

## PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

### MESSAGE

PRESIDENT'S

As Charles Dickens said about March, "It was one of those days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." March encompasses lots of beginnings and endings just as we regularly experience in the PRO office.

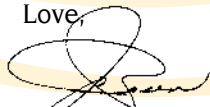
We continue with **#YearOfTheCure** as we provide you with "real time" science covered in our Update on ROAD TO THE CURE on this page. We loved the comments received about the Stem Cell Therapy information they wrote about last month.

March brings articles from some of our extraordinary Wellness Villagers; Informative news such as: our Inspirational Corner, **THE ELEPHANT ROPE** (about belief) on page 2; **POPULARLY KNOWN BY THE ACRONYM DABDA... THE FIVE STAGES OF...** on page 3; **HOW TO PROTECT YOUR FINANCES FROM A DEGENERATIVE ILLNESS** By Chris Risenmay, CFP®, The Cypress Group on page 4; **From a Caregiver: CARING FOR MYSELF** on page 5; plus we've added a story about Kathy Schriefer's Dad, **A QUICK 14 YEARS: An Outsider** on page 6; a continuation of our Encyclopedia on diseases (disorders) that have Parkinson's overtones, **CREUTZFELDT-JAKOB DISEASE** also on page 6; and **GETTING DRESSED** by Health Aides Made Easy on page 7.

Thank you for your tax deductible donations giving us the opportunity to help MORE... to help MORE people, MORE often, MORE timely, with MORE information in a MORE compassionate way. We know we are providing valuable information and support in the Parkinson's community, and we continue to appreciate your monthly or general donations through our safe PayPal donation page at [ParkinsonsResource.org/contribute-2/](http://ParkinsonsResource.org/contribute-2/) or by mail to our office in Palm Desert, California.

Until next month, REMEMBER Daylight Savings Time begins on the 12th, St. Patrick's Day is on the 17th, Spring begins on the 20th, and National Puppy Day on the 23rd. The flower is the Daffodil and the Birthstones are the Aquamarine, Bloodstone & Jade. You might also take note that March is National Nutrition Month. ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

### UPDATE ON PARKINSON'S "ROAD TO THE CURE" PROJECT

Justifying funding the ICBI Parkinson's drug for clinical trials according to Ram Bhatt, PhD, "ICBI continues to make progress in bringing its Parkinson's drug nearer and nearer to closing the gap between today and delivering it to the people..."

#### **Big Pharmaceutical Company Monitoring ICBI Progress**

In addition to our on-going collaboration with a large US pharmaceutical company, ICBI was recently contacted by three more large US pharmaceutical companies:

- 1) In the middle of February 2017, ICBI scientists had a face to face meeting with one of the internationally known US big pharmaceutical companies. This company was very captivated with the data ICBI presented to them and told us that they would like to see similar data with the cloned SMART Molecule for the Parkinson's drug. Our current Parkinson's drug is polyclonal, which the FDA will not approve for patient use. For clinical applications, antibody based drugs have to be monoclonal. ICBI has intensified its search in the last one year for the funding to clone and scale up the production of our Parkinson's drug, a process that will take 12-18 months and a budget of about \$5M. We will need additional \$8M just for the Phase-1 clinical trial. As soon as we have cloned the drug and replicated the data with the cloned drug, our prospect for a pharmaceutical partnership will increase significantly.
- 2) A third US pharmaceutical will be visiting ICBI in the second week of March, 2017.
- 3) We are in the process of signing an NDA (Non-Disclosure Agreement) with a fourth internationally known pharmaceutical company.

**MICHAEL J FOX FOUNDATION UPDATE** – Knowing that the first pharmaceutical company had some internal turmoil in 2015 which delayed ICBI's validation experiment last year, the MJF Foundation is trying to set up ICBI's collaboration with the faculty of University of Pittsburg to get additional data on our Parkinson's drug so that the Foundation can justify funding ICBI Parkinson's drug for clinical trials.

**BRIGHT OUTLOOK** – We are very encouraged by the recent interest shown by three additional big pharmaceutical companies to understand what ICBI's SMART Molecule technology is all about, though we realize we are not yet at a stage where a big pharmaceutical can either acquire us or license our technology. Conducting Phase-I clinical trials with the monoclonal SMART Molecule for the diagnosis and disease modification of Parkinson's will certainly bring ICBI closer to landing a partnership with a big pharmaceutical company.

