

A MONTHLY PUBLICATION OF

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE

P R E S I D E N T ' S

Already looking at the month of LOVE. We wish a HAPPY VALENTINE to all of you. Here at PRO we love working so no one is isolated because of Parkinson's. Our hearts fill with joy and love each time we've given a bit of hope and a new bent on life to someone.

Did you know that February is the only month this year that will pass without a single full moon?

The best laid plans did not work for launching the new website on January 1st. We launched it January 5th and took it down January 10th because it had too many glitches. We're back to the drawing boards and heavy work ethics to see when next it would be feasible to launch.

The sales of the DVDs from our awesome symposium exploded in January, and we re-ordered again. If you would like a set of "*A Guided Journey On The Road To The Cure*", please click here on the website or complete the form on page 7.

We are so saddened that our good friend, supporter, and the creator of our Glendora support group back in 1994, Carole Roberts-Wilson, MA, SSLP passed away at the end of January of multiple myeloma. I will personally miss her very much.

We thank John Mason and are proud to announce the opening of another Support Group on the fourth Thursday of each month. Check the calendar on the last page.

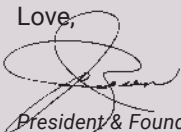
For your reading enlightenment this month we're proud to present to you: ("*ICBII*"), *Reports on the Test Results of its Potential Alzheimer's Drug* on this page; *A Country That Punishes Drug Traffickers With Death Is Investing In Medical Marijuana* by Isabella Steger on page 2; *Navigating Challenges At The Pharmacy: A Pharmacist's Perspective* on page 3; *Are Women With Parkinson's At A Disadvantage?* on page 4; an *Exercise Prescription* also on page 4; *How To Respond To A Data Breach* on page 5; and our Inspirational *Echo Of Life* on page 7.

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

Did you know you can communicate with us through Facebook at facebook.com/Parkinsonsresourceorganization/ or on Twitter at [@ParkinsonsPRO](https://twitter.com/ParkinsonsPRO), on Linked-In at [Linkedin.com/in/jorosenpro/](https://linkedin.com/in/jorosenpro/) and now on Instagram at [Instagram.com/parkinsonsresourceorg/](https://instagram.com/parkinsonsresourceorg/). There's no reason not to stay in touch with us now. We would love to receive your social media handles so we can be more easily in touch with you as well.

Until next month, REMEMBER Groundhog Day and Nat'l Wear Red Day on the 2nd, Super Bowl on the 4th, Mardi Gras on the 13th, Valentine's Day on the 14th, Chinese New Year on the 16th, and President's Day on the 19th. The flower is the violet and the common primrose, and the birthstone is the Amethyst which symbolizes piety, humility, spiritual wisdom, and sincerity. ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

ICBI UPDATE ON THE ROAD TO THE CURE

("ICBII"), Reports on the Test Results of its Potential Alzheimer's Drug

Neurodegenerative Alzheimer's disease (AD) has become a global epidemic with more than 55 million individuals afflicted with the disease. US alone has 5.1 million Alzheimer's patients. *AD is the sixth-leading cause of death in the United States. It is the fifth-leading cause of death among those ages 65 and older and a leading cause of disability and poor health.*

As the population of the United States ages, Alzheimer's is becoming a more common cause of death. It is the only top 10 cause of death that cannot be prevented, cured or even slowed.

Although deaths from other major causes have decreased significantly, official records indicate that deaths from Alzheimer's disease have increased significantly. Between 2000 and 2014, deaths from Alzheimer's disease as recorded on death certificates increased 89 percent, while deaths from the number one cause of death (heart disease) decreased 14 percent.

Among people age 70, 61 percent of those with Alzheimer's are expected to die before the age of 80 compared with 30 percent of people without Alzheimer's... a rate twice as high.

