PEPNEWS

APRIL 2021 Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT

PEP Meeting — Zoom Video Conference Meeting – Wednesday, April 7, 2021 at 2-4 p.m.

We welcome Dr. Shnehal Patel, M.D. Neurologist from Ohio Health Physicians Group who will speak on *Moving Forward: Finding Options for Advanced Parkinson's Disease*. Dr. Patel is a board certified Neurologist with fellowship training in movement disorders. His special interests include Parkinson's disease, Essential Tremor, Huntington disease and dystonia.

If you receive this newsletter via email/PDF copy, just click on this link to join the Zoom Meeting in April:



https://us02web.zoom.us/J/87449761440 Meeting ID: **874 4976 1440**

If you receive this newsletter via regular mail, and if you have a computer or cell phone, you can join the meeting by entering exactly the following in your browser:



https://us02web.zoom.us/J/87449761440 Add this Meeting ID: 874 4976 1440 if requested. From your Land Line Phone, call in to listen at: 1-646-558-8656

From David Brandt

At our May meeting, we will have Amy Larocca from Baldwin-Wallace University talk with us which will be very interesting. But what I am passing on to you now is that she made me aware that Baldwin Wallace piloted a free virtual choir for people with Parkinson's Disease last semester with great success. They are continuing that choir this semester and they meet weekly on Sundays from 11 a.m.—Noon via Microsoft Teams. Here is how Michael and Sierra, both students of BW's Conservatory's Vocal Pedagogy Program who run the choir, describe it.

Sing with Intent is a supportive community open to all individuals with Parkinson's Disease, and together, we engage in varied musical experiences each week that promote vocal health and explore our singing voices. No prior musical or vocal experience is necessary to join and all are welcome! Both Sierra and I co-lead each session – we are senior music education students at Baldwin Wallace's Conservatory of Music, with an emphasis on vocal pedagogy. We welcome new members and anyone interested in joining our group can email us

at <u>singwithintent@gmail.com</u> for more information! Currently, we have around four to five people join us each week.

What a great opportunity to join others and have some fun!!

I am saddened to let you know that *PEP* member Miriam Amster recently passed away. Long-time *PEP* members will remember Miriam for all the work she did in setting up and publishing the *PEP* newsletter for a long, long time until she moved to California to live with her daughter. We salute her contributions to *PEP* and offer our condolences to her family.

Antioxidants Could Reduce Risk of Parkinson's Disease By 32%, Study Finds

(Excerpt from https://parkinsonslife.eu) Antioxidant vitamins, found in foods like almonds, avocados and broccoli, could reduce the risk of Parkinson's disease, researchers in Sweden (Cont'd on last Page)

Turn a Bad Day into a Good Day

(Excerpt from Brain&Life.org)

ince I was diagnosed with Parkinson's in 2014, I find myself defining my days by the state of my symptoms: If my symptoms are worsemore slowness of movement, more stiffness, a fallit's a bad day. If my symptoms are normal, it's an average day. If my symptoms are better, it's a good day. Most of my days are average with some bad days and a few good days. These limited definitions focus on how I feel physically and don't take into account the impact of depression, isolation, and apathy.

For the last month or so, I have been tracking my good, normal, and bad days, and noticed that my attitude—not my physical symptoms—most determined whether I thought the day was good, bad, or average. If I'm in a bad mood, I consider it a bad day no matter the state of my physical symptoms. Tracking my days has helped me realize that I can't ever have a good day if I'm in bad mood.

In noting the tenor of my days, I've identified some tactics that help transform bad days into good ones. I hope they work for others as well.

Treat depression – If you are depressed or anxious, tell your doctor and ask for a referral to a therapist.

Reconnect with yourself – Recognize that you are more than your disease. Work hard to discover the "you" that existed before your diagnosis. This may help improve your mood and attitude.

Accentuate the positive – Appreciate what you have and don't focus on what you don't have. Easy to say but hard to do. Making a list of what you have helps and can be a form of meditation.

Express gratitude – Enjoy what you have and appreciate every experience. Demonstrate acts of kindness as often as possible. They will make you feel happier and develop a more positive attitude.

Combat negativity and isolation – Seek out activities that give you pleasure such as exercise, listening to music, and socializing with friends—all of which help combat apathy and depression. For me, spending time with my family, participating in group exercise, walking my dog, meeting with other Parkinson's patients, and writing helps me stay positive.

Remain hopeful – Hope can be as much about anticipating that each day is a good one to hoping researchers will find a cure for our disease. Hope is putting yourself out there and having higher expectations. Hope contributes to a better feeling.

Identify the good days – Define what makes a day good for you and try to do those things-exercise, meet with friends, cuddle with your dog, eat a good meal—on the bad and average days.

Share the feeling – To reinforce the benefit of good days, be sure to celebrate them with your care partner, family, and friends.

