

PEP NEWS

MAY 2021

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

PEP Meeting—Zoom Video Conference Meeting – Wednesday, May 5, 2021 at 2-4 p.m.

We 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**. with 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, 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.

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

<https://us02web.zoom.us/j/83763422397>

Meeting ID: **837 6342 2397**

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/83763422397>

Add this Meeting ID: 837 6342 2397 if requested.

Calling from your cell phone? No problem—here's a one-tap link [+13017158592](tel:+13017158592),83763422397#

From your Land Line Phone, call in to listen at: 1-301-715-8592



From David Brandt

As most of us know, April is Parkinson's Awareness Month which is a time to reflect and hopefully act by spreading the word, getting involved in research, donating time or money to PD related causes, becoming more informed, or just doing an act of kindness to someone with PD or their caregiver. I thought that Sarah Jones of the PMD Alliance summed it up very well when she stated:

"It's time where we come together and stand up, hand-in-hand, and we are seen. We are heard. United together with people all over the world who are impacted by PD, we raise awareness, we push for more resources and funding, we educate, we discuss, and we inspire and allow ourselves to be inspired by this incredibly special community. As a unique

community dedicated to supporting all people impacted by the diagnosis, whether you're living with the disease or you're a care partner, adult, child, support group leader or physician, together, we are all Parkinson's."

Upcoming Events

Sunday, June 27, 2021 – 11 a.m.-1 p.m.

Moving Day Cleveland – Put on by Parkinson's Foundation. This event will be a drive-thru event held at the Cleveland Zoo. More details will follow in the next newsletter.

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

Parkinson's Disease Question Corner

Email: barbaramarquardt@outlook.com with questions!

Question: Could Meditation help Parkinson's?

Answer: Yes, and the benefits of meditation have been confirmed in over 1,000 studies!:

Meditation builds a healthier, more resilient brain via various processes:

- ◆ Balances brain chemicals, including dopamine
- ◆ Builds stronger neural connections
- ◆ Calms brain inflammation
- ◆ Enhances brain plasticity
- ◆ Increases blood flow to the brain
- ◆ Reduces stress hormones

One study found that a regular meditation practice could increase dopamine levels by as much as 65%!

Please check out these excellent references below for further information on the many benefits of meditation!

Ref.: <https://bebrainfit.com/increase-dopamine/>
<https://www.health.harvard.edu/blog/mindfulness-meditation-improves-connections-in-the-brain-201104082253>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2944261/>
<https://pubmed.ncbi.nlm.nih.gov/24468642/>
<https://pubmed.ncbi.nlm.nih.gov/11958969/>
<https://evidencebasedliving.human.cornell.edu/2011/07/14/building-the-evidence-for-meditation/>
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/art-20046037>
<https://pubmed.ncbi.nlm.nih.gov/14620252/>

Effective Ways to Reduce Fall Risks with Parkinson's

(Excerpt from Parkinson's Foundation)

Parkinson's and Falls – PD-associated movement, or motor, changes — including stooped stance, shuffling, short or rapid steps and freezing — create higher fall risks. Falls or near falls can lead to injuries and hospitalization. Addressing movement challenges boosts independence for people with Parkinson's and can lessen care partner burden.

- ◆ **Share any movement challenges with your neurologist**, who can often adjust medications or offer treatment options, including physical and occupational therapy. Physical therapy can help improve and maintain movement. Occupational therapy can help you more easily navigate your daily environment.
- ◆ **Taking Action at Home** Short, easy exercises modified to a person's needs, done consistently, are key to success, so is a safe exercise environment. Ask your physical therapist to explore these exercises or safely practice them with your care partner at home:
- ◆ **Smaller steps and shuffling gait** can increase trips and falls. Try stepping over a line for practice and lengthen your stride each trip. This widens your base of support, improving posture and balance.
- ◆ **People with Parkinson's can sometimes find it difficult to rise from a chair.** Try leaning your head forward first, focus your eyes on your toes and then stand up.
- ◆ **If you experience a loss of balance when taking your first step after rising from a seated position**, first stand tall, pause, then move forward with a big first step, maintaining a wide base of support.
- ◆ **When your steps suddenly begin to shorten while walking**, you may be headed for a “runaway train-type” movement. As you notice this, try to stop, stand upright, then start again — taking slow, wide steps.
- ◆ **To get over a freezing episode** (the temporary, involuntary inability to move), try shifting your body weight from one leg to another. Alternatively, try stepping over an imaginary line ahead of you.
- ◆ **It is also helpful to look at the times, situations and places that cause movement difficulty and address them.** For example, remove or rearrange any obstacles, such as rugs or furniture, that might increase challenges.



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.

