

A MONTHLY PUBLICATION OF

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE

PRESIDENT'S

PRO is bubbling with new **Projects, Referrals, Opportunities** along with information, inspiration, hope, and encouragement. **And**, it is hot as ever in Palm Desert.

Our work, *"So no one is isolated because of Parkinson's"*, has a very busy schedule this month.

- ✓ We are starting work with Mel Robertson of Declutter Spaces to "Declutter" the office, making room for more volunteers and staff while avoiding a move.
- ✓ We are proud to announce our newest staff member, **LORI ALLEN**, on page 2.
- ✓ Tremendous effort is going into the 3rd Annual **BNI CHARITY GOLF CLASSIC** that PRO is the beneficiary of. The Classic takes place September 13th, see page 8.
- ✓ TV and Print Media has started on the announcement of my **"OUTSTANDING NONPROFIT FOUNDER"** award given by the Association of Fundraising Professionals (AFP). The luncheon takes place on November 8th. I would LOVE it if you joined me. See the article on the right.
- ✓ Our outreach this month is a booth at the local **STAPLES BLOCK PARTY** taking place August 3rd and 4th.
- ✓ On August 11th, I go to Alhambra, California, to receive the theses from four different teams at CIAM (California Institute of Advanced Management) who are obtaining their MBA degrees based on their Internship with PRO.
- ✓ On August 17th, I meet with a social worker to establish two more Caregiver Only Support meetings in the Long Beach area.
- ✓ On August 24th, we are holding a **SPA DAY**, a **Special Persons Appreciation Day** for our volunteers and other special people. Call if you would like to participate. Sponsorships are being accepted.

Yes, it is a jam-packed, busy month.

THANK YOU. We are so grateful to all the donors who responded to our **Summer Letter Campaign** request for funds. We cannot do what we do without you.

Our live support group meetings return next month. Notices will start going out August 21st.

This month ICBI is on summer break so the **UPDATE ON THE ROAD TO THE CURE** will not be published; find **NOT READY TO THROW IN THE TOWEL** on page 7; **OVERCOMING**

cont. on page 6

NATIONAL PHILANTHROPY DAY IN THE DESERT

Our Founder Is Being Recognized

Outstanding Nonprofit Founder

Jo Rosen, Parkinson's Resource Organization

The 2019 National Philanthropy Day In The Desert will take place on Friday, November 8, 2019, at the Hyatt Hotel in Indian Wells.

The organization describes the day as follows: ***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 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.***

Seating is available as follows: Random seating \$75 per person; Seating at a PRO reserved table \$100; Seating at Jo Rosen's table \$150 (only 7 available). Reservations, other than random, must be made by October 15th. Random seating reservations must be made by October 31st; thereafter, they are \$ 125. Reservations can be made online thru our website or by mailing your payment with the information below.

I would like to reserve ___ seats @ \$_____ each = \$_____

Personal Information

First Name: _____

Last Name: _____

Address: _____

City / State / Zip: _____

Email: _____

Phone: _____

Credit Card # _____

Exp Date _____ CCV _____

Signature _____

Registration Questions

Do You Require a Vegetarian or Gluten-Free Meal?

Vegetarian Gluten-Free Neither

Are there people you would like to sit next to at the event who are NOT your guests? If so, please enter their names.

Advertising Opportunities - \$500/\$300/\$175

If you wish to place a full-page/half-page/quarter page in the Tribute Book program, please contact Josh Zahid, NPD Tribute Book committee chairperson, 909-558-5834, jnzahid@llu.edu. Ads may promote your company, or express congratulations to an NPD honoree, or pay tribute to another individual or organizations whose philanthropic spirit embodies the NPD motto, **"Change the World With a Giving Heart."**

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WELCOME LORI ALLEN

Marketing and Fund Development Director



Recently joining Parkinson's Resource Organization as the Director of Marketing and Fund Development, Lori Allen brings over 20 years of international brand marketing communications experience, strategic product development in financial technology, and a lifelong dedication for helping non-profit organizations thrive.

Lori is committed to being a catalyst for change globally in the corporate world, for social impact, and the environment. She has served on the board of directors and held committee chair positions for many non-profit organizations, spearheaded employee volunteerism activities

through corporate social responsibility and corporate philanthropy programs. In her passion of making a difference in people's lives globally, Lori is highly skilled and valued as an Executive Coach for leadership and team development.

