

PEP NEWS

JANUARY 2022

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NO JANUARY MEETING

FROM DAVID BRANDT

With the old year wrapping up and the new year approaching, we at PEP continue to try and bring you relevant and up to date information through both our speakers at our monthly meetings and through this newsletter. I truly enjoy interacting with fellow PEP members and if you should have any questions or suggestions, please reach out to me. I look forward to serving you in 2022 – I leave you with a recent quote from Michael J. Fox that I enjoyed.



When asked if he still considers himself a “lucky man” as he wrote in his 2002 memoir. Michael admits “it’s hard to explain to people how lucky I am because I also have Parkinson’s. Some days are a struggle. Some days are more difficult than others. But the disease is this thing attached to my life – it isn’t the driver ... If you don’t think you have anything to be grateful for, keep looking.”

Care Partner Grief: 8 Ways to Care for Yourself During Bereavement

(Excerpt from Parkinson's Foundation)

Grief for a Parkinson’s care partner does not begin when your loved one with Parkinson’s disease (PD) passes away; it changes shape. To some degree, grief has been a familiar emotion from diagnosis.

As a care partner you grieved alongside your loved one as they faced the difficult parts of PD, while also offering them hope and support. You may have attended exercise classes, advocated for better care and endlessly searched for new resources. You saw your loved one for who they were as a whole person. Now that your loved one has passed away and you are navigating this new shape of grief, consider how your care partner skillset may help you at this tender time. Here are eight ways to draw upon what you already know from caregiving:

1. Just as you probably encouraged your loved one to do, allow yourself to grieve. Try to maintain hope that you can make it through this.
2. Do what you can to treat your body kindly, as your body holds your grief and needs to heal too.

3. Visit your primary care doctor for a check-up if you have not been able to tend to your own health lately.
4. Learn what you can about grief. Find resources that work for you.
5. Think about who can be on your grief care team. This could be any combination of family, friends, neighbors, members of your spiritual or virtual communities, a bereavement counselor or social worker, or a support group.
6. When you feel ready, ask your grief care team to help you reconnect with life outside PD and to help you find the little pleasures that make these hard days easier.

(Cont’d. on page 3)

"Good. Grief. 10 Ways to Heal with Love and Kindness" is about the Author's loss of her Father from Parkinson's, and ultimately in the end to lung cancer. This book depicts her personal ten-step journey to healing from the loss of a loved one. She shares her Father's wisdom, along with her own as she inspires people on their healing journey. This book will help people take that first step in life after loss, and is supported by wonderful, uplifting, and thought-provoking quotes by some of our world's greatest teachers.
Good. Grief. - 10 Ways to Heal with Love and Kindness: Marquardt, Barbara: 9781506902173: Amazon.com: Books

Music as a Possible Treatment for Stroke, Brain Injuries and even Parkinson's

(Excerpt from Knowbridge Science Report)

You probably don't realize it when you're listening to your favorite song, but music has an incredibly powerful effect on the human brain.

Singing, playing an instrument or listening to music have all been shown to activate numerous areas of the brain that control speech, movement and cognition, memory and emotion – often all at the same time.

Remarkably, research also suggests that music can physically increase brain matter, which could help the brain repair itself. More intriguing is the impact that music can have even in cases where the brain may not be functioning as it should.

For example, studies show that for people with Alzheimer's, music can often spark a reaction, helping patients access memories that were previously lost.

There's also evidence of patients who have suffered brain damage and lost the ability to speak that can still sing when music is played.

Given the powerful effect that music has on the brain, researchers are investigating whether it can be used to treat many different neurological conditions – such as stroke, Parkinson's disease or brain injury.

One such treatment currently being investigated for use is neurologic music therapy – Neurologic music therapy works a bit like physiotherapy or speech therapy, in that it aims to help patients manage symptoms and function better in their daily life.

Therapy sessions use musical or rhythmical exercises to help patients regain functional skills. For example, patients relearning to walk after an accident or trauma might walk to the rhythm of music during a therapy session.

Talking, walking, thinking

So far, this type of therapy has shown promise in helping stroke survivors to recover language, improve walking and recover physical movement better than other standard therapies.

Researchers have also investigated whether neurologic music therapy can treat other movement disorders, such as Parkinson's disease – Most studies in this area have used a technique called rhythmic entrainment exercises, which uses the brain's ability to synchronize with a beat unconsciously – such as having to walk to a specific speed of music or beat.

Compared to doing therapy without music, neurologic music therapy has been shown to improve walking and reduce moments of "freezing" (a temporary, involuntary inability to move) in Parkinson's patients.

For these types of conditions, neurologic music therapy focuses on activating and stimulating areas of the brain which may have been damaged – such as the prefrontal cortex, an area of the brain responsible for planning, decision-making, problem solving and self control.

This might involve the patient switching between playing two types of musical instruments when they hear a change in the music they're playing along to (such as the tempo becoming faster or slower).

One research study found that these types of activities improved concentration and attention for patients with traumatic brain injury.

This in turn had a positive impact on their wellbeing, and lowered feelings of depression or anxiety.

