Issue No. 298 September 2017

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

## MESSAGE

We also pray that the horrific weather systems that have been with us for the past couple of months subside soon. The 110-118 temps here in the desert are draining all energies.

Our Summer events: The fundraising Partnership with MACY'S SHOP FOR A CAUSE generated \$3,700. A bit less than previous years, possibly because of the new automated donation system. Regardless, we are grateful to YOU and to Macy's and thank you for your participation, we hope you enjoyed the shopping spree experience.

Who knew an evening of painting a masterpiece while sipping wine could be so much fun AND generate a healthy donation to PRO?! \$14,000 is nothing to shake a paintbrush at... We may even do it again next year!

Coming up this month is our 9th year of participation at the BELMONT CAR SHOW on September 10th. You never know when a connection will be made that changes the life of someone you have never met. Our goal is continuous outreach to those new to Parkinson's and those managing day by day this most difficult journey.

The BIG NEWS... MARK YOUR CALENDARS for October 27th and 28th. Parkinson's Health & Wellness Symposium "ON THE ROAD TO THE CURE" will be held at the Westin Mission Hills Golf Resort and Spa. Watch for details about the VIP reception, a full day of stellar speakers and an entertainment-filled dinner.

After a few months summer break, all our SUPPORT GROUPS resume this month in all locations. See Page 8.

Included in this Newsletter is the UPDATE ON THE ROAD TO THE CURE on this page, UPDATE ON PATIENTS LAWSUIT AGAINST STEM CELL CLINIC, STEMGENEX on page 2, HOW MEDICAL CANNABIS COULD TREAT PARKINSON'S DISEASE on page 3, 5 TIPS AFTER CAREGIVING IS OVER on page 4, ELECTRIC FIELDS CAN STIMULATE DEEP IN YOUR BRAIN WITHOUT SURGERY on page 5, and our INSPIRATIONAL "WHEN SOMEONE IS FACING DIFFICULTIES, WE'RE ALL AT RISK" on page 7.

To all who contributed to the Parkinson's Resource Organization, whether painting, or shopping or seeing us at the Car show...**Thank You all**. Your tax-deductible donations give us the opportunity to help MORE: 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. Keep giving, we continue to appreciate your monthly or general donations through our safe PayPal donation page at cont. on page 6

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

Ram Bhatt, PhD

#### ICBII continues looking... to BRING THIS SCIENCE TO THE PEOPLE

The scientists at ICB International, Inc., ("ICBII"), are working hard to generate more of the  $\alpha$ -synuclein-SMART Molecule ( $\alpha$ -syn-SM), a potential drug for Parkinson's disease, to fulfill their obligations for ongoing collaborations with a Canadian University, a US pharmaceutical company and a California University. The successful conclusion to all of this could lead to a long-term relationship with a US pharmaceutical Company and expedite the process of the Investigational New Drug Application to the FDA.

The most challenging of these three collaborations is that, at this time, all of the  $\alpha$ -synuclein-SMART Molecules have to be developed by hand. This painstaking procedure takes a tremendous amount of time and money.

Looking at the bright side, when this technology is validated three times over—mind you, it's already been proven to work in mice. As we said earlier, ICBII can begin the process of its Investigational New Drug application with the FDA.

We may have told you that we currently are in discussions with five big pharmaceutical companies, most of whom are waiting for the humanized form of the drug that is ready for human use before coming forth with their proposals to partner and license the Parkinson's SMART Molecule.

One of these pharmaceutical companies wants to replicate this technology at their headquarters before initiating business talks. Unfortunately, in the last year, this pharmaceutical company has experienced internal problems and was forced to downsize. However, with their situation stabilizing, their scientists are showing great interest and enthusiasm to carry out a validation experiment. ICBII is doing all that it can to produce adequate amounts of its drug for this and the other validation experiments.

The SMs technology has shown tremendous potential in animals to detect and therapeutically correct the levels of pathological protein alphasynuclein in their brain. The Company believes it has the drug to potentially halt Parkinson's disease in humans.