If you meet certain qualifications, you too may be able

# OUR WELLNESS VILLAGERS:

## ACUPUNCTURE

- Dr. David Shirazi

## ADAPTIVE CLOTHING

- Health Aides Made Easy



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- (CA) Dr. Maryam Bakhtiyari
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### THE ELEPHANT ROPE (Belief)

A gentleman was walking through an elephant camp, and he spotted that the elephants weren't being kept in cages or held by the use of chains. All that was holding them back from escaping the camp, was a small piece of rope tied to one of their legs.

As the man gazed upon the elephants, he was completely confused as to why the elephants didn't just use their strength to break the rope and escape the camp. They could easily have done so, but instead they didn't try to at all.

Curious and wanting to know the answer, he asked a trainer nearby why the elephants were just standing there and never tried to escape.

The trainer replied, "When they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The only reason that the elephants weren't breaking free and escaping from the camp was because over time they adopted the belief that it just wasn't possible.

Moral of the story: No matter how much the world tries to hold you back, always continue with the belief that what you want to achieve is possible. Believing you can become successful is the most important step in actually achieving it.

## POPULARLY KNOWN BY THE ACRONYM DABDA

### THE FIVE STAGES OF...

### LOSS OF A LOVED ONE (PERSON OR PET), DIAGNOSIS OF A CHRONIC ILLNESS, DIVORCE, DEATH, OR GRIEF

The Kübler-Ross model, or the Five Stages Of Grief, postulates a series of emotions experienced by terminally ill patients prior to death, wherein the five stages are denial, anger, bargaining, depression and acceptance. The model of the Five Stages Of Grief was first introduced by Swiss psychiatrist Elisabeth Kübler-Ross in her 1969 book *On Death and Dying*, and was inspired by her work with terminally ill patients.

Kübler-Ross was motivated by the lack of curriculum in medical schools on the subject of death and dying. Her project at the University of Chicago evolved into a series of seminars which, along with patient interviews and previous research, became the foundation for her book. Since the publication of *On Death and Dying*, the Kübler-Ross model has become accepted by the general public.

Kübler-Ross noted later in life that the stages are not a linear and predictable progression and that she regretted writing them in a way that was misunderstood. Rather, they are a collation of five common experiences for the sad/frightened/mournful/bereaved that can occur in any order, if at all.

1. **DENIAL** – The first reaction is denial. In this stage individuals believe the diagnosis is somehow mistaken, and cling to a false, preferable reality.
2. **ANGER** – When the individual recognizes that denial cannot continue, they become frustrated, especially at proximate individuals. Certain psychological responses of a person undergoing this phase would be: “Why me? It’s not fair!”; “How can this happen to me?”; “Who is to blame?”; “Why would this happen?”.
3. **BARGAINING** – The third stage involves the hope that the individual can avoid a cause of grief. Usually, the negotiation for an extended life is made in exchange for a reformed lifestyle. People facing less serious trauma can bargain or seek compromise. For instance: “I’d give anything to have him back.” Or: “If you take this diagnosis away, I promise to be a better person!”
4. **DEPRESSION** – “I’m so sad, why bother with anything?”; “I’m going to die soon, so what’s the point?”; “I miss my loved one, why go on?”  
During the fourth stage, the individual despairs at the recognition of their mortality. In this state, the individual may become silent, refuse visitors and spend much of the time mournful and sullen.
5. **ACCEPTANCE** – “It’s going to be okay.”; “I can’t fight it; I may as well prepare for it.”  
In this last stage, individuals embrace mortality or inevitable future, or that of a loved one, or other tragic event. People dying may precede the survivors in this state, which typically comes with a calm, retrospective view for the individual, and a stable condition of emotions.

Kübler-Ross later expanded her model to include any form of personal loss, such as the death of a loved one, the loss of a job or income, major rejection, the end of a relationship or divorce, drug addiction, incarceration, the onset of a disease or chronic illness, an infertility diagnosis, and even minor losses, such as a loss of insurance coverage. Even sports fans go through such a process if their favorite team loses an important game, and also supporters of a losing candidate in an election.

