

AUGUST 2025 **Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT**

 **August Meeting—Wednesday, August 6, 2025 / Noon – 2 p.m.**
Annual PEP Picnic/Ice Cream Social
Cleveland Heights Forest Hill Park Picnic Shelters 2A and 2B 

From David Brandt

Once again, we will be having our Picnic in the Park/Ice Cream Social and it is located close by the Cleveland Heights Senior Center where we normally meet.

We have reserved picnic shelters 2A and 2B at the Cleveland Heights Forest Hill Park which is located just a few short blocks from the Senior Center. A map is provided on this page. Please be aware that the time is moved up from our normal 2:15 p.m. time as we will start at noon. We will provide the main course, ice cream, and beverages. We ask that you provide a side dish if possible. We hope you can join us!!

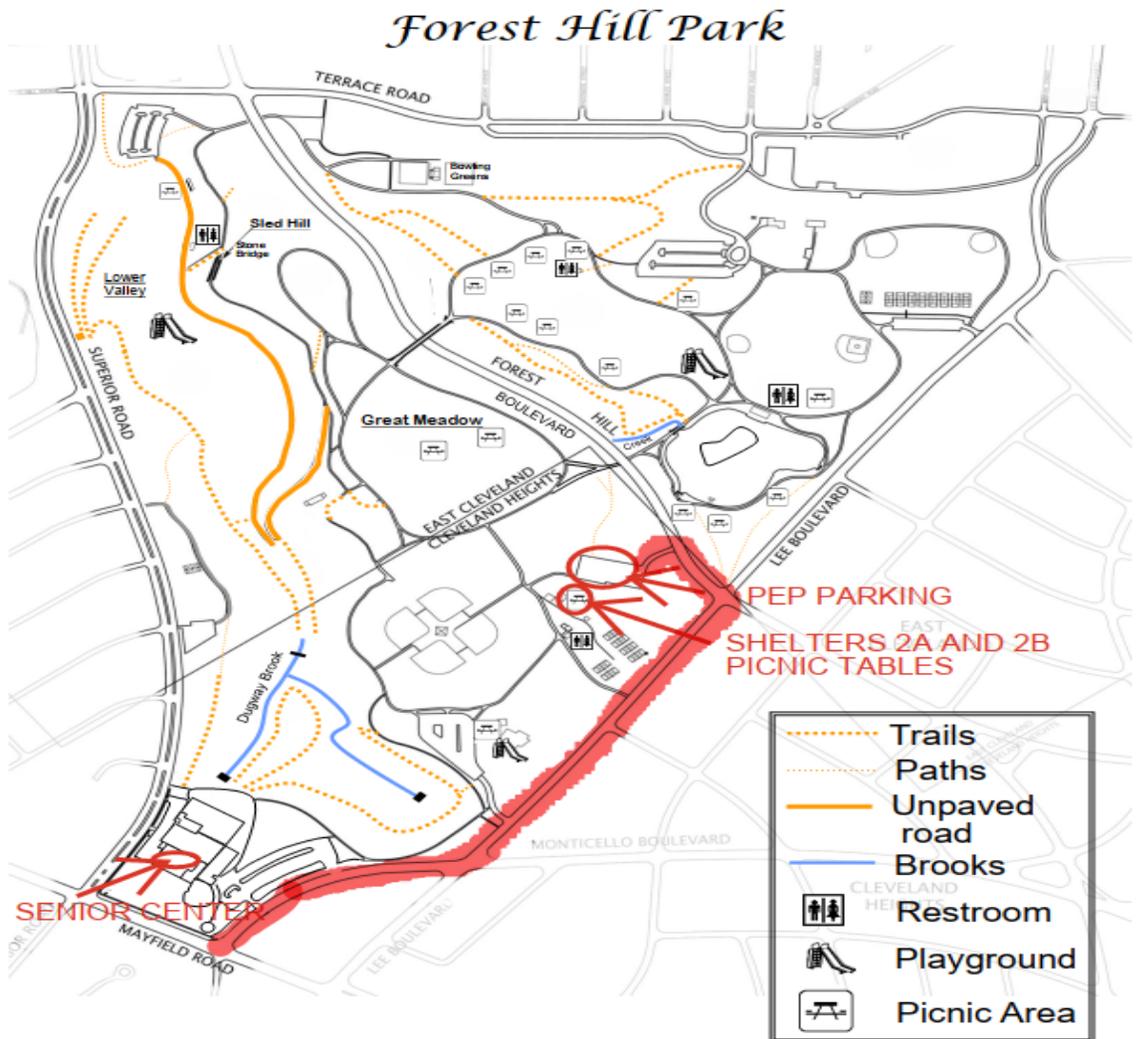
Upcoming Events

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 440-376-3869 or aebenberg0510@gmail.com for registration details.