Her educational background includes an MBA, executive business studies, and non-profit management certification through Stanford University and the Executive Education Programmes of INSEAD. Lori is fluent in Italian and has studied foreign languages, literature and art history at UCLA and Loyola in Chicago. She has worked and lived in major cities across Europe and the United States. We are happy that Lori has relocated to Palm Desert and is bringing to the PRO Organization her expertise and desire to help others.

"GIFT OF HOPE"

Human Brain and Spinal Fluid Resource Center

NIH Brain and Tissue Repository – California

Helping Scientists Help Patients

Note from Jo Rosen: *My mother was diagnosed with Parkinson's in 1984. Upon her death in 1992, through the Gift of Hope, our family donated her brain tissue to research. In the process, we received a neuropathological autopsy. The autopsy concluded that mother did NOT have Parkinson's, she had Progressive Supranuclear Palsy. In another article, I'll tell you why it's important to know your diagnosis.*

What is the Purpose of a Brain Donation? Brain donation is a valuable gift. One brain provides a basis for studies by numerous researchers throughout the United States as well as other countries. "Animal models" of human mental illness and many neurological disorders simply do not exist. Even with improved clinical research methods such as genetic linkage studies or PET and CAT scans, MRI (NMR) and other imaging techniques, our understanding of the biochemistry and pathology of the brain is best achieved through the use of postmortem human brain tissue.

Who Can Donate? Any legally competent adult can request to donate their brain to be used for research after their death, just as they can request to donate any other organ. Those who may be incompetent, or otherwise unable to sign, may provisionally donate through their guardian. However, it is the responsibility of the next of kin/guardian to authorize tissue to be removed for research at the time of death.

Are There Any Restrictions? Use of a respirator to aid in breathing may be allowed, but we wish to know this at the time of death. A decision will be made on a case by case basis. As heart, kidney, and liver donors must necessarily be on a respirator at death, we regret that persons wishing to donate those organs cannot donate a brain to our Center. We cannot accept donations from highly contagious or neurological transmissible diseases (i.e., tuberculosis, any hepatitis, Jacob-Creutzfeldt disease).

What About a Body Donation VERSUS A Donation of Brain and Other Organs? Most medical schools do not accept body donations from persons who have donated any type of tissue. One usually must make a choice between donating their organ(s) versus donating one's entire body to a medical school. Please check with your local medical school for their policy. For donors who also wish to donate corneas, skin, bone when donating one's brain to this Center, please check with your local hospital's transplant office for their policy.

What Happens When The Donor Dies And What Procedures Must Be Followed at the Time of Death?

- a) At the time of death, from anywhere within the United States, the next of kin or a member of the donor's medical care team should call the Donor Coordinator, during office hours at (310) 268-3536, or the 24-hour pager (310) 389-5199, after hours.
- b) An after death telephonic informed consent from the Next of Kin must be obtained BEFORE any tissue may be removed even if the donor is registered in our Gift of Hope Program.
- c) It is also important to have the tissue removed as quickly as possible, before embalming or other funeral preparations. We prefer to obtain specimens for research within 6-12 hours after death, but special circumstances may cause this window of time to be extended. REMINDER: the next of kin must be available immediately after death in order to provide the telephonic consent for removal of tissues for research.
- d) It is important that our Donor Coordinator speaks with the person removing the tissue to ensure that our research protocol is followed. It is also important that the Donor Coordinator speaks with the funeral home/ mortuary personnel to coordinate this donation.
- e) We will arrange for the tissue specimen to be sent to our Center.
- f) After the tissue is removed, the body is released to the family for the arranged funeral services.

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HOW DO YOU KNOW WHEN IT'S TIME FOR ASSISTED LIVING?

Leann Dale / *Senior Living Options Of The Desert*

If you're a caregiver, you most likely wonder if there are certain signs or signals that might indicate when the time is right to consider assisted living for you or your loved one. If you are starting to think about it, you are more than likely feeling the challenge of balancing everything that is going on in your life and are starting to feel overwhelmed. It might be time to consider some assistance. But, how do you know when it's time for assisted living?

Let's First Address Emotions - Families often experience a lot of guilt and anxiety at the very thought of considering placing their loved one in an assisted living facility. Many have even promised their loved ones years ago that they would never place them in a "home." And, many people feel that it is their duty to care for their loved one at home. I'm sure you've heard people say, "Mom took care of me, now it's my turn to take care of her."

