

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE

PRESIDENT'S

"Happy Birthday, Jo Rosen" has a glorious, in fact, triumphant ring to it this year, for it was just a little over a year ago that I faced Colon Cancer and the battle for my life. Today, my birthday gift is my medical report of CANCER FREE and with it a long and healthy future. I share this because like so many in our Parkinson's community, "Quality of Life" takes work and commitment: In my case, I chose to decline Chemo and Radiation, I changed my lifestyle, hired a nutritionist, focused on exercise and was conscious of my mental state every day.

It takes tremendous support and a team: family, friends, confidential advisors to keep your spirit high, motivate you, navigate life's details, and guide you during difficult times of traumatic change and struggle.

If you're new to the Parkinson's world or have been on the Parkinson's journey for years, we know the value of support and understanding and are here for you. We offer private consultation, multiple support groups, a wealth of information on our website and resources dedicated to your "Quality of Life." You are NOT ALONE!

Every month PRO brings you topics of interest and invaluable information. Enjoy our Newsletter and review all the pages on our website, there are answers to questions you may not have even asked yet as well as inspiring stories to brighten your day.

September brings you another PROvocate and informative newsletter some of which is currently in the news. Getting you started with **Nerium EHT® – A Breakthrough Discovery** on this page; **WHY DOES MUSIC MAKE YOU HAPPY?** on page 2; **10 INSIDER TIPS ONLY NURSES WILL TELL YOU** on page 3; **FOODS BAD FOR CONSTIPATION** on page 4; **MONTHLY MARIJUANA COOKING CLASS TEACHES CALGARIANS TO COOK WITH CANNABIS** on page 5; **ALONG COME STATIN DRUGS!** also on page 5; our **BITS AND PIECES** on page 7; and a lovely **TESTIMONIAL** on page 3.

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Nerium EHT® – A Breakthrough Discovery

Nerium EHT was developed at Signum Biosciences in collaboration with Princeton University (Department of Molecular Biology). Research was funded in part by the National Institute of Health, the Michael J. Fox Foundation, and the Alzheimer's Drug Discovery Foundation.

Only Nerium EHT contains EHT™ (Eicosanoyl-5-hydroxytryptamide). Our one-of-a-kind proprietary ingredient is a naturally occurring mix of bioactive molecules isolated from coffee that helps to fortify, protect and enhance your mind. EHT™ modulates PP2A, a key master regulator protein and improves performance, including restoration of cognitive and motor deficits in animal models of neurodegeneration.

How does EHT™ Protect?

- Helps protect neuronal structural integrity to allow robust signaling by modulating PP2A
- Reduces damage caused by inflammation
- Guards against oxidative stress

How does EHT™ Enhance?

- Optimizes PP2A activity
- Increases cognitive function and provides neuroprotection
- Enhances memory circuit connections and slows neurodegeneration

Additional Support

Chronic inflammation is an unfortunate condition caused by a number of factors including brain injury (CTE), aging, toxins (smoking/drinking), and stroke. Chronic inflammation can cause significant neuronal damage in the brain with an excessive release of cytokines and inflammatory mediators causing additional damage. NeriumEHT protects your neurons and promotes brain health by reducing inflammation and pro-inflammatory cytokines.

The Following Studies Demonstrate EHT Provides Cognitive Support.

- Therapeutic benefits of a component of coffee in a rat model of Alzheimer's disease. Basurto-Islas G, Blanchard J, Tung YC, Fernandez JR, Voronkov M, Stock M, Zhang S, Stock JB, Iqbal, K. *Neurobiol Aging*. 2014. (Epub ahead of print). PMID: 25034344
- Neuroprotective and anti-inflammatory properties of a coffee component in the MPTP model of Parkinson's disease. Lee KW, Im JY, Woo JM, Grosso H, Kim YS, Cristovao AC, Sonsalla PK, Schuster DS, Jalbut MM, Fernandez JR, Voronkov M, Junn E, Braithwaite SP, Stock JB, Mouradian MM. *Neurotherapeutics*. 2013. 10(1):143-53. PMID: 23296837
- Enhanced phosphatase activity attenuates a-synucleinopathy in a mouse model. Lee KW, Chen W, Junn E, Im JY, Grosso H, Sonsalla PK, Feng X, Ray N, Fernandez JR, Chao Y, Masliah E, Voronkov M, Braithwaite SP, Stock JB, Mouradian MM. *J Neurosci*. 2011. 11:31(19):6963-71. PMID: 21562258

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OUR WELLNESS VILLAGERS:

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WHY DOES MUSIC MAKE YOU HAPPY?

