

A MONTHLY PUBLICATION OF

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE**PRESIDENT'S**

December: the end of another amazing year all wrapped up in Holiday celebrations, merriment, good cheer, New Year's resolutions, and reflections. Many people take stock and mark the year as one to remember, forget, celebrate, regret. Each summary is as unique, personal and individual as we are, but in the end, one year ends, and a new one begins.

How will **you** remember the year? At PRO, blessed by your appreciation and gratitude, our choice is to reflect on the good we have done, the difference we have made and the change in attitude and circumstance we help bring about with the resources, counseling, support groups, and education we deliver to those needing our help.

The road seems never ending. Every step takes so much effort, yet as we move forward we must always reflect on our PROGRESS; a desperate cry for help answered, a resource shared with someone in need, answers to a million questions asked by a new attendee at a support group. Miracles and magic, one and all, each giving PRO the power and inspiration to greet the new year with enthusiasm and excitement.

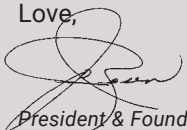
We all have much to be grateful for. PRO is grateful for YOU, your thoughts, your encouragement, and your constant support. Together let's move forward with the strength of our progress and the inspiration of all that is possible in the months and years to come.

The **ICBII UPDATE ON THE ROAD TO THE CURE** is on this page. Enjoy other PROvocate and informative news such as: **THE HEALTHY BENEFITS OF GRATITUDE** on page 2; **HOLY BASIL TO BEAT STRESS AND SLEEP BETTER** on page 3; **2018 TAX REFORM: ARE YOU PREPARED FOR THE END OF THE YEAR?** on page 4, **HEALTH BENEFITS OF WILD LETTUCE** on page 5, and **INSPIRATIONAL LESSONS** on page 7.

Join us in *making a difference in your life, or the life of a loved one* this MONTH. Donate to us by using **Amazon.Smile.com** and choosing PRO as your charity of choice, which costs you nothing. But know that we could never do all that we do without you. We know we are providing valuable information and support in the Parkinson's community, we continue to appreciate your monthly or general donations through our safe PayPal donation page at **ParkinsonsResource.org/#modal-donate** or by mail to our office in Palm Desert, California.

Until next month, REMEMBER the start of Hanukkah on the 2nd Pearl Harbor Remembrance Day on the 7th, Winter Solstice on the 21st, Super Saturday on the 22nd, Christmas Day on the 25th and the last day of 2018 or the Eve of 2019 on the 31st. Happy New Year from all of us at PRO!! The flowers are the Narcissus & Holly, and the Birthstones are Turquoise & Blue Topaz. ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

ICBII UPDATE ON THE ROAD TO THE CURE**Common Link Between Parkinson's, Alzheimer's and Schizophrenia**

This article focuses on a potential common link related to the dysfunctional synaptic plasticity that science associates with neurodegenerative disorders such as Parkinson's, Alzheimer's, and schizophrenia. A specific protein implicated in the cognitive decline of Alzheimer's also appears to play a role in the genetic predisposition to Parkinson's and Schizophrenia, meaning that a drug that targets that protein could potentially treat a variety of neuropsychiatric disorders, according to a new study published October 18, 2018, in the Journal of Molecular Psychiatry.

This protein is known as Striatal-Enriched Protein Tyrosine Phosphatase (STEP) and plays an important role in the healthy functioning of synapses, the connections between brain cells. Excessive amounts of STEP protein are found in the brains of humans and animal models of Alzheimer's disease, Parkinson's disease, fragile X syndrome, and schizophrenia. The increase in STEP leads to a disruption of synaptic function and contributes to the cognitive deficits present in these disorders.

An experimental drug designed to inhibit the STEP protein restores cognitive deficits in a mouse model of Alzheimer's disease. The researchers have shown that genetically eliminating STEP or using the drug to inhibit STEP activity improves cognitive deficits in a mouse model that has behavioral features related to symptoms of Schizophrenia. Unfortunately, these small molecule drugs stop working after a while as is the case with L-Dopa.

These findings suggest that a STEP inhibitor if developed, may be the basis of a new drug that can treat any number of neurodegenerative diseases.

Good News

ICB International, Inc. has the technology to develop inhibitors of STEP protein. The Company plans to start a research program to develop STEP-SMART Molecule to restore cognition of Alzheimer's, Parkinson's, and schizophrenia patients and provide these patients a chance to live a normal life.

