NEWSWORTHY NOTES PARKINSON'S RESOURCE ORGANIZATION Working so no one is isolated because of Parkinson's

MESSAGE

Summers are always *HOT* in the Coachella Valley. This year is no exception. In fact, temps are at record levels and so is the activity at PRO. Our marketing and development team is busy interviewing new professionals for the Wellness Village, we are planning several live events and, as always, answering phone calls and emails from families, caregivers and loved ones of those touched by Parkinson's. You see, Parkinson's Disease never takes a vacation, hot or cold, stormy or sunny, the personal struggle and need for direction, council and assistance continues day afterday.

Our goal is to *always* be there to answer a call, and quickly respond to every email. This is my personal mission and I am blessed to have a supportive team and a most generous following of loyal friends, clients and contributors. Without constant fundraising and financial contributions from individuals like YOU, we could not continue. It is because of YOU, we do what we do and are able to serve many.

The Partnership with MACY'S **SHOP** FOR A CAUSE gives us a HUGE new opportunity this year. In addition to giving us the opportunity to raise money for PRO, the charity that brings in the most contributions **will also** receive \$100,000.00! Needless to say we encourage everyone to take advantage of the great discount coupon and contribute to PRO. This could be a record windfall for PRO. See the information on page 2.

On July 20th, **JUST BLOW DRYS** on El Paseo is hosting a special event for PRO from 3:00pm to 7:00pm.

On August 12th you can paint your way to supporting us at **PINOT AND PAINTING FOR PRO**. Sip a glass of delicious wine as you paint your very own masterpiece! An instructor is on hand if you need a little help. Stay cool, sip wine and create a work of art to take home! This information is on the website as well under **SPECIAL EVENTS**.

Continuing **#YearOfTheCure**, this month's Update on **ROAD TO THE CURE** is on this page.

THE ROAD TO THE CURE SYMPOSIUM is in development and will certainly be an event you do not want to miss on October 27th. Hear about breaking news and game-changing information. Watch the website for updates on speakers, activities and room rates.

Watch for our **NEW WEBSITE** due to launch between August 1st and September 1st and though you may not SEE IT, our internal systems are changing as well. Cost saving, time saving... it's all about reaching more people, serving more clients and making a bigger impact on the lives of those dealing with Parkinson's.

As we do every month we say Thank You for your tax-deductible donations giving us the opportunity to

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

The results are ground-breaking

ICB International, Inc., ("ICBII"), has moved closer to halting Parkinson's disease in patients. The Company has shown that its drug halts Parkinson's disease in animals, which is dose dependent. For example, animals treated with only two doses, one weekly dose for two weeks, showed up to a 17% decrease in the levels of pathogenic alpha-synuclein in the brain of Parkinson's mice. However, with six doses, one weekly dose for six weeks, the decrease in the levels of pathogenic alpha-synuclein was 36%. These encouraging animal experiments are a potential prelude to ameliorating pain and sufferings due to neurodegenerative diseases such as Parkinson's (PD) and Alzheimer's (AD) diseases, which have afflicted more than 55M worldwide with no cure in sight.

The question often asked is: Are the results obtained from animal studies translatable into humans? Regrettably, there are no other animal models available between mice and humans. If the drug fails to show its effectiveness in animals, it cannot be useful in humans. Disease suppression in animals was the first and main, objective of ICBII, which has now been accomplished. The work to determine if ICBII's drug will perform as well as in humans as it does in mice continues; with the greatest of confidence, the biotech feels that because its drugs easily permeate the blood-brain barrier, there is no reason why they won't perform as well in humans.

What needs to be done for Human Testing

For human testing, ICBI needs to generate more monoclonal drug, which will be accomplished by a process known as "Cloning and Humanization". Cloning will assist in scaling up the production of ICBII's drug. Cloning is a known and well-established technique, scientifically very involved and handson, labor intensive. ICBI needs to hire a group of scientists to start the cloning experiments which is estimated to be between 9 and 15 months to bring to fruition. Additional time is needed for large-scale production, purification, and validation of the cloned drug by replicating some of the previous experiments such as imaging data before. All this in preparation for submitting the IND application with the USFDA for studying the drug in humans.