Sunday, September 14—Pals in Motion presented by InMotion at Beachwood High School Track—Events include a 5k run, 5k walk, Virtual Run/Walk, 1 mile walk, and many family-friendly activities. More details to follow.

Saturday, September 27 (Please note date change) Empower U presented by Cleveland Clinic at the Huntington Convention Center in downtown Cleveland. 9 a.m. – 3:20 p.m. Valet parking will be provided free.

Saturday, November 1—University Hospitals 16th Annual Boot Camp at the Marriott Hotel in Beachwood. Deta



FHP TRAILS-FACILITIES-3
Richard L. Secor
May 17, 2006

Gardening Can Provide Bounty of Benefits for PD, not just to Eat

(Excerpt from DavisPhinneyFoundation.org website)

Gardening offers a bounty of benefits for people with Parkinson's, including mental and physical exercise, stress relief, and social connections. Whether you're growing vegetables, herbs, or shrubs in borders, raised beds, or containers, and whether you have a green thumb or are just getting started, gardening can help you live well with Parkinson's. In this article, we'll take a look at how.

Gardening exercises your brain - Any time you start a new project, you're asking your brain to focus and concentrate. This is true with gardening; to do it successfully, you must decide what to do, when to do it, and where to do it. To get started, pick a favorite spot in your yard or inside your home and start to think about what you might enjoy planting there. Search for online gardening groups, visit your local garden shop or nursery, or seek out local public gardens for inspiration. Make a list of the types of plants you might enjoy tending: flowers, herbs, vegetables, and/or fruits. Whether you're sketching plans, taking photos, or researching seeds, you're stimulating and exercising your brain.

Gardening provides physical exercise - Research shows that every person living with Parkinson's should establish a regular exercise routine to improve quality of life. Working in your garden provides an opportunity to exercise while engaging with and enjoying the outdoors. Because gardening requires the use of your hands and fingers, to perform many different tasks, you are strengthening your fine motor skills and building strength and flexibility. This exercise—moving your hands and fingers to grab, lift, pull, push, and press— can help minimize muscle cramping and dystonia. Tending your garden also requires you to stand, reach, sit, squat, bend, and twist. These movements are opportunities to stretch and strengthen the muscle groups in your upper body, neck, arms, shoulders, and hips.

Gardening helps to relieve stress - Gardening can also offer you: • Time and space to meditate, allowing your brain to release stress, practice mindfulness, create, or relax • A perfect place to practice

Parkinson's Disease Question Corner

Email: barbaramarquardt@outlook.com

Question: What is L-Ergothioneine?

Answer: L-Ergothioneine is an antioxidant that may offer many health benefits. Unlike some antioxidants, L-Ergothioneine is special with its ability to accumulate in cells, supporting greater protection against oxidative stress and damage; hence, this antioxidant is a powerful protector against aging, supports skin health, and lowers the risk of chronic diseases connected to oxidative damage.

Additionally, L-Ergothioneine is connected to improving cardiovascular health by helping blood vessel function and lowering inflammation. Its NEURO-PROTECTIVE properties may also assist in supporting cognitive function, and perhaps reducing the risk of neurodegenerative diseases. Lastly, L-Ergothioneine may present as a very effective nutrient in supporting health and longevity.

breathing techniques Inner peace. Taking the time every day to walk outside and enjoy fresh air not only lowers blood pressure and slows your heart rate but gives you that much needed space to slow down and enjoy your surroundings.

Gardeners find social connections - To live well with Parkinson's, it's essential to stay engaged with others and to socialize frequently. Gardening can help you do both. Many gardeners enjoy sharing ideas about their favorite roses or a new type of compost with other gardeners and find friendship in garden clubs and similar groups. Gardening is also a rewarding activity to do with friends, kids, and grandchildren, not only helping you feel better physically and mentally but also giving you special memories with your loved ones.

TO REACH US AT PEP 440-742-0153 dbrandtpep@gmail.com

[Facebook – Parkinson](#)

Education Program of Greater Cleveland

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.

Four Ways a Movement Disorder Specialist Can Help a Person with Parkinson's Disease

Movement disorder specialists (MDS) are neurologists who focus only on Parkinson's and related conditions. If you or a loved one has PD, you may wish to get care from a movement disorder specialist, rather than someone who treats many types of neurological diseases. Here are several ways MDS can help you or your loved one with Parkinson's symptoms.