WOULD YOU LIKE TO HELP get their drugs to market faster? 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 investing, and by finding others with the financial ability and humanitarian mindset to accomplish the, until now, impossible. Please contact Jo Rosen at 760-773-5628 or **JoRosen@Parkinsonsresource.org** or by contacting ICBII 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.

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THE HEALTHY BENEFITS OF GRATITUDE

Caleo Bay Alz Special Care Center

We all know that gratitude is a good thing, but here's a fact that might surprise you: gratitude is good for your body. The concept is simple; a healthy mind equals a healthy body. Since kindness lifts our spirits and warms our hearts, it aids in fighting off, healing and sometimes even curing a plethora of illnesses that ail us. There are many ways to reap the benefits of gratitude; for example, keeping a gratitude journal, praying, meditating or simply saying how you feel.

Gratitude is good for our brains. The hypothalamus is the part of our brain that regulates several of our bodily functions including appetites, sleep, temperature, metabolism, and growth. Studies have shown that our hypothalamus is

activated when we feel gratitude or display acts of kindness. Research has also proven that gratitude is also addictive, in a positive way.

In acts of kindness, feelings of gratitude flood our brains with a chemical called dopamine. When we are truly grateful for something (or someone), our brains reward us by giving us a natural high. Because this feeling is so good, we are motivated to feel it again and become more inclined to give thanks, and also to do good for others.

Believe it or not, something as simple as saying 'thank you' can decrease pain as well. Studies have shown that keeping a gratitude journal after a surgery or illness increases motivation to exercise and will speed up the recovery process.

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HOLY BASIL TO BEAT STRESS AND SLEEP BETTER

Dr. Kevin Dobrzynski, DN

From: SleepSugar.com/holy-basil-sleep-aid/

NOTE from PRO: There are people affected by Parkinson's who cannot, or in many cases, wish not to take more pharmaceuticals for what seems to be ancillary problems, like insomnia or sleeping through the night. We investigated some alternatives and thanks to a primary care medical professional we came upon Holy Basil. We have heard from PWP's and Caregivers that they are finding tremendous benefits through its use.

If you find yourself tossing and turning between 2:00 and 3:00 AM, Holy Basil might be the answer to getting you through the night.

Holy Basil is not some new trendy supplement made in a lab that's going to sedate you. It has been around and used for thousands of years, and there is plenty of research to support it.

It is very likely that this ancient Indian herb can get to the cause of your insomnia, plus, it does a lot more than help with sleep.

In India, Holy Basil is called "The Queen of Herbs." It has been part of traditional Hindu medicine for over 3,000 years.

It's also referred to as Tulsi. They treasure Holy Basil in India for its many healing and spiritual properties such as creating spiritual awareness, extending one's lifespan, and healing physical pain.

However, it's best known for its calming properties and stress reduction. And that makes Holy Basil an effective sleep aid.

Daily Stress Impacts Your Sleep - If you keep waking up in the middle of the night, it can be due to a stress hormone called cortisol.

Cortisol is the main stress hormone in the body. When you're under stress, your body releases cortisol from the adrenal glands which sit on top of your kidneys.

Cortisol fuels the body under stress, such as when running from a bear, by releasing glucose or sugar into the bloodstream.

Today, the problem is not bears chasing you; it's constantly defending yourself against deadlines, emails and to-do's resulting in high cortisol around the clock. Cortisol is normally highest between 6:00 AM and 8:00 AM, which is why you wake up in the morning. However, constant stress can disrupt this normal cycle causing you to awaken in the middle of the night instead.

So, now that you know a little about stress and sleep, you may be wondering how Holy Basil can help.

Holy Basil can actually lower elevated cortisol and even regulate blood sugar.

Also, the literature suggests that it increases physical and mental endurance, leaving you more resilient. Thus, it helps reduce stress and anxiety.

When you reduce stress and anxiety, the cause of high cortisol, you will eventually normalize cortisol levels, which can go a long way towards normalizing your sleep cycle.

Basil Proves To Be A Great Sleep Aid. Holy Basil comes dried for use as a tea. Here's what the evidence says... In one randomized, double-blind, placebo-controlled trial, researchers tested the efficacy of Holy Basil extract against general stress. The amazing result of this study was that Holy Basil reduced forgetfulness, symptoms of sexual problems (*stress-related*), and it relieved feelings of fatigue and sleep problems.

