

A MONTHLY PUBLICATION OF

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE

PRESIDENT'S

PRO is starting July with **fireworks** in more ways than one. Our Summer **CAPITAL CAMPAIGN REQUEST** has sailed to everyone on our "Snail Mail" list. It's printed within on page 8 along with **OUR GRATITUDE**, especially to our \$25K donor, page 3. It's for a **very good cause**. We need your support.

As summer hits its stride and things really heat up outside, PRO keeps things "crackin'" inside as we send emails and make calls to our support group members (just to stay in touch) because our live support group meetings are on a summer break. Summer is when we plan new activities, projects, do one-on-one coaching, and of course, we remain very active with the day-to-day business "stuff" of managing a nonprofit.

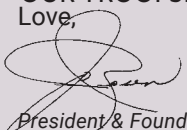
Regardless of the season, the month, week or day, Parkinson's continues to challenge thousands of Men, Women, our Mothers, Fathers, Brothers, Sisters, and friends. As we enjoy a summer change of pace, the mission at PRO is never to stop, to continuously WORK for those unable to enjoy the quality of life we often take for granted.

Firecrackin' articles this month include **UPDATE ON THE ROAD TO THE CURE** on this page; **OUR FOUNDER IS BEING RECOGNIZED** on page 2; **GRATITUDE TO THE ANONYMOUS DONOR(S)** on page 3; **AYURVEDIC LEVODOPA SEQUEL "A FAVA BEAN STORY AND RECIPE"** on page 4; **HELPING FROM FAR AWAY** also on page 4, and; **9 SECRET SIGNS OF LONELINESS** on page 5.

Join us in making a difference in your life or the life of a loved one this **month** by making a donation. Supporting us is simple: Make monthly donations through our safe PayPal donation page at ParkinsonsResource.org/#modal-donate or mail your donation to our office in Palm Desert, California.

Until next month, REMEMBER Canada Day on the 1st, Independence Day on the 4th, World Chocolate Day on the 7th, Bastille Day on the 14th, National Hot Dog Day on the 17th and National Vanilla Ice Cream Day on the 23rd. The flowers are the Larkspur and Water Lily and chose your Birthstone: Ruby and Onyx. ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

ICBI UPDATE ON THE ROAD TO THE CURE A REAL-TIME SCIENCE REPORT

Dr. Ram S. Bhatt, Ph.D., CEO, CSO

Cautionary Note about Media Hypes — Frequently, there is news about breakthrough treatments for Parkinson's or Alzheimer's disease. It is natural for patients and loved ones to get excited about the cure after reading such news in prestigious newspapers, magazines, and social media. However, caution needs to be exercised before accepting the integrity and accuracy of what is written about such breakthroughs. At a minimum, one should read such news very carefully word by word and discuss with their physicians. As an example, two years ago, one of the biotech companies gave a press release saying that the test results of its Parkinson's drug were excellent in their Phase-1 clinical study because: 1) The drug was well tolerated and; 2) The drug lowered the serum levels of alpha-synuclein. To most ordinary people, this is good news leading to a belief that drug is beneficial in providing a cure for Parkinson's disease. Unfortunately, that was a very misleading press release because lowering of a pathogenic protein in serum does not mean the drug lowered the pathogenic protein in the central nervous system where it matters the most for neurodegenerative diseases. So, please exercise caution while reading this hyped news and always discuss with your doctor.

ICBII Update — San Diego Biotech Company, ICB International, Inc., ("ICBII"), has generated a smaller version of its Parkinson's drug that, according to preliminary studies, may be given orally rather than intravenously. Drugs that are given intravenously are usually given in the doctor's office for the patient's safety, but it does involve time and money for the office visit. The Company (ICBII) is very hopeful that, one day, it can make immunotherapy orally possible, which will be a historic accomplishment because so far, immunotherapy is given intravenously.

The most promising of technology for reversing or curing Parkinson's disease is still represented by the ability to permeate, breach, or break through the Blood-Brain-Barrier. ICBII remains the only biotech in the world whose technology 1) **can cross the blood-brain-barrier without targeting vital receptors on the blood-brain barrier** and 2) can target and destroy the plaques that create the symptoms. Moving this technology from the laboratory to the people is our objective as we continue looking for the funding to accomplish this huge humanitarian effort

Update on Pharma Collaboration — As the company is now undergoing a third round of negotiations with the pharmaceutical company. We are still hopeful that soon, there will be a meeting of the minds.

