

## PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

### MESSAGE

PRESIDENT'S

April is one of the most spiritual months this year, as I have acknowledged at the bottom of my message here, but it also happens to be PARKINSONS AWARENESS MONTH. I've been aware of this disease for more than 27 years, but active in finding out "everything possible" to share with you. April is a very spiritual month this year, as I have acknowledged at the bottom of this message, but it also happens to be PARKINSON'S AWARENESS MONTH, or is it? I've been aware of this disease every moment of every day of every year for the past 27 plus years. People with Parkinson's, their caregivers and families are aware of Parkinson's every minute of every day. Parkinson's Resource Organization is too. Being aware is one thing, outwardly demonstrating your interest and support for those dealing with Parkinson's gives all of us hope and energy. Supporting our efforts to ease the pain, the struggles and unbelievable heartbreak felt by so many is the fuel that keeps us going and fills our hearts with overwhelming gratitude. We applaud you and appreciate you as you join a walk, a run, a bike ride or whatever activity is in your neighborhood and know we are right there with you raising awareness of a world of dear people hanging on by a thread, seeking hope and help from us at PRO and you, our supporters. It begins with AWARENESS and continues with ACTION... Thank you, thank you for raising your voice and stepping up.

This month, for our Outward Awareness program, we are recognizing our newest staff member, our Director of Development, **Dan Ball** at a **#BallGoesPRO** event on April 12th. Please go to the PRO website as well as our Facebook page [Facebook.com/ParkinsonsResourceOrganization/](https://www.facebook.com/ParkinsonsResourceOrganization/) and see the excitement we have surrounding the event. We are also welcoming **Sean Piercy**, our Executive Assistant and I.T. Guy.

We continue with #YearOfTheCure and provide you with "real time" science covered in our Update on **ROAD TO THE CURE** on this page. The scientists are making tremendous strides in bringing the Road to the Cure to fruition.

We proudly bring you articles from our extraordinary Wellness Villagers. Informative news such as: beginning with our **INSPIRATIONAL CORNER: THE OBSTACLE IN OUR PATH** on page 2; **2017 VETERANS PENSION BENEFITS FOR NON-SERVICE CONNECTED DISABILITIES** by Attorney Ronald A. Fatoullah on page 3; **SAFE AND EFFECTIVE STRATEGIES TO ELIMINATE HEARTBURN AND ACID REFLUX** by Dr. Mercola on page 4; and we've added **NON-DRUG TIPS FOR COPING WITH CHALLENGING BEHAVIORS** by Esther Heerema, MSW on page 5.

Thank you for your tax-deductible donations giving us the opportunity to help MORE – to help MORE people,

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

#### THE BATTLE AGAINST PARKINSON'S DISEASE

According to Ram Bhatt, PhD, CSO "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..."

It is very encouraging news that the U.S. Food and Drug Administration (FDA) has approved a new drug called Xadago (safinamide) from Newron Pharmaceuticals for people with Parkinson's disease (PD) who are taking levodopa but experiencing "off" episodes. "Off" episodes are times when Parkinson's symptoms, such as tremor or difficulty walking, return despite medication. They are more common as the disease progresses. Xadago is indicated as an add-on therapy for those taking levodopa/carbidopa. The safety and efficacy of Xadago were evaluated in two clinical trials that included 1,194 participants. These studies showed that, compared to people taking a placebo, those on Xadago experienced more beneficial "on" time (when PD symptoms are reduced) and less "off" time (when PD symptoms are increased).

This new therapy is a monoamine oxidase (MAO)-B inhibitor, a type of drug that allows the remaining dopamine to function for a longer period of time. Other types of MAO-B inhibitors that are FDA approved to treat PD include selegiline (Eldepryl, Zelapar, EMSAM) and rasagiline (Azilect).