Another study showed how Holy Basil significantly improved anxiety, stress, depression and attention span in subjects suffering from general anxiety disorder. They noted the greatest improvements after 60 days of treatment.

Basil Is Not Just For Bedtime. Holy Basil has also shown positive benefits to other systems of the body such as the endocrine system, nervous, immune, cardiovascular, and digestive systems.

But that's not all... Because it lowers blood sugar levels, which in turn reduces cravings and stabilizes mood, it can facilitate weight loss!

So if insomnia is just one of many health concerns you are facing, you may be able to use Holy Basil to treat your other problems too. Two birds, one stone.

Holy Basil Varieties - There are five (5) different types of Holy Basil.

1. **Amrita** - This type has the highest amount of the antianxiety compound rosmarinic acid. It has purple throughout its leaves, a dense bush, and a lighter aroma.

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2018 TAX REFORM: ARE YOU PREPARED FOR THE END OF THE YEAR?

Are you wondering how the introduction of the new tax law this year might impact you? For many taxpayers, the new tax law creates an opportunity in the form of increased disposable income.

In addition to some of the main points of the 2018 law, here are some things to consider for charitable giving this year.

New This Year: Income Tax Brackets - Whether you're a single filer or a married person filing jointly, separately or as head of household, you will likely fall into a new tax bracket.

The new law maintains seven tax brackets but lowers rates for most brackets. The new brackets are: 10, 12, 22, 24, 32, 35 and 37 percent. Under the new law, most taxpayers will see their tax rate decrease. For example, a married couple with a combined income of \$150,000 will go from a 25 percent tax rate to 22 percent.

You may now have an opportunity to give more to Parkinson's Resource Organization because you may be in a lower bracket this year and pay fewer taxes.

Higher Standard Deductions - The new law nearly doubles the standard deduction to \$12,000 for single filers, \$18,000 for heads of household and \$24,000 for joint filers. You may be less likely to itemize on your taxes and use the income tax charitable deduction.

The new law allows you incentives to give more to Parkinson's Resource Organization in one particular year over another to exceed the standard deduction and itemize your deductions.

Itemized Deductions - If you elect to itemize for 2018, your deductions may look a little different; however, charitable deductions remain under the new law. Under the new law, you will be able to deduct up to a total of \$10,000 for state and local taxes.

Did you purchase a new home? If so, there is now a cap on the mortgage interest deduction for the first \$750,000 of debt on newly purchased homes.

Charitable Contributions For Cash Gifts - The new law increases the limitation of 50 percent of your adjusted gross income (AGI) for donations by cash, check or credit card up to 60 percent. Here's a great opportunity for higher net worth donors to consider increasing cash gifts.

Estate Tax Exemption - We hope this effects you, the threshold for triggering an estate, gift or generation-skipping tax was increased to \$11.18 million per person or \$22.36 million for a married couple with only an estimated .1 percent subject to estate tax under the new law. For information only, the rates in 2017 were \$5.49 million for individuals and \$10.98 million for married couples.

If you have a high net worth, you may no longer anticipate being subject to estate tax and have an incentive to make larger gifts during your lifetime to obtain an income tax charitable deduction instead of waiting until after your lifetime.

Charitable Deductions Remain the Same - You will still be able to deduct your charitable contributions if you itemize your taxes.

Long-Term Capital Gains and Dividends - Tax rates on capital gains and dividends remain the same at 0, 15 and 20 percent, depending on your tax bracket.

Charitable Contributions Of Appreciated Property - The limitation on charitable gifts of long-term appreciated property to public charities will remain at 30 percent of your adjusted gross income. You can still carry over any excess for up to five additional years.

What This Means to You - The lower tax brackets may mean that you are likely in a better financial position to help others this year. Here are three smart ways to be charitable as we close out the year.

- **Donate Appreciated Property:** Because many markets are experiencing strong growth, consider a gift of appreciated property to a Parkinson's Resource Organization. You may qualify for an income tax charitable deduction and eliminate capital gains tax.