Then, there are those who have had a bad experience (or have heard of someone who had a bad experience) with a facility and are afraid of making that decision. The most common fear or concern is that their loved one will not be cared for as well as they are at home or that placement in a facility will cause them to decline faster. Quality of life is a huge factor for most families when considering assisted living.

Many Times It's Out Of Your Control - Occasionally, the decision to place someone in a facility is out of your control. There may be sudden situations when it's clear that the time has come for assisted care. These can include:

- Severe illness
- Injury
- Hospitalization/death of the caregiver
- Hospitalization of the person who needs care
- Dementia

These abrupt changes often necessitate immediate placement in a facility. Sometimes, a loved one may end up in a facility almost overnight, with little time to research options. I get calls all the time from families who have experienced one of these events and have to find a facility immediately.

When Do You Know It's Actually Time? - Outside of the above sudden situations when it's out of your control, how do you know when you should consider looking into assisted living for your loved one?

The 13 Signs To Consider:

1. You've injured yourself (such as hurting your back or falling) when trying to lift or move your loved one.
2. If your loved one has Alzheimer's and it has progressed to the point where they try to hurt you. Or, they exhibit other challenging behaviors such as paranoia or anger.

cont. on page 8

AYURVEDIC LEVODOPA FOLLOW UP - IMPORTANT NOTE

Wayne Myers

Further to last month's article, please note:

The Fava beans must be peeled before steaming. The skins do not slip off easily, so devise your own method. Use of thumb and fingernail works best for us and peel in batches, so you don't get tired.

Discard beans with black spots. Most beans will have some brown discoloration which is not a problem

I have found taking 2 teaspoons of Jack Daniels, or Jim Beam Homey Bourbon (it's sweet) works well since I then don't need tonic water. Wine doesn't have a high enough alcohol content.

of us.

In Health!

OVERCOMING YOUR MIDAFTERNOON ENERGY SLUMP

Jeannette Kitzmann, *AccentCare, Inc*

You may charge into the day full of energy. But by midafternoon a wave of sleepiness hits you. You find it hard to keep your eyes open, or you find yourself yawning. Many people experience these late-in-the-day energy lags, but you can take steps to prevent them. Here are suggestions for healthy ways to keep your energy flowing throughout the day.

DON'T MISS BREAKFAST - The best way to keep your energy level at peak performance is to start the day with breakfast. Skipping any meal affects your concentration. This makes it harder to solve problems. Missed meals also mean you miss out on nutrients. Often, people who skip meals end up overeating later.

PICK HIGH-ENERGY CARBS - For a quick burst of fuel, choose foods high in complex carbohydrates. These are healthful sources of energy that digest the quickest. Go for whole-grain breads and cereals, hummus, fresh fruits, vegetables and vegetable sticks, pasta, and rice. Even spring rolls or burritos can do the trick. To hold hunger at bay for longer, choose protein foods that take longer to digest like peanut butter or cheese.

SNACK WISELY - Instead of looking at snacks as extras, treat them as mini-meals that contribute to your overall nutrition for the day. Healthy snacks help provide fuel to keep your body going. Try fruits and vegetables to boost your intake of vitamins, minerals, and fiber. Choose plain nonfat yogurt or café lattes made with skim milk to get protein and calcium. When you snack, keep variety, moderation, and balance in mind.

CHOOSE LOW-FAT - Fat takes a long time to digest and makes the body feel sluggish. Most junk food is high in fat and/or sugar. Instead of buying chips or cookies from a vending machine at work, plan ahead and bring healthy foods for snacks.

DON'T OVERDO SUGAR - Eating sugar causes your blood sugar to rise rapidly. This can result in an energy boost. But when sugar is introduced into the bloodstream, the body also makes insulin. This lowers blood sugar levels. Sometimes the body over-adjusts itself, causing the blood sugar level to drop rapidly. This explains the drop in energy some people experience about 30 minutes after eating a sugary snack. Sugar in moderation, particularly from fruit or juice, will give you energy without a lag.

SLEEP WELL - Getting even an hour less of sleep can result in slower mental functioning the next day. Your reactions will be slowed, and your memory may suffer. The average adult needs—but doesn't get—about 7 to 9 hours of sleep a night, according to the National Sleep Foundation. On average, a person over age 65 needs about 7 to 8 hours of sleep each night.