These strategies aren't fool-proof, but trying them consistently might just result in more good days than bad.

_ = = : Shaking With Laughter – A Virtually Funny Fund-■ raiser For Parkinson's Disease on April 24, 2021 at 8 ■ p.m. Virtual guests for the event enjoy a lineup of comedians and musicians headlined by the very funny and innovative Randy Rainbow with Marc Jaffe, Shaking With Laughter co-founder. Guests will be entertained by the following additional featured performers:

- John Pizzarelli: Funny? Yes. A great guitarist even more.
 - ٠ Wayne Cotter: Incredibly Funny.

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- Carmen Lynch: Amazingly Funny. •
 - ۲ Moody McCarthy: Hysterically Funny.
 - Tim Cavanagh: Musically Funny. ٠
 - Marc Jaffe: Would you believe, also Funny. ۲

Ticket sales close on April 16. Click on this

Ink Shaking With Laughter for tickets and more information, or visit https://www.eventbrite.com/e/ shaking-with-laughtera-virtually-funny-fundraiserfor-parkinsons-disease-tickets-141051100639.

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 2785 Edgehill Rd., Cleveland Heights, OH 44106

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. No one involved with the newsletter receives financial benefit from any programs/products listed.

Parkinson's Disease Question Corner

Email: barbaramarquardt@outlook.com with questions! *Question*: What books are you currently reading?

Answer: A great question for our winter months in Ohio! I am currently reading the following books:

"What Really Makes You III? Why Everything You Thought You Knew about Disease is Wrong" by Dawn Lester and David Parker

A couple of good Parkinson specific books are: "Fighting Parkinson's...And Winning, A memoir of my recovery from Parkinson's Disease" by Howard Shifke

Goodbye Parkinson's, Hello Life! The Gyro-Kinetic Method for Eliminating Symptoms and Reclaiming Your Good Health" by Alex Kerten with David Brinn

And lastly, if you are interested in reading about Pet Health, a great book is: *"The Ultimate Pet Health Guide, Breakthrough Nutrition and Integrative Care for Dogs and Cats" by Gary Richter, M.S., D.V.M.* (Awarded "America's Favorite Veterinarian" by the AVMF).

I hope the month of April, our National Parkinson's Awareness month, brings you greater clarity and control over your Parkinson symptoms!

Onward and Upward!

May 5, 2021 — PEP Speaker

e welcome Amy Larocca, MA, CCC-SLP who will talk on "The importance of drafting your support team and why a Speech-Language Pathologist should have a spot on your roster". Amy is an Assistant Professor and Clinical Supervisor in the Communication Disorders Program at Baldwin Wallace University. Larocca has 15 years of clinical and managerial experience from her work in acute rehabilitation hospitals and other clinical settings. Her areas of expertise include swallowing disorders, cognitivecommunication, motor speech disorders, as well as, intergenerational programming. Her primary focus is in clinical education where she supervises speech therapy intervention in both group and individual sessions in the campus clinic and community partnerships specializing in Parkinson's Disease and related disorders. Findings from a study published in *Mental Health and Physical Activity* indicates that people who experience increasing anxiety early in the course of Parkinson's may begin to participate less often in physical activities, which can lead to subsequent cognitive decline.

With the onset of COVID, participants in a neurological cycling study at Genesis Health Club who had to stop their forced-exercise workouts "experienced a big drop in [health] benefits and either a worsening of motor symptoms or non-motor symptoms or both." Article author Kris Meldrum writes that "this real life scenario reinforces what Dr. Jay Albert's...2009 landmark research titled *Forced*, *Not Voluntary*, *Exercise Improves Motor Function in Parkinson's Disease Patients* showed in his research findings."

Following a Mediterranean diet or MIND eating plan may help delay the onset of Parkinson's. In their recent study published in the journal *Movement Disorders*, a research team in Canada explain the strong correlation they found between these nutritional plans (which are heavily plant-based) and delayed onset of Parkinson's, perhaps because the diets reduce inflammation in the body.

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Antioxidants Could Reduce Risk of Parkinson's Disease By 32%, Study Finds

(continued from page 1)

have reported. The scientists analyzed data from a study of 43,865 men and women, aged between 18 and 94. Participants were asked to share information about their diets when the study began and were then monitored through health records over an average of almost 18 years. The researchers found that those who had reported high levels of vitamins C and E – which help prevent cell damage and inflammation – had a 32% lower risk of developing Parkinson's disease.

"Our findings suggest that dietary vitamin E and C intake might be inversely associated with the risk of Parkinson disease," the scientists concluded.

Find out more about the <u>link between antioxidant</u> vitamins and the risk of Parkinson's disease.

For more information about <u>eating well with</u> <u>Parkinson's disease</u>, please visit the EPDA website.