- **Name Parkinson's Resource Organization As A Beneficiary Of Retirement Plan Accounts:** Assets in your IRA, 401(k) or other qualified retirement plan accounts remain

cont. on page 6

Parkinson's Resource Organization (PRO), through its WELLNESS VILLAGE (ParkinsonsResource.org/the-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 50¢ postage stamps.

HEALTH BENEFITS OF WILD LETTUCE

Cathy Wong

Reviewed by Richard N. Fogoros, MD

NOTE from PRO: For a very long time, one of our constituents from Israel suffers from chronic Dystonia along with his Parkinson's. He has consulted numerous health professionals and continues to research to find products (alternative and traditional) to relieve his pain. Recently he called to say that he has finally found something that relieves his Dystonia; Lactuca Virosa, or Wild Lettuce.

Lactuca virosa is a plant in the Lactuca genus, ingested often for its mild analgesic and sedative effects. It is related to common lettuce and is often called wild lettuce, bitter lettuce, laitue vireuse, opium lettuce, poisonous lettuce, tall lettuce, great lettuce or rakutu-karyumu-so. — Wikipedia

The following article is a reprint from VeryWellHealth.com/

Wild lettuce is a natural remedy sourced from the *Lactuca virosa* plant. Extracts of the plant's sap, seeds, and leaves are typically used in wild lettuce products. Touted as a natural treatment for a wide range of health problems, wild lettuce is said to lower stress and relieve pain.

Benefits: Certain compounds found in wild lettuce appear to have pain-relieving and sedative effects, according to preliminary research conducted on animals.

For example, a study published in the *Journal of Ethnopharmacology* in 2006 found that lactucin and lactucopicrin (chemicals naturally present in wild lettuce) reduced pain and promoted sedation when given to mice.

There's currently a lack of studies testing wild lettuce for its effects on human health. What's more, animal-based research on wild lettuce is also very limited.

Uses: When used in alternative medicine, wild lettuce is said to be an herbal remedy for the following health conditions:

- **Asthma**
- **Atherosclerosis**
- **Cough**
- **Insomnia**
- **Joint pain**
- **Menstrual pain**

Wild lettuce also is used to stimulate circulation. And, when applied directly to the skin, oil extracted from the seeds of wild lettuce is thought to offer sanitizing benefits.

In addition, some individuals consume wild lettuce recreationally for its potentially mind-altering effects. Supposedly similar in action to opium (and used as an opium alternative by physicians in the 19th century), wild lettuce is said to possess sedative and hypnotic properties.

Caveats: Because wild lettuce and its health effects have been tested in very few scientific studies, the safety of long-term or regular use of wild lettuce products (such as dietary supplements) is unknown.

However, there's some concern that wild lettuce may trigger a number of side effects, including accelerated heart rate, difficulty breathing, dizziness, and extreme drowsiness. And, in some cases, applying wild lettuce to the skin may lead to skin irritation.

Additionally, people with benign prostatic hyperplasia or narrow-angle glaucoma should avoid use of wild lettuce. It's thought that use of wild lettuce may aggravate these conditions.

Because wild lettuce may alter the function of the central nervous system, it also should be avoided for at least two weeks prior to undergoing surgery. Moreover, wild lettuce should not be used in combination with medications that affect the central nervous system (such as sedative medications like clonazepam and lorazepam).

It's important to keep in mind that supplements haven't been tested for safety and dietary supplements are largely unregulated. In some cases, the product may deliver doses that differ from the specified amount for each

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BENEFITS OF GRATITUDE – cont. from page 2

Gratitude increases the quality of our sleep, decreases the time it takes to fall asleep and lengthens the duration of our sleep. As mentioned previously, sleep is one of the many vital things controlled by the hypothalamus. When we are thankful, it becomes easier for us to fall into deep, healthy, natural sleep. This, of course, has a domino effect on our health, spreading the benefits of gratitude practices even further. For instance, sleep is connected to many bodily functions, and enough of it can remedy anxiety, depression, pain, and stress. It also boosts our immune systems, meaning we become healthier overall.

Better sleep, naturally, means that we are more relaxed. Relaxation helps to alleviate the stress that one feels in both their personal and professional lives. And we all know that less stress means improved overall health, making gratitude good for our hearts and nervous system too.

Dawn Connelly is the Community Resource Director at Caleo Bay Alzheimer's Special Care Center in La Quinta, California. They have been members in the Wellness Village since September 2018.