There are currently no diagnostics and disease altering therapies available for AD and many other brain disorders because the blood-brain barrier (BBB) has stymied the entrance of most pharmaceuticals into the central nervous system (CNS). ICBII has developed BBB permeable technology, referred to as SMART Molecules (SMs) Technology that has been shown to work in animals by delivering drugs to their brain. To advance its technology to the next level where the drug reaching the CNS clears and/or reduces the pathological protein such as amyloid-plaque that is implicated in AD, ICBII's scientists treated Alzheimer's mice with its Amyloid-beta-SMART Molecule (A β -SM) for 12 weeks. The treated mice showed significantly (up to 60%) less amyloid-plaque in their brain than the untreated mice, demonstrating that ICBII SMs technology are not only capable of delivering drugs to the brain but also

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A COUNTRY THAT PUNISHES DRUG TRAFFICKERS WITH DEATH IS INVESTING IN MEDICAL MARIJUANA

Isabella Steger for *QUARTZ*, published January 24, 2018

One of the countries with the world's harshest drug laws is planning to invest in medicinal pot.

Singapore's National Research Foundation (NRF) this month (Jan. 10) announced that it would develop synthetic cannabinoids, or chemical compounds found in the marijuana plant, as part of a broader \$25 million (\$19 million) investment by the body into synthetic biology. The initiative will help boost Singapore's push to develop a "bio-based economy," and grow new industries and create jobs in a sustainable way.

The NRF, which is affiliated with the National University of Singapore, said it plans to produce strains of medicinal cannabinoids derived from the cannabis plant for therapeutic purposes relating to diseases such as Alzheimer's and Parkinson's. Cannabinoids include tetrahydrocannabinol (THC, the psychoactive element of weed) and cannabidiol (CBD, which is used for pain relief and produces no high).

Any consumption, production, and trafficking of drugs is illegal in Singapore, and drug trafficking can carry the death penalty if the amount exceeds a certain threshold. Poppy seeds are also classified as a prohibited substance.

In the US, where cannabis remains illegal on the federal level, the Patent and Trademark Office has also granted intellectual property rights to companies developing both marijuana plant strains and synthetic weed for industry.

NAVIGATING CHALLENGES AT THE PHARMACY: A PHARMACIST'S PERSPECTIVE

In May of 2000, I had finally finished my long and difficult road of higher level education. I finished not only with a bachelor's degree in Biology but pursued my Doctorate in Pharmacy. After graduation, I was finally able to serve patients as a community pharmacist and was looking forward to a long career in health care. I spent the following 17 years serving patients as a pharmacist at a large retail pharmacy until I decided in 2017 to take a huge leap of faith and open my own pharmacy. Over the last 20 years, I have seen the profession of pharmacy and the services we provide become more of a commodity rather than a valued service. This was very understandable in that with the creation of large pharmacy benefit managers (Caremark, Express Scripts, etc.) who now take the lion's share of profits, pharmacies started to make less and less profit for the services they provided. Because of significantly lower pharmacy profits over the last 10-12 years, you started to see fewer and fewer people in the pharmacies where you got your medications. This has no doubt resulted in decrease in service and unfortunately, pharmacists that had very little or no time for you when you needed them.

I left the world of big retail because I saw the need in our community to do pharmacy differently. At Cornerstone Pharmacy, our Mission Statement is that we are a family owned, integrity driven independent pharmacy. We strive to build trusting relationships with our patients allowing us to provide the highest level of pharmaceutical care for those we serve. In the absence of a pharmacist or pharmacy team you value and trust, we often look to one thing in making our decisions to choose a pharmacy and that is the cost required to obtain our medications.

There are many tools and resources at your disposal to help you determine how you could save money on your prescriptions and I will outline a few here for you in this article.

1. *Leveraging generic medications whenever possible*

It is no secret that generic medications offer cost savings and in most cases, will yield the same pharmacological effect as the branded medication.

2. *Using Manufacturer Coupons*

- For many expensive branded medications, physicians are leveraging coupons that could be taken to your pharmacy for savings off your co-pay.
- These coupons are leveraged to get you on the medication but will usually have a limited amount of time that they could be used.
- Make sure that when the benefits to the coupon run out or expire, you could afford the co-pay when it is no longer discounted.
- Very important**-Most of these coupons cannot be used if you are on a Medicare Prescription Drug Benefit plan.

3. *Therapy Alternatives*

- Just because your doctor prescribes a medication for you, this does not mean that it is the only drug that will work. Often, your insurance will have a preferred product within the drug class and this will save you money when prescribed over a non-preferred product.
- Another way to save on drugs is understanding your formulary. Again, this goes to preferred products and your insurance will often refer to this as tier 1-4. Tier 1 will usually be your lower co-pays and Tier 4 your highest and in most cases these drugs will all work the same when taken into your body.