It causes your brain to release dopamine.

Dopamine is a feel-good chemical that's involved in pleasure. A study found that when people listened to music, their brains released more dopamine. In fact, even just thinking about listening to music caused the dopamine to start flowing. The researchers think this might explain why music—from Beethoven's Fifth to Adele's "Rolling in the Deep"—has been such a big part of human history.



10 INSIDER TIPS ONLY NURSES WILL TELL YOU

Everyday Health Guest Columnist **Alexandra Robbins**
Special to Everyday Health *EverydayHealth.com*

During the four years I spent reporting my book *The Nurses: A Year of Secrets, Drama, and Miracles With the Heroes of the Hospital*, I learned that nurses are not just the unsung heroes of healthcare; they're also its secret keepers. If you want to know the truth about your doctor or healthcare institution, ask nurses. Meanwhile, here are 10 of the insider tips they shared with me to help patients get better care.

1. Get a Second Opinion on the Surgery Your Doctor Recommends

You might not actually need the surgery your physician says you need. Nurses told me that the healthcare system incentivizes some doctors to advise high-cost procedures, which can lead them to bully patients into undergoing treatments that won't necessarily help them. "If I could talk to my open-heart surgery patients *before* the surgery, I would probably advise 30 percent of them not to have surgery," said one New York nurse. "Doctors undersell how much rehabilitation the successful recovery from heart surgery requires. Every time I see patients over 85 opt for an aortic valve surgery because they were becoming short of breath on exertion, I scratch my head a little bit because I know that many of these high-risk patients will not get back all the faculties they had before the surgery, and some won't even make it out of the hospital." Getting a second opinion (and a third) may give you a more accurate picture.

2. Appoint One Family Spokesman

Your hospital nurse will have more time for you if she doesn't have to answer repetitive questions from each of your visitors. Designate one family member to be the completely informed individual — in addition to you — who communicates with nurses. Visitors with questions can relay them to the spokesman or in some cases they can write their questions directly on the whiteboard in the room.

3. Avoid Teaching Hospitals in July

Every July in teaching hospitals, medical students become interns or first-year residents, first-years become second-years, and so forth. These new doctors are immediately thrust into direct patient care. New doctors can make mistakes: In July, U.S. death rates in these hospitals surge between 8 percent to 34 percent, or between 1,500 and 2,750 deaths. University of California at San Diego researchers found that fatal medication errors "spike by 10 percent in July and in no other month." The healthcare industry calls this upheaval "The July Effect" in the United States and "August Killing Season" in the United Kingdom (*where the shift happens in August*).

If you must be hospitalized in July for a particularly complex procedure, you might consider avoiding teaching hospitals. Approximately 25 percent of U.S. hospitals are teaching hospitals, which you can identify by checking the "About Us" page on a hospital's website.

4. Watch Carefully When Hospital Staff Enter Your (or Your Loved One's) Room

Not all doctors and nurses remember to wash their hands when entering a patient room. Nurses encourage patients and visitors to keep a close eye on every staff member who walks in the door and to speak up if someone forgets. A simple "Could you please wash your hands?" should do the

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A TESTIMONIAL

**"Jo, so glad you got the word out
regarding the Special Needs Fairness Act!"**

Warm regards,
Ronald Fatoullah

New York Elder Law Attorney
Member of the Wellness Village

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FOODS BAD FOR CONSTIPATION

PRO Staff Writer

People with Parkinson's seem to be riddled with constipation. Last Month we covered the use of magnesium to relieve constipation. If you get constipated often, you may want to take a look at your diet. Here's a list of items you should either avoid or eat/use less of; in some cases you may find good substitutions.

Alcohol

Like coffee, alcohol can make it hard for your body to hold onto water. Alcohol dehydrates, so until you can become hydrated again your bathroom activity may be hard and slow. Consider drinking a glass of water along with or after each cocktail.

