

AUGUST 2026

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



August Meeting—Wednesday, August 5, 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

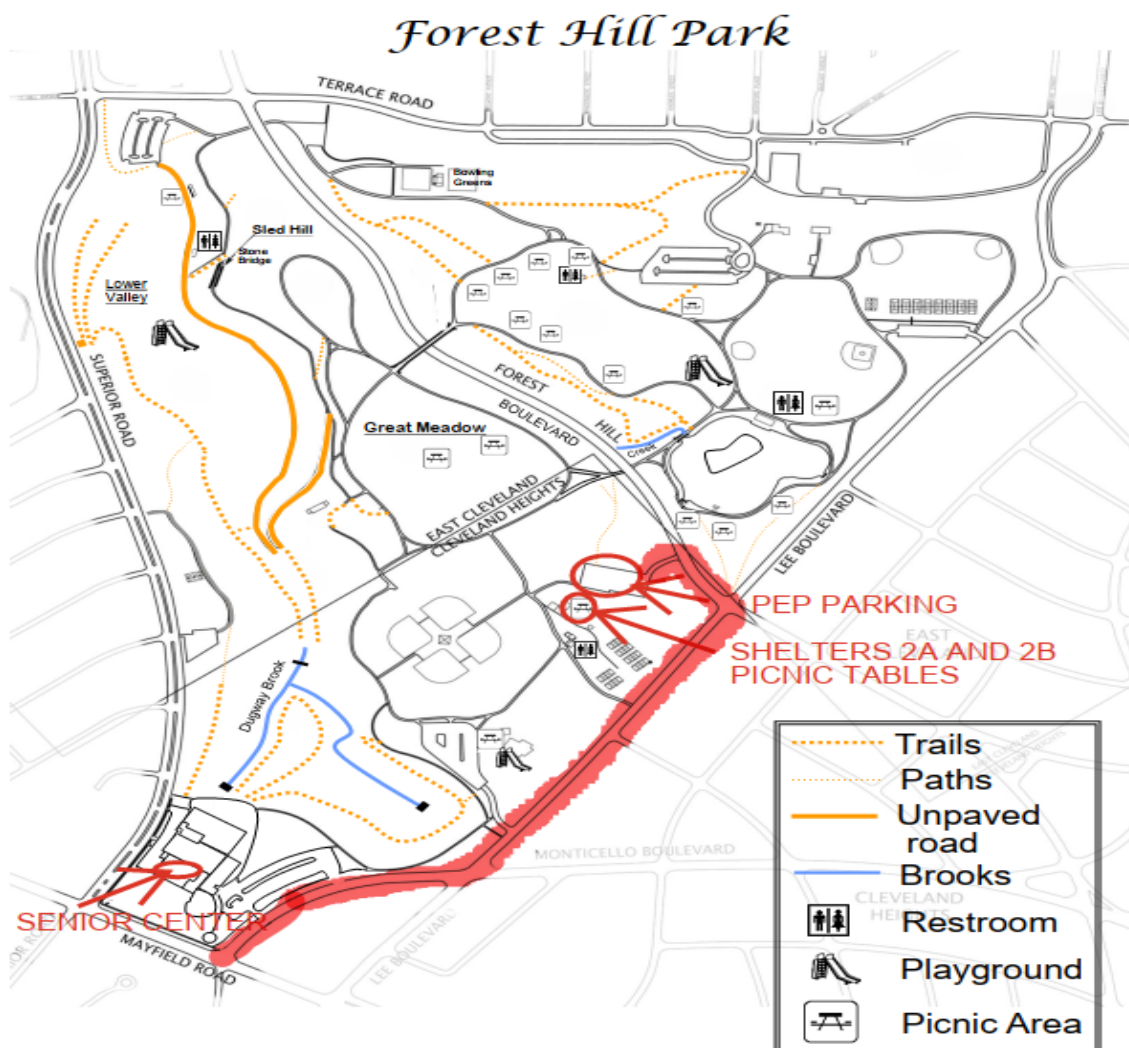
Sat., Aug. 1-2, 2026 – Papa's Path 24-hour walk at the Beachwood High School Track. All day events will be planned ending in the Sunday morning walk to Ahuja Medical Center.