SUMMARY

Patients can expect good times approaching them because ICBII's technology has the potential to suppress and halt Parkinson's disease.



Newsworthy Notes

July 2017

<u>our wellness villagers:</u>

ACUPUNCTURE

Dr. David Shirazi

ADAPTIVE CLOTHING NAW Health Aides Made Easy

AROMA THERAPY

Renee Gauthier

ASSISTIVE TECHNOLOGY

California Phones

BRAIN OPTIMIZATION

Brain Optimizers

CARE FACILITIES

Atria Hacienda

CHIROPRACTIC Dr. Curtis Buddingh

CLINICAL TRIALS

Parexel International

CRANIOSACRAL THERAPISTS

Center for Physical Health

DEEP BRAIN STIMULATION

Dr. Michel Lévesque

DENTAL HYGIENISTS-MOBILE

Betty Anna Gidlof

DENTISTS

- **CMD/TMJ DENTISTS**
- (CA) Dr. George Altuzarra
- (CA) Dr. Maryam Bakhtiyari
- (CA) Dr. Dwight Jennings
- (CA) Dr. Steven Olmos (CA) Dr. David Shirazi
- (CT) Dr. Patricia A. Richard (IL) Drs. Ed and Lynn Lipskis
- (KY) Dr. William H. Funk
- (TX) Dr. Risto Hurme
- (VA) Dr. Brendan C. Stack
- (VA) Jeffrey L. Brown
- **SLEEP MEDICINE DENTISTS**
- (CA) Dr. Maryam Bakhtiyari
- (CA) Dr. Steven Olmos

our mission.

"Working so no one is isolated because of Parkinson's."

donation from Macy's.

- (CA) Dr. David Shirazi

- (IL) Drs. Ed and Lynn Lipskis •
- (TX) Dr. Risto Hurme . (VA) Dr. Brendan C. Stack
- (VA) Jeffrey L. Brown

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- (CA) Zoran K. Basich
- (CA) William R. Remery (NY) Ronald A. Fatoullah

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- (CA) William R. Remery
- (NY) Ronald A. Fatoullah
- The Cypress Group

FELDENKRAIS METHOD® PRACTITIONERS

- Center for Physical Health
- LeAnn Brightwell, CM

FINANCIAL ASSISTANCE

The Assistance Fund, Inc

HEALTHY PRODUCTS

- Healthy Chocolate
- Wild Blue-Green Algae
- Nerium Age Defying Formula

HOSPICE CARE

- Family Hospice (local)
- Gentiva Hospice (regional)
- Vitas Healthcare (Nationwide)

INCONTINENCE SUPPLIES Geewhiz

IN HOME CARE PROFESSIONALS

- Eldercaring
- . **Cambrian Homecare**
- Senior Helpers of the Desert

LEGAL-ATTORNEY-LAWYERS

- (CA) Zoran K. Basich ٠
- (CA) William R. Remery, Esq.
- (NY) Ronald A. Fatoullah

LSVT LOUD PROGRAM

Easy Speech Communication Center

LSVT BIG PROGRAM

- New Beginning Physical Therapy
- Rosi Physiotherapy

weekend of August 10th–13th, 2017. Plus, you'll be entered to win that \$500 gift card from Macy's.

- **MASSAGE & BODYWORK**
- Mot'us Floatation & Wellness Center

MAN MEDICAL MARIJUANA PSA Organica

MEDICAL SUPPLIES

- Access Medical, Inc, dba In & Out Mobility
- In & Out Mobility

NEUROSCIENCE

Desert Psychology & Neuroscience Center

NURSING HOME ATTORNEYS

(CA) Zoran K. Basich

NUTRITION- WELLNESS CONSULTANTS

Wayne Myers

PHYSICAL THERAPISTS- TRAINING SPECIALISTS

- **Center for Physical Health**
- New Beginning Physical Therapy
- Innergy Therapy Systems
- Desert Zen Wellness

A & A Home Care

Gloria Landau, Head Coach

SENIOR HOUSING

Atria Hacienda

SPEECH THERAPY

TRANSPORTATION

Drs. Kohtz & Spurling

Kim L. Hartz, LMT, WABA

LA Car Service

VISION

WATSU

Do you need an excuse to shop for something fabulous? It's time once again for the annual "Shop For A Cause" charity fundraising campaign, sponsored by Macy's. Every year around this time, Parkinson's Resource Organization is proud to partner with Macy's in hope of raising awareness and monies to support