Caffeine

For some people, a couple cups of coffee will make them race to the bathroom, but it can also have the opposite effect. Like alcohol, the caffeine in coffee and soft drinks can keep your body from holding onto water, and you need water to stay regular. If you're constipated, consider drinking Smooth Move tea instead.

Cupcakes or Sweet Desserts

Sweet desserts like cupcakes, cookies, pastries, and other treats with refined sugar are low in fiber and high in fat. Not good if you're constipated. Consider exchanging those treats with fruit and yogurt. Your system will appreciate you more.

Dairy

Too much cheese and milk. Dairy milk can be exchanged with Soy, almond, coconut and other milks. If you're a big cheese eater, consider eating less or Google Cheeses not made from dairy and find an array that may be better for you. Also consider eating yogurt with probiotics, live bacteria that's good for your digestive system and may help relieve constipation.

Eggs

By themselves, eggs have very little fiber making it harder for them to move through the system; however they are a good source of protein. You might consider making them with fresh vegetables or sprinkle them with flax seed or other fiber filled food or seeds.

Fast or Prepared Foods

Sometimes our schedules force us to eat poorly, readymade meals that are convenient, but which can cause constipation. That's because most fast foods are low in fiber, which you need to help food move through our system. If you prepare your meals in advance rather than succumbing to fast food orders, you might speed up your digestion.

Fried Food

Fried foods are full of fat and therefore hard to digest. When food moves through your colon slowly, the water content can be taken out of it. That makes for a hard, dry stool. Although fried chicken or battered and deep fried fish or other foods may be very inviting, your best bet is to pass on them for food with more fiber.

Tender Meat

By itself, your tender steak or pork chop may be full of protein and fat, they are lacking in fiber. If you're going to eat them consider partnering them with broccoli, asparagus, spinach or other high fiber vegetables to help them move through your digestive system.

White Bread

Too much will give you hard, dry stools. White bread and cookies do cause constipation, containing 3% or less of fiber. If you notice that a certain type of bread causes you bloating or worsens your constipation, then it may be advisable to cut from your diet. If you are sensitive to gluten it may be best to steer clear of all breads as they may well trigger constipation.

Stay hydrated!

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AND FOLLOW US ON TWITTER.



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ParkinsonsResourceOrganization



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MONTHLY MARIJUANA COOKING CLASS TEACHES CALGARIANS TO COOK WITH CANNABIS

Recipes include cannabis cooking oils, flour and butter

Andrew Brown, CBC News Posted: Aug 27, 2016 6:51 PM MT
Last Updated: Aug 27, 2016 6:51 PM MT

"Crystal Gooding has been cooking with marijuana for around 15 years."
— Andrew Brown/CBC

A group of Calgarians took part in a special cooking class Saturday to learn to cook with marijuana.

First up, Crystal Gooding explained her recipe for CannaCoconut Oil, which is coconut oil infused with marijuana.

"You're going to dump your cannabis in there, your ounce... and you're going to bring it to a good simmer," she told the group of about 15 people who turned up at the 420 Clinic in Inglewood for the cooking class.

Gooding also shared recipes for cannabis olive oil, cannabis flour and cannabis butter.

"My favourite is melting [the cannabis butter] and putting it on popcorn," she said.

"But you can put it in a pan on a low heat and you can fry your fish in there [or] sprinkle it in on your vegetables when they're done cooking."

"Michael Wiesenberg has Parkinson's and says pot helps with his symptoms."
— Andrew Brown/CBC

Medical marijuana patients like Michael Wiesenberg say they're looking for new ways to ingest cannabis.

"I think that edibles will be a nice way to go, a convenient way of taking it," said Wiesenberg, who uses pot to relieve his Parkinson's symptoms.

"The effects are supposed to work very well that way. I'd certainly like to give it a try," he added.

Marijuana cooking classes like this one are held once a month.

ALONG COME STATIN DRUGS!

Some 25 million Americans take these so-called "wonder drugs" to lower their "bad" cholesterol levels, but is this popular class of pharmaceuticals actually safe?

NOPE!

There are over 900 studies proving the adverse effects of statin drugs, including anemia, chronic fatigue, acidosis, liver dysfunction, thyroid disruption, **PARKINSON'S**, Alzheimer's, diabetes, and, yes ... even **CANCER!**

That's right. The latest available science suggests that this supposedly artery-scouring miracle medication may significantly *increase* your risk of developing cancer.