HOLY BASIL – cont. from page 3

2. **Kapoor** – the easiest to grow where the weather is temperate, and it's very aromatic.
3. **Krishna** – known for its medicinal properties and crisp, peppery taste.
4. **Rama** – found to have the highest level of all medicinal compounds. It grows well in warm climates.
5. **Vana** – known as the “forest type” because it grows much higher than the others.

Most companies don't list the specific type(s) of Holy Basil used in their products. The varieties differ based on regions where they grow. And all varieties contain medicinal properties.

The important thing to remember – is that the supplement should be a standardized extract prepared by a reputable company.

How to take Holy Basil as a sleep aid: If you're using Holy Basil for prevention, the dose range supported in literature is 300 mg – 2,000 mg of Holy Basil extract daily in one dose.

Extracts have the largest concentration of Holy Basil. The recommended dose is two to five drops, three times a day. While ready-to-brew teabags often have instructions saying to have a single cup before bed.

Always remember, it's best to follow the manufacturer's directions or the direction of a licensed practitioner.

Side Effects Of Holy Basil. Steeping dried Holy Basil makes a healthy sleep tea. As with all natural sleep aids, there are a few things to be mindful of when using Holy Basil to treat insomnia.

If you are allergic to mint, avoid using Holy Basil because it's from the same family and may trigger your allergies.

Eugenol, the active ingredient in Holy Basil can cause an overdose if you take too much.

Beware of symptoms related to overdoses such as shallow breathing, blood in the urine or sputum, mouth and throat burns, nausea, racing heartbeat, seizures, dizziness, and coma. Contact a doctor or poison control center immediately if any of these symptoms occur.

Lastly, proceed with caution if you're taking any medication, have low blood sugar, and avoid use if you're pregnant or lactating.

Eat well and sleep well.

2018 TAX REFORM – cont. from page 4

subject to income tax when distributed to your heirs. If you name PRO as a beneficiary of all or part of your plan, your gift will pass to us tax-free.

Give From Your IRA (If You Are 70½ Or Older) – Regardless of whether you itemize your taxes, this gift helps you fulfill your required minimum distribution and is not considered taxable income.

Parkinson's Resource Organization is helping thousands of people affected by Parkinson's with emotional and educational support. PRO is unique in the world of Parkinson's, and this can only be improved and made to help more people because of people like you. Thank you for thinking of us in your year-end planning.

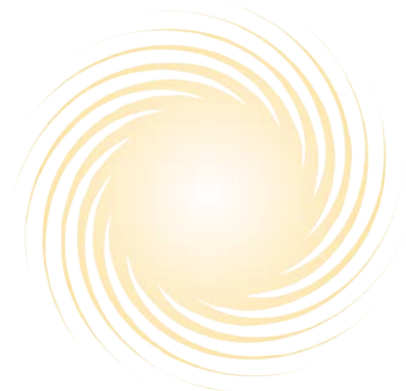
WHAT IS A SUPPORT GROUP?

They are the concept of “psychological safety” – a shared belief that the group is safe for interpersonal risk-taking.

Psychological safety as the most important factor in building a successful group.

After a study of its support groups, PRO ended up finding what leaders in the business world have known for a long time: the best groups or teams are mindful that all members should contribute to the conversation equally, and respect one another's emotions. It has less to do with who is in a group, and more with how the members interact with one another.

Join a support group where Giving is Getting and Getting is Giving.



WILD LETTUCE – cont. from page 5

herb. In other cases, the product may be contaminated with other substances such as metals. Also, the safety of supplements in pregnant women, nursing mothers, children, and those with medical conditions or who are taking medications has not been established.

Alternatives: Many natural remedies may help reduce pain and aid in the management of chronic pain-causing conditions. For instance, several herbs have been found to curb inflammation and, in turn, help lessen pain.

These herbs include white willow bark (shown to soothe the joint pain associated with osteoarthritis, as well as tame back pain) and devil's claw (found to reduce pain caused by rheumatoid arthritis).

If you're looking for a natural therapy that can help alleviate stress, a number of mind-body techniques (such as meditation, yoga, and progressive muscle relaxation) may be beneficial. Additionally, certain herbs (including rhodiola, ashwaganda, and Panax ginseng) show promise for shielding your body from the negative effects of stress.