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## HOW TO PROTECT YOUR FINANCES FROM A DEGENERATIVE ILLNESS

Chris Risenmay, CFP®

There's a common phrase we've all heard: hope for the best, plan for the worst. When it comes to our health, finances, and insurance, this saying especially rings true. We don't like to think something bad will happen, but there's always the chance that it will.

We recently met with a client who was diagnosed with Parkinson's. Like other degenerative diseases, millions of adults (typically over the age of 60) suffer from Parkinson's and, just in recent years, researchers have recognized that Parkinson's is much more than a motor disorder. Studies show that those with Parkinson's may experience memory problems and impaired decision-making, both of which can result in big financial problems.

Managing a degenerative disease is upsetting enough without also having to worry about the financial implications. When we met with this individual, we reviewed her financial house and developed asset protection strategies to help her safeguard her wealth so she would feel confident with her retirement income and could leave the legacy she intended for her family.

Working with this individual reminded us just how important it is for everyone to understand the necessity of planning ahead and making sure your finances are protected and in good hands. If you or your spouse has a degenerative illness, consider taking these steps to ensure your financial house is in order.

### Don't Make Big Decisions Under Stress

It's important to take time before making any big decisions. Avoid making hasty irreversible financial choices such as deciding to sell a house or move, or even making large purchases until you've had a chance to think things through. Research shows that people are more likely to ignore long-term consequences when making decisions under stress.

This is why it's important to take steps now, even if the financial decision-maker in the family is still healthy. Otherwise, if later you're feeling stressed, your decision-making may be impaired. If you're already feeling stressed, make sure you are considering the long term consequences.

### Create a Short and Long-Term Plan for Your Family

A loved one suffering from a degenerative illness may require long-term care or extended medical assistance at some point, which can have a significant impact on your family, both in the immediate and in the long run. Beyond determining how you will cover long-term care, you'll need to create a plan for your family.

In the short-term (between now and one year in the future), how will this affect your family's daily life? Will one of your family members be caring for your loved one? You may need to change vacation plans or adjust who picks up the kids or grandkids from school.

In the long-term, what will your spouse need? Do doctors anticipate an increased or reduced level of care years down the road? Does it make sense to move closer to a better or less expensive nursing home? These are just a few of the details you'll need to address so you know what to expect.

### Consider Taxes, Fees, and Penalties Before Liquidating Your Assets

Often, medical crises require money to address. However, it is critical to avoid liquidating assets without the advice of a financial advisor. People who feel stressed or who face stressful situations, like a loved one's illness, often sell investments without thinking in order to start retirement early or pay for medical bills. However, this can lead to big tax bills, fees, and penalties at the end of the year. It's critical to understand the tax treatment of any withdrawal you make and the associated costs.

For example, if you were to withdraw funds from a tax-qualified retirement account before you are 59½, you typically owe ordinary income tax on the distribution and a 10% penalty. Additionally, many investments, life insurance policies, and annuities have substantial early withdrawal fees to consider.

When you take into account fees or penalties, it may make more financial sense to liquidate a different asset. Work with your advisor and CPA to coordinate a strategy that will reduce the taxes, fees, and penalties you will pay.

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## From a Caregiver: CARING FOR MYSELF

Caring for a person with a chronic illness, such as Parkinson's disease, on a full-time basis can be overwhelming. Following are some ideas you might incorporate to keep your life more balanced as your loved one goes through the stages of Parkinson's disease.

- 1) Put together a list of friends and family members whom you trust and can call upon to relieve you for a few hours or in case of an emergency.
- 2) Consider seeking outside, professional help for in-home assistance if you can afford it. A good suggestion is to interview a couple of in-home care agencies to see whom you might like best to deliver services to your Cared For, then register your information with them so that when you need them, in case of an emergency, they already have the information they need to fulfill your care request(s)
- 3) Schedule regular social activities and time for yourself. Go out with friends, enjoy a physical activity independently or take classes that interest you, have a spa treatment or massage, got to a movie. For People with Parkinson's who require constant care, check out local programs that will take care of them on a temporary basis such as Adult Day Care Centers, Respite Care Programs, etc. This allows you time to seek the support and rest that you need.

Caregivers, as does the Person with Parkinson's, often reacts to the Parkinson's diagnosis with denial, fear or anger. To see your loved one change before your eyes, particularly if their mood or behavior has altered, can be difficult not to take personally. Talking openly about what you are experiencing, and clearly communicating on a day-to-day basis, are critical for both the Person with Parkinson's and the caregiver.