Would you like to help get ICBII's 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 at **858-455-9880**.

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

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OUR FOUNDER IS BEING RECOGNIZED

PLEASE JOIN US!

2019 National Philanthropy Day In The Desert Honorees Named November luncheon will celebrate locals

KESQ Staff Posted: Jun 14, 2019, 03:49 PM Palm Desert, Calif. — Six local philanthropists were named as distinguished honorees for the upcoming 13th Annual National Philanthropy Day In The Desert Awards Luncheon. Those chosen Friday by The Association of Fundraising Professionals CA, Desert Communities Chapter will be awarded and celebrated in November.

This year's distinguished honorees include:

- Outstanding Philanthropists – James and Carol Egan**
- Outstanding Fundraising Volunteer – Sally Berger**
- Outstanding Philanthropic Foundation, Corporation or/Civic Service Organization – Regional Access Project Foundation**
- Outstanding Nonprofit Founder – Jo Rosen, PRO**

- Outstanding Youth in Philanthropy – Boys & Girls Club of Palm Springs - Keystone Club Members**
- Outstanding Fundraising Professional – Judi Olivas**

The 2019 National Philanthropy Day In The Desert will take place on Friday, November 8, 2019, at the Hyatt Hotel in Indian Wells. News Channel 3 Meteorologist and host of *Eye on the Desert*, Patrick Evans, will again emcee the event. Local philanthropist and restaurant owner, Harold Matzner, will be Presenting Sponsor and Honorary Chair for the seventh year.

The organization describes the day as below: Celebrating its 59th year, National Philanthropy Day® is a special day set aside for the purpose of recognizing the great contribution philanthropy makes to our society, and to honor individuals, businesses, and support organizations that are active in the

cont. on next page

**WITH DEEPEST GRATITUDE TO THE ANONYMOUS DONOR(S)
THAT GAVE \$25,000 TO PRO IN JUNE**

This is the... **PHILOSOPHY OF CHARLES SCHULZ**

The following is the philosophy of Charles Schulz, the creator of the "Peanuts" comic strip. You don't have actually to answer the questions. Just read the statements straight through, and you'll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winner for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headliners of yesterday. These are no second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

Easier?

The lesson: The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care.

THANK YOU ANONYMOUS DONOR(S)... we know you care.



**"Don't worry about the world coming to an end today.
It's already tomorrow in Australia."**

— Charles Schulz

FOUNDER RECOGNIZED – cont. from page 2

philanthropic community. Here in the Coachella Valley, it is a day when we pay tribute to our own, the exemplary local philanthropists, businesses, and organizations who give so generously of their time, talents, skills, and financial support, making our community a much better place for us all.

"The Coachella Valley is filled with remarkable philanthropists, making profound differences in the lives of many people," Brian Daly, Event Chair of National Philanthropy Day In The Desert 2019, said in a media release. KESQ News Channel 3 is the exclusive television media sponsor for this event. For registration and event information, please visit AFPCADesert.org.

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AYURVEDIC LEVODOPA SEQUEL: A FAVA BEAN STORY AND RECIPE

Wayne Myers

I have had Parkinson's for twelve years and began taking Carbidopa-Levodopa (Sinemet) as well as Ropinirole (Requip) with little success in quieting my resting tremors. With these drugs and their side effects, I found I could not follow my doctor's guidelines, so I discontinued the use of the drugs.

Much of my time is spent reading about other people's success with Parkinson's and resting tremors, so I'm always interested in reading holistic articles regarding natural treatments for some side effects from Parkinson's. Very few articles have helped my resting tremors until I was introduced to Fava beans by Parkinson's Resource Organization and started researching articles on them.

In a very short time after starting my program, I noticed tremor relief that lasted 15 to 20 minutes after eating the beans. After a month of my Fava bean program, I was finding relief from my resting tremors for three to four hours. I believe this is because the Fava beans are high in natural dopamine.

Here is my Fava bean program and recipe:

Note: You should be able to purchase Fava beans in most grocery stores; however, they may be more plentiful in stores that cater to the Mediterranean, Spanish (Latin American), Chinese, Greek, or Egyptian diets. You can also find Organic Dried Fava beans online at some of these .com's: Amazon, Vitacost, Walmart, and BobsRedMill

Soak two cups (or a 15 oz. bag) of organic dried Fava beans in six cups of water, at room temperature, for 24 hours.

