

A MONTHLY PUBLICATION OF

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE

PRESIDENT'S

In the story **RED MARBLES** found on page 3, one of the morals is: *We will not be remembered by our words, but by our kind deeds.*

November is **NATIONAL FAMILY CAREGIVERS MONTH**. See Page 4 for tips and access to the Caregiver Bill Of Rights.

This month **NEWSWORTHY NOTES** includes **ON THE ROAD TO THE CURE**, on this page. Thanks to all of you that said you missed it.

As 2019 comes to a close, and we reflect on the year, we stand in gratitude and appreciation to our many supporters for helping us help so many. Through the efforts of our support groups, one-on-one coaching, the Wellness Village, our interactive website, and, of course, our monthly newsletters, we have reached more than 75,000 people in 2019, more than ever before in our 29-year history.

Our database grows by nearly 100 names per month, and we've discovered that our Parkinson's community is starving for connection. The team at Parkinson's Resource Organization *is* that connection to live, human conversation, communication, one-on-one assistance, and personal encouragement. Nowhere else in the Parkinson's world is this level of personal care and connection found.

Our mission and daily endeavors are *not an option*; they are a requirement. We *must* be here for those who need us.

To do this, asking for support is also *not an option*. We need you. As we look to 2020 as a year of possibility and growth, your help is vital to our organization and outreach.

As we near the season of giving and perpetual hope, please remember how much your charitable giving means to PRO. Help us to burn bright, to

cont. on page 7

ICBII UPDATE ON THE ROAD TO THE CURE

A REAL-TIME SCIENCE REPORT

PHARMACEUTICAL COMPANIES' STUBBORNESS OR IDIOCY

Ram S Bhatt, PhD

ALZHEIMER'S, DEMENTIA and PARKINSON'S diseases are growing epidemics with no cure on the horizon for nearly 20 million patients worldwide. During the last thirty years, drug development for Central Nervous System (CNS) diseases has experienced tremendous setbacks worldwide as several clinical trials targeting A β , tau, and α -synuclein failed one after another. As much as these results have been very disappointing, they are really not surprising in view of what is published since the 1980s about the monoclonal antibody drugs derived from mouse (mouse mAbs) that were used in the failed clinical trials.

"Today, there is not a single biologic that is FDA approved for a disease of the central nervous system where the drug traverses the blood-brain-barrier following intravenous or subcutaneous administration.

It is difficult to conclude, on the basis of a failed clinical trial, that a given biologic is not often effective for a given central nervous system disease when the biologic was never delivered to the target site in the brain."

— William Partridge, *Bio Drugs*, 31, 503 (2017)

In spite of the overwhelming proof that mouse monoclonal antibodies do not cross the blood-brain barrier (BBB) and reach the brain, most of the big pharmaceuticals have been pouring billions of dollars into developing a cure for CNS diseases without any good outcome of the massive efforts worldwide. Who is responsible for such a colossal failure year after year and wasting stakeholders' billions of dollars? While argument can be made that most CEOs have no science background and thus not responsible for the recurring failures, responsibility also falls upon them for not using common sense that they cannot expect better outcome for using the same old mouse mAb drugs that have been failing for CNS disease since the 1980s. The majority of the responsibility falls upon the scientific leaders, R&D Directors, Vice Presidents, and/or Chief Scientific Officers (middle management) who continue to endorse the use of failed mouse mAbs technology for CNS diseases hoping for a better outcome next time but failing again and again. The middle R&D managers of these big pharma have been the barriers to successful development of CNS disease therapies by clinging to their comfort zone (mAbs), perhaps also job security, and not welcoming /considering new technology that may be revolutionary for overcoming problems of the BBB impermeability.

GOOD NEWS - The San Diego Biotech Company, ICB International, Inc., (ICBII), has developed technology to overcome the hurdles of the blood-brain brain. The technology has been demonstrated in animals to halt and reverse the disease progression. The Company is now seeking funds for human clinical trials. The company is committed to bringing its Alzheimer's and Parkinson's drugs to the market with or without pharma involvement.

WOULDN'T YOU LIKE TO HELP get ICBII's drugs to market faster? The joy of being a part of this historic 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 jrosen@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.

Our Wellness Villagers

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- Canine Companions

AROMA THERAPY

- Renee Gauthier

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- California Phones

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BITS AND PIECES

PARSLEY

Now grown all over the world, parsley originated in the Eastern Mediterranean region. For more than 2,000 years, it has been known as a *medicinal herb*.

The ancient Greeks valued the seeds and roots of the plant for their soothing, diuretic effect on those with kidney and bladder ailments. Today, parsley is still used primarily as a diuretic... it strengthens the digestive system and helps alleviate stomach and liver problems.

In folk medicine, parsley is recommended for women who have irregular menstrual periods. As a diuretic, it may also ease the bloating that some women experience before their periods. In addition, parsley leaves are a good source of many vitamins and minerals - including iron, which is important for the proper formation of red blood cells, potassium, and vitamin C.