Support groups offer a confidential forum to share experiences and information with other like-minded caregivers. Typically there are groups for People with Parkinson's and their loved ones to attend together, and separate meetings just for caregivers. Each group has a different temperament so you may want to check a couple of them before finding the right fit for you.

Keep in mind that Parkinson's disease effects everyone differently. How you and your loved one journey through the disease process depends on your individual personalities and relationship. The objective is that over time you come to an agreement on what constitutes the most effective, supportive and beneficial care collaboration for both of you.

As is requested when taking an airline flight: in case of an emergency the oxygen masks will deploy from overhead, PLACE YOUR MASK ON FIRST, then place the mask on the person(s), or a child, who may need your help. Remember, being the caregiver is a very integral part of the equation and without you, your "Cared For" would be in deep doo-doo.

## FINANCES – cont. from previous page

### Get Your Attorney, CPA, and Advisor On the Same Page

When evaluating your financial house, bills, retirement funds, and estate plan, it's essential that your estate planning attorney, CPA, and financial advisor are on the same page and working together.

If your CPA isn't aware of certain financial strategies you're implementing, or your advisor doesn't know about how you're setting up your will or trust, it may cause problems — or worse, tax penalties or legacy plan confusion — down the line. Hopefully, you're working with someone who you feel comfortable with calling and sharing these personal details. If not, search for a different advisor with whom you can build a close bond.

Besides understanding what each professional is doing, it's ideal if your professionals collaborate. At The Cypress Group, we want to lead the way in getting your CPAs, attorneys, and any other professionals with whom you work all communicating. All following the plan you have outlined in advance. We want our clients' strategies to be streamlined and organized, and we hope to eliminate as

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## PARKINSON'S RESOURCE ORGANIZATION

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From the Encyclopedia

### CREUTZFELDT-JAKOB DISEASE

Creutzfeldt-Jakob disease (CJD) is the most common human form of a group of rare, fatal brain disorders known as prion diseases.

Creutzfeldt-Jakob disease progresses rapidly.

Creutzfeldt-Jakob disease causes a type of dementia that gets worse unusually fast. More common causes of dementia, such as Alzheimer's, dementia with Lewy bodies and frontotemporal dementia, typically progress more slowly.

Prion diseases, such as Creutzfeldt-Jakob disease, occur when prion protein, which is found throughout the body but whose normal function isn't yet known, begins folding into an abnormal three-dimensional shape. This shape change gradually triggers prion protein in the brain to fold into the same abnormal shape.

Through a process scientists don't yet understand, misfolded prion protein destroys brain cells. Resulting damage leads to rapid decline in thinking and reasoning as well as involuntary muscle movements, confusion, difficulty walking and mood changes.

CJD is rare, occurring in about one in 1 million people annually worldwide. Experts generally recognize the following main types of CJD:

- Sporadic CJD develops spontaneously for no known reason. It accounts for 85 percent of cases. On average, sporadic CJD first appears between ages 60 and 65.
- Familial CJD is a heredity form caused by certain changes in the prion protein gene. These genetic changes are "dominant," meaning that anyone who inherits a CJD gene from an affected parent will also develop the disorder. Familial CJD accounts for about 10 to 15 percent of cases.
- Acquired CJD results from exposure to an external source of abnormal prion protein. These sources estimated to account for about 1 percent of CJD cases. The two most common outside sources are: 1) Medical procedures involving instruments used in neurosurgery, and; 2) growth hormone from human sources or certain transplanted human tissues.

The risk of CJD from medical procedures has been greatly reduced by improved sterilization techniques, new single-use instruments and synthetic sources of growth hormone.

### A QUICK 14 YEARS: An Outsider

I don't have Parkinson's disease. I don't know what it feels like other than a broken heart.

My Dad was diagnosed with Parkinson's around 2003. It was around the time my sister was transitioning her life on Earth from AIDS. It seemed, so we thought, that he had a little stroke or something, but it turned out it was Parkinson's with which he was going to live with for the rest of his life.