4. *Pill Splitting*

I would not recommend getting into a habit with pill splitting. In many cases, drugs should not be split and in other cases, won't split cleanly. Please consult with your pharmacist if you are considering splitting any medication.

I am going to advocate that to save money on your medication costs, you need to find a pharmacy who understands you as a patient, your medical condition as well as your financial situation. Just last week, I spoke with a patient of mine to discuss his financial situation and am working with his doctor to prescribe

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ARE WOMEN WITH PARKINSON'S AT A DISADVANTAGE?

Robert Preidt, *HealthDay Reporter*

FRIDAY, Dec. 8, 2017 (HealthDay News) — Women with Parkinson's disease appear to face a disadvantage: They're much less likely than men to have caregivers, a new study finds.

That's probably because women often outlive their most likely potential caregiver... their husbands, according to researchers at the University of Pennsylvania School of Medicine.

"Care provided by family and friends to people with Parkinson's disease is an important source of support, and our findings show that women living with Parkinson's are less likely to receive this support than men," said study author Dr. Nabila Dahodwala, an associate professor of neurology.

"We need strategies to improve women's access to this support," Dahodwala said in a university news release.

Parkinson's disease affects 1 percent of people older than 60, with likelihood increasing with age. It affects certain nerve cells in the brain and interferes with movement. There is no cure, but medications and sometimes surgery can help.

For this study, researchers examined data from more than 7,200 Parkinson's patients in the United States, Canada, the Netherlands and Israel. They found that 79 percent of female patients reported having a caregiver, compared with 88 percent of male patients.

Men were also more likely than women to have a caregiver accompany them on their first visit to a study center (61 percent versus 57 percent).

Spouses were caregivers for 84 percent of male patients, compared with just 67 percent of female patients, according to the study.

Moreover, women were more than twice as likely (3 percent vs. 1.3 percent) to have a paid caregiver.

The researchers also found that caregivers of female patients reported much less mental strain than caregivers of male patients.

While the study did not examine the reasons for the male/female difference in caregiver support, Dahodwala noted that women on average tend to live a few years longer than men. Also, women are more likely to take on the role of caregiver.

"Changes in health policy to better support older women with disabilities are urgently needed," Dahodwala said.

The study was published December 1st in the journal Neurology.

EXERCISE PRESCRIPTION

Dr. Samantha Peters, *DPT*

Do you fill all your prescriptions at the same pharmacy? I know of one prescription you can't fill at any pharmacy, your Exercise Prescription!

There are a couple of things that make people hesitant to begin an exercise program or even try a new type of exercise. First off you want to know if exercise is safe for you, right? Well, that is a tough question to answer. We all have different medical conditions, but generally mild to moderate physical activity is more beneficial to the body than harmful.

My blood pressure medicine says to take one pill every day, so how much should I exercise?

An exercise prescription is not an exact science. The answer to this varies by age. It is possible to exercise too much and cause negative effects on your body. For individuals 65 or older, it is recommended to get 150 minutes (2 and a half hours) of aerobic exercise each week, as well as two days of muscle strengthening activities.

Aerobic exercises include walking, biking, swimming, tennis, and pickleball.

Strengthening activities can include body weighted exercises or resistance bands but should focus on major muscle groups. My recommendation includes physical activity three to four days a week with a rest day between exercise days.

Remember, 150 minutes per week is a goal, so if you have not already been exercising, this is too much to begin with. If you are new to exercise, it's best to start with low-impact activities like water aerobics or a recumbent bike. Begin with 20-30 minutes of

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HOW TO RESPOND TO A DATA BREACH

Cypress Wealth Services

This information is provided as information only and should not be considered investment, tax or legal advice or a recommendation to buy or sell any type of investments. Form ADV contains valuable information and may be viewed at adviserinfo.sec.gov. Time is of the essence, whether your personal data has been compromised as part of a larger targeted cyber attack, or you are the victim of an individual cybercrime. Cypress Wealth Services works through Schwab. If your advisor works through another brokerage house, you will need to know their Fraud Prevention & Investigations or Identity Theft hotline phone numbers. You'll need to take immediate action to minimize the impacts. These are steps you should take within specified time frames after discovering your data has been breached.

