

MAY 2025

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

MAY MEETING / Wednesday, May 7, 2025 2:15 p.m.

We welcome **Joan Meggitt, Senior Manager of Neurological Programs at Playhouse Square** and a **Dance for Parkinson's specialist**. Playhouse Square offers special events for people with Parkinson's and their care partners and will be offering weekly 1-hour classes starting in the fall. She will talk on these programs, provide a sample class, and talk about the benefits of dance for those with PD.

Cleveland Heights Senior Activity Center/One Monticello Blvd., Cleveland Heights, OH 44118

JUNE MEETING / Wednesday, June 4, 2025 2:15 p.m.

We welcome **Orlando Vilella, NASM Certified Personal Trainer**, who holds classes for seniors at the Cleveland Heights Senior Center. Orlando was a former NCAA Div-1 gymnast, gymnastics coach and is a Senior Fitness Specialist. He will speak on fitness for those with PD and lead us in some basic exercises.

From David Brandt

We are just finishing up April and Parkinson's Awareness Month and the weather is getting warmer, days longer, and flowers are blooming. Spring is here and people are getting out and about.

Spring is also the start of a number of Parkinson's related events. The ones that are happening in the next few months are listed below. We started it off with a very well attended OPFNE 25th Annual Symposium that emphasized music, movement, and mindfulness. There was great participation in the music and dance portions and the big band ensemble that provided the music was outstanding.

I hope to see you at a number of the events this year!

Upcoming Events

Saturday, May 3, 2025 Care Partner U: An Educational Symposium for Care Partners of Individuals with Parkinson's Disease presented by Cleveland Clinic 11 a.m. – 3 p.m. Embassy Suites Rockside in Independence. This educational event will allow care partners to learn about resources available to them in the community and learn valuable steps they can take to care for themselves. There will be limited space for individuals with PD for a fun day in a separate room. Register at

clevelandclinic.org/carepartneru2025 or at 216-444-0998.

Sunday, June 8, 2025 Moving Day Cleveland Put on by the Parkinson's Foundation It will again be at the Cleveland Metroparks Brookside Reservation starting at 9:00 am. Get ready to exercise, explore Parkinson's resources, join in the uplifting We Move Ceremony and enjoy the Moving Day Walk. Please contact Megan Green at 614-918-7307 or at mgreen@parkinson.org

Saturday-Sunday, August 2-3, 2025 24-Hour Walk for Parkinson's presented by Papa's Path Starts 9 a.m. Saturday and a 2.3 mile parade to Ahuja Medical Center starts at 9 a.m. Sunday Beachwood High School Track, 2360 Richmond Rd. Call Amy Eisenberg at 440-376-3869 or aeisenberg0510@gmail.com for registration details.

Laughter is Medicine

What is a sheep's favorite summertime food?

Baa-baa-cue!

Having Trouble with PD Freezing? These 8 Tips Might Help

(Excerpt from MeOverPD.org)

Freezing in the home or in busy public places can be upsetting, embarrassing, or even frightening. The anxiety that comes with this symptom of Parkinson's may make you feel tempted to avoid situations that are more likely to make you freeze—whether that's crowded rooms, narrow walkways or something else.

However, we understand that avoiding these situations is not always practical. Freezing does not have to stop you from enjoying your social life or the activities you love. You can do lots to prevent or overcome freezing.

Physiotherapist (and President of Parkinson's Europe) Josefa Domingos, who has spent decades specializing in physiotherapy for Parkinson's, has approved the following advice. Our top tips to help with freezing with PD are:

Stop, don't force it If you think you're about to freeze, stop moving. This gives you time to think about your balance. Try to stay calm, take a deep breath and don't rush. Think about your next movement and plan out how you're going to carry it out before you actually move.

Keep a diary Understanding the triggers of freezing is a powerful way to help take back some control. Keep a diary to record the timing, location, activity being performed, duration and frequency of freezing episodes. Also note down the timing and dosage of each medication. This can help your doctor look at adjusting medication to try and overcome freezing problems.

Optimize medications & manage OFF periods Take medications on time to prevent motor fluctuations and improve "off" freezing. Discuss with your doctor about adjusting Parkinson's medication to reduce freezing. If freezing worsens, deep brain stimulation (DBS) may be an option to consider.

Use visual cues to help For some people with Parkinson's, visual cues can be effective at managing freezing. Stick a line of tape across a threshold or on the edges of steps, which can act as a prompt to step over and reduce the risk of freezing. Patterned carpets or cracks between tiles can also act as visual clues. You may even find it useful to use a small torch

or laser pointer to project onto the floor ahead as your cue.

Follow the beat (auditory cues) A steady beat, whether from counting out loud, a metronome or a piece of music, can help prompt you to lift your feet and step. Decide which foot you want to step forward with. Then, either silently or out loud, say 'one, two, three, step' or 'left, right, left, right' to cue the feet to walk. You may like to try closing your eyes to take the first step (as long as it's safe), then open your eyes to continue. A trigger word, like 'go', 'step' or 'march' helps to restart your walking if you do freeze. Mini metronomes, or similar can be clipped onto your clothing. A physiotherapist or occupational therapist should be able to suggest something suitable.

Use your imagination (mental imagery) Rehearse certain movements in your mind, focusing hard on the sequence. For example: concentrate on putting your heel down firmly on the ground and as your foot makes contact, imagine yourself walking smoothly before starting to move or mentally picture stepping over an object when freezing starts. This technique is called an attentional strategy, and it's a valuable tool to help with freezing. Attentional strategies require concentration: thinking about moving and rehearsing a sequence uses the same part of your brain as when you actually move.