You cannot imagine what it is like to watch a former football player, race car driver and hydroplane boat racer shuffle across the floor, struggling to find a steady gait. Here's a man who once built telecom systems for the Shuttle Recovery System Ronald Regan witnessed for goodness sake! And now we're watching him trying to find his mouth before the food shakes off his spoon.

Then he gets injections of Botox to help him swallow the soft foods, because he can no longer enjoy a steak. This is one of the worst diseases I have ever witnessed... first we watch our sister succumb to AIDS, a whole other story, now this.

Parkinson's' took Dad's life a little tiny bit at a time, breaking our hearts at each step. Yes, it is very frustrating to the person affected, and so heart breaking to watch one you love become debilitated by a something you cannot stop. All you can do is hope the medication cocktail "they" prescribe will help ease some symptoms and pain. One day, as life progresses, you find your loved one face down in the driveway because he fell, breaking bones and gashing his head.

No one wants to give up their independence. Who wants to be seen using a walker or be in a wheel chair that you no longer have the strength to propel? Yet, here we are again years later, he's just skin and bones as his organs start to fail and the pain's so intense, as infections take over the body, no longer able to do the trick of taking a deep breath before speaking, and speaking on the exhale, in order to communicate.

Communication now takes a different toll. Better to just talk with those who understand you. Those who come to visit. I don't recall him knowing a pilot from WWII but yet, he just had a conversation with him. He just stared upward towards the ceiling and talked with those invisible beings. Are these the ones who will finally lift him out of his frustration and suffering from this terrible disease? I believe so. I called him on the phone and he listened as I said "Daddy, I love you. We all miss you." A tear rolled down his face

As my family left for dinner, the final door closed. He went to sleep. He left on his terms. No witnesses; back with his wife taken from cancer, back with his daughter taken from AIDS.

The cure is near, I hope soon some people will give generously to help bring it about.

*Kathy Schriefer's Dad died February 21, 2017.*

### ROAD TO THE CURE – cont. from page 1

to take part in this "history-making" science. For the names of the big pharmaceutical companies or how to get involved, please get in touch with Jo Rosen at Parkinson's Resource Organization with whom we are in constant communication, updating her on our progress, while learning from her why it is so important to continue working to eradicate this horrific disease. IMAGINE a world without Parkinson's or Alzheimer's disease. Just Imagine.

## GETTING DRESSED

### Health Aides Made Easy

Getting dressed... sounds easy, but in fact, it can be quite challenging for a person with Parkinson's disease. This simple daily task can become quite stressful. Because Parkinson's is a disorder of the nervous system, the symptoms such as stiffness in the hands, shaking and tremors, difficulty with fine motor skills, can make it a struggle simply to put on pants. Getting dressed can become a slow and frustrating process, especially frustrating if you have to get dressed and redressed several times a day. Many patients have exercise programs, physical therapy sessions and doctor appointments each requiring undressing and redressing. This can lead to stress, not a good thing for a Parkinson's patient. We discovered that fewer steps mean the more probability of success with dressing; simplicity will lead to less stress in getting dressed for both the person with Parkinson's and the Carer. If the person can dress independently or with little assistance, select items that have few buttons to contend with, or choose garments with a zipper or the pull on or pull over the head styles.

Health Aides Made Easy tries to address this problem with clothes that allow the Person with Parkinson's to get dressed with ease and remain dressed throughout the day. We offer several garments that can make the simple act of getting dressed and staying dressed a priority. For those with stiffness in the arms and trunk we have terrific ponchos that simply slip over the head. For men, we offer a dress shirt that closes with magnets. How terrific for those with lowered hand dexterity. We have slacks with no zipper or buttons. These pants close very simply with Velcro. Because some people cannot stand while getting dressed, we carry pants that can be put on in a seated position. Other pants zip up and zip down the legs to allow for physical therapy and Doctor's appointments. In addition they can be removed quickly and discreetly to accommodate incontinent aids. There is no need to get undressed. The clothes that we offer are by and large made of soft stretchy fabric. Most of our pants have elastic waistbands for added comfort. They are designed to wear from morning to night. Get dressed, stay dressed and feel comfortable.

The Schlesinger's mission to find the best and most innovative adaptive clothing in the marketplace. They knew it was important to reach out to the differently-abled community and let them know that there is fashionable and functional clothing designed for them, clothing that can take the stress out of getting dressed, while at the same time makes them look good.

