

PEP NEWS

APRIL 2022

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

APRIL MEETING

Wednesday, April 6, 2022 – 2:15 p.m.

Please join us as we watch the movie *Capturing Grace* about acclaimed dancers from world renowned Mark Morris Dance Group who intersect with a group of people with Parkinson's disease. This documentary reveals the hopes, fears, and triumphs of this newly forged community as they work together to create a unique performance. Popcorn and snacks provided!

Cleveland Heights Recreation Center / One Monticello Blvd., Cleveland Heights, OH 44118

(Last names N through Z please bring ***individually wrapped snacks**)

*Policy of Rec Center prohibits serving food "buffet style"; everything must be individually packaged. Thanks so much!

From David Brandt

Spring is officially here. The weather is warming up, flowers are blooming, and the days are getting longer. Despite the problems in the world, spring is a time to feel optimism. I happened to be perusing some of the older *PEP* newsletters and there were several times my mom, Marilyn, (long time past *PEP* President), shared her feelings and frustrations on being a caregiver to my dad who had Parkinson's. It was a tough time for her, especially throughout my dad's final years. However, I remember she would get recharged during springtime as she watched her beloved flowers come out in our yard with all of their color and splendor.

It can remind us to be thankful for what we have. I hope you are venturing outside more to enjoy the sunshine, breathe in the fresh air, and to smell the flowers.

Upcoming Events

April 9, 2022 – 22nd Annual Parkinson Symposium:

10 a.m. – 2:30 p.m. at the Hilton Garden Inn; 8971 Wilcox Dr., Twinsburg, OH 44087. It will feature Attorney John Baumann, internationally recognized speaker talking on "Living Your Best Life with Parkinson's". Also featuring Drums Alive! Who will present an evidence based, participatory journey to brain and body health, fitness and wellbeing with music, movement, and rhythm. There is no charge for this event and door prizes and a free lunch will be provided. You can register at <https://ohparkinson.com/events/> or call 800-630-3193.

June 11, 2022 – Moving Day Cleveland 2022: This annual event put on by the Parkinson's Foundation Great Lakes Chapter will be from 11 a.m. – 1 p.m. at Brookside Reservation/Cleveland Metro Parks (right next to the zoo). This is the same place it was last year, in the parking lot, but there is a paved circular track right beside the lot that we will be using for the actual walk this year. The website is now live and people can sign up their teams! www.movingdaycleveland.org. A discounted zoo admittance voucher is offered.

12 of the Best Domestic Tools for People with Parkinson's

(Excerpt from <https://parkinsonslife.eu>)

Kitchen

1. Plate guard – Plate guards can be subtly fitted onto ordinary plates to help those who can only eat with one hand or have an unsteady grip. The inward facing slopes may help with food collection and prevent spillages.

2. Tailor-made cutlery – Electronic stabilizing handles are designed specifically to help people with hand tremors. The utensils are tailor-made to counteract the effect of tremors and have inbuilt sensors and motors to help combat tremors.

3. Kettle pouring stand

Making your morning 'cuppa' has never been easier with kettle tippers that help users pour boiling water without lifting the kettle up – reducing the risk of spills. The frames handily wrap around your kettle, and are held in place with a secure Velcro strap.

Bathroom

4. Foam tubing – Sliding easily over popular household items such as hairbrushes and toothbrushes, foam tubing gives users a firmer grip – helping to make everyday grooming easier and quicker.

5. Electric razor – Parkinson's symptoms like dyskinesia and tremors can make completing daily tasks like shaving difficult or dangerous. An electric razor is one simple swap that may speed up a morning routine and prevent nips and cuts.

Living Room

6. Grabber tools – Ergonomically designed to mimic how a finger and thumb pick things up, hand grip grabber tools help users reach for things high or low, small or large around the house without stretching or bending.

7. Touch lamps – Touch table lamps help to avoid a struggle with tricky light switches. Simply touch the bases lightly to control the light output and reach the desired brightness, making it that bit easier when settling in for bed.

Bedroom

8. Reading rest – For those who find it hard to keep a book still, consider a reading rest

for a more comfortable reading experience. Simply clip the book in and adjust the angle for when in bed or at a desk.

9. Button and zip hook – You can find many easy-to-use, low-cost hooks that help to combat fiddly buttons and zips while dressing and undressing.

10. Elastic laces – Aim to get out of the door quicker in the mornings by turning lace-up shoes into slip-ons. Elasticated laces eliminate the need to bend down and tie and untie shoes before leaving the house.

Study

11. Roller Mouse – A wireless Roller Mouse sits directly in front of the keyboard and the cursor can be moved by touching the roller bars lightly. Users can switch control between hands when fatigue sets in – which may help to improve accuracy and increase the amount of time spent online in comfort.

12. Key guards – Key guards are placed above the keys on a standard keyboard, designed to stop people with hand tremors hitting unwanted keys whilst typing. While it slows down typing speed, it may improve accuracy and comfort.

For more information on [mobility and disability aids for Parkinson's](#), please visit the [EPDA website](#).

TRIBUTES

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May Meeting—May 4, 2022

We welcome back Ellen Walter, Certified Nurse Practitioner at the Cleveland Clinic. Ellen is heavily involved with the Northeast Ohio PD community and will talk on Non-Motor Symptoms of Parkinson's. Please don't miss this informative talk.

Parkinson's Disease Question Corner

Email: barbaramarquardt@outlook.com with questions!