TANK UP ON FLUIDS - Your body needs a certain amount of water to function. When you don't have enough water, everything slows down and becomes less efficient. Water is best, but other liquids, like milk, juice, or the water in solid foods, will also work.

GET A CAFFEINE BOOST - Caffeine is a stimulant, so it will give you a temporary energy boost. According to the Food and Drug Administration (FDA), as long as you keep your caffeine intake to about 400 mg per day—about the equivalent of 4 cups of coffee—caffeine typically isn't harmful to most healthy adults. But each person is different in how sensitive they are to caffeine and how fast they break it down. Remember, too much caffeine can affect your sleep at night, make you jittery, increase your heart rate, increase your anxiety, make it more likely for you to have heartburn or an upset stomach, or cause headaches 12 to 24 hours after your last dose of caffeine.

DEVELOP AN ACTIVE LIFE - Exercise increases your endurance and makes your cardiovascular system more efficient. This gives you more energy for doing simple daily tasks. Exercise also helps you sleep better, improves your mood, relieves stress, helps with weight control, strengthens bones

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PARKINSON'S RESOURCE ORGANIZATION

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AS LEGAL OR MEDICAL ADVICE
NOR TO ENDORSE ANY
PRODUCT OR SERVICE.
WE INTEND IT TO SERVE AS
AN INFORMATION GUIDE.

GIFT OF HOPE – cont. from page 3

Must the Donor Be Transported To Our Facility? No. The tissue is removed at a facility close to the place of the donor's death. Only the brain and other authorized tissue are sent to our Center.

Who Is Responsible For Arranging For Tissue Removal?

At the time of death, the Resource Center's Donor Coordinator will contact a trained person who will remove the tissue for research purposes. Donor/family member may help us prior to death by contacting local hospitals in their area to obtain names of pathologists for the Donor Coordinator to contact.

At What Location Will The Tissue Be Removed? In our recent experience, the majority of donors are passing away in a home hospice program or a nursing care facility. Therefore, the limited tissue removal will be carried out at the funeral home/mortuary the family has chosen.

Even if the donor dies in a hospital, the tissue removal may still take place in the funeral home/mortuary as some of the smaller hospitals do not have autopsy facilities. This situation is dealt with on an individual basis.

If the family has chosen a cremation service, it is possible that the crematorium may not have the facility to let us remove the tissue. This situation is dealt with on an individual basis.

What Does The Funeral Home/Mortuary Have To Know And Do?

We suggest the issue of donating tissue for research be discussed by the donor/next of kin with the chosen mortuary at the time of the decision to use them. Once we are notified of a mortuary that the family has chosen, we will send them a letter to be placed in their files on how to contact us at the time of death so the donation can take place expeditiously.

What Happens To The Body In The Autopsy Suite/Mortuary?

After the brain and other tissue have been removed, the body is released to the funeral director for whatever arrangements the family has made. An open casket or other traditional funeral arrangements are possible. The exact funeral and burial details, however, remain the responsibility of the donor's survivors or estate.

Is There Any Cost? The Center pays for the tissue removal, transportation of specimen to us and if necessary use of facility where tissue is removed. Funeral arrangements and expenses remain the responsibility of the donor and family.

How Can the Donor's Survivors Determine Who Is Next-Of-Kin?

The hierarchy of legal relationships is fairly consistent from state to state. Generally, all legal guardianships, powers of attorney, and other court-appointed relationships end at death. The surviving legal next-of-kin is the first to fulfill one of the following requirements:

- 1) Spouse (unless divorced or legally separated)
- 2) Adult child (if more than one, all must agree)
- 3) Parent
- 4) Sibling (if more than one, all must agree)
- 5) Another relative (niece, nephew, grandchild, etc.)
- 6) Executor or Administrator (if already appointed)

What Needs To Happen? When you enroll in our Gift of Hope program, we will request you to provide us with your medical history. This helps us maintain comprehensive information for later correlation with research studies conducted by scientists.

Next of kin is contacted by the Coordinator after the donor's death to express condolences as well as gratitude for the donation. Even though the next of kin has given telephonically informed consent to remove tissue after death for research, we are required to obtain and keep on file an original signed informed consent. At this time, we also send authorization for release of donor's medical records for their signature and return to us. As with all information, these records are kept strictly confidential.

