

PEP NEWS

DECEMBER 2019

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

DECEMBER MEETING

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

We welcome Dr. Arman Askari who attended CWRU Medical School, did his residency at Brigham And Women's Hospital and then joined the Cleveland Clinic as a leading cardiologist. Dr. Askari, with 3 young children, then developed young onset Parkinson's. Hear his inspiring story as he talks on dealing with Parkinson's and what he has accomplished since.
Cleveland Heights Recreation Center / One Monticello Boulevard, Cleveland Heights, OH 44118
(Last names A through M please bring light refreshments)

From David Brandt

By the time you read this, you will already have enjoyed your Thanksgiving. I hope you spent it with family and had a chance to reflect on thanks for a number of things.

Those with PD can be thankful for the tremendous research being done on the road towards a cure and more betterment of the conditions of PD through the Michael J Fox Foundation, the Parkinson's Foundation, the Davis Phinney Foundation, the NIH and others. And they are certainly most thankful for their partners/caregivers for all that they do.

For support groups like *PEP*, there are also many reasons for being thankful. These include being supported by The Ohio Parkinson Foundation Northeast Region (OPFNE). I was recently at a luncheon they had for support groups in Northeast Ohio which was well attended and provided an opportunity to exchange practices and ideas. OPFNE also supports *PEP* with a grant to assist in publishing this newsletter so that we can continue to keep our members abreast of the latest information on PD and the PD events in the area.

I am also fortunate to have fellow board members Mazie Adams, Shalom Plotkin, Kathy Wendorff, and Pat Murphy who dedicate their time and effort to keep *PEP* relevant and helpful for its members. We are also most fortunate to have Bob Eckart as head of hospitality, Barbara Marquardt as Editor of the *PEP* newsletter and Katherine Kaminski as the person who

puts the newsletter together and gets it delivered to you every month. A big thank you to all of the above!

Upcoming events in the area.

April 4, 2020 – 22nd Annual Parkinson Symposium from Ohio Parkinson Foundation Northeast Region from 10 a.m. — 2:30 pm (check-in begins at 9 a.m.) at Hilton Garden Inn Twinsburg, 8971 Wilcox Dr., Twinsburg, OH 44087.

Highlights: Join in this Outstanding Annual Community Program of Sharing and Learning. There is no charge for this event.

- ♦ Door Prizes & Free Lunch Provided
- ♦ Donations Welcome
- ♦ Register by March 30, 2020, call 800-630-3193
Your phone registration will be your confirmation - online registration coming soon

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 January, 2020 Meeting

We will not be meeting in January. Happy New Year!

Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: I would like to start the New Year off right. Do you know of a good exercise program for Parkinson's?

Answer: Yes, *PWR! Parkinson Wellness Recovery* has a program called *Power!Moves*®.

PWR!Moves is a Parkinson-specific skill training program to maintain or restore skills. Dr. Becky Farley created *PWR!Moves* as the evolution of her original LSVT BIG® exercise program. The BASIC4 | *PWR! MOVES*® offer a flexible and functional amplitude-focused exercise approach that targets multiple symptoms, and that allows for adaptation for disease severity.

All of the basic4 | *PWR!Moves* may be performed differently to specifically target different symptoms of PD:

PREPARE – To counteract rigidity
PWR!Moves are performed slowly, rhythmically and with sustained effort.

ACTIVATE – To counteract bradykinesia
PWR!Moves are performed as BIG and FAST as possible with repetitive high effort.

FLOW – To counteract incoordination
PWR!Moves are linked together into gradually longer sequences that mimic everyday movement and improve overall function in LIFE.

BOOSTS – To counteract loss of automaticity
PWR!Moves are combined with secondary motor and cognitive tasks to create real world environmental context. PWR! Parkinson Wellness Recovery mission is to develop and implement worldwide access to Parkinson disease-specific, neuroplasticity-principled programming shown by research to reduce symptoms, restore function, and improve quality of life, with promise to slow disease progression.

PWR!Moves Certified Therapists are located ALL across the United States. Two *PWR!Moves* Certified Therapists are located in the Cleveland area:

Amy Chan, PT, DPT, NCS	Megan Reid, PT, DPT
<i>PWR!Moves</i> Certified Therapist	<i>PWR!Moves</i> Certified Therapist
Phone: 216-444-9617	Phone: 734-657-3837
Email: chana@ccf.org	Email: mreid@therecoveryproject.net
Website: https://www.pwr4life.org/	Website: https://www.pwr4life.org/

For more information, contact *PWR! Parkinson Wellness Recovery* at 520-591-5346, 140 W Fort Lowell Rd., Tucson, AZ 85705, info@pwr4life.org, <https://www.pwr4life.org>

Have a Wonderful Holiday Season and may 2020 Bring You Much Health & Happiness!

Cruising With Mobility Issues

(© *Cruising with Mobility Issues*, Ellen J. Richman, 2019)

Following is the first of our two-part series from our PEP meeting guest speaker of September 4, 2019, Ellen Richman. We thank you for sharing this information with us.

Vacations take on a whole new meaning for those who have mobility issues, especially those who rely on aids such as walkers, scooters and wheelchairs. How do you deal with transportation to your destination? Will there be handicapped-accessible bathrooms available? Can you participate in sight-seeing tours? Steps, inclines, toilets, and a host of other details become issues you may not have had to think about before.

