

SEPTEMBER 2025 Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT

SEPTEMBER MEETING / Wednesday, September 3, 2025 2:15 p.m.

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.

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

OCTOBER MEETING / Wednesday, October 1, 2025 2:15 p.m.

We welcome back **Amy Chan, PT, NCS at the Cleveland Clinic**. Amy has been one of our most popular speakers in the past and is a Board Certified Clinical Specialist in Neurology. She will be speaking on the Benefit of PD Specific Exercise.

From David Brandt

We are winding down the summer and I hope all of you have had a chance to enjoy the outdoors and the beautiful Northeast Ohio summer. Fall is around the corner and the cooler weather may be even more enticing to get outside. It is great for your mental health as well as physical health. There are just a few more major Parkinson's related events on the calendar.

Upcoming Events

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.

- ◆ 7:30 a.m. / Registration
- ◆ 9 a.m. / 5K Run/Walk and 1 Mile Walk
- ◆ 10-11 a.m. Obstacle Course & Relay, Art/Music Activities

Saturday, September 27 (Please note date change) **Empower U presented by Cleveland Clinic** at the Huntington Convention Center in downtown Cleveland.

9 a.m. –3:30 p.m.. Valet parking will be provided free. Featured Keynote Speaker will be Michael Okun, MD Co-Author with Ray Dorsey of The Parkinson's Plan- A New Path to Prevention and Treatment. Registration required at clevelandclinic.org/empoweru2025 You can call 216-444-0998 with questions.

Saturday November 1 University Hospitals 16th Annual Boot Camp at the Marriott Hotel, 26300 Harvard Rd., Warrensville Heights. 9 a.m.—3 p.m. Dr. Indu Subramanian, Clinical Professor of Neurology at UCLA and the Director of the Southwest Parkinson Disease Research, Education and Clinical Center of Excellence in Parkinson's Disease will be the main speaker. Also joining will be Tim Hague Sr, winner of The Amazing Race Canada – Season 1 and Parkinson's advocate. Registration available starting September 1.

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

Exploring Next Steps in Care: Financial Impact and Resources That Can Help

(Excerpt from Parkinson's Foundation)

As Parkinson's disease (PD) progresses, you or your loved one may need more day-to-day help. This article will help you plan for what comes next in care, complete with a list of resources.

Planning for Care and Financial Implications – Consider what type of care you might be seeking and what resources are available to you. Medicare and private insurance do not cover many of the costs associated with care. Depending on your situation, Medicaid, veterans benefits or long-term care insurance may be available to help. Planning ahead is key to making sure that when the time comes, there will be an option that works practically and financially for your family.

Whether you are a person with PD or a care partner, it's important to identify care needs early. Have conversations early and often about care planning throughout the disease journey. Doing so can ease future decision-making and provide peace of mind when immediate care is needed.

Creating a list of your care needs can help ease the transition from independence to receiving support. Discussing preferences with everyone involved ensures clear expectations and establishes boundaries before care begins.

Planning for care can be challenging, but since future needs are unpredictable, try to avoid making promises — such as never considering a nursing home or hospital. Emotions are a natural part of these discussions, so approach them with an open mind and ensure everyone is in the right headspace to make informed decisions together.

It is a common misconception that Medicare and private health insurance may cover long-term in-home care or residential care. – Unless a person has long-term care insurance or is eligible for Medicaid or veterans benefits, any care must be paid out of pocket. This can be extremely stressful for families as they navigate financial and care needs at the same time. Setting up a savings plan early on or figuring out how

to pay for care that may be needed in the future can help loved ones minimize stress and lead to better care outcomes.

Six Types of Assistance

There are many types of assistance when it comes to care, including:

In-Home Care – Hiring a home health aide can help a person with Parkinson's stay at home longer by assisting with daily activities such as dressing, bathing, medication reminders, meal preparation and companionship. However, home health aides are not nurses and have limitations in the care they can provide. If nursing care is needed, a home health aide may not be the best option. When considering this support, consult with the agency to understand the aide's responsibilities and ensure it is the best fit for your family's needs. In 2024, the national median cost of in-home care was \$213 per day. Financial assistance for in-home care may be available through a government or community program, long-term care policy, or a veteran's benefit or pension.

Assisted Living – Assisted living is a long-term care option that provides personal care support services. Care provides meals, medication management, bathing, dressing and transportation. Some facilities are geared to help people with memory and cognitive concerns. The national median cost of assisted living in 2024 was \$194 per day. Assistance with the cost of care may be available through long-term care insurance, veterans' benefits or Medicaid (in some states), however, private pay is the most common.

Memory Care – Memory care is a specialized type of care designed to meet the specific needs of people with memory problems. Some people with PD may benefit from memory care units in an assisted living facility or skilled nursing facility. They have structured activities and staff trained in caring for those with memory impairment. Costs for these facilities vary, averaging from around \$6,000 to \$9,000 a month.