Rinse well and drain in a colander.

Leave in the colander and rinse three times daily of three days. They will begin to sprout.

Peel the outer skin of each bean. This is a bit time consuming, but the skins should slip off fairly easy by pinching between your thumb and forefinger. Discard any beans that don't look good, for instance, if they have dark spots.

Rinse well in a bowl, drain, and steam in a steamer for six minutes.

Spread the beans out on a sheet pan and quick freeze in the freezer, about 20 minutes. When frozen, place them in a plastic freezer bag until ready to eat.

I started eating two tablespoons of beans at first. Another tidbit I got from Parkinson's Resource Organization was sipping a small amount of alcohol (brandy or vodka, in my case) when eating the beans because alcohol permeates the blood-brain-barrier, making a greater chance of dopamine produced by the beans getting to the brain. I mix two teaspoons of alcohol with tonic water when I do this.

Consider eating these as often as you think is necessary during the day.

Good luck in your use of the Fava beans. I hope your results are at least as good as mine. Please share your experience and recipes with PRO to help the rest of us.

HELPING FROM FAR AWAY

Kate Shuman

Caregiver.com/magazine

Because Americans have become such a transient culture, adult children are now finding themselves having to deal with an ever-growing crisis: taking on the new-found role as a long-distance caregiver.

It is estimated that long-distance caregivers spend about \$392 a month on phone calls, travel expenses, medicine, medical supplies, meals, and home maintenance, as well as other necessities. Presently, long-distance caregiver's yearly expenses are more than \$4,700, which is roughly the same amount of money needed for a year of community college education. Along with the financial costs, there's also the cost of time. About 80% of all long-distance caregivers are employed, and of this, at least 44% of them have had to rearrange their work schedules, with the other 36% of them having to miss an average of 20 hours of work each month in order to conduct caregiving duties.

Getting a care manager can help decrease the pressure that's on you, since they can work with services available in your loved one's area, like personal support, nursing services that can come to their home, delivery of meals, in-home foot care (important

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9 SECRET SIGNS OF LONELINESS

Madeline R. Vann, MPH

Medically Reviewed by Justin Laube, MD / *EverydayHealth.com*

One may be the loneliest number, but research shows that a lack of acquaintances isn't the only warning sign of solitude.

What Does Depressed Mean? — Ever wonder to yourself why you feel alone even in a crowded room? Even in the midst of family and friends, all of us can feel alone and lonely. After all, from Elvis to Cher to Akon, musicians have been crooning about loneliness for years.

Do you know the definition of loneliness? — According to the Merriam-Webster online dictionary, loneliness means being without company; cut off from others; sad from being alone.

That's because the emotions that get set off when you're feeling alone can be quite powerful — they can trigger dejection and depression, and in extreme cases, loneliness can lead to earlier death, says John Cacioppo, Ph.D., a psychologist from the University of Chicago in Illinois.

According to the Mayo Clinic, having a strong social support network is essential during tough times, whether from job stress or a year filled with loss or illness. A social support network is comprised of family, friends, and peers. Having intimate relationships with others helps you feel cared for and maintain optimism and aids in stress management. All of these emotional benefits lead to stronger immunity to help you fight disease and stress.

Alternatively, according to Dean Ornish, MD, in his book *Love and Survival: The Scientific Basis for the Healing Power of Intimacy*, among heart patients, depression is as good a predictor of imminent death as smoking, obesity, or a previous heart attack.

"Study after study shows that people who are lonely, depressed, and isolated are three to five times more likely to die prematurely than people who feel a connection in their life," says Dr. Ornish.

In a Duke University Medical Center study of 1,400 men and women with at least one severely blocked artery, the unmarried patients without close friends were three times more likely than the others to die over the next five years. Similar findings came in a Canadian study of 224 women with breast cancer. Seven years after diagnosis, 72 percent of the women with at least one intimate relationship survived; only 56 percent of those who did not have a confidant survived. The kind of intimacy necessary appears to be an emotional connection to someone, not necessarily a sexual relationship.