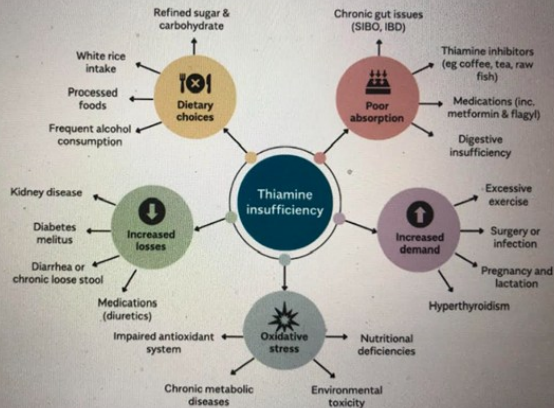
The weight shift method for freezing When you freeze, gently shift your weight onto the other leg, rather than trying to move forward. This technique will allow you to move forward on your other leg. Try gently rocking your head and shoulders from side to side to help achieve this weight shift. Other strategies may include taking a step sideways and then forward. Taking a small step back and then forward with the same foot might also be helpful. Try marching in place for a few steps before moving forward. Also try to avoid sudden direction changes. Turn slowly and deliberately. Turn using a U-shape, rather than pivoting sharply.

Touch Using touch as a cue to unblock freezing can be helpful for some people. For example, lightly tap your leg to signal when to step, or have a caregiver touch your back when freezing occurs.

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[Facebook – Parkinson Education Program of Greater Cleveland](#)

PD Question Corner

Thiamine Insufficiency: A Hidden Epidemic



Email: barbaramarquardt@outlook.com

Question: Could Thiamine (vitamin B1) insufficiency contribute to Parkinson's?

Answer: Dr. Derrick Lonsdale, a true luminary in the field of nutritional medicine, passed away last year at the ripe old age of 100 years old. Beginning his career as a pediatrician at the Cleveland Clinic, he dedicated nearly five decades to uncovering the profound impact of high-dose thiamine (vitamin B1) on chronic disease. He was a vocal proponent of the orthomolecular approach to medicine, and tirelessly sought to raise awareness of what he referred to as high-calorie malnutrition—a state where an abundance of processed foods depletes essential micronutrients, impairing metabolism at a fundamental level and setting the stage for chronic health conditions.

Common signs of Thiamine Insufficiency:

Fatigue upon mild exertion, tachycardia, pseudoangina, irregular heart rate, pallor, blushing, hyperhidrosis, temperature dysregulation, genitourinary paresthesia, frequency of micturition, shortness of breath, vertigo, impaired glucose tolerance, insomnia, along with mood disturbances and poor concentration. General malaise, heavy sensation in the lower extremities, loss of strength, chest tightness, diminished visual acuity and restlessness. Abdominal distension, belching, and alternating constipation and diarrhea, achlorhydria or hypochlorhydria, delayed gastric emptying, and reduced intestinal motility.

These broad and often nebulous symptoms observed in thiamine insufficiency highlight the challenges involved in accurate identification, and no doubt contributes to its misdiagnosis. Many of these manifestations are subtle, easily overlooked, and commonly misattributed to other conditions, which leads to widespread under recognition. In reality, thiamine insufficiency develops insidiously, raising an important question: Could a significant portion of the population be affected without realizing it?

To view the full article, please visit: <https://orthomolecular.org/resources/omns/v21n16.shtml>

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Caring for the Mind: 12 Parkinson's Mental Wellness Resources

(Excerpt from <https://www.parkinson.org/blog/awareness/mental-wellness-resources>) to view the full article hyperlinks

First of a Two-Part Series

At times, living with Parkinson's disease (PD) can feel overwhelming. Managing symptoms, navigating physical and mental changes and making lifestyle adjustments can all take an emotional toll. As you find your path forward, it's essential to acknowledge and take steps to care for your **mental health**.

Up to half of all people with Parkinson's will experience **depression** at some point, while 40% will experience **anxiety**. Nearly half of people with PD can also experience **apathy**, a loss of interest in life. These changes can be related to PD, due to a loss of dopamine and other chemical messengers the body makes to keep the brain healthy.

Whether you live with PD or you are a **care partner** to someone who does, it can be challenging to know where to begin. Explore our top resources that address mental wellness and PD:

1. **Create space for all your emotions, even those of grief and loss.** – Grief is a natural part of the Parkinson's journey, especially following a diagnosis. Holding onto grief impacts your mind and body. Read **6 Questions for Exploring Your Parkinson's-Related Grief** to find healthy ways to honor and process feelings of loss.

(Cont'd on last page)

PEP NEWS

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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.

Caring for the Mind: 12 Parkinson's Mental Wellness Resources

(Excerpt from <https://www.parkinson.org/blog/awareness/mental-wellness-resources>) to view the full article hyperlinks

First of a Two-Part Series / (cont'd from previous page)

2. **Explore our e-book Mood: A Mind Guide to Parkinson's Disease.** – Parkinson's-related mood changes are commonly undertreated. There are **screening tools** and therapies available. Learn what to watch for and how to discuss treatment options with your doctor.
3. **Cultivate a state of calm with Mindfulness Mondays, a series of guided relaxations.** – Stress can worsen PD symptoms. Mindfulness, focusing on one thing at a time and blocking out distractions, promotes resiliency and reduces stress. Read **Top Takeaways About Complementary Therapies and PD** to explore more mind-body wellness practices.

DISCLAIMER: The material contained in this newsletter is intended to inform. PEP makes no recommendations or endorsements in the care and treatment of PD. Always consult your own physician before making any changes. No one involved with the newsletter receives financial benefit from any programs/products listed.

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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TRIBUTES

In memory of Vito Gatautis
Amy Gatautis & Family

Robert Suazo

In memory of Elaine Chryst
And Ralph Biddler,
and in honor of Dale Chryst
Saundra Chryst