With your contribution of \$5, \$25, \$100 or more you'll receive a special 25% Savings Pass, redeemable at any Macy's store nationwide. In addition, when you donate you'll be entered to win a \$500 Macy's gift card. Our initial thought was to set an attainable donation goal of \$5,000 during this campaign. However, we believe your generosity will help us far exceed that goal. In fact, if PRO is able to raise the largest amount of any charity participating in the Shop For A Cause campaign, we will then be eligible for a \$100,000

The Shop For A Cause campaign begins July 11th 2017 and runs through August 13th. You can make your donation during that period by logging onto CrowdRise.com . Once on the site, search for Parkinson's Resource Organization. Join our team and then donate, it's that simple. After you donate, you'll download your 25% Savings Pass to Macy's, which can be used during the

This campaign is a great way for you to get involved and for us to say thank you for your support. So please spread the word to your family and friends who love to shop! Let them know that your donation and theirs, help us continue our mission of

PHYSICIANS AND SURGEONS

RESIDENTIAL CARE FACILITIES

NIN ROCK STEADY BOXING-DESERT CITIES

Easy Speech Communication Center

Riverside Institute of Vision Rehabilitation

Dr. Michel Lévesque

THINGS YOU DON'T KNOW, BUT PROBABLY SHOULD, ABOUT MEDICARE AND OUTPATIENT THERAPY SERVICES

Dr. Samantha Peters, PT, DPT, ATC

As some of you might have noticed, cash-based therapy practices are a growing trend throughout the United States. But why? I know a lot of you are thinking "I pay a lot for my insurance, and I want to use it for my health care" and you absolutely should! I am here to explain what most people don't know about Medicare insurance and what coverage for outpatient rehabilitative services includes, which will help explain why private practices are switching to a cash-based model.

Each year the Centers for Medicare and Medicaid Services (CMS) establish and put into effect something called "therapy caps" for the upcoming year. These therapy caps are applicable when receiving therapy (speech, occupational and physical therapy) at any outpatient venue which you would like services to be covered by Medicare Part B.

As determined in December 2016 the therapy cap for outpatient therapy from January through December 2017 is set at \$3,700. Now, remember this is only applicable to outpatient therapy, which refers to a clinic that you physically drive to on your own time. Therapy services provided in a hospital or inpatient rehabilitation center follow completely different rules, so don't think of those here. But overall \$3,700 seems like a lot of money, right? Well, kind of. The way the Medicare law is written, this number is actually split into two categories of therapy. Occupational therapy itself has a cap of \$1,980, while speech and physical therapy share \$1,980. This is an important part because individuals with certain neurodegenerative conditions such as Parkinson's Disease or a stroke are typically people that require both physical and speech therapy at the same time.

So, let me throw an example at you so you get an idea of why this can be, and typically is, a problem. I am a Doctor of Physical Therapy, so I will provide examples using physical therapy only since this is the billing system that I can discuss with complete certainty. Physical therapy services are billed in two different ways, "timed codes" and "untimed codes". Keeping things simple, a new timed code unit can be billed every 15 minutes. Billing for one unit of therapy does vary based on what is being performed so let's use a safe and easy number and say that one unit is worth \$30.

The first step to any physical therapy services is an initial evaluation. Typically, you do not just get an evaluation done on day one, you also have some form of treatment provided and the therapist will keep you for about an hour. So, let's keep numbers simple, you had 60 minutes of therapy on your first day. For the evaluation itself, your insurance company will get billed > \$250.00. BUT! This evaluation is an untimed code, so that therapist can still bill out for the remaining 60 minutes of treatment. Let's pretend you had a nice therapist that only billed 3 additional units on top of your evaluation. Let's add $3 \times $30 = 90 . Now add that \$90 to the untimed \$250 evaluation. Day one of physical therapy now costs \$340. Therapy cap \$1980 - \$340 = \$1,640.