Parkinson's is a relentless disease STILL without a cure. The newly approved drug is an excellent scientific and medical contribution to the Parkinson's world. However, it is not a curative treatment but rather a treatment that, like Levodopa, will provide short-term symptomatic relief. Sadly, in spite of several decades of hard work and billions of dollars invested into drug development the disease halting therapies for most of the neurodegenerative diseases remain elusive. We are no closer to a cure than we were three decades ago. One of the main reasons for the lack of curative therapies for Parkinson's and other central nervous system diseases is the presence of a physical barrier in the brain that acts as a security guard to filter what enters the brain, or not, from the blood. Known as the blood-brain barrier (BBB), this barrier has been an insurmountable barrier ever since the origin of mankind, although it was discovered in 1885. It is unfortunate that for nearly a century or more the scientific and medical community did not appreciate the role of the BBB. The pharmaceuticals and the academia went on developing drugs without appreciating the hurdles due to the BBB that led to failure of several clinical trials in the last decade. Such failure will continue to occur until the global scientific community solves the problem of the BBB impermeability so that the drug can reach the

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# OUR WELLNESS VILLAGERS:

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- Health Aides Made Easy



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### *The Obstacle in our Path*

There once was a very wealthy and curious king. This king had a huge boulder placed in the middle of a road. Then he hid nearby to see if anyone would try to remove the gigantic rock from the road.

The first people to pass by were some of the king's wealthiest merchants and courtiers. Rather than moving it, they simply walked around it. A few loudly blamed the King for not maintaining the roads. Not one of them tried to move the boulder.

Finally, a peasant came along. His arms were full of vegetables. When he got near the boulder, rather than simply walking around it as the others had, the peasant put down his load and tried to move the stone to the side of the road. It took a lot of effort but he finally succeeded.

The peasant gathered up his load and was ready to go on his way when he saw a purse lying in the road where the boulder had been. The peasant opened the purse. The purse was stuffed full of gold coins and a note from the king. The king's note said the purse's gold was a reward for moving the boulder from the road.

The king showed the peasant what many of us never understand: every obstacle presents an opportunity to improve our condition.

## 2017 VETERANS PENSION BENEFITS FOR NON-SERVICE CONNECTED DISABILITIES

Ronald A Fatoullah, of RONALD FATOULLAH & ASSOCIATES  
Great Neck, New York

The Veterans Administration (VA) Pension is a disability benefits program available to compensate veterans for non-service-connected disabilities. Like the VA compensation program, the pension program is based upon disability; however, unlike the VA compensation program, the pension program is also based on income and need, and the veteran's disability must be total and permanent (but need not be "service-connected"). There are three types of benefits available through the VA pension program: (1) the basic pension, (2) "Housebound" (HB) benefits and (3) "Aid and Attendance" (A&A) benefits.

The **basic pension** is a benefit paid to wartime veterans who have limited or no income. To qualify, the veteran must be discharged under other than dishonorable conditions; must have wartime service (in general, for those entering military service before September 7, 1980, consisting of at least 90 days of active service, one day of which was during a war-time period); must have limited or no income; and must be age 65 or older, or be permanently and totally disabled.

With respect to income eligibility, the vet's countable family income must be below a yearly limit set by Congress (see below). The veteran's net worth, or the net value of the assets of the veteran and his/her dependents, is also considered by the VA, and although there is no specified resource limit, net worth cannot be "excessive." In addition to the basic pension, more severely disabled veterans may also qualify for Aid and Attendance or Housebound benefits.

**Housebound benefits** are paid in addition to the monthly pension for a veteran (or eligible surviving spouse) who qualifies for the pension and who has a total permanent disability and, as a result, is permanently and substantially confined to his/her premises; OR has a total permanent disability plus another disability or disabilities that are 60% or more disabling.

**Aid and Attendance** ("A&A") is an increased monthly pension amount. A&A is available to a veteran (or eligible surviving spouse) who qualifies for the pension and who is bedridden, or requires the aid of another person to perform activities of daily living, or is a nursing home resident, as a result of mental or physical incapacity, or is blind or nearly blind in both eyes.

The 2017 Veterans Pension rates saw a 0.3% increase over 2016. The increase was effective December 1, 2016.

The VA pays the difference between countable family income and the yearly income limit based on the veteran's marital status, family situation and number of dependents. This difference is generally paid in 12 equal monthly payments rounded down to the nearest dollar.

In order to receive benefits if you are a veteran, your annual income must be less than the Maximum Annual Pension Rate (MAPR). The MAPR is the maximum amount of pension payable to a veteran, surviving spouse or child. When calculating annual income, medical expenses may be deducted if they exceed 5% of the current \$12,907 MAPR for a single with no dependent (\$645) or the \$16,902 MAPR for a veteran with one dependent (\$845).

To determine your pension amount, deduct your annual income and medical expenses from the MAPR. MAPR depends upon whether the veteran or surviving spouse has dependents, how many dependents, whether the veteran or spouse are in need of Housebound benefits, whether they are in need of Aid & Attendance or whether the veteran served during the Mexican Border Period or World War One.