Another supporting study, published in the *Journal of the American Medical Association* revealed that people with more diverse social networks (less social isolation) have a greater resistance to upper respiratory infections.

But how do you resolve loneliness? Everyone feels a little lonely now and again, and experts say that this forlornness can actually be a good thing, as long as you do something about it. "Loneliness is actually an evolutionary adaptation that should spur us to get back to socializing, a state in which we are happier and safer," says Dr. Cacioppo.

Could you be lonely without even realizing it? These signs point to "yes."

Loneliness Can Wreck Restful Sleep — According to research published in the journal *Sleep*; loneliness can wreck your chances of getting a restful night's sleep. Researchers measured the sleep cycles of 95 people in South Dakota, comparing them with the participant's self-reported loneliness scores. None of them lived isolated lives, but some reported feeling lonelier than others.

The results? The lonelier the participant, the higher the levels of fragmented sleep. "What we found was that loneliness does not appear to change the total amount of sleep in individuals, but awakens them more times during the night," lead author Lianne Kurina, Ph.D., said in a press release.

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9 SECRET SIGNS – cont. from page 5

“When you feel lonely, you show more micro-awakenings,” noted Cacioppo, a co-author of the study. This means you wake up a little bit at night even though you aren’t aware of it. **How does a steamy bath or a piping-hot cup of coffee sound to you?** — If it sounds downright comforting, you may want to read this: “The lonelier a person is, the more showers and baths they take, the hotter the water, and the longer they stay under the water,” says John Bargh, Ph.D., psychologist, and researcher at Yale University in New Haven, Connecticut, who conducted a study on physical warmth and social connection.

For his research, published in February 2012 in the journal *Emotion*, Bargh surveyed 51 college students about their levels of loneliness and everyday habits and concluded that some people use physical warmth as a substitute for social warmth. The students who reported feeling lonelier also tended to linger in the shower longer.

There’s nothing wrong with this, Bargh contends. People are not always in control of the reasons they feel alone. It could be due to a breakup, or a recent move. You can also use this finding to your advantage: Next time you’re feeling lonesome, whip up a cup of hot cocoa.

The reason you’re so attached to your new computer, souped-up bike, or overpriced purse? — According to research published in the *Journal of Consumer Research*, some people go gaga over inanimate objects because they’re lonely.

The researchers call this “material possession love,” and you’ve probably witnessed it a number of times: your neighbor who calls his car “baby,” or your great aunt who prides herself on her gun collection. Because these folks suffer from a lack of social connections, they start doting on their things.

And as you can probably guess, most experts say possessions aren’t a healthy substitute for real live relationships. In fact, a number of studies indicate that having stuff has little effect on your happiness levels; you’d be better off spending the money on an experience, such as a vacation.

Can You Catch Loneliness From a Friend? — You can catch a cold from your friend — but did you know you can catch his loneliness, too?

According to research published in the *Journal of Personality and Social Psychology* by Cacioppo and colleagues, lonesomeness can be contagious. In fact, you’re 52 percent more likely to feel lonely if someone you’re directly connected to is lonely as well, says Cacioppo.

Why? When you’re feeling empty or isolated, you may behave in more hostile and awkward ways toward another person, who in turn behaves a bit negatively toward someone else, and so on. The result can be an outbreak of social isolation and rejection.

More Facebook ‘Friends’ Than Real Friends Worsens Loneliness — You know all about your cousin’s recent jaunt to Hawaii — but not because she told you about it; you saw her pictures on Facebook.

According to Facebook, users spend an average of fifty minutes each on its Facebook, Instagram, and Messenger platforms. “Social networking feels temporarily satisfying for people who turn to that as means of interacting,” explained Cacioppo. When you’re feeling alone, you might spend more

time posting on social networking sites or online game forums than actually picking up that phone and arranging a lunch or dinner date. But having a lot of Facebook friends or Twitter followers won’t do much to stave off loneliness. Instead, research shows it can exacerbate the problem.

Next time loneliness sets in, Cacioppo suggests using these sites to get in touch with your old friends — instead of just gawking over their wedding photos.

Being Lonely Makes You Blow Things out of Proportion — How many nerve-racking experiences have you had in the past month?

If you can count them up without much hesitation (traffic jams, terrible weather, rude waitresses), that doesn’t necessarily mean your stars were crossed this month — instead, it could point to loneliness.

