

PEP NEWS

OCTOBER 2019

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

OCTOBER MEETING

Wednesday, October 2, 2019 – 2 p.m. till 4 p.m.

We welcome back Dwyer Conklyn, a Neurologic Music Therapist with his own company, DCB3 Music Therapy. He will talk on utilizing innovative techniques that provide quality rehabilitation services to those with Parkinson's. He will show us and lead us in singing and musical techniques.

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

From David Brandt

For the fifth year in a row, the Ohio Parkinson Foundation Northeast Region (OPFNE), along with Come Dance With Me, are sponsoring the Big Band Brunch November 3, 2019, and once again, *PEP* will encourage our members to attend by paying their admission. Here are the details:

- ♦ Sunday, November 3rd at Executive Caterers located at 6111 Landerwood Dr. in Mayfield Heights, OH 44124.
- ♦ 12:00 (noon) – 1:30 p.m. – Fabulous Buffet Brunch
- ♦ 1 p.m.—3 p.m. – Music by Swing City Big Band
- ♦ Enjoy a fun afternoon of great food and friendships while listening or dancing to great music. Experience the excitement of an 18 piece big band playing all of the popular hits from the 40's to today. This event has become more popular every year and they have moved to a larger hall within Executive Caterers to accommodate.
- ♦ If you would like to attend, please email me at dbrandtpep@gmail.com or call me at 440-742-0153, and I will make reservations and *PEP* will

cover the \$20 per person charge. I will need to hear from you by Sunday, October 27th.

- ♦ Everyone who has attended in the past has loved the food and had a great time. I hope to see you there!

Upcoming Events on the Calendar

October 12 – New Frontiers in Research and Care

Presented by Parkinson's Foundation at the Holiday Inn in Independence, 6001 Rockside Rd., Independence, OH 44131. The program highlights the Parkinson's Foundation national research initiatives. Participants will learn how research has shaped current treatments and identify new care strategies to help with managing Parkinson's symptoms. The program may include moderately scientific terms and concepts. There is no charge to attend but registration is required. Lunch is provided. Contact Sally Levy at 614-505-5729 to register.

PEP November 6, 2019 Meeting

Please join us to welcome Taylor Rush, PHD, Clinical Psychologist from the Cleveland Clinic Center for Neuro-Restoration. She will talk on The Role Psychology Plays With Parkinson's Treatment.

Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: Could the mushroom called *Lion's Mane* be beneficial for Parkinson's?

Answer: Hericium, Lion's Mane therapeutic uses include Parkinson's disease, multiple sclerosis, post-stroke and dementia as well as anxiety and depression.

One recent research study reviews many articles on how different medicinal mushrooms work for brain health pointed out that "The mushrooms (either extracts from basidiocarps/mycelia or isolated compounds) reduced beta amyloid-induced neurotoxicity and had anti-acetylcholinesterase, neurite outgrowth stimulation, nerve growth factor (NGF) synthesis, neuroprotective, antioxidant, and anti-(neuro) inflammatory effects."

One reason that it has shown benefit in Parkinson's and Multiple sclerosis is that it has a protective effect on the myelin sheath – the outer coating of the axon of the nerve cell. The myelin sheath protects, coats and feeds the nerve cell, and damage to this creates some of the symptoms of neuro-degenerative diseases. A piece of research from 2003 showed that the extract of Hericium helped improve the health of these cells, and no toxic or damaging effect was found. This study was in vitro, and certainly more human studies are warranted.

Best Parkinson Spoon in 2019 : Top 3 Choices for Every Budget

(Excerpt from loaid.com)

What is a Parkinson spoon? A Parkinson's spoon is a *great eating aid* designed to reduce the common tremors. The spoon stabilizes the patient's hand, which provides security in movement.

What to Look for in the Parkinson spoon? As the tremors are the cause of inability to hold the utensil securely in your hand, you should go for a weighted

utensil. A perfect Parkinson's spoon is made of *silverware*. This material gives weight to the hand, lessening the tremors. Additionally, look for a spoon with ribbed holds as they prevent slipping of the utensil from your hand. If you are into modern types of spoons, then a spoon with sensors will enchant you. Its sensors detect and reduce tremors.

Why Use Parkinson's spoons? With an assist of the Parkinson's spoon, you will forget about spilling the food. Stabilizing spoon makes you self-sufficient and independent.

Best Parkinson's spoons Overview

Parkinson's Self-Stabilizing Spoon with Portable Kit by GYENNO, about \$370

GYENNO steady spoon enables stabilizing of the hands while holding utensils up to 85%. This spoon is very easy to handle, as it weights 130g ! Additionally, it has an *ergonomic design*, which means it is optimized for special use. The spoon will serve you for all three meals, giving you the possibility to use it 180 minutes a day. A replaceable battery within shows the battery status and turns off automatically when the spoon is not in the use. It's highly resistant to high temperatures so you can eat hot food.