As mentioned above, the MAPR for a single person with no dependent is \$12,907 per year and \$16,902 for an individual with one dependent. For a housebound individual without dependents, the MAPR is \$15,773.

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In the November 2015 Newsworthy Notes, we published an article "Is it Gerd or is it Thrush?" Many people with Parkinson's, after taking medications for a long period of time, experience one or both of these. To help anyone with either of these challenges, we give to you a rendition of Gerd by Dr. Mercola:

## SAFE AND EFFECTIVE STRATEGIES TO ELIMINATE HEARTBURN AND ACID REFLUX

Dr. Mercola – Visit the Mercola Video Library

Acid reflux is an extremely common health problem, affecting as many as 50 percent of Americans. Other terms used for this condition are **gastroesophageal reflux disease (GERD)** or peptic ulcer disease.

The hallmark symptom of acid reflux is "heartburn"—a burning sensation behind your breastbone that sometimes travels up your throat. In some cases, this pain can be severe enough to be mistaken for a heart attack.

Conventionally, acid reflux is thought to be caused by excessive amounts of acid in your stomach, which is why acid-blocking drugs are typically prescribed or recommended.

This is a serious medical misconception that adversely affects hundreds of millions of people, as the problem usually results from having *too little* acid in your stomach.

Besides addressing your day-to-day diet and optimizing your gut flora, a number of other strategies can also help you get your heartburn under control, sans medications. The following suggestions are drawn from a variety of sources, including Everydayroots.com, which lists 15 different natural remedies for heartburn; as well as research from the University of Maryland School of Medicine, the Beth Israel Deaconess Medical Center, and others.

- 1 Raw, unfiltered apple cider vinegar** – As mentioned earlier, acid reflux typically results from having too little acid in your stomach. You can easily improve the acid content of your stomach by taking one tablespoon of raw unfiltered apple cider vinegar in a large glass of water.
- 2 Betaine** – Another option is to take a betaine hydrochloric supplement, which is available in health food stores without prescription. You'll want to take as many as you need to get the slightest burning sensation and then decrease by one capsule. This will help your body to better digest your food, and will also help kill the H. pylori bacteria.
- 3 Baking soda** – One-half to one full teaspoon of baking soda (sodium bicarbonate) in an eight-ounce glass of water may ease the burn of acid reflux as it helps neutralize stomach acid. I would not recommend this as a regular solution but it can sure help in an emergency when you are in excruciating pain.
- 4 Aloe juice** – The juice of the aloe plant naturally helps reduce inflammation, which may ease symptoms of acid reflux. Drink about 1/2 cup of aloe vera juice before meals. If you want to avoid its laxative effect, look for a brand that has removed the laxative component.
- 5 Ginger root or chamomile tea** – Ginger has been found to have a gastroprotective effect by blocking acid and suppressing helicobacter pylori. According to a 2007 study, it's also far superior to lansoprazole for preventing the formation of ulcers, exhibiting six- to eight-fold greater potency over the drug! This is perhaps not all that surprising, considering the fact that ginger root has been traditionally used against gastric disturbances since ancient times. Add two or three slices of fresh ginger root to two cups of hot water. Let steep for about half an hour. Drink about 20 minutes or so before your meal.  
Before bed, try a cup of chamomile tea, which can help soothe stomach inflammation and help you sleep.
- 6 Vitamin D** – Vitamin D is important for addressing any infectious component. Once your vitamin D levels are optimized, you're also going to optimize your production of about 200 antimicrobial peptides that will help your body eradicate any infection that shouldn't be there. Discussed in many previous

## NON-DRUG TIPS FOR COPING WITH CHALLENGING BEHAVIORS

Esther Heerema, MSW as published in "Very Well"

One of the more difficult aspects of Parkinson's dementia or Alzheimer's disease is that it changes the way an individual thinks and reacts to everyday situations. Whether you're providing physical care, bringing your loved one to a doctor's appointment or just spending time with them, you may experience a variety of behavioral challenges, including agitation and physical or emotional aggression. Here are 8 practical suggestions for coping with these behaviors:

**Allow extra time** – When you're helping your loved one get ready for the day, plan ahead so that you will not have to rush. A slow, calm approach can prevent or minimize a negative reaction.

**If agitation or aggression increases, take a break** – For example, if you are trying to help your husband get dressed and he's becoming more resistive and angry, take a 15 minute break and then come back in the room to try again. Fifteen minutes later may feel like a new day to him, so return with a smile and try again. Don't use this as a threat to him, but rather as a way to allow him a little control over his day. It also provides you with a chance to take a deep breath and refill your patience level.