Fri., Aug. 7, 2026 - Cleveland Clinic's Care Partner U at Embassy Suites/ Independence 11 a.m.-3 p.m. It's an Educational Symposium for Care Partners of those with Parkinsons Disease. You must register online. Or Email cnrcoe@ccf.org.

Sun., Aug. 30, 2026 – Pals in Motion the biggest event and fundraiser for InMotion and includes a run, a walk, and many family friendly activities.

Sat., Sept. 19, 2026 - Cleveland Clinic's EMPOWER U at the John S Knight Center in Akron 9 a.m.- 3 p.m. Flexible schedule— choose your arrival time and sessions. Free valet parking and lunch included. You must register online. Email cnrcoe@ccf.org with questions.

Sat., Oct. 31, 2026 – 17th Annual University Hospitals Parkinson's Boot Camp at Cleveland Marriott East/ Warrensville Hts. Headline speaker will be Dr. Sarah Wittingham, a participant in the 2023 IRONMAN World Championship. details to follow.



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

This Test Reveals Your Brain Health

(Excerpt from austinperlmutter.com)

Results from a powerful study are relevant to everyone. **Walking speed for brain health?**

Over the last decades, research has proven that aging isn't just about our years in birthdays. Instead, we may be better served by knowing how organs and cells have handled those years. This powerful science helps explain why two people with the same age could have vastly different risks for age-related issues like frailty, heart disease, and early death. Fundamental to this work is the understanding that different parts of our bodies age at different rates. Now, this research is being applied to the brain, and a fascinating new set of data is demonstrating that one simple test provides deep insights into how fast your brain is aging.

It's been well-known that certain metrics of functional health tend to drop off as we age. In a 2019 study published in JAMA Network Open, researchers followed over 900 people for about 40 years, tracking their brain function, physical function, blood markers and adult brain structure to look at correlations between aging and brain function. Among the results, the authors of this study noted a significant correlation between walking speed at age 45 and markers of brain aging.

To explore the links between walking speed and the brain, a host of metrics were tested. First, researchers found that slower walkers tended to have a smaller brain volume. Next, they found increased white matter hyperintensities (a brain imaging marker associated with cognitive decline). Additionally, they noted thinning of the brain's cortex as well as reduction in the total surface area of the cortex. Finally, slower walking was linked to a greater decline in cognitive abilities from childhood to adulthood. Of particular note was that a slower walk speed also correlated with more rapid speed of aging as measured by a 19-biomarker panel. So how fast did they go? The slowest group walked an average of 2.71 mph (1.21 m/s) across several walk tests, while the fastest group clocked in at 3.91 mph (1.75 m/s).

The results of this study point to a clear signal: walking slowly in midlife is linked to faster aging and worse brain health. But a correlation doesn't necessarily imply causation. It's also possible that faster aging and certain brain states predispose to slower walking, and there was some evidence from this study that certain outcomes were significantly influenced by brain and body measurements in childhood. This is why it's important to note additional data supporting walking to improve brain health.

In one randomized trial published in the Proceedings of the National Academy of Sciences, 60 older adults were allocated to a walking or stretching group for a year. Remarkably, the walking group showed an increase in the size of the brain's memory center, the hippocampus, by 2%, while the stretching group showed shrinkage. In another smaller study in diabetics, walkers demonstrated a variety of cognitive benefits over a control group. This type of finding is supported by the massive amount of literature showing that exercise positively influences key systems involved in brain health including immunity, metabolism, and neuroplasticity.

What's the bottom line? Our ability to move is tethered to longevity and especially brain longevity. In our modern sedentary lives, any motion is wonderful. Walking can sometimes seem less impressive, but it's an easy way to help protect overall and brain health. Getting in more daily steps through short walks, or even an under-desk treadmill can help offset aspects of our often-seated jobs.