Ocean Cruise or River Cruise?

More and more, river cruise lines are making adjustments to accommodate mobility-challenged passengers. Their ships generally have handicapped-accessible rooms and elevators. But keep in mind that they make daily (or mostly daily) stops at cities and towns along their route and give you most of the day to explore on land. Those land tours may not be accessible. Unlike ocean cruise lines, there is not a variety of activities on board during these stops. Generally, river cruise passengers are there to visit a variety of interesting towns during the day, and not to engage in daytime on-board activities. Ocean cruises, on the other hand, generally have a wide variety of on-board activities which are available if you decide to stay on board and not take a land tour.

(cont'd on Page 3)

Travel Agent or Book on Your Own?

First-time cruisers may benefit from the expertise of a travel agent who can guide you through the many choices, from choosing a ship, deciding on location for your cabin, to choosing a time for your dinner (which could be early seating, late seating, or “anytime dining”). Cruise lines also allow you to book online through their website and some will provide you with an in-house specialist to serve as your travel agent for that particular cruise line. Even experienced travelers often prefer to use a travel agent to handle all the details. Best way to find one? Ask an experienced cruiser whom they use.

Booking the Cabin That’s Right for You:

If you require a handicapped-accessible cabin, book early! These rooms are large with doors wide enough to accommodate a wheelchair. The doors of “regular” cabins are often too narrow to allow a wheelchair to pass through. The bathrooms generally have grab bars, a roll-in shower, a low accessible sink and sometimes a raised toilet.

Inside or outside cabin? The inside cabins have no windows (nor balconies of course). They are less expensive than an outside cabin. Some people feel that they do not spend much time in their cabin so they opt for the inside cabin.

Disabled persons usually require extra time to dress, toilet, shower, etc. and want to enjoy the ocean view while in their cabin, so they opt for the more expensive outside cabin.

Balcony or not? For an additional price, your cabin can have a sliding door to a balcony - usually small but big enough for two chairs and a small table. A balcony allows you a private space to enjoy the ocean breezes if you are in a warm climate. It also serves as a nice area for one of you to sit while the other is sleeping. And it is a nice place to eat breakfast if you order room service.

Pre-Cruise Arrangements:

Check the expiration date on your passport. It may not be as valid as you think. Be sure it doesn’t expire for at least six months after the cruise. Cruise lines and most countries will not accept your passport with an earlier expiration date.

Purchase cancellation and medical insurance either through the cruise line or from a private company. There are dozens of reasons why anyone might not be able to travel. And, your own medical insurance probably does not include treatment outside the U.S. Check the terms of your cancellation/medical

insurance carefully. Policies do vary.

Most airports will allow a wheelchair passenger to bypass a long security line, especially if you are with an airport assistant. However, a TSA pass guarantees bypassing long security lines. If you decide to purchase one (about \$85, good for many years), keep in mind that it may take up to two weeks to process your application. TSA passes must be applied for by a foreign person. Application sites are available at most airports as well as other locations. Check the [TSA website](#) for more information.

Cruise ships are very large and can be tiring to navigate on your own. Additionally, because they are carpeted, it can be even more tiring for you or your traveling partner to maneuver or push a manual wheelchair. You can rent a battery-operated wheelchair or a scooter to use on the ship. Contact your cruise ship’s accessibility department to see what rental companies they deal with. You can arrange with the rental company to have a battery-operated wheelchair or scooter waiting for you in your cabin when you arrive. If you have never used a battery-operated wheelchair before, note that they move rather fast. It takes some practice time to learn to maneuver them. Scooters have a wider variety of speed choices and can move quite slowly if needed. However, scooters cannot get you close enough to eat at a dining table. If using a scooter, you would need to be able to transfer from the scooter to a regular dining chair.

Flight Arrangements:

Most cruise lines offer a booking service for your flight. It is well worth booking your outgoing flight through the cruise lines because if the flight is delayed or canceled, the cruise ship will wait for you or arrange for you to meet the ship at its first stop.

It is not quite as important to book your return flight through the cruise line, although in the unlikely event your ship arrives late to the disembarkation point port and you miss your flight, the cruise line will arrange another flight home.

Book non-stop flights if possible to make flying as hassle-free as possible. Whether you book your flight through the cruise line or on your own, be sure to call a flight agent so you can work out the best possible seats in light of your disability.

Can’t walk at all? If you need a wheelchair to get to your seat on the plane, make prior arrangements with the airline to have an “aisle chair” available to take you to your seat. An airline assistant will help you. *(To be Cont’d)*

PEP NEWS

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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.

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ohparkinson.com

Yoga May Reduce Parkinson's Anxiety and Depression, Study Finds

(Excerpt from parkinsonslife.eu)

Researchers at the University of Hong Kong, have found that mindfulness yoga – which combines yoga with meditation and controlled breathing – may reduce symptoms of anxiety and depression in people with Parkinson's.

As part of the study – published in medical journal 'JAMA Neurology' – 138 individuals with Parkinson's took part in mindfulness yoga or stretching and resistance training once a week for a period of two months. The researchers found that both exercise routines improved motor symptoms. However, this improvement was greater in individuals who did mindfulness yoga, who also experienced reduced levels of anxiety and depression – and a better quality of life.

Commenting on their results, the researchers said: "These findings suggest that mindfulness yoga is an effective treatment option for patients with Parkinson's disease to manage stress and symptoms."

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.