Long-term Care or Skilled Nursing Facility

These facilities are for people who require 24-hour monitoring and medical assistance. Services vary by facility. The national median cost of a semi-private

(Cont'd on next page 3)

PD Question Corner

Email: barbaramarquardt@outlook.com

Question: Any interesting podcasts on Parkinson's lately?

Answer: An interesting podcast you may want to consider listening to is THE HUMAN UPGRADE, July 22, 2025 Podcast, Episode Number 1,304. The title of the podcast is: THE BIOHACKING TOOL THAT WILL CHANGE THE WORLD (MITOCHONDRIAL TRANSFUSIONS). The way the host, Dave Asprey speaks about PARKINSON'S is a very interesting listen! Enjoy!

Exploring Next Steps in Care: Financial Impact and Resources That Can Help

(Cont'd from page 2)

room in 2024 was \$410 per day, and a private room was \$432 per day. If the person with Parkinson's needs long-term care in a skilled nursing facility, it is not covered by Medicare but can be covered by Medicaid or veterans assistance programs.

Adult Day Programs – These local centers provide a variety of services and activities. They include meals, social activities, health monitoring and some offer transportation. The national median cost of these programs in 2024 was \$100 per day, and some insurance companies may cover it.

Low-Cost Options – These low-cost options can provide help with care. Your Local Area Agency on Aging provides information about residential care options in the area. The Medicare Nursing Home Compare Tool provides a list of nursing homes by zip code.

Scientists Discover a Possible Environmental Trigger for Parkinson's Disease

(Excerpt from <https://news.feinberg.northwestern.edu/>)

First of a Two-Part Series

New research from Northwestern Medicine published in JCI Insight has found that a usually harmless virus might be an environmental trigger or contributor to Parkinson's disease, which affects more than one million people in the United States. While some cases are linked to genetics, most Parkinson's cases are not, and the cause is unknown.

"We wanted to investigate potential environmental

factors – such as viruses – that might contribute to Parkinson's disease," said Igor Koralnik, MD, chief of Neuroinfectious Diseases and Global Neurology in the Department of Neurology. "Using a tool called 'ViroFind', we analyzed post-mortem brain samples from individuals with Parkinson's and from those who died of other causes. We searched for all known human-infecting viruses to identify any differences between the two groups."

Northwestern Medicine scientists detected the Human Pegivirus (HPgV) in the brains of individuals with Parkinson's disease, but not in those without it. While HPgV belongs to the same family as hepatitis C and is a blood-borne virus, it is not known to cause any disease.

"HPgV is a common, symptomless infection previously not known to frequently infect the brain," Koralnik said. "We were surprised to find it in the brains of Parkinson's patients at such high frequency and not in the controls. Even more unexpected was how the immune system responded differently, depending on a person's genetics. This suggests it could be an environmental factor that interacts with the body in ways we didn't realize before. For a virus that was thought to be harmless, these findings suggest it may have important effects, in the context of Parkinson's disease. It may influence how Parkinson's develops, especially in people with certain genetic backgrounds."

Koralnik and his team, including postdoctoral fellow Barbara Hanson, PhD, studied post-mortem brains from 10 people with Parkinson's and 14 without. They found HPgV in the post-mortem brains of five out of 10 people with Parkinson's and none of the 14 control brains. It was also present in the spinal fluid of Parkinson's patients, but not in the control group. Individuals with HPgV in their brains exhibited more advanced or distinct neuropathological changes, including increased tau pathology and altered levels of certain brain proteins.

(To be Continued in the PEP October 2025 Newsletter)

Laughter is Medicine

What does a tree like to drink?

Root Beer

PEP NEWS

Parkinson Education Program
of Greater Cleveland
2785 Edgehill Rd.
Cleveland Heights, OH 44106

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.

Earwax Odor Might Signal PD

(Excerpt from TechnologyNetworks.com)

Researchers in ACS' Analytical Chemistry report the initial development of a system that inexpensively screens for PD from the odors in a person's earwax. Sebum from people with PD may have a characteristic smell because volatile organic compounds released by sebum are altered by disease progression.

(Excerpt from www.sciencedirect.com)

There are over 70 PARAQUAT-BANNED countries, counting the European Union. Switzerland-based company Syngenta manufactures Paraquat in CHINA and the UK. However, farmers in China, UK and Switzerland are not allowed to use Paraquat, because of the chemicals "potential" risks. PARKINSON'S is more likely to occur with people exposed to Paraquat over extended time.

To learn more, visit: <https://www.sciencedirect.com/science/article/abs/pii/S1353802023010118>

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Facebook – Parkinson Education

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ohparkinson.com

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Kathy and Carl Wendorff**

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Rabbi Shalom Plotkin**