Question: I am looking for inspiration, any ideas?

Answer: A wonderful question for April, National Parkinson's Awareness Month!

I recently watched a documentary called, The Way of Miracles with Mark Mincolla, PhD. The Way of Miracles is a groundbreaking film that takes us on a journey of human healing and personal empowerment. Miracle recoveries and their underlying science are explored and uncovered in this thought-provoking documentary.

Blending lessons from traditional western medicine and ancient holistic systems, this film follows the work of holistic practitioner Dr. Mark Mincolla, with compelling interviews, specifically one man with Parkinson's, and also several celebrated luminaries in the field including Dr. Deepak Chopra, Bruce Lipton and many others.

Viewers discover how to harness the power of healing by exploring how the energetic properties of food, thought, and emotion affect immunity, chronic inflammation, and the genetic expression of disease.

Ultimately it leads us to an understanding of the higher self and alignment with universal love.

As East meets West, and ancient systems converge with cutting edge science, we are finally understanding the way of Miracle Healing and forging a path into the future of medicine.

To order the documentary visit, <https://www.markmincolla.com/documentary> or <http://watch.thewayofmiracles.com>, where you are able to buy or rent the film. Additional options include watching on iOS, Android, Apple TV, Roku, Chromecast, and www.gaia.com

Ref: <https://www.markmincolla.com/documentary>

Medical Marijuana and PD

(Excerpt from Michael J. Fox Foundation)

FIRST OF A 3-PART SERIES

One of the most common questions people and families with Parkinson's ask is, "What about medical marijuana?" Many are curious if and how it might work for different symptoms, and what the research shows. As an increasing number of states authorize medical (and even recreational) marijuana, a significant number of people with Parkinson's disease (PD) report using these products. Some describe benefit on sleep, mood or other symptoms. Others report side effects. And many say they are unsure how to discuss this therapy with their physician. Here, we offer general information about medical marijuana and Parkinson's, tips for talking with your doctor, and more.

What is medical marijuana?

Marijuana comes from the Cannabis plant, which contains hundreds of different components, including cannabinoids. Cannabinoids bind to receptors throughout the brain and body to influence movement, mood, inflammation and other activities. Many of these receptors are in areas of the brain impacted by Parkinson's disease, which are known as the basal ganglia. The main cannabinoid is tetrahydrocannabinol (THC). This can cause the feeling of being "high"—described as happiness, amusement or contentment — that is commonly associated with marijuana. THC may help nausea, pain or muscle spasms, but it also can have negative effects on mood, behavior and thinking. (Lower doses of THC may be less likely to cause these side effects.) The second most common cannabinoid, cannabidiol (CBD), seems to have less potential for side effects related to thinking, memory or mood.

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

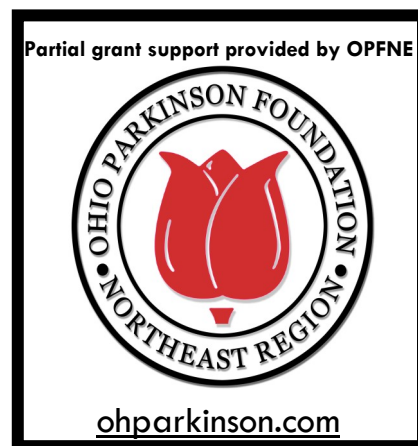
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Parkinson Education Program
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2785 Edgehill Rd.
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Address Service Requested

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.



28 Daily Prompts to help you “Live Well” with Parkinson’s Disease

(Excerpt from www.davisphinney.org)

Designed to help “take action each day to live well with Parkinson’s”, the calendar suggests daily activities that may benefit those with the condition – with prompts to “keep you moving, eating well, staying connected, staying educated and more”.

Live better with Parkinson’s today and every day.

Living Well with Parkinson’s Calendar

Use this calendar however it works for you. Take one action each day for a month and then repeat. Or do all 28 in one week and take a week break. Or even throw a dart at the calendar each day and do whatever the square tells you to do. Have fun! Invite a friend to join you.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Practice a new balance exercise (or two or three!)	Get outdoors within an hour of sunrise for a dopamine boost	Send a gratitude letter to a friend	Aim for 30 minutes of aerobic exercise	Explore new classes offered at your local community center	Eat two plant-based meals	Work on a creative project while listening to your favorite music
2	Start reading or listening to a book you’ve never read before	Give an electric toothbrush a try (and don’t forget to floss!)	Exercise with a friend	List your goals for your next doctor’s appointment	Work on a puzzle	Aim for five servings of vegetables during today’s meal	Explore upcoming Parkinson’s events in your area or online
3	Volunteer in your community	Make a list of 10 (or more) things you’re grateful for today	Connect with a friend or family member, whether in person, by phone, or through a video call	Spend time in a nearby green space	Try out a new exercise class	Spend 20 minutes practicing mindfulness or meditation	Set a goal for the next week and make a plan to achieve it
4	Play a game with a loved one	Have a meatless Monday	Take a new route to work, while running errands.	Help someone	Explore the latest in Parkinson’s research	Reach out to a Davis Phinney Foundation Ambassador (to	Attend an event in your community (or make plans to

Personalize your approach to the calendar, to suit your needs – take one action a day for a month and then repeat, do all 28 in one week and nothing the next; or, throw a dart at it each day and do whatever the square tells you to do.

Click here for complimentary calendar on the Davis Phinney Foundation website.