How Do I Become A Donor? Simply let us know of your wish to become one and we will send forms that need to be completed IN ADVANCE of death. Your consent to donate is only useful if your next of kin know of your desire to make this donation as they must be willing and available to give telephonic consent at the time of death. The donor should also discuss this with all family members, so there is no confusion of the desire to donate.

Please feel free to write, call, or email us Phone: (310) 268-3536; Fax (310) 268-4768; 24 hr pager (310) 389-5199; email: brainbnk@ucla.edu about any other questions you may have.

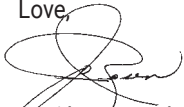
REMINDER: Even if you are a registered donor in our Gift of Hope Program, your next of kin must be willing and available to give telephonically informed consent at the time of death to make this donation happen.

PRESIDENT'S MESSAGE – cont. from page 1

YOUR MIDAFTERNOON ENERGY SLUMP on page 5; **AYURVEDIC LEVODOPA FOLLOW UP - IMPORTANT NOTE** on page 5; **GIFT OF HOPE** on page 2, **HOW DO YOU KNOW WHEN IT'S TIME FOR ASSISTED LIVING?** on page 4 and our **BITS AND PIECES on GoGoGrandparent** is on page 7.

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/donate](https://www.parkinsonsresource.org/donate) or mail your donation to our office in Palm Desert, California.

Until next month, REMEMBER Friendship Day on the 4th, Nat'l. Lazy Day on the 10th, Nat'l. Relaxation Day on the 15th, Nat'l. Tell A Joke Day on the 16th, Nat'l. Nonprofit Day on the 18th and Nat'l. Tooth Fairy Day on the 22nd. The flowers are the Poppy & Gladiolus and the Birthstone: Peridot. ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,

 President & Founder

BITS and PIECES

Have you heard of **GoGoGrandparent**? It turns on-demand transportation companies like Lyft or Uber into services that help families take better care of older adults, without the necessity of a SmartPhone™. They have operators 24/7 that watch rides and offer support. GoGoGrandparent text alerts to keep families in the loop.

- *Step 1:*
CALL 1 (855) 464-6872 and wait to hear: "Thanks for calling GoGoGrandparent."
- *Step 2:*
PRESS 1 to immediately request a Lyft or Uber to your home.
PRESS 2 to request a Lyft or Uber to where we dropped you off last.
PRESS 3, 4 or 5 to request a Lyft or Uber to a custom pick up location (once you're registered, please give us a call to set these up).
PRESS 6 to request a Lyft or Uber with an operator.
PRESS 0 to speak with an operator about scheduling requests in advance or anything else.

Assigned TNC drivers usually arrive within 15 minutes and can take you up to 100 miles in any direction (or commuter trips like San Diego to LA).

Have questions? Call (855) 464-6872.

Thank you, Chris Chen, for submitting this information.

ENERGY SLUMP – cont. from page 5

and muscles, and lowers your risk for a host of diseases. Be sure to check with your healthcare provider before beginning an exercise program.

BREAK FOR FITNESS – A good way to fight off tiredness during that mid-afternoon energy lag is to do some stretches or take a quick walk around the building or parking lot. It will get the blood flowing. It also forces your senses to become sharper and more focused.

ACCENT CARE is in our Wellness Village at ParkinsonsResource.org/the-wellness-village/directory/accntcare/ since April 2019. AccentCare is a leader in post-acute healthcare services, earning an overall 4.5 Star quality rating from the Centers of Medicare & Medicaid Services (CMS). They provide comprehensive care, guidance, and support for a wide variety of needs, including short-term, complex, and chronic conditions. Their services include home care services from Personal Care, Skilled Home Health Care, Private Duty Nursing, Care Management, through and including, Hospice Care.

NOT READY TO THROW IN THE TOWEL

Boston Scientific, Advancing Science for Life ä

Suzanne Friedman, a 54-year-old Florida native, has run a marathon, traveled around the world, and raised two children with her husband of 25 years, Steve. "We're [a] very, very active [family]. We just came back from Colorado, where we were hiking and white water rafting."

About seven years ago, something started to change for Suzanne. The very first symptom she noticed was when she was walking on the beach in flip-flops. Her shoe kept slipping off, and she didn't understand why. Soon after, she began to notice her left leg shivering a bit while working at her computer in the morning. Eventually, Steve started to notice that she was dragging her feet and encouraged her to see her doctor, but Suzanne was resistant—whatever it was, she didn't want to know.