- 1. Reviewing Treatments & Making Adjustments** - Movement disorder specialists are experts in medications used for Parkinson's symptoms, including the most current treatment options. Movement disorder specialists can:
 - Review your current treatments
 - Assess how well your medications are meeting your needs
 - Recommend any changes that might help ease your symptoms and improve your quality of lifeSome people with PD experience "off" time. This occurs when you experience Parkinson's symptoms between medication doses. "Off" time is more likely to occur the longer you've had Parkinson's. Your "off" time symptoms can be motor symptoms, such as:
 - Tremors
 - Stiffness
 - Cramping
 - Balance problemsSome people experience nonmotor symptoms, such as anxiety or mood changes. Brain fog, fatigue, and pain are other examples. If you're experiencing "off" time symptoms, a movement disorder specialist can suggest medication changes that may help.
- 2. Health Care Team** - Can Help Manage Symptoms A movement disorder specialist will work closely with your current doctor. They can also connect you with other health care providers who understand Parkinson's symptoms and have strong skill sets in managing them. Your MDS can likely provide referrals to:
 - Physical therapists, who can help you with exercises to improve mobility or relieve pain
 - Occupational therapists to help you manage daily life as your symptoms change
 - Speech therapists to help you with soft voice, slurring, or swallowing problems
- 3. Helping You Plan for the Future** - MDS understand how Parkinson's symptoms might change or

worsen over time. This might include helping you recognize "off" time symptoms before they develop or if they're already happening. Working with a specialist can help you be prepared with a treatment plan that can be updated as your needs change.

- 4. Connecting You With Parkinson's Research** - A MDS can connect you with PD research if you're interested in joining a clinical trial. They are familiar with studies to improve Parkinson's care and may be able to recommend studies for new treatments or care approaches. *How To Find a Movement Disorder Specialist* - If you're interested in finding an MDS, start by asking for a referral from your general neurologist or your primary care provider. Ask for referrals from people you've met in PD support groups or anyone else you know with Parkinson's.

Acupuncture for Parkinson's disease: From Theory to Practice

(Excerpt from <https://pubmed.ncbi.nlm.nih.gov/35366533/>)

Advances in molecular biology and biochemistry have improved the treatment of Parkinson's disease (PD). There has been extensive evidence on the benefit of standard treatment (e.g., deep brain stimulation, levodopa, and dopamine agonists) and acupuncture for PD. This article aims to distill the similarities and differences in the treatment concepts between Chinese and Western medicine from the perspective of reinforcing the deficiency and purging the excess, summarize the latest evidence on the benefits of acupuncture for PD from theory to practice, and propose prospective treatment options for PD.

To learn more, please visit: <https://pubmed.ncbi.nlm.nih.gov/35366533/>

September 3, 2025 Meeting

We welcome **Lara Shigo, MA, Exercise Science and Exercise Physiology, Kent State University**, who will talk on Physical Exercise and PD. Lara works closely with Dr. Angela Ridgel who has spoken many times to our group in the Motor Control Laboratory at Kent State

PEP NEWS

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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.

FDA Approves Bilateral Ultrasound for Parkinson’s Symptoms

(Excerpt from parkinsonsnewstoday.com)

The U.S. Food and Drug Administration has approved Exablate Neuro, Insightec’s platform for noninvasive, MRI-guided focused ultrasound therapy, for the bilateral treatment of motor symptoms in patients with advanced Parkinson’s disease who no longer respond to medication.

The therapy targets regions within the pallidothalamic tract, a brain pathway involved in motor control and coordination. Exablate was previously approved for unilateral treatment, or that targeting only one side of the brain, of Parkinson’s motor symptoms. The approval was supported by positive data from a clinical trial (NCT04728295) conducted across the U.S., Europe and Asia, that tested the effectiveness of Exablate on both sides of the brain. Insightec expects the results from the study to be published later this year.

The company said it plans to launch the bilateral procedure in selected centers during 2025 as it continues

efforts to establish reimbursement pathways and provide broader access to the treatment. “This milestone reflects our commitment to expanding access to safe, effective, and incisionless treatment options for people living with Parkinson’s disease,” Maurice R. Ferré, MD, Insightec’s CEO and chairman, said in a company press release. “With this new indication, we’re advancing care for movement disorders and opening the door to life-changing treatment for those who need it now and in the years ahead.”

TRIBUTES

**In Memory of Alan Tatar
Sally Tatar**

**In Memory of Joseph Pizzola
Laura Less**

Laughter is Medicine

What is smarter than a talking duck?

A spelling bee