As we've said before, this is "real-time science reporting" so we tell you that for human testing, the drug (SM) has to be humanized, a process required by the FDA which can easily take one year. As mentioned above, some of the, pharmaceutical companies that we have been talking to would like



#### Issue No. 298

#### Newsworthy Notes

## <u>our wellness villagers:</u>

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NEW

NAW

#### ACUPUNCTURE

Dr. David Shirazi

#### ADAPTIVE CLOTHING

NW 3 Health Aides Made Easy MAN

#### **AROMA THERAPY**

Renee Gauthier

#### ASSISTIVE TECHNOLOGY

California Phones

#### **BRAIN OPTIMIZATION**

Brain Optimizers

### **CARE FACILITIES**

Atria Hacienda

#### **CHIROPRACTIC**

Dr. Curtis Buddingh

#### **CLINICAL TRIALS**

- Parexel International NM. Asclepes NAW
- **CRANIOSACRAL THERAPISTS**
- Center for Physical Health

#### **DEEP BRAIN STIMULATION**

• Dr. Michel Lévesque

#### **DENTAL HYGIENISTS-MOBILE**

Betty Anna Gidlof

#### DENTISTS

web browser.

he said."

problematic:

prepare a defense."

- **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

Reprinted from The Niche, January 23, 2017

(CA) Dr. Steven Olmos

#### (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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- Wild Blue-Green Algae
- Nerium Age Defying Formula Protandim

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

#### **INCONTINENCE SUPPLIES** Geewhiz

#### IN HOME CARE PROFESSIONALS Cambrian Homecare

Senior Helpers of the Desert

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- (NY) Ronald A. Fatoullah

#### LSVT LOUD PROGRAM

Easy Speech Communication Center

Not surprisingly, the plaintiffs and defense see this case in opposite ways as reflected in quotes in the Law360 article:

The website Law360 has an interesting update on the proposed class action lawsuit against the San Diego stem cell clinic Stemgenex. Note that it seems you can read the full Law360 article without a subscription if you open the site in Chrome as your

"Plaintiffs make non-specific and conclusory allegations with respect to all named defendants," StemGenex said. "The second amended complaint is so devoid of any specific facts to support its contentions that it is impossible for defendants to reasonably

Brian Findley of Mulligan Banham & Findley, a lawyer for the plaintiffs, told Law360 Wednesday that the allegations are "quite specific" and cite false statistics, made-up online reviews and StemGenex employees. If customers told the company that the treatment hadn't done anything, they were told it could take months to see an effect, or that they should buy another treatment,

A key issue in this case is the marketing of stem cell offerings from Stemgenex and the plaintiffs allege this marketing was

"The three StemGenex customers, Selena Moorer, Stephen Ginsberg and Alexandra Gardner, all say that they paid the company

#### LSVT BIG PROGRAM

- New Beginning Physical Therapy
- **Rosi Physiotherapy**

UPDATE ON PATIENTS LAWSUIT AGAINST STEM CELL CLINIC, STEMGENEX

#### **MASSAGE & BODYWORK**

Mot'us Floatation & Wellness Center

My MEDICAL MARIJUANA PSA Organica

m

m

NEW

m

#### **MEDICAL SUPPLIES**

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- In & Out Mobility

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**ROCK STEADY BOXING-DESERT CITIES** 

Easy Speech Communication Center

Riverside Institute of Vision Rehabilitation

cont. on page 6

- Desert Zen Wellness
- Rosi Physiotherapy

A & A Home Care

SENIOR HOUSING

Atria Hacienda

**SPEECH THERAPY** 

**TRANSPORTATION** 

Drs. Kohtz & Spurling

Kim L. Hartz, LMT, WABA

LA Car Service

VISION

WATSU

#### HOW MEDICAL CANNABIS COULD TREAT PARKINSON'S DISEASE

#### Parkinson's is a brain-related disease that is almost impossible to detect. But how could medical cannabis help patients to manage symptoms?

#### **Julie Godard**

Reprinted from cannatech - Thursday, August 10, 2017

Over the past two decades, medical cannabis has become an alternative treatment option for many medical patients across the globe.

While medical studies in this area are by no means complete, there have been many promising findings both in the medical lab and outside of it, which may be indicators of future treatments that could be based on medical cannabis. A disease called Parkinson's disease has recently moved to the forefront of medical investigation involving medical cannabis treatments.

What is Parkinson's disease?

Parkinson's disease is a neurodegenerative brain disorder that occurs when there is a slow reduction in the amount of dopamine produced in the human brain's nerve cells. Dopamine is the brain chemical that allows coordinated and smooth muscle movements in the body.