Let's say you have a 45-minute therapy appointment from now on, three times per week. So, your therapist is billing 3 units for therapy during that 45 minutes... that's \$90 per visit, but everyone likes heat or ice, right? Well, that's another \$10. Oh, your clinic also couples that with TENS, add \$18. Why not have a massage, that feels good right? \$35 per 15 minutes! So, your \$90 this session just went to \$140.00 (yes, I'm being nice) and every session is about the same, so let's take our \$1,640 we had left and divide it by \$140 to see how many sessions you can afford. \$1640 \div \$140 = 11 visits / 3 sessions per week = < 1 month of therapy that your insurance will cover. And please remember, I gave you a nice therapist who didn't bill as much as possible. Unfortunately, most private clinics don't want nice therapists on their staff and highly suggest that therapists



Issue No. 296

AN EXTENSIVE LOOK INTO NEUROFEEDBACK

Pamela Hartman and Angela Martinucci, Certified Neurofeedback Practitioners

Neurofeedback training provides a multitude of benefits for the brain and body, including improved sleep, heightened mental clarity, and enhanced cognitive performance.

Trainers and clients—millions and growing—have used the NeurOptimal® system to address a number of physical, emotional and cognitive complaints with great success.

These fall into a few general categories:

- 1. **PHYSICAL, COGNITIVE AND EMOTIONAL CHALLENGES:** Adults, as well as children, have used NeurOptimal® neurofeedback to address the negative effects arising from depression, anxiety, PTSD, Alzheimer's, autism, sleep disorders, misophonia and other complaints. The FDA has even approved neurofeedback as effective for stress reduction.
- 2. **GENERAL WELLNESS:** NeurOptimal® neurofeedback encourages an overall positive mental outlook and a deeper understanding of the mind | body connection. For those looking to enhance their daily health and wellness, neurofeedback training can be an excellent supplement to a healthy diet and exercise routine.
- 3. **BRAIN FITNESS/AGE REMEDIATION:** Along with healthy lifestyle choices, NeurOptimal® neurofeedback can be a powerful tool to mediate cognitive decline that naturally occurs as we age. Just as physical exercise benefits the body, NeurOptimal® keeps the brain fit and resilient. Neurofeedback can help improve memory, recall and increase overall cognitive dexterity in older individuals.
- 4. **PEAK PHYSICAL/MENTAL PERFORMANCE:** A growing number of Olympic and professional athletes now use neurofeedback to provide that critical mental edge which often results in gold medals and championships.

When competitors are separated by 100ths of a second, the improved mental focus and physical performance the neurofeedback provides can mean the difference between winning and losing. But you don't have to be a pro athlete to enjoy the benefits of neurofeedback.

Looking to improve your golf game? Want to be a better pitcher for your company softball team? NeurOptimal® can help.

5. **IMPROVED ACADEMIC PERFORMANCE:** Because neurofeedback training enhances concentration and mental focus, students use NeurOptimal® as a critical tool to improve their performance in school. Unlike so-called "smart drugs" or neuro-enhancing pharmaceuticals, NeurOptimal® is 100% drug-free and has no known side effects (apart from improved sleep!).

WHAT HAPPENS DURING A SESSION? A certified NeurOptimal® trainer may have you fill out a survey listing the complaints and | or challenges that have brought you into his | her office.

You will next be placed in a quiet space and in a comfortable position. The trainer will attach special sensors to your head that will feed your brain wave patterns into the NeurOptimal® program's software.

A neurofeedback training session is relaxing, enjoyable and typically lasts about 30 minutes. As the session starts, you will hear music play through headphones and perhaps watch relaxing geometric images gently morph across a computer screen. You will hear occasional "skips" or interruptions in the music – this is the signal that prompts your brain to "reset" and optimize itself.

At the end of a session, you will most likely feel less stressed and more mentally clear. It is unlikely you will experience any negative after-effects as NeurOptimal® does not artificially "push" the brain in any specific direction.

LYNN HAWKS, ONLINE MEDIA PROS

TO RECENT "SPECIAL" BOOSTERS:

GARY LOPEZ ~ G~ARIES VISIONS

THE DESERT COMPUTER DOCTOR, ROBIN BROWN

SUE DUBRIN

FRANK & MARY BUYTKUS

IRENE MOTTA

WALT & PAT BENSON

JON & MARTHA HANSON

RON BUCKLES

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DAVID ALLAUN

BRENDA WALLACE

Dan Ball

BRITTANY DISSTON

GRAISON STEMPER

"LIKE" US ON FACEBOOK AND FOLLOW US ON TWITTER.



