

Indy PD Update

PRODUCED AND DISTRIBUTED BY: PAACI
Parkinson's Awareness Association of Central Indiana, Inc.

October, 2019—December, 2019

Upcoming Parkinson's Events:

Saturday, November 9, 2019 at 11 am Caregiver Conference at MCL

2370 W. 86th St., Indpls., IN 46224

Speaker: Maryann Abendroth, Ph.D., R.N.

Maryann has spent her career working with and studying formal and informal caregivers of people with Parkinson's disease.

\$10 per person / \$5 per dues paying PAACI member.

Everyone will purchase their own meal, drink and/or dessert.

(Parts of this conference are for Caregivers only. Persons with Parkinson's can be in the next room playing games with our care buddies.)

Saturday, December 7, 2019 at 11am Holiday Party at MCL

2370 W. 86th St., Indpls., IN 46224

Lunch at MCL with entertainment and silent auction.

The party is free, just purchase your own meal, drink and/or dessert and hopefully bid on a few silent auction items.

***For more information or to make reservations for either of the above events please contact Sheri at 317-255-1993 or sheripaaci@yahoo.com.

Cognitive Challenges and What to Do About Them

Roseanne Dobkin, Ph. D., Rutgers University Behavioral Health Care, Picataway, New Jersey

About 30% of people with Parkinson's Disease have noticed cognitive changes at the time of their diagnosis. Changes may occur with memory, executive functions, visuospatial abilities, and attention, language, and processing speech.

Difficulties associated with cognitive challenges include decreased independence, medication adherence, diminished quality of life, poorer treatment outcomes, depression, anxiety, care partner burden and safety issues. Contributing factors to this situation are age, disease duration, baseline cognitive impairment, other medical issues, postural instability/gait disorder, REM sleep behavior disorders, motor severity, neuropsychiatric issues, daytime sleepiness, social isolation, depression, limited exercise, diet, and self-care issues.

Non-Pharmacological Intervention for Cognitive Health

1. Exercise may enhance cognition through neurology and physiology. Studies have shown that with exercise there can be improvement in attention, processing speed, executive function, memory, and spatial cognition. Studies have shown significant improvement in cognition with at least 150 minutes of moderate intensity physical activity per week.
 - a. Aerobic exercise enhances executive function. They recommend 45 minutes of walking 3 times per week.
 - b. Strengthening helps working memory, executive function and attention. Progressive resistance exercise is recommended 2 times per week. Exercise in the form of dance therapy has been shown to help spatial cognition. They recommend dance group of 90-minute duration, two times per week.

Nutrition can modify risk factors. There is a growing interest in nutrition and its relationship to cognition. Nutrition may diminish inflammation and neurodegeneration. Nutrients may have a relationship to increased/decreased risk of PD. The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet lists 10 brain healthy food groups which are: green leafy vegetables, other vegetables, nuts, berries, beans, whole grain, seafood, poultry, olive oil, and wine. It lists 5 brain unhealthy food groups: butter and stick margarine, red meat, cheese, pastries and sweets, and fried fast foods. In one study the MIND diet was associated with a 54% reduction risk for Alzheimer's disease, and statistically significant for cognitive function for episodic memory, semantic memory, and perceptual speed.

Cognitive Training: Improvement in executive function may occur with training in serial tasks, matrices, puzzles, speech production, picture completion, storytelling, and sudoku.

Mood Enhancement: Anxiety, depression, sleep disorders, and fatigue may affect mood. Interventions to improve mood may include increasing meaningful and social activity, problem solving for physical limitation, anxiety management, sleep hygiene, and through monitoring and restructuring.

Work with your doctor to be sure your medications are optimal. Exercise and consider a tailored exercise plan. Eat a healthy diet. Consider cognitive training/activities, and above all focus on what you can do.

Tribute to Veterans at Davis Phinney Reception

On Friday, July 26th the Davis Phinney Foundation held a Meet and Greet reception at Rock Steady Boxing. During this reception Paul "Ponytail" Cauley, accompanied by his wife Valerie, from the Ernie Pyle Chapter of the WWII Veteran's Roundtable, paid tribute to veterans affected by Parkinson's by presenting the POW/MIA Missing Man Table Tribute. We appreciate their tribute to our veteran who have served. The Indianapolis World War II Roundtable was formed in 1987 and has grown to be one of the most active in the Midwest. Each month they invite speakers who either have a military background or experts in military matters. For more information check their website at <https://www.wwiiroundtable.com/>.