Because the disease affects a person's movements and begins gradually, and because there is no laboratory test for the disease, it can be difficult to spot early on. Through a thorough examination of a patient's medical history and repeated neurological exams, most cases can be diagnosed. Parkinson's disease is not generally diagnosed in younger people; age 60 is the age when it usually begins to affect a patient. For the disease to affect a patient noticeably, 60-80 percent of a patient's nerve cells must be affected. Early warning signs of Parkinson's disease include:

- Tremors or shaking
- Small handwriting
- Loss of sense of smell
- **Difficulty sleeping**
- Moving or walking issues
- Soft or low voice
- Constipation Masked face
- Dizziness/fainting
  - Stooping

While Parkinson's disease is not fatal, complications from it can be, and there is no cure. The goal of treatment is to provide the most high-quality life possible once the disease has been diagnosed.

What are the Symptoms of Parkinson's Disease?

There are five stages of Parkinson's disease, all accompanied by their own symptoms. Stage one involves mild symptoms that do not interfere with normal, everyday activities of patients - tremor and other movement symptoms occur, but only on one side of the body. Changes in posture, walking, and facial expressions may become apparent to friends or family at this stage.

In stage two, tremors and rigidity may appear on both sides of the body, and walking and posture issues are obvious. Daily tasks may become more difficult or take longer, but the patient should still be self-sufficient. Stage three often includes loss of balance and slower movements, possibly with frequent falls. Independence is still possible, but dressing and eating may become more and more difficult at this stage.

In stage four, symptoms of Parkinson's disease may require help from a walker and help with daily tasks - this usually results in a loss of independence. Help from family, a friend, or a nurse that either visits daily or lives with the patient may now be required. In stage five, leg stiffness may prevent the patient from walking, and require 24-hour nursing care. Although most symptoms of Parkinson's disease are commonly associated with physical issues, the following non-motor symptoms are also common, particularly in stage five:

Depression and anxiety

Issues with focused attention, planning, slow thoughts, language and memorv

Personality changes

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Issue No. 298

... TO RECENT "SPECIAL" BOOSTERS:

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Facebook.com/ ParkinsonsResourceOrganization



twitter.com/ParkinsonsPro

## 5 TIPS AFTER CAREGIVING IS OVER Laura Olivares

Reprinted from Caregiver Today, July 13, 2017

Grief is often a foreign feeling for most until they are faced with it head on. When you lose a loved one, it can be hard to do much of anything, but life must go on. From the heirloom furniture passed through generations to old love notes, choices are thrust into your lap whether you are ready or not. Decisions are immense or can be something as simple as what to do about the food in your loved one's cabinets.

For some, settling an estate and sorting through the items left behind brings closure. For others, it can make a difficult time even worse. Here are five tips to honor your loved one and yourself during this difficult time:

**Take a moment -** After the initial loss, grief is forefront to other emotions and life feels chaotic. Advice comes from every direction whether you ask for it or not. Many will tell you to hurry through the sorting and delegating of items. Personally, I advise clients to take a moment, and a deep breath before you make hasty decisions. This will prevent future family arguments and possible regrets.

If finances and circumstances allow, give yourself a good 30 days before jumping into any major decision-making in the dissolution of your loved one's legacy. Also, you need to use this time to move through your grief and find healing. If you push it away or ignore it, grief will manifest in disruptive and painful ways. This is your time to process it in its freshest state.

**Don't do it alone** - If your family works well together, use this time to revisit old memories. Choose what physical talismans of those memories you wish to hold onto.

If you find yourself explaining and justifying your choices to your friends or family, they are not the right ones to assist you during this time. Look for someone who is empathetic. Try to involve individuals around you that allow you to make choices without judgment.

Ideal supporters at this time are organized and show up with an open and clear mind.

**Honor their memory** - Of the items you will keep or distribute to friends and family, there is likely to be a surplus of belongings that can be useful to someone not in the immediate family. Not every member of the family even wants to take your loved one's items. But who should get these items?

Focus on local organizations. Small non-profits and thrift organizations can thrive from your donations. Make choices that feel good and honor the wishes of your loved one. Think about organizations that were important to them, and their beliefs. If they did not have a connection with any organization, what charities are important to you? Through selecting organizations that resonate with you or your loved one, the entire process can be a healing one that benefits many.