Far from a miracle cure for heart disease, statin drugs come with a laundry list of side effects. These statin drug side effects are often ignored or glossed over as rare or exceptionally unlikely.

Statin drugs, it turns out, are far riskier than you've likely been told. **From a cancer risk perspective they're one of the last drugs you'd ever want to take for improved quantity and quality of life.**

There are two primary classes of cholesterol-lowering drugs currently on the market: fibrates and statins. Fibrates, which include drugs such as clofibrate (Atromid-S) and gemfibrozil (Lopid), represent what you might say was "phase one" of the pharmaceutical industry's war on cholesterol.

Phase two is the statin class, which includes drugs such as atorvastatin calcium (Lipitor), pravastatin sodium (Pravachol), and simvastatin (Zocor).

Excerpted from **The Truth About Cholesterol, Statin Drugs, and Cancer** by Ty Bollinger. TheTruthAboutCancer.com

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NERIUM – cont. from page 1

Have you ever wondered what the secret ingredient was to grandma's famous family dish, only she wouldn't share it with you? We love grandma, but we're taking a different approach... we want you to know exactly what's in EHT®Age-Defying Supplement that's working to supercharge your brainpower.

EHT® SUPPLEMENT

EHT® Supplement is a groundbreaking formula that includes our exclusive and patented EHT® extract. Developed after more than 20 years of scientific research (1), Dr. Jeffrey Stock discovered the EHT molecule, a mix of bioactive molecules isolated from coffee. The EHT molecule optimizes the function of PP2A, a key protein that helps keep neuronal connection in the brain strong and healthy. (1) Dr. Stock's research was conducted at Princeton University labs, home of one of the top neuroscience programs.

Source: Signum's R&D Experimental Biology Conference (1) Neurons are a major component of the brain, they are the cells responsible for transmitting information. As we age, the strength of connections between neurons can weaken, causing them to become unhealthy. As the connections weaken, we can experience memory loss, slower reaction times and diminished mental alertness. EHT Supplement is a groundbreaking formula that includes our exclusive and patented EHT molecule. The formula is further fortified with other key ingredients such as vitamins B6, B12, D3, magnesium citrate, selenium, Huperzine A and alpha lipoic acid.

To know more about Nerium's EHT Supplement and get your first, money-back guaranteed order, go to ParkinsonsResource.org/spotlight/nerium-age-defying-formula/ and contact Paki Horton. Paki joined the Wellness Village in March, 2016.

10 TIPS – cont. from page 2

trick. This is an easy way to reduce a patient's chance of infection. Along the same lines, it doesn't hurt to bring your own sanitizing wipes and wipe down surfaces in your hospital room.

5. Do as Much As You Can for Yourself and for the Patient

You can help maximize your or your loved one's time with the nurse by doing as much as you can on your own. Bring or find your own food and beverages, and ask the nurse if there's anything you can do to help the patient. You might be able to assist by recording fluid intake and output, brushing the patient's teeth, handling feeding, or participating in therapies. "I've given a bath to a child while the parents sat there and watched," an Arizona pediatric nurse told me. "Nurses do not give magical baths. We give fast ones when we are busy. Any type of care that can be done by the family is not just a help to nurses; it aids in the healing process. Who better to care for someone than the people who love them most?"

cont. next column

6. Have Honest End-of-Life Discussions Before They Are Necessary

Nurses see it more often than you'd think: A patient with a Do Not Resuscitate order is unresponsive, a family member insists the medical team "do everything you can" to save the patient anyway, the hospital complies, and the **patient's end-of-life wishes** are ignored. "I think if people better understood exactly what 'do everything' entails, they would be less likely to demand it," said a Texas travel nurse. "Performing CPR is probably going to break multiple ribs, [some patients] will almost certainly die in the ICU after a prolonged barrage of horribly toxic medicines, and we can put someone on a ventilator but their anoxic brain injury means they're never waking up again. If we could show families how much more horrible it is to prolong treatment of a dying person, perhaps they would choose differently."

Nurses suggest that families make sure they are on the same page about end-of-life wishes long before they are placed in urgent situations.