At her next annual exam with her primary care doctor, she mentioned it, and her doctor told her it was probably a pinched nerve. She went to a neurologist for further evaluation, and it was then that she was diagnosed with Parkinson's disease—a diagnosis that was soon after confirmed by another specialist.

When it got to the point where she almost couldn't walk, she decided that she had to find out if there was anything else at all that she could do. Suzanne started doing research online, and **when she came across information about deep brain stimulation (DBS), she became hopeful.**

I've been waiting for seven years for a medicine to make me feel better, and every time they come out, I have other side effects. I'm tired of waiting. I'm watching the years go by; I need to do something now.

"I came to terms with the fact that if I wanted to get better, the only way [it was going to happen for me] was through Deep Brain Stimulation." Her brother is a doctor and helped her research the best place in the area to get it done, as well as which DBS system would be right for her. After her extensive research, there were three reasons Suzanne ultimately chose a Boston Scientific DBS system.

First was the size. "I felt very comfortable that it was a very small size and it wouldn't show. I had seen people that had other devices that stuck out of their chest, and mine, I [felt] I could wear a bathing suit with it, and nobody would notice." The second reason was technology. "Even though it's new to the United States, I found that it had been out in Europe for many years. [For me it had the most up-to-date technology, and I thought to myself, ' Why wouldn't you want the latest ?' And last, there's the battery. "I don't want to go through another surgery until I have to. I know some other devices say they might last five years, but I would rather have a device that lasts at least 15."

For Suzanne, one of the greatest gifts DBS has given her is consistency. "Life before DBS was a struggle. I was suffering every day. Now, [my experience has been that] I don't have to worry about whether my medicine works, whether it's not going to work, when I have to eat or when the next medicine's due. I'm sleeping better, not napping every day, being able to stay up late. Everybody keeps telling me that I seem happy and that they see me smiling more. DBS has brought my personality back."

Boston Scientific representatives will speak at PRO support group meetings starting September.

ASSISTED LIVING – cont. from page 4

3. Your family member has wandered off outside the home and/or has become lost.
4. You are falling short of your other responsibilities.
5. You exhibit signs of caregiver burnout. For example, you recently lost your temper when your loved one was resisting getting dressed. Or, they were following you everywhere you went inside the house.
6. Your own health is declining. This can be either physical or emotional and may include conditions such as high blood pressure, headaches, stomach problems, anxiety, and depression.
7. Your relationships are significantly suffering.
8. You have surgery or another planned medical procedure coming up.
9. Your doctor has said that it's time for assisted living for your loved one.
10. Your loved one has care needs that you really can't handle well, despite your best efforts.
11. Friends or other family members have expressed concern for you and have encouraged you to look into other care options for your loved one.
12. You have tried other in-home care resources, but they just aren't providing enough assistance for you.
13. When you determine that assisted living is more cost-effective than what you are paying for in-home care assistance.

If one or more of these signs sound familiar, it may be time to look into a move to an assisted care facility. You can talk with people you know who might be able to recommend a facility in your area. Or, you can utilize a free assisted living placement service who can guide you through the process. They can save you hours and hours of time researching the best options for you.

A Word From Senior Living Options of the Desert

Thinking about care options for your loved one can be stressful. Although sometimes it feels like you can manage it, there may be other times where you feel like you're just not able to do it all.

Many people describe the feeling as if they are

drowning in the responsibility and the weight of the caregiver role. Acknowledging these feelings, however, does not take anything away from the love you have for the person you are caring for.

Your health and well-being are important in being able to care for your loved one. Acknowledging that you can't do everything is ok. Planning ahead will help you to be there for your loved one and allow you to continue to provide the support they need during the challenges of this journey.

Leann Dale and Senior Living Options of the Desert have been in the Wellness Village since October 2018. PRO has received glowing responses from the families we've referred by phone or through the Wellness Village. We are proud and honored to have them in the Wellness Village. Visit them at ParkinsonsResource.org/the-wellness-village/directory/senior-living-options/ Or call them at 760-322-0322.



"ONE OF THE HARDEST DECISIONS WE'LL EVER HAVE TO FACE IN LIFE IS CHOOSING WHETHER TO WALK AWAY OR TO TRY HARDER."

— AUTHOR UNKNOWN

NEWSWORTHY NOTES

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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 • fax: 760-773-9803

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

501(C)(3)#95-4304276

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