*Keep track of your decisions -* Six months to a year after you dissolve your loved one's material legacy, when the dust clears from the darkness, different individuals might inquire about particular objects. How about dad's golf clubs? Mom's crystal glasses? The family photos?

This is where your helpful, empathetic friend comes into play again. Have them help you keep track of your decisions. You are then able to look back and know what decisions you made. Knowing what went where will be incredibly efficient in the long run. List each item and assign it a number, then add the location the item came from and who/where the item is going. This offers peace of mind, and prevents future arguments.

**Take care of yourself** - This process is difficult, but you need to prioritize your needs, too. Your basic needs such as hydration, nutrition, and rest are essential during this period. You might not feel like doing much of anything, but covering the basics will preserve your future well-being and health. It is easy to be distracted by the emotions and the intimidating amount of work that lies ahead.

#### Newsworthy Notes

### ELECTRIC FIELDS CAN STIMULATE DEEP IN YOUR BRAIN WITHOUT SURGERY

Reprinted from new scientist short sharp science

15 November 2016

#### Clare Wilson / San Diego

It's one of the boldest treatments in medicine: delivering an electrical current deep into the brain by implanting a long thin electrode through a hole in the skull.

Such "deep brain stimulation" (DBS) works miracles on people with otherwise untreatable epilepsy or Parkinson's disease - but drilling into someone's head is an extreme step. In future, we may be able to get the same effects by using stimulators placed outside the head, an advance that could see DBS used to treat a much wider range of conditions.

DBS is being investigated for depression, obesity and obsessive-compulsive disorder, but this research is going slowly. Implanting an electrode requires brain surgery, and carries a risk of infection, so the approach is only considered for severe cases.

But Nir Grossman of Imperial College London and his team have found a safer way to experiment with DBS – by stimulating the brain externally, with no need for surgery.

The technique-unveiled at the Society for Neuroscience conference in San Diego, California this week-places two electrical fields of different frequencies outside the head. The brain tissue where the fields overlap is stimulated, while the tissue under just one field is unaffected because the frequencies are too high. For instance, they may use one field at 10,000 hertz and another at 10,010 hertz. The affected nerve cells are stimulated at 10 hertz, the difference between the two frequencies.

#### Stimulating memory

So far the work is at an early stage. Grossman has shown that it works in principle in mice, which can be killed after the treatment to see which neurons were stimulated. His team has also tested it on nine healthy people as they lay in an FMRI brain scanner; the target region of brain tissue became more active when the stimulation was turned on, he told the conference.

"It's safer than putting holes in someone's head," says Peter Steinmetz, at the Nakamoto Brain Research Institute in Tempe, Arizona. "That's the beauty of it."

But it's not yet as precise as regular DBS, says Grossman. "As we get deeper, the size of the stimulation becomes larger." And it cannot yet reach as deep as the brain's movement control centers targeted in Parkinson's disease, which are about 10 centimeters below the skull.

Grossman plans to target the hippocampi, a pair of elongated structures about 5 centimeters under the skull, which are crucial in memory. At that depth, the volume stimulated would be about right for the 3-centimetre-long hippocampi, he says.

Grossman says this could be useful in conditions involving memory loss, such as Alzheimer's disease. He also plans to target areas involved in depression and addiction.

Other groups are investigating stimulating the brain externally with ultrasound, which is thought to make neurons fire by knocking open electrically active channels in their cell membranes. But Grossman says it's safer to use electricity. "With ultrasound, we are hitting the cell so there's more chance we are damaging it. Electrical fields have been used for decades."

#### 5 TIPS - cont. from previous page

Sickness is common in this period, as your body responds to the grief and stress. Don't neglect your health, job, friends, other family members and the need to grieve. Taking care of yourself not only honors you, but your loved one as well.

<section-header>

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

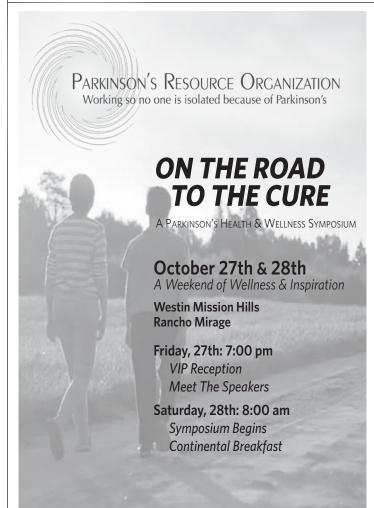
to see humanized  $\alpha$ -syn-SM that is ready for human use before entering into business discussions. ICBII continues looking for funding from Angel Investors, Investment Bankers, etc. to BRING THIS SCIENCE TO THE PEOPLE.

