

# PEP NEWS

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**

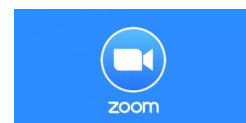


If you receive this newsletter via regular mail, and if you have a computer or cell phone, you can join the meeting by entering exactly the following in your browser:

<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 [singwithintent@gmail.com](mailto:singwithintent@gmail.com) 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

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*(Excerpt from Brain&Life.org)*

***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.

■ Ticket sales close on April 16. Click on this  
■ link [Shaking With Laughter](https://www.eventbrite.com/e/shaking-with-laughtera-virtually-funny-fundraiser-for-parkinsons-disease-tickets-141051100639) for tickets and more in-  
■ formation, or visit [https://www.eventbrite.com/e/  
■ shaking-with-laughtera-virtually-funny-fundraiser-  
■ for-parkinsons-disease-tickets-141051100639](https://www.eventbrite.com/e/shaking-with-laughtera-virtually-funny-fundraiser-for-parkinsons-disease-tickets-141051100639).

**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 Ill? 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!

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.

### **TO REACH US AT PEP 440-742-0153**

dbrandtpep@gmail.com—[Facebook – Parkinson Education Program of Greater Cleveland](#)

### **May 5, 2021 — PEP Speaker**

**W**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, cognitive-communication, motor speech disorders, as well as, inter-generational 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.

### **TRIBUTES**

Marlys Bremer

Minna and John Mortensen

In Memory of Darrell G. Smith  
Linda Smith

In Memory of Ray Brandt  
Mazie Adams

Ida Howze

In Memory of Ray Brandt  
Tina Pittmon-Polk

## **PEP NEWS**

Parkinson Education Program  
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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.

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

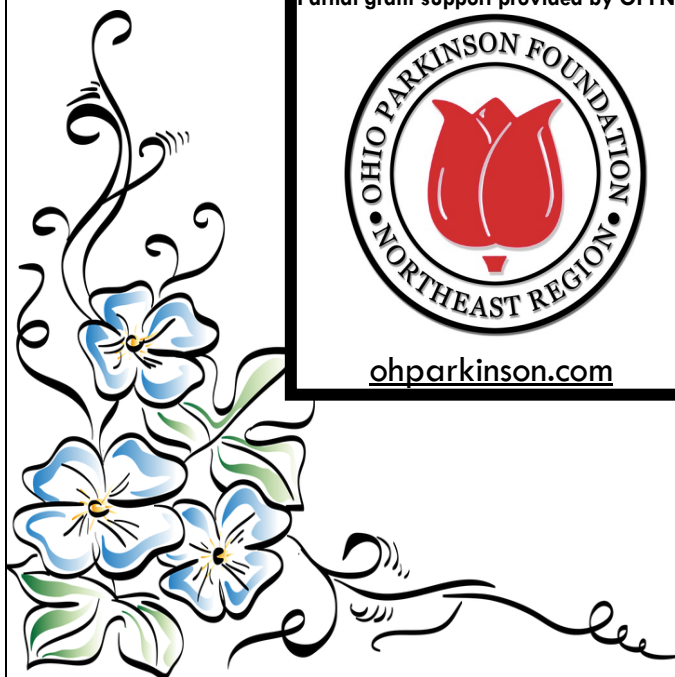
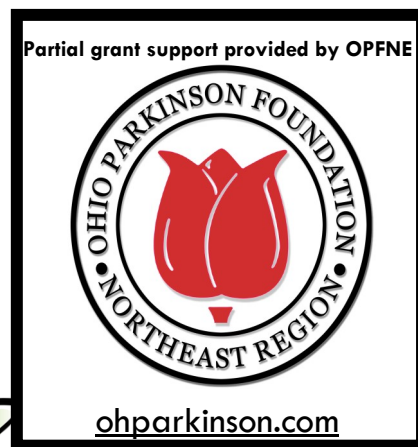
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have reported. The scientists analyzed data from a study of 43,865 men and women, aged between 18 and 94. Participants were asked to share information about their diets when the study began and were then monitored through health records over an average 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 [link between antioxidant vitamins and the risk of Parkinson's disease.](#)

For more information about [eating well with Parkinson's disease](#), please visit the EPDA website.



***SPRING HAS SPRUNG!***