WITHIN THE FIRST 24-48 HOURS

1. Call your advisor, regardless of where or how the breach occurred, so he/she can watch for any suspicious activity in your accounts and collaborate with you on extra precautions to take in verifying your identity prior to any fund transfers.
2. Call the Social Security Administration's fraud hotline at **800-269-0271** if you suspect your Social Security number has been compromised. The Office of the Inspector General will take your report and investigate activity using your Social Security number. The Social Security Administration also provides helpful materials, such as the pamphlet, *Identity Theft and Your Social Security Number*.
3. Contact the Federal Trade Commission (FTC), either at identitytheft.gov, by calling **1-877-IDTHEFT** (TTY 1-866-653-4261), or by visiting ftc.gov online. Click on Report Identity Theft to access the Identity Theft Recovery Steps. This one-stop resource for victims of identity theft will guide you through each step of the recovery process, from reporting the crime to creating a personal recovery plan and putting your plan into action.
4. Visit the IRS website irs.gov/uac/taxpayer-guide-to-identity-theft if you're the victim of tax fraud. You'll be able to access the *Taxpayer Guide to Identity Theft*, which provides education on tax-related identity theft, tips to reduce your risk, and steps for victims to take.
5. Call Schwab's Fraud Prevention & Investigations hotline at 1-877-566-7984 (or your brokerage firm's hotline) if you suspect you're a victim of fraud. Schwab will investigate your case and take necessary precautions to prevent unauthorized debits.
6. Call Schwab's Identity Theft hotline at 1-877-862-6352 (or your brokerage firm's hotline) if you suspect you're a victim of identity theft. Schwab's Identity Theft team can answer both general identity theft questions and specific questions of victims.
7. If appropriate, close any compromised or unauthorized accounts. Alternatively, you may request a cloned account through Schwab Alliance. This allows an identical account to be opened, your assets moved, and the compromised account closed.
8. Run reputable anti-virus/anti-malware/antispymware software to clean your computer.
9. Once you've ensured your computer is virus/malware/spyware free, you should change passwords on your accounts. Make each password unique, long, and strong, and use two factor authentication when available.

WITHIN THE FIRST WEEK

1. If the breach occurred at a firm with whom you do business, be sure to follow the legitimate directions provided by that firm. If it offers credit protection services, sign-up for the service.
2. Report the crime to your local police, even though the incident may

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WE INTEND IT TO SERVE AS
AN INFORMATION GUIDE.

ROAD TO THE CURE – cont. from page 1

controlling the function of proteins involved in the disease process. These encouraging results are inspiring ICBI scientists and management to advance its SMs technology to treat human patients and the Company is diligently working to raise capital for scale up of its drugs for clinical trials.

ICBI Blood-Brain Barrier (BBB) Permeable SMs Technology vs Deep-Brain Implants to Deliver Drugs to the Central Nervous System

The following table outlines the merits and demerits of the two technologies:

	ICBI SMs Technology	Deep-Brain Implants
Mode of administration	Simple intravenous injection	Drilling a hole in the skull and using a thin needle to deliver drugs to the desired brain area.
Brain Drug Concentration	The drug is distributed uniformly throughout the brain but since the SM does not bind to other non-target brain proteins, the potential of side effects is non-existent. Since most brain diseases are prion-like diseases, the uniform distribution of the SM is advantageous to treat such diseases.	This technology has a potential to treat localized brain disease by delivering a bolus of drug into the effected brain region but may not be useful for treating Alzheimer's, Parkinson's, and Multiple System Atrophy (MSA) that tend to affect several brain areas.
Potential damage to the blood-brain barrier	None	Significant risk to damage the BBB and increasing the potential of blood-borne pathogens escaping into the brain
Potential Trauma to the brain	None	Edema from trauma and bleeding
Potential of Errant Cortex Stimulation and Seizers	None	Very high

CHALLENGES AT THE PHARMACY – cont. from page 3

cost saving alternatives. It is rare to come across a patient that is going to haggle over a few dollars when they know they are being taken care of.

In all walks of life, if you look at where you spend your money, you will agree you don't mind paying a little more for quality. For example, my Dad has used the same mechanic for 40 years because of the trust and quality of his services. He could compare costs every time he needs work done on his cars, but he chooses the same shop because of the quality of services and trust that has been built up over time. You may be able to apply this principle to a favorite restaurant, flower shop, clothing store, etc. We are not that different and while in some cases you may pay a higher co-pay with us, for the most part we are seeing no difference in co-pay amounts. For our patients without insurance, we have shown to be the best place to be for cost savings.