Where to Find It: Dietary supplements containing wild lettuce are sold in many natural-foods stores and stores specializing in natural products. You also can purchase wild lettuce products online.

A Word From Verywell: Due to the limited research, it's too soon to recommend wild lettuce for any condition. It's also important to note that self-treating a condition and avoiding or delaying standard care may have serious consequences. If you're considering using wild lettuce, make sure to consult your physician first.

**INSPIRATIONAL LESSONS****Thanks to LetterPile.com**

In a rural area a farmer was tending to his horse named Buddy, and along came a stranger who desperately needed the farmer's help. The stranger had lost control of his vehicle and ran it off into a ditch. The stranger asked the farmer if his horse could somehow pull the vehicle out of the ditch for him and told the farmer that the vehicle was small.

The farmer said he would come, bring his horse, and take a look, but could not promise he could help if his horse might be injured in some way from attempting to pull the vehicle out of the ditch.

The farmer did see that the stranger was correct and that the vehicle was small, so the farmer took a rope and fixed it so that his horse, Buddy, would be able to pull the vehicle out of the ditch. The farmer then said, "Pull, Casey, Pull," but the horse would not budge. The farmer then said, "Pull, Bailey, Pull," but the horse would not budge again. The farmer then said, "Pull, Mandy, Pull," and again the horse would not move. The farmer then said, "Pull, Buddy, Pull," and the horse pulled until the vehicle was out of the ditch.

The stranger was so very grateful, but asked the farmer why he called the horse by different names? The farmer said, "Buddy is blind, and I had to make him think he had help pulling the car out of the ditch or he would not have pulled."

Lesson: Don't wait on others to accomplish something or you may always be in a ditch. Sometimes we won't attempt to do something if we know we don't have help.

One day two frogs were hopping in and out of a watering hole and accidentally hopped in an extremely deep hole. They tried to leap out, but to no avail had no success, so they began to yell and croak until other frogs heard them and came to help. The other frogs looked over into the hole and said the hole was too deep for them to help, but both frogs kept leaping up the sides of the hole. The other frogs, leaning over the hole and waving their front legs, began to yell to the frogs to just give up and die and that there was no hope of them getting out of the hole, but both frogs kept leaping and trying to get out of the hole. They leaped for hours, and one of the frogs just gave up he was so exhausted and died. The other frog in the hole kept leaping, but the other frogs, leaning over the hole, kept yelling and waving their front legs for him to stop and give up, but the frog kept leaping trying to get out of the hole. Finally, the frog leaped so high that he was able to leap to the top of the hole and used his back legs to push himself up out of the hole. The other frogs said even though we told you to give up that there was no hope of you getting out of the hole you kept leaping. The frog that got out of the hole thanked the other frogs for egging him on - the other frogs didn't know that this frog was deaf.

Lesson: Sometimes you have to turn a "deaf ear" to what others tell you is impossible.

PRO CALENDAR FOR DECEMBER 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 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	4	5 LONG BEACH Round Table For Everyone 6:30 PM Cambrian Home Care "Training Center" 5199 Pacific Coast Hwy	6	7 PEARL HARBOR DAY	8
9	10 PALM DESERT Round Table For Everyone 6:30 PM Atria Hacienda 44-600 Monterey Ave	11	12 GLENORA Round Table For Everyone 6:30 PM La Fetra Senior Center 333 E Foothill Blvd	13 NEWPORT BEACH CANCELLED	14	15
16	17 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	18	19 ENCINO Caregiver Only 7:00 PM Rehab Specialists 5359 Balboa Blvd	20 SANTA MONICA CANCELLED	21 WINTER SOLSTICE	22
23	24 PALM DESERT CANCELLED	25 MANHATTAN BEACH CANCELLED CHRISTMAS DAY	26	27 SHERMAN OAKS CANCELLED	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.

SPEAKER MEETING: We invite the community, especially the Person with Parkinson's and their family or friends, to attend. Speaker Meetings usually feature guest speakers who are professionals servicing the Parkinson's Community. Speaker 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.

"RELEASE THE JOY THAT IS INSIDE OF ANOTHER,
AND YOU RELEASE THE JOY THAT IS INSIDE
OF YOU."

— NEAL DONALD WALCH

NEWSWORTHY NOTES

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PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

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nor to endorse any product or service; we intend it to serve as an information guide.