#### HOW CAN YOU HELP?

The joy of being a part of this historical event can be had by helping ICBI 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 by eMail at jorosen@ ParkinsonsResource.org or by contacting ICBI directly through their website, icbii.com, or by phone, 858-455-9880.

IMAGINE the world without Parkinson's, MSA or Alzheimer's disease. JUST IMAGINE.

Mark your calendars and join us at the Parkinson's Resource Organization's "ON THE ROAD TO THE CURE", a Parkinson's Health and Wellness Symposium on October 28th in Palm Desert, California.



#### PRESIDENT'S MESSAGE - cont. from page 1

ParkinsonsResource.org/contribute-2/ or by mail to our office in Palm Desert, California. Did you know you can communicate with us on Facebook at facebook. com/Parkinsonsresourceorganization/ or on Twitter at @ ParkinsonsPRO, on Linked-In at Linkedin.com/in/iorosenpro/ and now on Instagram at @parkinsonsresourceorg. Stay in touch with us. We would love you to LIKE us, TWEET about us and share your stories. Staying connected has never been easier. Communication is a POWERFUL THING. Let us know how we can HELP YOU!

Until next month, REMEMBER Labor Day on the 4th, International Day of Charity on the 5th, Grandparents Day on the 10th, National Patriot's Day on the 11th, Rosh Hashana begins on the 20th and ends on the 23rd, My birthday on the 26th, and Yom Kippur begins on the 30th. The flowers are the Aster & Forget-me-not, and the Birthstone is the Sapphire. ALWAYS remember to **CELEBRATE YOU and PRAY FOR OUR TROOPS!** 



#### LAWSUIT - cont. from page 2

\$14,900 for each stem cell treatment for lupus, diabetes and other ailments after being persuaded by the number of satisfied customers on the company's website, but that the treatments had no effect."

The Stemgenex website still lists an apparent 100% patient satisfaction marketing claim as of today, January 23, 2017.

According to the Law360 article, Stemgenex has made various arguments to support their motion for dismissal and they overall called the lawsuit a "fishing expedition."

If you want to follow the case, here is some info:

"The case is Moorer v. StemGenex Medical Group Inc., et al., case number 3:16-cv-02816, in the U.S. District Court for the Southern District of California.'

It seems likely that more patient suits against stem cell clinics will emerge this year. Some, but not all of the other recent cases of this kind including against US Stem Cell, Inc. and its subsidiary US Stem Cell Clinic have been settled before any judgment was issued. I'm not sure of the status of a different proposed potential class action case against The Lung Institute. If you know of other such lawsuits please contact me or post a comment. **Related Posts:** 

- LA Times Reports Stemgenex Doc Gets 3-Year Probation from State Medical Board
- Stem cell clinic lawsuits proliferate with latest against Stemgenex
- Narrowed Stemgenex suit proceeds as court implies stem cell clinic loopholes
- What's the deal with US Stem Cell Inc stock?
- US Stem Cell bid for FDA RMAT rejected?
- US Stem Cell Clinic sues anonymous critics for libel, seeks IDs from websites

#### Newsworthy Notes

#### MEDICAL CANNABIS - cont. from page 3

- Dementia, hallucinations, or delusions
- Orthostatic hypotension
- Sleep disorders
- Constipation
- Lack of appetite
- Pain and fatigue
- Vision problems
- Excessive sweating
- Sexual issues
- Weight loss or gain
- Impulsive control disorders

#### How Can Medical Cannabis Help Parkinson's Disease Patients?

The NPF acknowledges the current medical cannabis investigations occurring for Parkinson's disease patients, noting that several anecdotal reports show reduced tremors in Parkinson's patients. "Ride with Larry" is a three-part documentary involving Larry, a man with severe Parkinson's disease who chose to consume medical cannabis to help with his tremors and other symptoms. Because medical cannabis can interact with neurological cannabinoid receptors (CB1 and CB2), it affects the brain and can calm tremors in some patients. In general, people with Parkinson's disease have fewer CB1 receptors than people without it; boosting CB1 receptors with medical cannabis seems to alleviate dyskinesia and reduce tremors. The difficulty of conducting medical cannabis trials for Parkinson's disease has been and is still affected by national and international laws regarding the use of medical cannabis, as well as the difficulty of conducting a double-blind, placebo controlled trial with medical cannabis. However, some patients are positive that medical cannabis helps their tremors, and have posted videos of the treatment working on websites such as YouTube. In one pilot study, nabilone (a cannabinoid receptor agonist) significantly reduced dyskinesia in seven patients with Parkinson's disease. Several other studies have shown different results, including tic benefits but no dyskinesia benefits.