According to Cacioppo, who has studied the effects of loneliness on our health and stress levels, feeling alone often means you spend too much time ruminating. Research published in the journal *Current Directions in Psychological Science* showed that people who reported being lonely also reported more sources of stress and childhood adversity in their lives. “The brain goes on the alert for social threats,” says Cacioppo.

Socializing May Help You Stay Skinny — Have you packed on the pounds? Loneliness and weight gain often go hand in hand, possibly because we tend to compensate for our blues with food. In addition, loneliness can zap motivation — keeping us on the couch instead of on the treadmill. And that means it may also be a predictor of health problems, such as high blood pressure and unhealthy cholesterol levels, says Cacioppo.

But can socializing help you stay skinny? Perhaps, according to a report published in the journal, *Cell Metabolism*. Although the study looked at mice instead of people, the rodents living in lonelier lab settings tended to weigh more than those in social environments.

Feeling Alone Can Make You Ill — Sniffling, sneezing, and feeling crummy overall? It could be a bad case of loneliness.

Loneliness has a systemic effect, possibly raising our stress hormone levels and making it harder for our bodies to repair the daily wear and tear of life, says Cacioppo. We, humans, are a social species. In fact, being part of a social network is so biologically fundamental that feeling alone and disconnected might actually hurt our immunity.

Nip Loneliness in the Bud to Prevent Depression — Loneliness often goes hand in hand with one major health problem — depression. In fact, the American Psychological Association says that loneliness is a specific risk factor for the mental health condition.

But just because you’ve been feeling lonely doesn’t mean you are doomed to become depressed. Here’s what it does mean: You should start taking steps to nip loneliness in the bud — call up a friend, make dinner plans for next week — so you can prevent depression.

NOTE: Start going to a support group. In the Parkinson’s world, they are pretty easy to find. Can’t find one on your own? Call the PRO office; we’ll give you a helping hand.

FAR AWAY – cont. from page 4

for those with diabetes), as well as help with personal hygiene. When you return to your own home, be sure and stay in touch with the friends and neighbors you've met. Talking to them will make you feel less guilty about not being there, and less afraid for your loved one's well-being. Suggestions regarding other things you can do to be proactive in the care of your loved one, even from a distance include: Investigate the options for a medical alert system for your loved one's home. It may be a good idea to leave a key to your loved one's home with a friend or neighbor so that they have quick and easy access to your loved one in case of an emergency; when you're back on a visit, plan to meet with the care providers involved, and have them bring you up-to-date with your loved one's progress; create a "communication book" where care providers can make a note of concerns or questions for you, then you'll have the ability to follow-up on a weekly basis; prioritize the tasks that you want to accomplish with each visit; in order to stay focused and less confused on visits, keep a list of people you'll need to speak with; and make sure that care providers know where and how to reach you, where ever you may be.

Here are some other helpful tips:

Research travel alternatives — be prepared to "care commute" at all times. Investigate travel options in advance. If you'll be utilizing your car most of the time for these visits, keep your car in good repair, and check on the route and weather before traveling. If you rent a car, look for the best rates. Remember, you don't have to pay for rental insurance if you already carry full coverage, or if your credit card company offers coverage. You may get a discount when buying bus or train tickets if you disclose that it's an emergency. Know to purchase airline tickets seven days in advance and stay over a Saturday night.

Discuss legal and financial issues — these topics may be difficult to talk about, but they help ensure that the older person maintains decision-making authority even when incapacitated. Preplanning will also lessen family disagreements and protect family resources. Such issues include information concerning a will, a power of attorney, a trust, if there's going to be joint ownership, is a representative payee needed (a caregiver who receives government checks for an older person unable to manage money), and information concerning Medigap insurance. Take care of necessary paperwork - know where to find all legal, financial, and insurance documents, including birth certificates, social security cards, marriage or divorce decrees, wills, and power of attorney before an emergency happens. Also, know where to find bank accounts, titles, sources of income and obligations, and auto, life, homeowner's, and medical insurance papers. Review these documents for accuracy and update them if necessary. Store documents in a secure place such as a safe-deposit box or a fireproof box. It's always a good idea to make duplicate copies of everything.

Contact the aging network — contact the local department on aging in your relative's community. This agency can

help you identify helpful services, including obtaining a care worker. Use the National Eldercare Locator Service to find local aging agencies.