I will conclude going back to our Mission Statement here at Cornerstone Pharmacy. It is imperative that the pharmacist builds a trusting relationship with his/her patients for the patient to achieve optimal results with their medication therapy. Without trust, patients are unlikely to follow direction and experience a higher quality of life thru pharmaceutical care. If you were in our area, we would welcome you to call and schedule an appointment for a comprehensive medication review. If you're not in our area, see if you can schedule a comprehensive medication review with your pharmacist.

To find Dr. Greg Collins or his staff, visit **Cornerstone Pharmacy in the Wellness Village**. Members since January 1, 2018.

DATA BREACH – cont. from page 5

cross multiple jurisdictions. Your local police will file a formal report and may be able to refer you to additional resources and agencies that can help.

3. Report your stolen money and/or identity to one of the three main credit bureaus. Provide the credit bureau with your police report number and ask them to place a fraud alert on your account to prevent additional fraudulent activity. Once the fraud alert is activated, the two other credit bureaus will receive automatic notification and the fraud alert on your credit report will be in place for seven years with all three credit bureaus. (Without your police report number, the alert will only be in place for 90 days.) Equifax: 1-800-525-6285 / Experian: 1-888-397-3742 / TransUnion: 1-800-680-7289.
4. Put a freeze on your credit report with each of the main credit bureaus to prevent the unauthorized opening of accounts. Executing a freeze with one credit bureau will NOT automatically update the others. You can easily unfreeze your credit report when needed. Contact the credit bureaus using this contact information for freezes. Equifax: 1-800-685-1111 freeze.equifax.com Experian: 1-888-397-3742 experian.com/freeze/center.html TransUnion: 1-888-909-8872 transunion.com/securityfreeze
5. Review all recent account statements for unauthorized activity and report any suspicious transactions to the business where the unauthorized or suspicious activity occurred.
6. Consider what other personal information (e.g., birth date, social security number, PIN numbers, account numbers and passwords) may be at risk and alert the appropriate businesses.
7. Begin collecting and saving evidence such as account statements, canceled checks, receipts, and emails that may be useful if an investigation is warranted regarding the cybercrime.

WITHIN THE NEXT 30 DAYS AND BEYOND

1. Carefully review statements on all accounts as soon as they arrive. Look for unauthorized activity and report any suspicious transactions to the business where the unauthorized or suspicious activity occurred.
2. Notify your friends, family, business associates, and other relevant parties in your contact list that you were hacked. Tell them to beware of emails that may have been sent to them from your account.
3. Speak with your advisor regarding precautions you'll jointly take to enhance the identity verification process when you want to execute financial transactions. For additional protection, consider using a Schwab security token when

cont. on next page

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- accessing your Schwab accounts. You can order a free token through Schwab Alliance at 1-800-515-2157.
4. If you're a victim of Social Security fraud, go to www.socialsecurity.gov/myaccount and create an online Social Security account. This will enable you to access and review your statement online and verify its accuracy.
 5. Request a credit report every six months to check for unauthorized activity. It will NOT affect your credit score. Be diligent for the next year in taking precautions to avoid further security incidents.

David Thatcher, CFP and Chris Risenmay, CFP are partners at Cypress Wealth Services and you can reach them by visiting Cypress Wealth Services in the Wellness Village. Members since Jan 11, 2017.

EXERCISE – cont. from page 4

exercise and see how tired you get. Your muscles may be sore the next day, that is normal. But soreness should always be relieved within a day or two. If the soreness continues, you may need a more supervised program.

Personal trainers are great resources for individuals that are generally healthy and are looking to begin a fitness program. If you have a more complex medical history, you should seek advice from a Doctor of Physical Therapy. Physical Therapists are medical professionals who have a license to manage wellness programs while keeping you safe.

Get a wellness program today with our Doctors of Physical Therapy!

For more information on the Exercise Prescription, visit Rosi Physiotherapy under Physical Therapist in the Wellness Village. Member since June 16, 2017.

