marlys Bremer

Michael and Sylvia Brown

Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: What is currently being done to possibly help with walking and Parkinson's in the future?

Answer: Honda R&D Americas has been studying and working on various walking devices since 1999, and the results have been impressive. In addition to creating its futuristic independent Asimo robot, Honda has used what it's learned and applied it to humans who do not have full mobility. In the past, Honda's Walking Assist device has been used by those who have suffered a stroke, but **new research hopes to apply the technology to people with Parkinson's disease.**

Honda announced this month that it is collaborating with Ohio State University (OSU) to conduct a Phase 2 randomized controlled trial. **During the eight-week study, the safety, practicality, and helpfulness of the Walking Assist device will be assessed on people who live with Parkinson's. The Michael J. Fox Foundation backed the research with a grant to fund the study.**

"Many people with Parkinson's disease experience gait and balance issues, but there are few treatment options that fully alleviate these challenges," Associate Director at MJFF Jamie Hamilton, PhD, said in the release. "This project has the potential to address this unmet need and improve quality-of-life for Parkinson's patients."

The equipment works somewhat like a scaled-down version of a mechanical robot suit. It attaches to the hips and on the legs near the knees and aids stability and balance while walking by keeping the legs working in symmetry. Training with the device can help the muscles learn the movements while also strengthening the person using it.

The research will be done at OSU's School of Health and Rehabilitation Sciences. Starting in early 2019 Dr. Anne Kloos and Dr. Deb Kegelmeyer will lead the study with the goals of learning long-term and short-term affects on walking efficiency. As of now, there are no plans to sell the device at a commercial level.

Ref. <https://www.autoblog.com/2019/02/12/honda-ohio-state-parkinsons-walking-assist/>



PEP April 3, 2019 Meeting

We welcome back Ellen Walter, an Acute Care Nurse Practitioner at the Cleveland Clinic in the Center for Neurological Restoration. She will talk on the Non-Motor Symptoms of Parkinson's Disease. She graduated Summa Cum Laude from Kent State University with a BSN and received her MSN from Case Western Reserve University Frances Payne Bolton School of Nursing.

She has worked for the last 20 years in neuroscience nursing in neurology and neurosurgery practices including caring for individuals who have had deep brain stimulation surgery for the treatment of their movement disorder.

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.

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

Twelve of the Best Domestic Tools for People with Parkinson's

(Excerpt from parkinsonslife.eu)

From attachable plate guards to ergonomically designed grabber tools, there are lots of products that make home living that little bit easier. We've put together a room-by-room roundup of some of the most useful items for people with Parkinson's

Kitchen

1. Plate guard

Plate guards can be subtly fitted onto ordinary plates to help those who can only eat with one hand or have an unsteady grip. The inward facing slopes helps with food collection and prevents spillages.

2. Tailor-made cutlery

Electronic stabilizing handles are designed specifically to help people with hand tremors. The utensils are tailor-made to counteract the effect of tremors and have inbuilt sensors and motors to help combat tremors.

3. Kettle pouring stand

Making your morning 'cuppa' has never been easier with kettle tippers that helps users pour boiling water without lifting the kettle up – reducing the risk of spills. The frames handily wrap around your kettle, and are held in place with a secure Velcro strap.

Bathroom

4. Foam tubing

Sliding easily over popular household items such as hairbrushes and toothbrushes, foam tubing gives users a firmer grip – making everyday grooming easy and quick.

5. Electric razor

Parkinson's symptoms like dyskinesia and tremors can make completing everyday tasks like shaving difficult or dangerous. An electric razor is one simple swap that can speed up a morning routine and avoid nips and cuts.

Living Room

6. Grabber tools

Ergonomically designed to mimic how a finger and thumb pick things up, hand grip grabber tools help users reach for things high or low, small or large around the house without stretching or bending.

7. Touch lamps

Touch table lamps help to avoid a struggle with tricky light switches. Simply touch the bases lightly to control the light output and reach the desired brightness, making it that bit easier when settling in for bed.

Bedroom

8. Reading rest

For those who find it hard to keep a book still, consider a reading rest for a more comfortable reading experience. Simply clip the book in and adjust the angle for when in bed or at a desk.

9. Button and zip hook

You can find many easy-to-use, low-cost hooks that help combat fiddly buttons and zips while dressing and undressing.

10. Elastic laces

Get out of the door quicker in the mornings by turning lace-up shoes into slip-ons. Elasticated laces eliminate the need to bend down and tie and untie shoes before leaving the house.

Study

11. RollerMouse

A wireless RollerMouse sits directly in front of the keyboard and the cursor can be moved by touching the rollerbars lightly. Users can switch control between hands when fatigue sets in – improving accuracy and increasing the amount of time spent online in comfort.

12. Keyguards

Keyguards are placed above the keys on a standard keyboard and stop people with hand tremors hitting unwanted keys whilst typing. While it slows down typing speed, it improves accuracy and comfort.

For more information on mobility and disability aids for Parkinson's please visit the [EPDA website](http://EPDA.org).

PEP NEWS

Parkinson Education Program
of Greater Cleveland
17930 Birch Hill Drive
Chagrin Falls, OH 44023

Address Service Requested

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.

Could Treadmill Training Improve Parkinson's Symptoms?

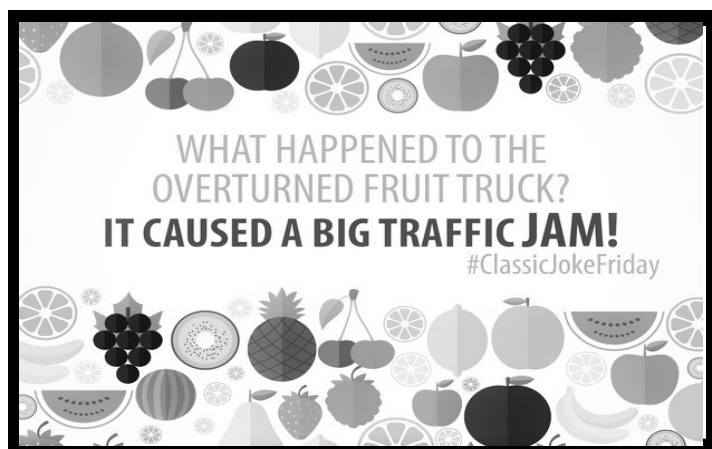
(Excerpt from www.parkinsonslife.eu)

Researchers at a German university have found that using a treadmill may improve gait in people with Parkinson's.

As part of the study – published in medical journal 'Human Movement Science' – 38 participants living with the condition completed 40 minutes of treadmill training twice a week for a period of eight weeks. Of that group, 18 varied the surface incline on the treadmill while the other 20 did not.

While the results showed improved gait in both training groups, those that varied the incline saw significant improvement in stride length, stance and walking speed.

The researchers, based at Friedrich-Alexander University Erlangen-Nürnberg, Germany said "PD patients demonstrated marked gait adaptations to the eight-week treadmill intervention, which were partially retained after three months follow-up".



TO REACH US AT PEP

440-742-0153
dbrandtpep@gmail.com



Facebook – Par-
kinson Education
Program of
Greater Cleve-
land

Partial grant support provided by OPFNE



ohparkinson.com