Facebook.com/ ParkinsonsResourceOrganization



twitter.com/ParkinsonsPro

Newsworthy Notes

THE THERAPEUTIC POTENTIAL OF CANNABINOIDS FOR MOVEMENT DISORDERS

Reprinted from the National Institutes of Health

There is growing interest in the therapeutic potential of marijuana (*cannabis*) and cannabinoid-based chemicals within the medical community and particularly for neurologic conditions. This interest is driven both by changes in the legal status of cannabis in many areas and increasing research into the roles of endocannabinoids within the central nervous system and their potential as symptomatic and/or neuroprotective therapies. We review basic science, preclinical and clinical studies on the therapeutic potential of cannabinoids specifically as it relates to movement disorders.

The pharmacology of cannabis is complex with over 60 neuroactive chemicals identified to date. The endocannabinoid system modulates neurotransmission involved in motor function, particularly within the basal ganglia. Preclinical research in animal models of several movement disorders have shown variable evidence for symptomatic benefits but more consistently suggest potential neuroprotective effects in several animal models of Parkinson's and Huntington's disease. Clinical observations and clinical trials of cannabinoidbased therapies suggests a possible benefit of cannabinoids for tics and probably no benefit for tremor in multiple sclerosis or dyskinesias or motor symptoms in Parkinson's. Data are insufficient to draw conclusions regarding Huntington's, dystonia or ataxia and nonexistent for myoclonus or restless legs syndrome.

Despite the widespread publicity about the medical benefits of cannabinoids, further preclinical and clinical research is needed to better characterize the pharmacological, physiological and therapeutic effects of this class of drugs in movement disorders.

Editor's note: There are some encouraging preclinical findings of the use of marijuana with Parkinson's; however, researchers have not yet found any "conclusive" cannabis gains for people with Parkinson's. As a matter of fact, and we think this caution is important knowledge for potential users, researchers issue caution for people with Parkinson's who use marijuana because of its effect on thinking. Parkinson's can impair comprehension, especially daily and life planning abilities including limiting unsafe and insecure behaviors. People with a medical condition that impairs executive function should be cautious about using any pharmaceutical or alternative treatments that can compound this effect. Understanding the CBDs and the THCs of marijuana and any combination thereof is extremely important.

With PSA Organica joining the Parkinson's Resource Organization Wellness Village, we look forward to publishing more, invaluable information about the use of medical cannabis and Parkinson's. Visit their page in the Wellness Village under the category of Medical Marijuana for video, information and contact information.

NEUROFEEDBACK – cont. from previous page

Many users experience deeper sleep and vivid dreams after their very first session.

How is NeurOptimal® different from other systems?

1. NeurOptimal® is effective because it is designed to work best with your individual brain. It does not attempt to "fix" predetermined conditions or pin down specific problems. This was a limitation in many earlier neurofeedback systems. Often, resolving one problem in one area could cause problems elsewhere. The heart of the NeurOptimal® system -Dynamical Neurofeedback®- is a proprietary technology based in neuroscience and specifically designed with the naturally non-linear

cont. on page 6

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July 2017

Parkinson's Resource Organization

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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.

√.......

HOW CAN YOU HELP?

The joy of being a part of this historical event can be had by helping ICBII find the funds to bring these trials to fruition through your personal, including your IRA, investment, and/or by finding others with the financial ability and humanitarian mindset to accomplish the, until now, impossible.

Please contact Jo Rosen at Parkinson's Resource Organization at 760-773-5628 or **JoRosen**@ **Parkinsonsresource.org**.

Contact ICBII directly through their website *ICBII*. *com*, or by phone, **858-455-9880**.

IMAGINE, the world without Parkinson's or Alzheimer's disease. Just Imagine.

NEUROFEEDBACK - cont. from page 5

function of the human brain in mind. NeurOptimal® is built to harness the incredibly dynamic nature of your brain in a way other systems simply cannot match. As a result, this neurofeedback system can be used effectively to address a wide array of complaints without specifically "targeting" them from the outset of the training.