September 2, 2026 Meeting

We welcome back **Dr. Umar Shuaib**
M.D. Movement Disorders at the
Cleveland Clinic.

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.

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

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4 Plant Foods I Love for Brain Health

(Adapted from content by Dr. Austin Perlmutter)

W

hen it comes to brain health, overall eating patterns matter most. Still, certain foods consistently earn a place in my refrigerator because they combine strong nutritional value with convenience and great taste.

Pumpkin Seeds

One of the best food sources of magnesium, pumpkin seeds support memory, learning, and nervous system function. Just one ounce can provide nearly half of your daily magnesium needs, along with zinc, copper, and about 7 grams of plant protein.

Hemp Hearts

Hemp hearts provide protein plus healthy fats, including the plant omega-3 ALA. They also supply magnesium, iron, manganese, and vitamin B1. Their mild flavor makes them easy to add to smoothies, yogurt, and salads.

Chia Seeds

Packed with fiber and omega-3 fats, chia seeds help support both gut and brain health. One tablespoon contains about 4 grams of fiber, making them an easy way to boost daily intake. They're perfect in oatmeal, drinks, or overnight chia pudding.

Walnuts

If I had to choose one nut for brain health, walnuts would be my pick. They're rich in omega-3 fats and antioxidant polyphenols that help protect brain cells from oxidative stress and support healthy aging. They also provide vitamin E, magnesium, copper, and manganese.

Why Nuts and Seeds Matter

Many brain-supportive foods share four qualities: healthy fats, fiber, antioxidants, and essential minerals. Nuts and seeds provide all four, plus plant protein—a healthy alternative to processed foods and added sugars.

Simple, nutritious, and easy to enjoy every day, these four foods remain staples in my kitchen and travel bag alike.

Parkinson's Disease Question Corner

Email: barbaramarquardt@outlook.com

Question: I am looking for a private office in Cleveland that supports brain health, any ideas?

Answer: Kemper Cognitive Wellness specializes in cognitive health and chronic illness, focusing on conditions such as Parkinson's disease, memory loss, brain fog, autoimmune disorders, environmental-borne illnesses, and other chronic health conditions. Their physician uses an integrative and personalized approach to uncover and address root causes.

At Kemper Cognitive Wellness, success is measured by how well YOU feel. Their outcome-driven approach includes a dedicated team of a Board-Certified Physician, Licensed Dietitian and Certified Health Coaches, delivering proactive, tailored solutions for your unique health journey so you can feel better, stay independent and live well. To learn more about Kemper Cognitive Wellness, please visit: <https://kemperwellness.com>, call 216-337-1400 or 855-337-1400

Location: 21851 Center Ridge Road
Suite 200 Rocky River, OH 44116

Ref.: <https://kemperwellness.com>

New Discovery Could Slow Parkinson's Disease and Reduce Serious Lung Injury

(Excerpt from FIU News)

Researchers at Florida International University have developed a new compound that may slow the progression of Parkinson's disease while also protecting against severe lung injury.

The compound targets **DRP1**, a protein involved in regulating mitochondria, the cell's energy producers. When DRP1 becomes overactive, it can contribute to inflammation and cell damage.

In preclinical studies, the compound, **CTS2444-32**,
(Cont'd on last page)

PEP NEWS

Parkinson Education Program
of Greater Cleveland
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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.



New Discovery Could Slow Parkinson's Disease and Reduce Serious Lung Injury

(Excerpt from FIU News)

reduced DRP1 activity by up to 45%. In Parkinson's models, it lowered brain inflammation and reduced levels of alpha-synuclein, a protein linked to the disease.

The treatment also reduced inflammation and protected against ventilator-related lung injury in animal studies.

Researchers believe the compound could eventually help treat other conditions, including Alzheimer's disease, heart disease, and certain cancers.

A patent has been secured, and additional testing is underway. Human clinical trials could begin within the next year.

TRIBUTES

**In Memory of
Rick Reed
*Paula Reed***

**The Blackbaud Giving
Fund
*Jeff Holben***

Laughter is Medicine

Why did the watch go on vacation?

To unwind