Portable kit includes a charging box and cable, multi-lingual user manual, a stabilizing handle, and a spoon attachment. GYENNO has strong confidence in their products so that they give you a 6-month guarantee. They also have a great customer service and support available 24/7 in case you are in doubt about the product or need an issue fixed. Using the spoon basically means you are learning to eat all over again. GYENNO recommends using the spoon at least for a week in order to get used to it completely. It would be great to get yourself a large and shallow bowl so that you get optimal space for handling the GYENNO spoon. While holding the spoon, never force your arm to go in a specific direction, but rather relax it and allow the GYENNO spoon to do its thing. **PROS**, prevents slippage, BPA free, adaptable to tremors, 6-month guarantee. **CONS**, expensive, chargeable only via USB connection, it has user range. *(cont'd. on pg. 3)*

2. Parkinson's Self-Stabilizing Spoon with Portable Kit by Liftware, \$200, [Click Here](#)

Steady starter kit with built-in sensors detects and mitigates tremors and handshaking up to 70%. Battery life about an hour. It gives you back the sense of independence and self-sufficiency. This assistive tool comes with a stabilizing spoon attachment, while you can order additional steady fork, knife, and everyday stabilizing spoon attachment. The whole kit contains the stabilizing handle, spoon attachment, charging cradle, USB wall adapter, and micro USB cable. As the spoon attachment moves, it might feel funny the first time you use it. In order to find the most comfortable grip, you should experiment with different hand positions. The stabilizing handle contains a rechargeable battery within, which can serve you for several days. A motor within the spoon detects tremors and helps in prevention further ones, which you must admit, is one of the technology miracles. Once the device detects steadiness, the handle chimes periodically. This is a great reminder if you forget to disconnect the handle after a finished meal. Are you planning a trip? Don't worry. Liftware's steady kit comes with a *travel pouch* and a hand strap, so you can enjoy your tour to the fullest, but you would have to buy a fork, a spork, and everyday spoon attachment separately. Liftware's steady kit is definitely one of the best products on the market when it comes to conditions of limited hand and arm mobility, cerebral palsy, Huntington's disease, Parkinson's disease, spinal cord injury, or post-stroke deficits. Customers that have been using the set for a while find it very liberating and relaxing, as tremors usually have a staggering effect on people dealing with them. Having a proper meal will be no challenge ever again thanks to the Liftware's steady kit. **PROS**, perfect for mushy food, e.g., oatmeal, has a travel case, spoon holds about 15 ml of content, reduces shaking up to 70%. **CONS**, very expensive, utensil has a short neck and thick handle, unfit for liquids, e.g., soup, fork attachment is too curvy.

3. Parkinson's Self-Stabilizing Spoon with Portable Kit by Vive, no batteries, 4 -piece about \$17 – [Click Here](#)

Adaptive set by Vive is a real lifesaver when it comes to the Parkinson's tremors. You will gain your self-esteem again with the premium stainless steel spoon,

fork, and a knife. It works great also if you have arthritis or dexterity issues. Vive really offers an adaptive and useful set for people with any kind of movement disorders. Ribbed composited handles make the utensils easy to hold and prevent food spilling. It is contoured to fit your hand comfortably and convenient for cleaning. The head and the neck of the Vive set are designed to bend, which is helpful when it comes to tremors. One more great thing about the set is that you can use it for eating, baking, cooking, and feeding. Every task that was difficult before will become a true pleasure, especially if you are the type who enjoys spending much time in the kitchen. Ergonomic and elegant design provides a secure and easy grip and *discrete utilization*. The enjoyment of eating meals without spilling any food around has never been closer, thanks to the Vive set for Parkinson's disease. **PROS**, all-inclusive set, ergonomic design, composite handles, dishwasher safe. **CONS**, not weighted, short necks of the utensils, guarantee only 60 days

Precautionary Measures

Some of the Parkinson's stabilizing spoons contain magnets. People with a cardiac pacemaker should read the direction first, which is in the product's handbook. Keep the spoon from aerosol or administered oxygen, as it might produce harmful effects. Don't hold the spoon near to the microwave or another heating source or electrocution. We are aware that eating became stressful for you. However, when you get your new spoon, make sure you are relaxed before using it. Take a few deep breaths and concentrate. Stress and anxiety increase tremors, so if you feel more comfortable alone, try it by yourself the first time. On the other side, if a patient has reduced physical or mental capabilities, then he/she needs some supervision. Uncontrollable shaking of your hands makes it almost impossible to eat. Parkinson's tremors negatively affect self-esteem and motor skills.

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

PEP NEWS

Parkinson Education Program
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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.

Singing in your Head Could Improve Gait in Parkinson's

(Excerpt from Parkinsonslife.eu)

Researchers at the Washington University School of Medicine, US, have found that 'mental singing' could improve the walking pattern – known as gait variability – in people with Parkinson's. The study published in 'Journal of Neurologic Physical Therapy' – collected data from 60 people, aged 65, half with PD.

Each participant did three walking tests: walking and listening to music, walking and singing aloud without music, and walking and singing in their heads. The nursery rhyme 'Row, Row, Row Your Boat' was used for all test conditions. All participants experienced better walking patterns while singing mentally. The researchers found that walking at a faster pace – while singing in their heads – was also linked with improved gait. The study authors said: "Internal cues allow people to increase gait velocity while simultaneously reducing gait variability, which may ultimately contribute to enhanced gait stability and reduced fall risk."

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

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In Memory of Deacon Jim Duffy
Mary Anne Duffy

Patrick and Marguerite Murphy

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kinson Education
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