**Provide something for your loved one to hold while you give care** – Have you ever had the experience of getting slapped or pushed away when you're trying to help someone with Parkinson's dementia or Alzheimer's? Maybe you're helping brush her teeth and it's just not going well. If you're able, try to engage her by asking for her help with brushing the teeth. If this doesn't work, give her something to do or hold with her hands. This serves as a distraction for her and also helps you be able to provide necessary care. I've seen several individuals respond very positively when offered a baby doll, stuffed animal, their wallet, or a book to hold while care is provided.

**Approach with a smile** – It's easy to expect a negative response from your dad if the day before was not a good one. However, individuals with Alzheimer's or other dementias often react to our facial expression and non-verbal signs, so watch what you project. The words you speak may not always make sense to them, but if you're smiling and gentle each time you approach them, this can help calm them and reassure them.

**Explain before doing** – While your daily routine may always be the same as you care for your loved one, don't assume that they know why you're there and what you want them to do. Using simple words and short sentences, explain that it's time to get dressed and that you would like to help them. You can also try using a picture flashcard to visually display what you would like him or her to do.

**Focus on the feeling behind the behavior** – Do you ever feel like it's a battle between opposing teams just to get your spouse ready for the day? Try to validate, or acknowledge, the feelings he has rather than focusing on the behavior he exhibits. For the person with Parkinson's dementia or Alzheimer's, sometimes hearing you put into words what he's feeling can put you both on the same team in his mind. You might identify his frustration or pain, empathize with him, and reassure him that you love him.

**Depersonalize** – It can be very difficult emotionally when loved ones with Parkinson's dementia or Alzheimer's accuse a spouse or adult child of purposely hurting them, hiding things, betraying them or lying to them. To depersonalize this, remember that this is the disease speaking, and not your loved one. I know of a situation where a wife continually fretted that her husband was going to kick her out of their home and not allow her to call anyone for help. They had been married for 45 years and there was no basis for her fears. Despite reassurance, promises, and declarations that his love for her would always continue, she persisted in this fear and accused him daily of planning for the time when he would make her leave their home. I spoke with him several times and reminded him that this behavior was a result of her confusion, rather than

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AN INFORMATION GUIDE.

**HEARTBURN / ACID REFLUX** – cont. from page 4

articles, you can increase your vitamin D levels through appropriate amounts of sun exposure, or using a safe tanning bed. If neither of those are available, you can take an oral vitamin D3 supplement; just remember to also increase your vitamin K2 intake.

- 7 **Astaxanthin** – This exceptionally potent antioxidant was found to reduce symptoms of acid reflux in patients when compared to a placebo, particularly in those with pronounced helicobacter pylori infection. Best results were obtained at a daily dose of 40 mg.
- 8 **Slippery elm** – Slippery elm coats and soothes the mouth, throat, stomach, and intestines, and contains antioxidants that can help address inflammatory bowel conditions. It also stimulates nerve endings in your gastrointestinal tract. This helps increase mucus secretion, which protects your gastrointestinal tract against ulcers and excess acidity. The University of Maryland Medical Center makes the following adult dosing recommendations:
  - *Tea: Pour 2 cups boiling water over 4 g (roughly 2 tablespoons) of powdered bark, then steep for 3 - 5 minutes. Drink 3 times per day.*
  - *Tincture: 5 mL 3 times per day.*
  - *Capsules: 400 - 500 mg 3 - 4 times daily for 4 - 8 weeks. Take with a full glass of water.*
  - *Lozenges: follow dosing instructions on label.*
- 9 **Chinese herbs for the treatment of “Gu” symptoms caused by chronic inflammatory diseases** – So-called “Gu” symptoms include digestive issues associated with inflammation and pathogenic infestation. For more information about classical herbs used in Chinese Medicine for the treatment of such symptoms, please see the article, “Treating Chronic Inflammatory Diseases with Chinese Herbs: ‘Gu Syndrome’ in Modern Clinical Practice,” published by the Pacific College of Oriental Medicine
- 10 **Glutamine** – Research published in 2009 found that gastrointestinal damage caused by H. pylori can be addressed with the amino acid glutamine, found in many foods, including beef, chicken, fish, eggs, dairy products, and some fruits and vegetables. L-glutamine, the biologically active isomer of glutamine, is also widely available as a supplement.
- 11 **Folate or folic acid (vitamin B9) and other B vitamins** – As reported by clinical nutritionist Byron Richards, research suggests B vitamins can reduce your risk for acid reflux. Higher folic acid intake was found to reduce acid reflux by approximately 40 percent. Low vitamin B2 and B6 levels were also linked to an increased risk for acid reflux. The best way to raise your folate levels is by eating folate-rich whole foods, such as liver, asparagus, spinach, okra, and beans.