7. Have Someone Stay With the Patient 16 Hours a Day

A second set of eyes and ears is always helpful to a hospital patient. Loved ones should try to have visitors take turns so that someone is in the room with the patient 16 hours a day. "It is really important to have someone stay in the hospital with you. Nurses may not always be able to keep a close eye on each of their patients," said a Pacific Northwest PACU nurse. "Sometimes, the aggressive patients needing more nursing care take time from the quieter patients. It's like the squeaky wheel gets the grease."

Ask the staff what time the physician conducts his/her daily rounds and let them know that a visitor will be present for them. "Patients get better care when their family is involved, actively," said a Virginia nurse practitioner.

8. Don't Be Afraid to Ask Questions

Patients and family spokesmen shouldn't hesitate to ask doctors and nurses questions about their care and reasons for procedures. "Even if you're worried about annoying a doctor or nurse, if you have questions, you should ask them," said a psychiatric nurse in Hawaii. "The patient and patient's family need to know enough about what's going on to **advocate for the patient's well-being**. It could save your or your family member's life."

When asking questions, avoid using "Why," which can put healthcare providers on the defensive. Instead of inquiring, "Why did you

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PRESIDENT'S MESSAGE – cont. from page 1

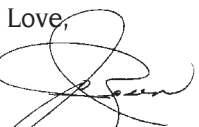
We hope your shopping at **MACY'S SHOP FOR A CAUSE** August 26th through 29th was as successful as our campaign, and because we sold the most coupons, we were awarded the prime location at the local store where we held a raffle for fabulous donated items from local merchants and celebrities.

COME JOIN US again at the **BELMONT CAR SHOW** in Long Beach on September 11th. Our tent will be in the same location as all the previous years. Check the website for details.

We were given a **ONE WEEK STAY** at the luxurious **NEWPORT COAST VACATION VILLAS** in Newport Beach, California from October 15th thru October 22nd. This is a premium week as there are no other villas available that week. Watch our eMail, Facebook, LinkedIn and Twitter pages for the auction information or call us to make your bid or ask for additional information.

We know we are providing valuable information and support in the Parkinson's community, we continue to appreciate your monthly or general donations through our safe PayPal donation page at **ParkinsonsResource.org/contribute-2/** or by mail to our office in Palm Desert, California.

Until next month, REMEMBER Labor Day and Int'l Day of Charity on the 5th, Patriot and Grandparents Day on the 11th, and Fall begins on the 22nd. The flowers are the Aster & Forget-Me-Not and the birthstone is Sapphire. ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,

 President & Founder

10 TIPS – cont. from page 6

give him that medication?" try "Help us to understand why he's getting this medication," a Texas family nurse practitioner suggested. Additionally, double-check the identification information on your armband or make sure your family/visitors know to check it for you.

If questions aren't urgent, don't ask them on a nurse's first visit of her shift, when she might be particularly busy visiting each patient. By the second pass-through, she should have more time to focus on your concerns.

9. Being Kind to Your Nurse Matters

While **nurses try to give every patient the best healthcare possible**, they don't necessarily treat every patient equally. You'd be surprised how many people are rude to nurses, many even to the point of physical or verbal abuse. Patients and visitors who are unkind can delay processes like repeat pain medication, a Washington, DC nurse said, "because the nurses don't want to deal with them." Respectful patients, on the other hand, might get faster service than the pain-in-the-ass down the hall – and, sometimes, some extra perks, too.

10. Understand Why Your Medications Might Not Arrive Promptly

Even if your hospital medications are due at 9 o'clock, you might not receive them at exactly that time because your nurse could have several other patients with medications due simultaneously. Many nurses are overloaded with patients, and might have to give them one pill at a time or crush pills into applesauce and feed them carefully to a patient.

Also, "Your nurse may be late answering your call light because she was just holding the hand of a patient breathing his last breath; someone who just lost their mother, father, or spouse was crying on her shoulder; or she was being verbally and physically abused by a drunk," said an Illinois ICU nurse. So cut your nurses some slack. They are doing the best they can.

*Alexandra Robbins is an investigative reporter and author of five New York Times bestselling books, and a contributing editor at both Marie Claire and Washingtonian. In 2014, Robbins received the John Bartlow Martin Award for Public Interest Magazine Journalism. The author's best sellers include, **The Overachievers, Pledged, and The Geeks Shall Inherit The Earth.** Her latest, **The Nurses**, chronicles her year spent reporting on the daily lives of the "secret-keepers of healthcare."*

BITS AND PIECES

ZINC — Without it, you couldn't **taste and smell**. Your immune system needs it, and it helps cuts, scrapes, and sores heal. It may help you keep your sight as you get older.