The US Department of Veteran Affairs **and Parkinson's**

(Excerpt from <https://www.parkinsons.va.gov>)

In 2001, the Department of Veteran Affairs (VA) created six specialized centers known as the **Parkinson's Disease Research, Education, and Clinical Centers** or "PADRECCs". These Centers of Excellence are designed to serve the estimated 110,000 veterans affected by PD through state-of-the-art clinical care, education, research, and national outreach and advocacy. The PADRECCs are staffed by internationally known movement disorder specialists, neurosurgeons, psychiatrists, psychologists, nurses, researchers, educators, social workers, and other PD experts. The PADRECCs are located in Philadelphia, Richmond, Houston, West Los Angeles, San Francisco, and Portland/Seattle. The PADRECCs assist veterans in effectively managing PD and other movement disorders by way of VA pharmacy benefits, physical, occupational, and speech therapies, medical equipment, surgical services, and other valuable resources.

Each PADRECC serves a geographic region or service area. PADRECC has expanded care through a National VA Parkinson's Disease Consortium of providers with movement disorder expertise. If you are a Veteran and are seeking care, view our **Getting Care** page for contact information of the six PADRECC centers and the list of VA Parkinson's Disease Consortium Centers.

The PADRECCs treat veterans with other types of movement disorders in addition to PD. "Parkinsonism" is the generic term used to refer to slowness and mobility problems that mimic PD.

TRIBUTES

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TO REACH US AT PEP 440-742-0153

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Movement disorders are a group of neurological illnesses affecting one's ability to produce and/or control movement. Other diagnoses commonly treated by the PADRECCs include essential tremor (ET), restless leg syndrome (RLS), dystonia, atypical parkinsonian disorders or "parkinson plus" syndromes (such as Lewy body disease (LBD), progressive supranuclear palsy (PSP), multiple system atrophy (MSA), and corticobasal degeneration (CBD)).

What is a Consortium Center?

A Consortium Center is a VA clinic that offers specialized PD and movement disorder specialty care to veterans who cannot travel to a PADRECC. These Centers are staffed by movement disorder specialists or clinicians with vast experience and/or interest in the field of movement disorders. Currently, 51 Consortium Centers work collaboratively with the PADRECCs to ensure the highest level of care for all veterans.

[Locate a Consortium center.](#)

What is the National VA PD Consortium?

The National VA PD Consortium is a professional society comprised of VA physicians, nurses, therapists, and pharmacists with interest and expertise in the field of movement disorders. The Consortium was launched in 2003 by the PADRECCs to expand PD awareness and education across the VA Healthcare System. The Consortium offers peers networking, mentorship, education and training.

VA



U.S. Department
of Veterans Affairs

Patient Education: PD @ Home is a Parkinson's Telephone Education/Support Conference - available Nationwide by telephone. Held **2nd Tuesday each month** from 10-11am PT, 11am-12noon MT, 12-1pm CT, 1-2 pm ET. **Call 1-800-767-1750 enter code 54321#.**

Appointments—Veterans with suspected movement disorders are typically referred to a PADRECC or a Consortium Center by a consult from their VA primary care provider or general neurologist. Please, see our Getting Care page for more information.

If you are a Veteran and are not yet in the Veteran Affairs Healthcare System, print out your VA Welcome Kit. To learn about your benefits. <https://www.vets.gov/welcome-to-va/>

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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.

Parkinson's Disease and Military Exposures

Veterans diagnosed with Parkinson's disease who served in-country or on the inland waterways of Vietnam between January 9, 1962 and May 7, 1975 are presumed exposed to Agent Orange or other herbicides and are eligible for presumptive service-connection. To learn more, about Agent Orange and other military exposures, click these links:

Agent Orange website or call 1-800-749-8387, the Special Health Issues Toll-Free Helpline.

Camp Lejeune past water contamination and Parkinson's disease

VA Military Exposures and Veterans' health concerns pages

WRIISC: War Related Illness & Injury Study Center, may have additional information

Educational Resources

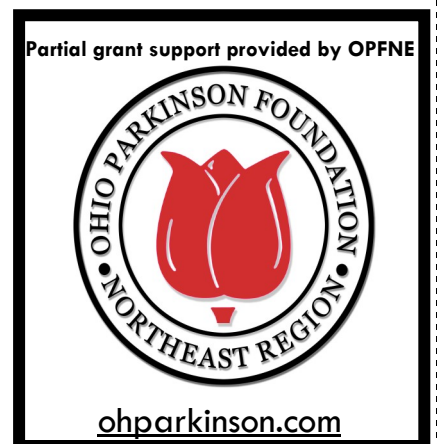
My Parkinson's Story

My Parkinson's Story on YouTube is a series of short videos addressing various aspects of Parkinson's disease told through the grace of Veterans' stories:

VA Parkinson's disease playlist on YouTube

*For more information go to <https://www.parkinsons.va.gov/patients.asp> or call **National VA Parkinson's Disease Consortium***

*Dawn McHale, Coordinator
Phone: 215-823-5800 ext. 2238*



**June 2, 2021 — PEP Speaker
To Be Announced**