To get more information about Health Aides Made Easy go to their page in the Wellness Village under Adaptive Clothing and view their video or contact them directly through their webpage.

## FINANCES – cont. from page 5

much stress or confusion as possible.

### *Are You on Track?*

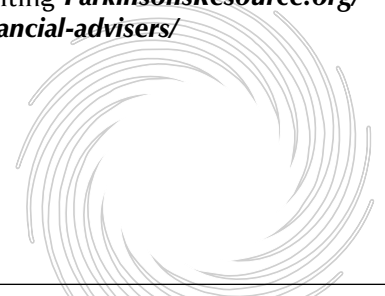
If you or a loved one is experiencing a health setback or financial transition, it is important to consider your options. Your retirement years are a critical period for protecting, growing, and transferring your wealth and legacy comfortably to those you love and to causes you support. Unfortunately not taking action can potentially be a costly mistake - the last thing you want is for an illness to put the plan you have in mind at risk.

At The Cypress Group, we specialize in helping pre-retirees and retirees during this life phase, which usually involves many milestones. If you are concerned about how health issues may affect your finances or just want to review your current financial house and strategies, we'd be happy to provide a no-cost consultation. To learn more about how we may be able to help visit us in the Parkinson's Resource Organization's WELLNESS VILLAGE and then contact us directly.

### *About The Cypress Group*

The Cypress Group is a division of Integrated Wealth Management, an independent RIA firm providing financial planning and investment management to high net worth individuals, families, business owners, and institutions. With an 11-person team of professionals with diverse backgrounds and extensive experience and qualifications, The Cypress Group is uniquely qualified to serve a broad range of client needs. Their experience and expertise act as a foundation for their client service process, The Second Growth, which focuses on efficiently protecting, growing, and transferring to their loved ones the wealth and legacy a person has already built. With offices in Palm Desert, Newport Beach, and Anchorage, the firm serves clients across the country.

Learn more by visiting [ParkinsonsResource.org/estate-planning-financial-advisers/](http://ParkinsonsResource.org/estate-planning-financial-advisers/)



Parkinson's Resource Organization (PRO), through its WELLNESS VILLAGE ([ParkinsonsResource.org/wellness-village](http://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 MARCH 2017

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.

			<b>LONG BEACH 1</b> Emotional & Educational Speaker Bixby Knolls Tower 3737 Atlantic Ave	2	3	4
5	<b>PALM DESERT 6</b> Caregivers Only 10:00 am PRO Office 74-090 El Paseo Suite 104	7	<b>GLENDORA 8</b> Emotional & Educational Speaker 6:30 pm Kindred Rehab at Foothill 401 W Ada Ave	<b>NEWPORT BEACH 9</b> Emotional & Educational Speaker 6:30 pm Oasis Senior Center 801 Narcissus Corona Del Mar	10	11
12	<b>PALM DESERT 13</b> Round Table for Everyone 6:30 pm Atria Hacienda 44-600 Monterey Ave	14	<b>ENCINO 15</b> Emotional & Educational Speaker 7:00 pm Providence Tarzana Outpatient Therapy Cntr 5359 Balboa Blvd	<b>WEST LA 16</b> Emotional & Educational Speaker for Everyone 6:30 pm OPICA Adult Day Care Center 11759 Missouri Ave	17	18
19	<b>PALM DESERT 20</b> Caregivers Only 10:00 am PRO Office 74-090 El Paseo Suite 104	21	22	23	24	25
26	<b>PALM DESERT 27</b> Emotional & Educational Speaker Meeting 6:30 pm Atria Hacienda 44-600 Monterey Ave	<b>MANHATTAN BEACH 28</b> Emotional & Educational Speaker for Everyone 6:30 pm Parish House 659 15th Street				

**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.

"TODAY YOU ARE YOU, THAT IS TRUER THAN TRUE.  
THERE IS NO ONE ALIVE WHO IS YOUER THAN YOU."

— DR. SEUSS (Born March 2)

## NEWSWORTHY NOTES

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### 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](mailto:info@ParkinsonsResource.org) • web: [ParkinsonsResource.org](http://ParkinsonsResource.org)

501(C)(3)#95-4304276

We do not intend the PRO Newsletter as legal or medical advice,  
nor to endorse any product or service; we intend it to serve as an information guide.