While you can get zinc from plant sources like sesame and pumpkin seeds, chickpeas, lentils, and cashews, it's easier for your body to absorb it from animal foods, such as oysters, beef, crab, lobster, and pork.

Do you know where your zinc level is?

Parkinson's Resource Organization (PRO), through its WELLNESS VILLAGE (ParkinsonsResource.org/wellness-village) has begun its campaign to populate all categories of professionals that provide services or products to people with Parkinson's or their caregivers. If you refer a professional into the WELLNESS VILLAGE that has helped you or your family gain "quality of life," alleviate symptoms, helped you through the Parkinson's Journey in some fashion and therefore wants to and can help others, and if that professional becomes a subscriber, we will thank you with 100 Parkinson's Resource Organization 47¢ postage stamps.

PRO CALENDAR FOR SEPTEMBER 2016

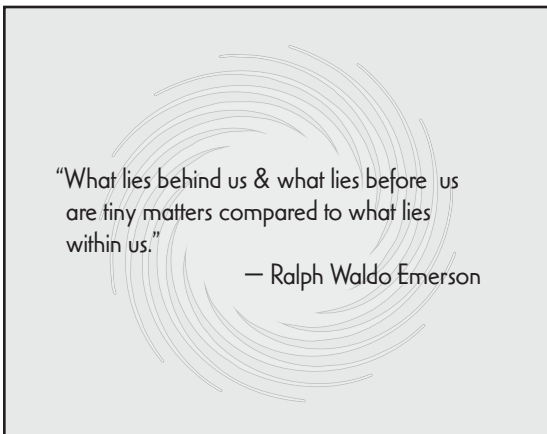
The current support group meeting locations are listed below.
For any information regarding any of these meetings, please contact the PRO Office at 877-775-4111.

				1	2	3
4	5	6	7 LONG BEACH ONE TIME ONLY Round Table 6:30 pm Bixby Knolls Towers 3737 Atlantic Ave	8 NEWPORT BEACH Round Table 6:30 pm Oasis Senior Center 801 Narcissus Corona Del Mar	9	10
11	12	13	14 GLENDORA Round Table 6:30 pm <u>Kindred Rehabilitation</u> <u>at Foothill</u> <u>401 W Ada Ave</u>	15 WEST LOS ANGELES ONE TIME ONLY Round Table 6:30 pm OPICA Adult Day Care Center 11759 Missouri Ave	16	17
18	19 PALM DESERT Caregivers Only 10:00 am Portola Community Center 45480 Portola	20	21 ENCINO Round Table 7:00 pm Providence Tarzana Outpatient Therapy Center 5359 Balboa Blvd	22	23	24
25	26 PALM DESERT Educational Speaker 6:30 pm Atria Hacienda 44600 Monterey Ave	27 MANHATTEN BEACH Educational 6:30 pm Parish House 659 15th Street	28	29	30	31

CAREGIVER MEETING: (For caregivers only) Come share the ups and downs of living with someone with Parkinson's. Together there are ways of finding solutions that, when alone, might never be considered. No need to continue with your frustrations because you are not alone. Give yourself a break.

EDUCATIONAL MEETING: We invite the community, especially the Person with Parkinson's and their family or friends, to attend. Educational meetings usually feature guest speakers who are professionals servicing the Parkinson's Community. Educational meetings are packed with a wealth of amazing information so bring your pencil and notepad!

"ROSEN ROUND TABLE" MEETING: Join a loving circle of like-minded individuals including local professionals. Learn what works for others, share what works for you. Find out what doesn't work for certain individuals. Share emotional trials and tribulations. Realize that you are not alone and that others can relate to and learn from your story.



NEWSWORTHY NOTES

September 2016, Issue No. 286, published monthly

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

74-478 Highway 111, No 102 • Palm Desert, CA 92260-4112
 760/773-5628 • 310/476-7030 • 877/775-4111 • 760/773-9803

eMail: info@ParkinsonsResource.org • web: ParkinsonsResource.org

501(C)(3)#95-4304276

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