Create a plan of care — Try to gather the family together for a meeting with the person who is in need of caregiving. Find out directly from that loved one what their immediate needs and concerns are, and work on getting them the assistance they need. Summarize your agreement in writing among all the family members who are involved. Keep in mind that family difficulties are typical. You may need to bring in a family therapist or social worker to help. Once you've had enough time to really assess what the true needs of a loved one are, you'll probably be able to create a solid plan of action and care for them, even though there may be thousands of miles between you. Planning for the future, continually gathering information, and taking care of what's needed right now are the three main areas of focus for a long-distance caregiver, and while it may be stressful, it's not impossible, especially if you remember that you don't have to take this walk alone.

NEEDS ASSESSMENT

- Help with chores, laundry, yard work, and household maintenance.
- Help with grocery shopping.
- Need for meals delivered to the home or fixed and served there, with clean-up included?
- Is help needed with personal care, such as getting dressed or bathing?
- Do they need transportation to places important to your relative, such as church or social gatherings, the pharmacy and doctors' appointments?
- Is assistance needed with medical appointments, and/or consultation with doctors and other health professionals?
- Do they need assistance with paying the bills, banking, budgeting or other money matters like looking into financial assistance to make ends meet?
- Is it time to get a referral to an attorney experienced in elderlaw issues?
- Help with dispensing of medications and ensuring they are taken on time?
- Have a safety inspection of the house (test smoke alarms, look for uneven flooring, loose rugs, lighting) in order to decrease in-home dangers.
- Install grab bars or ramps to make the home safer and easier to navigate.
- Arrange for trips out of the house, perhaps to an adult day care or senior center.
- Utilize the network of friends and neighbors in the community who can make sure on a weekly or even daily basis that your loved one is well.
- Arrange for additional social visits from friends, family and other care provider volunteers.

PRO CALENDAR FOR JULY 2019

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.

MON JUL 1, 2019 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	MON JUL 15, 2019 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	CANADA DAY — JULY 1ST	BASTILLE DAY — JULY 14TH
		INDEPENDENCE DAY — JULY 4TH	NAT'L HOT DOG DAY — JULY 17TH
		WORLD CHOCOLATE DAY — JULY 7TH	NAT'L VANILLA ICE CREAM DAY — JULY 23RD



PRO... Sailing Towards a Cure!

Fund our fleet so we can deliver the goods

Thank you for:
showing us the **LIGHT**,
supporting our **CREW**,
helping us maintain our **FLEET**,
being our **ANCHORS**, and,
turning the **WHEEL**.



Donations from supporters like you allowed us to accomplish some major projects and grow services this past year.

- Assemble 91 support group meetings
- Host a major educational symposium
- Launch our new website with the Wellness Village
- Add 1,095 families to our mailing databases

Summer is here, but we are not cooling down our efforts!

Ongoing activities and services our team at PRO provides include:

information and referrals; emotional and educational support groups throughout Southern California; a monthly newsletter; expansion of resources available in the Wellness Village; sharing new education, and; other resources for those affected by Parkinson's.

WE NEED YOUR HELP!

Our fleet continues to sail on committed to the growing need for Parkinson's resources. We ask you to help lift our sails so that we may continue to help those affected by Parkinson's 365 days a year. Your donation this summer will amplify and elevate our efforts on every level, help keep PRO a dynamic organization, and will support our fleet to refresh and organize our office! Our goal is to increase efficiency and productivity by restructuring the workspace and by:

Replacing make-shift office furniture;
Continue our support group gatherings;

Provide continuing education programs for our staff and volunteers;
Recognize our valued volunteers and everyone working behind the scenes with a Special Persons Acknowledgement, "SPA" Day;

Support hiring clerical assistance for Jeremy and Jo, who are overworked and underpaid!

Your contribution to PRO this summer can help thousands realize a better quality of life today and beyond. We thank you in advance for your support!
With love and gratitude from the bottom of my heart,

Jo Rosen, Founder & President



"AMERICA WAS NOT BUILT ON FEAR.
AMERICA WAS BUILT ON COURAGE,
ON IMAGINATION, AND AN UNBEATABLE
DETERMINATION TO DO THE JOB AT HAND."

— HARRY S TRUMAN

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

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