Music and the brain

It's thought that the reason neurological music therapy works is because music can activate and simulate so many different parts of the brain simultaneously.

For patients with neurological conditions, it's often the connections in the brain that are causing problems, rather than a specific area itself.

(Cont'd on Page 3)

TRIBUTES

Maxine Jacqmin

In Memory of Mabel Meehan

Margie Meehan-O'Connor and William O'Connor

In Memory of James and Cecile Swisher

Susan Swisher

Hans and Carol Drescher

Music as a Possible Treatment for Stroke, Brain Injuries and even Parkinson's (Cont'd from pg. 2)

This activation of multiple areas of the brain may be the reason why neurologic music therapy is more successful than other standard therapies alone.

Given that many neurological conditions affect the connections in the brain, music's ability to activate multiple areas simultaneously may help bypass these problem connections and build new ones – allowing people to overcome certain symptoms, or better manage them.

Though more research still needs to be done before neurological music therapy is used widely across healthcare systems, early results from studies show how much promise this therapy could hold.

Care Partner Grief: 8 Ways to Care for Yourself During Bereavement (Cont'd from Pg. 1)

7. Remember your loved one for who they were as a whole person. Acknowledge the gifts they brought into your life and ponder what values of theirs you want to bring with you into your future.
8. Be gentle and kind to yourself. Parts of your care partner experience may have looked nothing like what you envisioned; trust that you did the best you could. If it feels right, stay active with your Parkinson's community, as other care partners can benefit from your expertise. Otherwise, allow yourself to create distance. Every care partner had a unique relationship with their loved one with PD and offered them support in unique ways, which means every care partner will have a unique grief journey. Remember to take the advice from others that helps and leave behind what does not feel right to you. Give yourself the time and space to grieve at your own pace, in your own way.

Parkinson's Disease Question Corner

Email: barbaramarquardt@outlook.com with questions!

Question: I want to start the New Year off right, any simple suggestions?

Answer: Yes, you could try taking *The Braverman Personality Type Assessment* offered online for free at <https://www.bravermantest.com>.

The Braverman Test is a personality test designed by a Eric R. Braverman, MD, neurotransmitter scientist. This test classifies brain chemistry through a series of behavioral questions. Unlike other personality assessments, the test generates recommendations based upon an approximation of your brain chemistry. Many people believe this test to be more accurate and more personalized than others.

Your results show your strengths and deficiencies. Correcting deficiencies can profoundly alter your brain chemistry for the better. Some people notice symptoms disappear and improved quality of life.

The test is split into two sections:

1. Dominant neurotransmitters (strengths)
2. Deficient neurotransmitters (weaknesses)

Each section contains questions related to specific neurotransmitters: Dopamine, Serotonin, GABA, and Acetylcholine.

The Braverman neurotransmitter deficiencies are the equivalent of personality "weaknesses."

The tool calculates your results and interprets your neurotransmitter deficiencies. Deficiencies fall into four separate categories/issues: physical, personality, memory, and attention.

He also gives specific supplement and dosage recommendations tailored to your results. Do your own research though, and generally begin in the low-range, and slowly work up; however, always consult your doctor before starting a new supplement.

He also wrote a book, *The Edge Effect, Achieve Total Health and Longevity with the Balanced Brain Advantage*.

Happy New Year, and I hope your health improves each day moving forward!

<https://outliyr.com/braverman-test>

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

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.

Good news for the New Year! Grants Awarded to support PD Research

(Excerpt from parkinsonslife.eu)

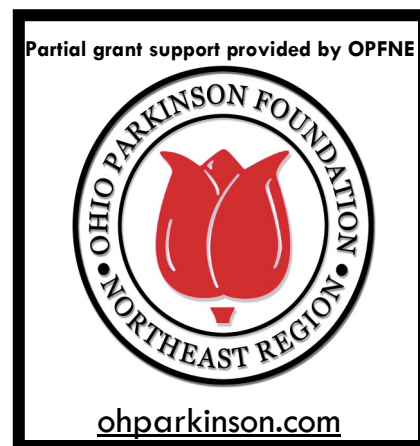
Two grants have been awarded to scientists at Northwestern University, US, to support key research into Parkinson's disease. The funds have been offered by the ASAP Collaborative Research Network. This program was created by the Aligning Science Across Parkinson's (ASAP) initiative, which aims to address knowledge gaps in the field of Parkinson's research.

The first US \$9m grant has been awarded to a study which aims to support earlier diagnosis of Parkinson's by investigating brain circuit dysfunctions, and how they could contribute to movement and sleep problems. The second grant of US \$8.9m will fund research into dopamine-producing neurons in a certain area of the brain – and how these neurons may be impacted in Parkinson's.

Dr. Eric G. Neilson, Vice President for Medical Affairs and Lewis Landsberg, Dean at Northwestern, said the awards "Are a major coup for the University and the interdisciplinary collaborations fuelling our leading-edge discoveries in neuroscience".

"These grants recognize the outstanding work being done across many unique spaces to advance our understanding of Parkinson's disease."

For more information, please visit <https://news.northwestern.edu/stories/2021/11/parkinsons-disease-awards-to-study-brain-circuits/>



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