- 2. NeurOptimal® neurofeedback is extremely safe. Research shows your own brain "knows best" and therefore the NeurOptimal® brain training system does not force or "push" the brain in any one direction. Basically, Dynamical Neurofeedback® provides your brain with the information it needs to correct itself and function at its most optimal. NeurOptimal® simply enables your own brain's natural process of self-correction.
- 3. NeurOptimal® requires no effort on the user's part. Some brain training systems require the user to "interact" by playing games or solve puzzles during sessions. This additional level of interaction is unnecessary with the NeurOptimal® neurofeedback system. During a training session, you can simply relax and enjoy!

BRAIN OPTIMIZATION has been a member of the Wellness Village since January of 2017 and you can reach them to set an appointment and discuss your individual needs at *ParkinsonsResource.org/ professionals-for-parkinsons/brain-optimizers/*

Soon they will be posting testimonial videos of the successes of People with Parkinson's. Watch their page.

INSPIRATIONAL CORNER

THE MAGIC BANK ACCOUNT

Submitted by our friend Tom Body in Canada

Imagine that you had won the following "PRIZE" in a contest:

Each morning your bank would deposit \$86,400 in your private account for your use. However, this prize has Rules:

THE RULES:

- 1. Everything that you didn't spend during each day would be taken away from you.
- 2. You may not simply transfer money into some other account.
- 3. You may only spend It.
- 4. Each morning upon awakening, the bank opens your account with another \$86,400 for that day.
- 5. The bank can end the game without warning; at any time, it can say, "Game Over!" It can close the account, and you will not receive a new one.

What would you personally do?

You would buy anything and everything you wanted, right? Not only for yourself, but for all the people you love and care for. Even for people you don't know because you couldn't possibly spend it all on yourself, right?

You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

ACTUALLY, THIS GAME IS REAL!

Each of us is already a winner of this "PRIZE".

We just can't seem to see it.

The PRIZE is TIME.

- 1. Each morning we awaken to receive 86,400 seconds... As a gift of Life.
- 2. And when we go to sleep at Night, any remaining time is Not credited to us.
- 3. What we haven't used up that Day is forever lost.
- 4. Yesterday is forever Gone.
- 5. Each morning the account is refilled, but the bank can dissolve your account at any time WITHOUT WARNING...

SO, what will YOU do with your 86,400 seconds?

Those seconds are worth so much more than the same amount in dollars. Think about it and remember to ENJOY every second of your life, because time races by so much quicker than you think.

So take care of yourself, be happy, love deeply and enjoy life!

Start spending ...

"Don't Complain About Growing Old. Some People Don't Get The Privilege!"

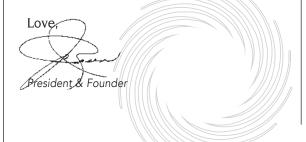
PRESIDENT'S MESSAGE - cont. from page 1

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. Please continue to support us with 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. We proudly bring you articles of interest and effective use, like THINGS YOU DON'T KNOW, ABOUT **OUTPATIENT MEDICARE** AND THERAPY SERVICES from our Villager Dr. Samantha Peters on page 3; and something from our newest Wellness Villager, PSA Organica's article on THE BENEFITS OF MEDICAL MARIJUANA on page 4; AN EXTENSIVE LOOK INTO **NEUROFEEDBACK** from our Villagers Hartman and Martinucci on page 5; and our Inspirational Corner, on page 6.

Did you know you can communicate with us through Facebook at *Facebook. com/ParkinsonsResourceOrganization/* or on Twitter at *@ParkinsonsPRO*, on LinkedIn at *Linkedin.com/in/ jorosenpro/* and now on Instagram at *ParkinsonsResourceOrg.* There's no reason not to stay in touch with us now.

Until next month, REMEMBER Canada Day on the 1st, Independence Day on the 4th, National Ice Cream Day on the 16th, and National Hot Dog Day on the 19th. The flowers are the Larkspur & Water Lily, and the birthstones are the Ruby, Onyx, and the Alexandrite, which all symbolize health and longevity.

ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!



THERAPY SERVICES – cont. from page 3

bill out more, to prove that they are being "productive".