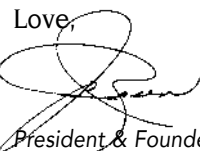
**You Don't Need a Drug to Banish Acid Reflux**

To recap, the answer to gastric problems like ulcers and acid indigestion is to restore your natural gastric balance and function. Not only is it useful for optimal gut function

**PRESIDENT'S MESSAGE** – cont. from page 1

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, 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 April Fool's Day on the 1st, World Health Day on the 7th, Palm Sunday is on the 9th, the start of Passover on the 11th, our major “Ball Goes PRO” event on the 12th, Good Friday on the 14th, Easter Sunday on the 16th, the end of Passover on the 18th, Earth Day on the 22nd, and Arbor Day on the 28th. The flowers are Daisy and Sweet Pea and the Birthstones are Diamond and Crystal. You might also take note that April is National Poetry Month. We would love to receive your favorite poem. ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,  
  
 President & Founder

but it is crucial for your long-term health, as your gut flora can increase your absorption of nutrients, and play a significant role in mental and physical health. It is very clear from reviewing the literature that you can't be healthy until your gut flora is optimized. That is one of the ways eating sugars harm you—they push your gut flora balance in the wrong direction.

Switching from processed foods to whole foods is therefore step number one. To further optimize your gut health, you'll want to make sure you're consuming enough good bacteria from traditionally fermented foods, such as fermented vegetables, or in a probiotic supplement. This will help balance your bowel flora, which can help eliminate Helicobacter bacteria naturally. If you have heartburn, acid reflux, gastroesophageal reflux disease (GERD), peptic ulcer disease, or any acid-related condition, the strategies listed above may also offer relief.

*Joseph Michael Mercola is an alternative medicine proponent, osteopathic physician, and web entrepreneur, who markets a variety of controversial dietary supplements and medical devices through his website, Mercola.com.*

[Wikipedia](#)

[Born: July 8, 1954 \(age 62 years\), Chicago, IL](#)

[Nationality: American](#)

[Education: University of Illinois at Urbana-Champaign](#)

[Specialism: Nutrition](#)

[Nominations: Shorty Award for Health](#)

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

central nervous system.

During the last several decades, several pharmaceutical companies undertook research programs to conquer the BBB. The big pharmaceutical company is risk adverse like most investors. Their comfort zone was to work on what already has worked in their hands. Consequently, these companies largely focused on old, classical mouse monoclonal antibodies (mAbs) and used them as immunotherapy drugs for curing or halting the progression of Parkinson's and Alzheimer's disease during the last decade. Since the mouse mAbs have a very poor brain uptake it was not a surprise that clinical trials by big pharmaceuticals such as Pfizer, J&J, Eli Lilly and Roche all failed.

Founded in 2008, the founders of ICB International, Inc., ("ICBI"), a La Jolla, CA based biomedicine company, realized that a paradigm shift is needed in the scientific process to solve the BBB problem. To avoid past mistakes of the scientific community for nearly half the century, the scientists at ICBI followed an out-of-the-box approach, which initially met with a great amount of skepticism by the scientific community and investors. ICBI scientists developed a technology, referred to as SMART Molecules (SMs) technology. By 2103, the SMs technology was proven to unequivocally cross the BBB in two mouse models by third parties that consisted of reputable scientists from two universities. During the last two years, the SM technology has been shown to detect the CNS pathogenic proteins by brain imaging (disease diagnosis) and halt the progression of Parkinson's disease in animals. Thus, ICBI is the first Company to develop potential non-invasive early diagnoses and therapies for debilitating diseases of the CNS. While animal testing can be performed by small quantities, human testing requires large quantities in kilogram scales

Drug development is a long, expensive and convoluted process. It is naïve to expect to develop a drug with few hundred thousand or millions of dollars. ICBI believes that once it has developed its drug manufacturing process, it will become a target for investment by a big pharmaceutical.