Meet our Speaker for the Caregiver Conference

Maryann Abenedroth, Ph.D., RN

Saturday, November 9, 2019 at 11 am

MCL—2370 W. 86th St., Indpls., IN 46224



Maryann Abenedroth is an Associate Professor/Director, Undergraduate Nursing Program at Northern Illinois University. Her career has been full of research in Parkinson's disease, Parkinson's caregivers and the chronically ill and disabled. She has co-written several articles on Parkinson's disease and Parkinson's caregivers for the Journal of Nursing Education, the Western Journal of Nursing Research and the Journal of Hospice and Palliative Nursing. She has had projects funded on Caregiver Strain, the Risk for Strain among informal Caregivers of Persons with PD, and Understanding caregivers' decision process when choosing to institutionalize a relative with Parkinson's Disease. She has also received the Sullivan Award for Excellence in Research from the Northern Illinois University, College of Health and Human Sciences and the Mara C. Ryan Gerontological Nursing Research Scholar from the American Nurses Foundation. After everyone listens to Maryann speak we will break for lunch and then we will have some male and female caregivers on a panel to have an open discussion among the **caregivers only** while the people with Parkinson's will be in the very next room playing games with our Care Buddies. If you have any questions or concerns please contact Sheri at 317-255-1993 or sheripaaci@yahoo.com.

Triumph Over Exercise: Maximize your Mobility

Travis Gawler, PT, DDT, Palmetto Health Physical and Specialty Therapy, Columbia, South Carolina

Exercise enhances quality of life, increases insulin sensitivity and reduces anxiety, blood pressure, risk of injury from falls, arthritis pain, dementia, risk of diabetes and hypertension while improving cognition.

What Type of Exercise? If you choose:

Aerobic Exercise: target 150 to 300 minutes per week of moderate intensity or 75 to 150 minutes a week of vigorous exercise. Try to spread the exercise throughout the week.

Resistance Exercise: exercise with moderate intensity involving all major muscle groups, 2 or more days per week.

Flexibility: Exercise 2 to 3 days per week, with each exercise for about 30 seconds, with 2-4 repetitions. Flexibility exercises help with stooped posture.

Functional Exercise for balance: For agility and multitasking exercise 30 minutes, 2 to 3 days per week. Good agility exercise can include yoga, tai chi, boxing and dance.

Preventing Falls

Use support by grabbing counters and doorways and using assistive devices. Exercise with a partner. Prevent fatigue and overuse injuries. Rest as needed. Consider interval training. Attend group exercise classes.

Barriers to considering exercise may include:

1. Low expectations of outcomes
2. Fear of falling
3. Lack of time
4. Other health problems
5. Negative environmental issues
6. Cost

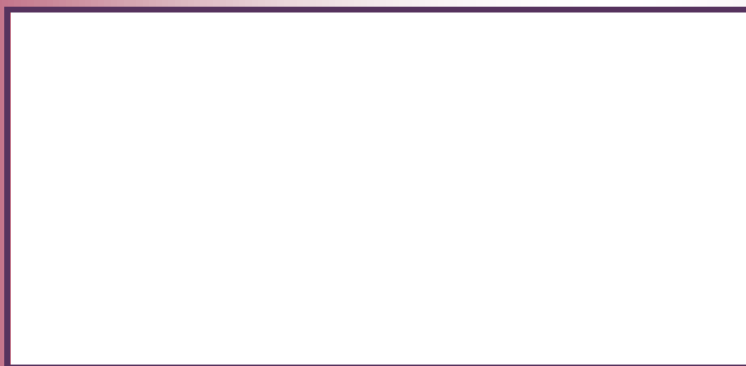
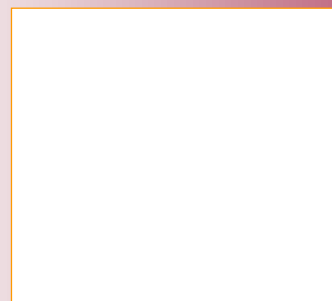
Positive Strategies:

1. Get educated
2. Set goals
3. Get a fall-risk assessment
4. Try some physical therapy
5. Modify your environment
6. Prioritize your activities
7. Have an exercise buddy
8. Seek free exercise

Strategies for care partners: involve motivations and education of resources the benefits of doing physical activity.

1. Remind yourself that "Exercise is Medicine."
2. Start today and never stop
3. Find exercise you enjoy
4. Set goals, track progress, and celebrate victories.
5. Develop support for exercise success and adherence
6. Regularly reassess your routine.

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Clip here _____

Dues, Memorials & Tulip Society Donations

_____ Today I would like to pay my annual PAACI dues of \$25.

_____ Today I would like to pay my Tulip Society donation of \$_____ (\$100 or more).

_____ Today I would like to make a donation in honor/memory (circle one) of a loved one.

Name of honoree: _____ Amount of donation: _____

Please mail acknowledgement of the donation to the family at: (Include name and address)

From: _____

Payments can be made by check to PAACI at P.O. Box 19575, Indpls., IN 46219 or by credit card on this form, by phone at 317-255-1993, or by the PAACI website at www.paaci.org and click on "Make a donation".

Name on card: _____ Phone: _____

Credit Card Number: _____ Expiration: _____

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