A more recent study conducted in Europe has demonstrated that some Parkinson's patients enjoy both pain relief and improved motor function following medical cannabis treatments. Parkinson's disease patients in areas of the world where medical cannabis is legal have the option to discuss this form of treatment with their doctors or healthcare professionals if they are not responding to medications or DBS, but more clinical trials are needed to find reliable results for this treatment.

## Inspirational

#### When Someone Is Facing Difficulties, We're All At Risk

There was a farm, where lived farmer John with his wife Molly. The farm has pigs, cows and many animals. Also on the farm, there lived a little mouse.

One day the mouse looked through a small crack in the wall and saw the farmer opening a package. The mouse was curious what food it may contain and discovered that it was a mousetrap.

The mouse was determined to run around the farmyard and warn all the animals regarding the danger.

First of all he met the chicken. "There is a mousetrap in the house!", the mouse declared with despair. But the chicken answered with indifference: "It doesn't concern me, as this is a danger for you, but not for me. It does not bother me".

Then the mouse raced to the pig and the cow and told them about the mousetrap. But the pig and the cow were not impressed either. They said that they had nothing to do with this and promised to pray for the mouse. Sad and depressed, the little mouse returned to the house.

In the night, the farmer's wife Molly heard a sound of a mousetrap. She hurried to see what was in it, but due to the darkness she did not see that it was a poisonous snake, whose tail was caught by the trap. Suddenly the snake bit Molly.

The farmer rushed with her to the hospital. Later, when they returned home, Molly still had a fever. John remembered that it is good to treat a fever with chicken soup, so he went to his farmyard to bring the main ingredient, the chicken.

Whereas Molly's sickness continued and many friends came to visit her, the farmer butchered the pig so he could feed all the visitors.

Unfortunately, as time went by Molly became weaker and weaker and one day she died. Many neighbors, relatives and friends have arrived at the funeral. John had to slaughter the cow to feed all of them.

The mouse has been watching all that was happening with great sorrow.

Remember, when we learn that someone is facing difficulties or danger, we are all at risk. It is better to help and encourage one another and don't leave anyone alone with his problems.

7



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

					1	2
3	PALM DESERT <b>4</b> CLOSED FOR LABOR DAY Have a Safe Holiday!	5	LONG BEACH NEW LOCATION 6:30 pm Cambrian Homecare Train'g Center 5199 Pacific Coast Highway	7	8	9
BELMONT <b>10</b> CAR SHOW 9:00 am PRO's Booth Corner of Nieto & 2nd Street	PALM DESERT <b>11</b> Round Table for Everyone 6:30 pm Atria Hacienda 44-600 Monterey Ave	12	GLENDORA <b>13</b> Emotional & Educational Speaker 6:30 pm Kindred Rehab at Foothill 401 W Ada Ave	NEWPORT BEACH Educational Speaker-Everyone 6:30 pm Oasis Senior Center 801 Narcissus Corona Del Mar	15	16
17	PALM DESERT <b>18</b> Caregivers Only 10:00 am PRO Office 74-090 El Paseo Suite 104	19	ENCINO Emotional & <b>20</b> Educational Speaker-Everyone 7:00 pm Providence Tarzana Outpatient Therapy Cntr 5359 Balboa Blvd	SANTA MONICA Emotional & 21 Educational Speaker-Everyone 6:30 pm NEW LOCATION 2730 Wilshire Blvd #533	22	23
24	PALM DESERT <b>25</b> Emotional & Educational Speaker for Everyone 6:30 pm Atria Hacienda 44-600 Monterey Ave	MANHATTAN <b>26</b> BEACH Emotional & Educational Speaker-Everyone 6:30 pm Parish House 659 15th Street	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.