Going back to day one of therapy, you had a lot of paperwork, didn't you? I'm POSITIVE that you signed something along the lines of.... "I agree to pay in full for any services in which my insurance company will not cover", whether you realized it or not. So back to our example... Just because I gave you a treatment that I told your insurance company was worth \$140, they are not required to pay the entire \$140 back to my clinic. They can come back and say, well, that massage did feel good, but Medicare does not reimburse for services not being provided directly by a Physical Therapist, so we will not pay that \$35. They can also say, well, you said that one unit of exercise was worth \$30, but I only think it's worth \$20. Yes, this happens all the time. Insurance companies also don't pay your bill until at least 6 to 8 weeks after it's filed. So, when I evaluated you on January 1st, 2017, submitted the bill to your insurance on January 7th, I won't get notice of what they do not want to pay for until about March 4th. By this time, you are no longer receiving therapy, because we couldn't make it through the end of January without crossing the therapy cap, and my clinic is left with a few options. I can either eat the cost of what they wouldn't pay, argue with them, re-submit and take a chance that they might pay OR just mail you an invoice because you agreed to pay for everything not covered!

Now the therapy cap is not an end all. You are allowed to cross the cap and take a chance that Medicare will still pay. But you best have a great therapist that is able to justify why therapy is still medically necessary and how their services require high skill so insurance should cover it all, or you get stuck with the ENTIRE bill months later. Oh wait, you also needed speech therapy? I guess that will have to wait until next year.

Enough Medicare talk... What are the restrictions on a cash practice? Nothing! All cash practices are run a little differently. Some will charge you a flat fee per visit, some offer specialty services with additional charges or some (like mine) offer packages for monthly treatment at a set price. **The beauty of a cash practice is that you know before you start how much you are paying and there are no surprise bills.** I can't tell you how many patients I've had that come to therapy three times a week, happy as can be, thinking they aren't paying a dime for their extended 80 to 90 minute sessions, then three months later they get an \$8,000.00 bill in the mail. It's not fun for you and it's not fun for the clinic. Ultimately the decision is yours, hopefully, you are just a little more informed with how Medicare and outpatient therapy coverage actually works.

Doctors Samantha Peters, PT, DPT, ATC and Branden Rosi, PT, DPT, CSCS are brand new members of the Wellness Village at **ParkinsonsResource.org**/**spotlight/rosi-physiotherapy-provider-of-lsvt-big**/. They are traveling physical therapists, meaning, they will come to your home if you are in the Coachella Valley.

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.

PLEASE VISIT OUR WEBSITE AT PARKINSONSRESOURCE.ORG FOR ALL THINGS PRO!

PARKINSON'S RESOURCE ORGANIZATION										
HOME	ABOUT	PATIENT	CAREGIVER	The WELLNESS	S VILLAGE	CMD/TMJ	SUPPORT GRPS	BLOG	VIDEOS	ROAD TO THE CURE
STORE 🔻	EDUCATION	SPOTLIGHT	CALENDAR	NEWSLETTER	MEMORIA	L WALL 👻 TE	ESTIMONIES & APPREC	IATION	SPECIAL EVEN	NTS JOIN the WV

Search this website ...

... SEARCH

Working so no one is isolated because of Parkinson's. Welcome to the PRO website. As our site matures, we are enjoying accolades and appreciation for it's content and easy to access resources. Thank you to all who have given us their feedback. The WELLNESS VILLAGE continues to grow as more and more professionals dedicated to the Parkinson's community offer their services. Read, enjoy, SHARE our site with others... you are not alone. PRO is here for you... Let us know how we may better serve.



Recent Posts



Rosi Physiotherapy- Provider of LSVT BIG ®

Rosi Physiotherapy is a proud provider of LSVT BIG® physical therapy for patients affected by Parkinson's Disease LSVT BIG® is an intensive amplitudebased exercise program designed specifically for individuals with Parkinson's Disease. It has extensive research showing the effectiveness when performed exactly as ... [Read More...] SAVE THE DATE! August 12

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See the PRO website under "Special Events" for details!



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PRO Calendar of Support Group Meetings & Events Today Friday, June 30 - Print We

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- DANIEL WEBSTER

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