If you meet certain qualifications, you too may be able to take part in this "history-making" science. You can still get in at ground floor if that appeals to you. Or you can continue waiting until SOMEONE ELSE handles this pandemic. 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.

**VETERANS BENEFITS** – cont. from page 3

For a housebound individual with one dependent, it is \$19,770. For A&A the MAPR is \$21,531 without dependents and \$25,525 with one dependent. Two married veterans with no dependents must have income of less than \$16,902 and if one of the veterans is housebound, the number is \$19,770. Two veterans married to each other must have a total income of less than \$22,634. For two veterans who are married where one has A&A, the number jumps to \$25,525. For, two veterans who are married where one has A&A and the other one HB, the maximum income level is \$28,385. For two married veterans requiring A&A, the MAPR is \$34,153. For Mexican Border period or World War One veterans, add \$2,932 to the MAPR and add \$2,205 to the MAPR for each additional child.

For example, John is a single veteran with an annual income of \$5,000 and no deductible medical expenses. The MAPR for a single person is \$12,907. To determine John's pension, subtract his annual income of \$5,000 from the \$12,907 income limit, which gives him an annual pension rate of \$7,907 (\$659 monthly).

By way of a further example, Mary is a Vietnam era veteran with a veteran spouse and one child and she is entitled to Aid & Attendance. The MAPR is \$25,525 plus \$2,205 or \$27,730. She can deduct medical expenses that exceed \$845. If Mary and her spouse have \$10,350 of income and deductible expenses of \$3,588, they can deduct \$2,743 (\$3,588-\$845) from income to arrive at \$7,607 annual countable income. After subtracting annual income from the MAPR, they will receive \$20,123 annually (\$1,676.91 per month).

*Elder Law attorney, Ronald Fatoullah has been a member of the Wellness Village since December 2011. To get more information about him and his law firm, visit the Ronald Fatoullah page under Elder Law.*

**BEHAVIORS** – cont. from page 5

her true feelings for him. This helped him to remain calm and avoid verbally escalating the argument. Eventually she was able to let this delusion go. Reminding yourself that the disease is a common enemy of both of you can help you to decrease your loved one's agitation by allowing you to approach the situation more calmly.

**Ask for help** – Know when to get assistance. As the caregiver, if your own physical, emotional or mental health is declining, seek help. A physician, social worker, other family members and community organizations such as your local Association or Organization can all provide direction for assistance.

Some medications can be helpful in decreasing challenging behaviors. There are also adult day care programs that provide activities during the day time and home health aides that can come in to your home to assist with bathing or other care needs. Sharing the challenge and honor of caring for your loved one with others can lighten the load as well as improve the quality of life for you both.



# PRO CALENDAR FOR APRIL 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.

						1
2	<b>3</b> PALM DESERT Caregivers Only 10:00 am PRO Office 74-090 El Paseo Suite 104	4	5	6	7	8
9	<b>10</b> PALM DESERT Round Table for Everyone 6:30 pm Atria Hacienda 44-600 Monterey Ave	<b>12</b> BALL GOES PRO Invitation Only 6:00 pm Heckmann Estate 72551 Clancy Lane Rancho Mirage	<b>13</b> GLENDDORA Caregivers Only 6:30 pm Kindred Rehab at Foothill 401 W Ada Ave	<b>13</b> NEWPORT BEACH Caregivers Only 6:30 pm Oasis Senior Center 801 Narcissus Corona Del Mar	14	15
16	<b>17</b> PALM DESERT Caregivers Only 10:00 am PRO Office 74-090 El Paseo Suite 104	18	<b>19</b> ENCINO Caregivers Only 7:00 pm Providence Tarzana Outpatient Therapy Cntr 5359 Balboa Blvd	<b>20</b> WEST LA Emotional & Educational Speaker for Everyone 6:30 pm OPICA Adult Day Care Center 11759 Missouri Ave	21	22
23	<b>24</b> PALM DESERT Emotional & Educational Speaker Meeting 6:30 pm Atria Hacienda 44-600 Monterey Ave	<b>25</b> MANHATTAN BEACH Emotional & Educational Speaker for Everyone 6:30 pm Parish House 659 15th Street	26	27	28	29
30						

**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.

"FEELING GRATITUDE AND NOT EXPRESSING IT IS  
LIKE WRAPPING A PRESENT AND NOT GIVING IT."

— WILLIAM ARTHUR WARD

## NEWSWORTHY NOTES

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### PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

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