Inspirational Corner

ECHO OF LIFE

A boy who did not know what an echo was cried across a valley, "Who is there?"

The echo answered, "Who is there?"

The child could not see who spoke those words and he asked, "Who are you?"

Back came the words, "Who are you?"

The boy thought someone was trying to tease him. So he shouted, "Please stop it!"

The echo repeated, "Please stop it!"

Just as the child was becoming bewildered by the echo, his mother explained to him that no one was trying to tease him, that it was only an echo of his own voice that came back to him.

The child thought about this for a moment, then cried out, "I love you!"

Back came the words, "I love you!"

The child enthusiastically shouted, "You are so good!"

The compliment was returned to him and the child became happier and more enthusiastic about life.

The moral of the story is that what we give to this world comes back to us.

This jam-packed **"A Guided Journey On The Road to the Cure" Symposium DVD** will make a Wonderful Gift for the person with Parkinson's and/or their caregiver. We'll even throw in an audio CD as a bonus!

Ten exemplary experts addressing: **The When And How Of Caregiving @Home 4 YOU**, Rhiannon Acree, CEO of Cambrian Homecare of Long Beach, CA; **Living Life At The End Of Life**, Howard Cohen, MD, HMDC of Family Hospice Care, Palm Springs, CA; **Assembling The Pieces Of The Elder Law Puzzle**, Elder Law Attorney William R. Remery, Glendale, CA; **Is Your Financial House In Order?** David Thatcher, CFP and Chris Risenmay, CFP of Palm Desert; **Medi-Cal And VA Benefits**, Lisa Ramsey of Medi-Cal Consulting Services, Inc. of Corona, CA. **Off Episodes, Psychosis and Medical Marijuana** were covered in brief discussions Jo Rosen; Intently listened to by everyone was **The Impact Of TMJ Disorder And Sleep** eloquently described by Dr. Maryam Bakhtiyari, DDS, DABCO, FAACP, DIBO, FIAO from Manhattan Beach, CA; **Clinical Trials Provide Some Of The Missing Pieces In The Parkinson's Puzzle** presented by Tim Welke of Asclepes Research Centers of Panorama City, CA and the **pièce de résistance, On The Road to the Cure: The Science** presented by Ranya Alexander, M.D., Ph.D. and Arvind Bhambri, Ph.D. of ICBI from La Jolla, California.

Yes, please send The Symposium DVD!
 Limited quantity – Price good thru 12/2018
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PRO CALENDAR FOR FEBRUARY 2018

The current support group meeting locations are listed below.

For any information regarding any of these meetings, please contact the PRO Office at 877-775-4111.

				1	2	3
4	5 PALM DESERT Caregiver Only PRO Office 74-090 El Paseo Suite 104	6	7 LONG BEACH Support Group Meeting 6:30 pm Cambrian Home Care "Training Center" 5199 Pacific Coast Hwy	8 NEWPORT BEACH Speaker Meeting 6:30 pm Oasis Senior Center 801 Narcissus Corona Del Mar	9	10
11	12 PALM DESERT Round Table For Everyone 6:30 pm Atria Hacienda 44-600 Monterey Ave	13	14 GLENORA CANCELLED Happy Valentines Day! 6:30 pm Kindred Rehab at Foothill 401 W Ada Ave	15 WEST LA For Everyone 6:30 pm Rehab Specialists 2730 Wilshire Blvd Ste 533 Santa Monica	16	17
18	19 PALM DESERT Caregiver Only 10:00 am PRO Office 74-090 El Paseo Suite 104	20	21 ENCINO Caregiver Only 7:00 pm Rehab Specialists 5359 Balboa Blvd	22 SHERMAN OAKS Support Group Meeting 1:00pm East Valley Adult Center 5060 Van Nuys Blvd	23	24
25	26 PALM DESERT Educational Speaker For Everyone 6:30 pm Atria Hacienda 44-600 Monterey Ave	27 MANHATTAN BEACH Educational Speaker For Everyone 6:30 pm 659 15th Street	28			

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

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

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

NEWSWORTHY NOTES

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PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

74-478 Highway 111, No 102 • Palm Desert, CA 92260-4112

760-773-5628 • 310-476-7030 • 877-775-4111 • 760-773-9803

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

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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.

"With the new day comes new strength and new thoughts."

— Eleanor Roosevelt