Therapeutic Effect: Parsley is a diuretic that purifies the blood and accelerates the excretion of toxins. It stimulates appetite and aids digestion and metabolism.

The herb can also ease bloating, stomach cramps, and nausea, as well as relieve arthritis symptoms. Eaten regularly, it reduces heart rate and lowers blood pressure. To keep your breath fresh, chew on fresh parsley leaves. And for treatment of kidney stones, brew up some parsley tea.

Components: This herb supplies important vitamins and minerals. For instance, just a cup of fresh parsley provides a third of your daily vitamin C requirement. Its high vitamin C and A content also help fight cancer. Parsley actually ranks higher than most vegetables in *histidine*, an amino acid that inhibits

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RED MARBLES

Abe Miller was bagging some early potatoes for me. I noticed a small boy, delicate of bone and feature, ragged but clean, hungrily apprising a basket of freshly picked green peas. I paid for my potatoes but was also drawn to the display of fresh green peas. I am a pushover for creamed peas and new potatoes. Pondering the peas, I couldn't help overhearing the conversation between Mr. Miller and the ragged boy next to me.

"Hello Barry, how are you today?"

"H'lo, Mr. Miller. Fine, thank ya. Jus' admirin' them peas, sure look good."

"They are good, Barry. How's your Ma?"

"Fine. Gittin' stronger alla' time."

"Good. Anything I can help you with?"

"No, Sir. Jus' admirin' them peas."

"Would you like to take some home?"

"No, Sir. Got nuthin' to pay for 'em with."

"Well, what have you to trade me for some of those peas?"

"All I got's my prize marble here."

"Is that right? Let me see it."

"Here 'tis. She's a dandy."

"I can see that. Hmmmmm, only thing is this one is blue, and I sort of go for red. Do you have a red one like this at home?"

"Not zackley, but almost."

"Tell you what. Take this sack of peas home with you and next trip this way let me look at that red marble."

"Sure will. Thanks, Mr. Miller."

Mrs. Miller, who had been standing nearby, came over to help me. With a smile, she said, "There are two other boys like him in our community; all three are in very poor circumstances. Jim just loves to bargain with them for peas, apples, tomatoes, or whatever. When they come back with their red marbles, and they always do, he decides he doesn't like red after all, and he sends them home with a bag of produce for a green marble or an orange one, perhaps."

I left the stand smiling to myself, impressed with this man. A short time later, I moved to Colorado, but I never forgot the story of this man, the boys, and their bartering.

Several years went by, each more rapid than the previous one.

Just recently, I had occasion to visit some old friends in that Idaho community, and while I was there learned that Mr. Miller had died. They were having his viewing that evening and knowing my friends wanted to go, I agreed to accompany them.

Upon arrival at the mortuary, we fell into line to meet the relatives of the deceased and to offer whatever words of comfort we could.

Ahead of us in line were three young men. One was in an army uniform, and the other two wore nice haircuts, dark suits, and white shirts... all very professional looking. They approached Mrs. Miller, standing composed and smiling by her husband's casket. Each of the young men hugged her, kissed her on the cheek, spoke briefly with her, and moved on to the casket.

Her misty light blue eyes followed them as, one by one, each young man stopped briefly and placed his own warm hand over the cold, pale hand in the casket. Each left the mortuary awkwardly, wiping his eyes.

Our turn came to meet Mrs. Miller. I told her who I was and mentioned the story she had told me about the marbles. With her eyes glistening, she took my hand and led me to the casket.

"Those three young men who just left were the boys I told you about! They just told me how they appreciated the things Jim "traded" them. Now, at last, when Jim could not change his mind about color or size... they came to pay their debt."

"We've never had a great deal of the wealth of this world," she confided, "but right now, Jim would consider himself the richest man in Idaho."

With loving gentleness, she lifted the lifeless fingers of her deceased husband. Resting underneath were three exquisitely shined red marbles.

Moral: We will not be remembered by our words, but by our kind deeds. Life is not measured by the breaths we take, but by the moments that take our breath.

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WHAT IS THE DaT SCAN: DOES NOT DIAGNOSE PARKINSONS

The U.S. Food and Drug Administration (FDA) approved the DaTSCAN™ visual adjunct brain imaging test in 2011 to help with the diagnosis of PD or a parkinsonian syndrome. DaTSCAN™, ioflupane I 123, is a GE Healthcare trademark. It is used to detect the loss of nerve cells that release the chemical messenger dopamine in an area of the brain called the striatum.

DaTSCAN™ is a specific type of single-photon emission computed tomography (SPECT) imaging technique used to detect the presence of dopamine transporters (DaT) in the brain. DaTSCAN™ is a solution for injection that contains the synthetic cocaine analogue 5 substance ioflupane 123 (a neuro-imaging radioactive form of the chemical element Iodine).

Because several of our constituents happily reported that they just had their DaT Scans and it was determined they didn't have Parkinson's. They don't know what they have, but it's not Parkinson's, so we say the following:

The short answer is that the DaT Scan was FDA approved to distinguish potential Parkinson's disease from essential tremor. In fact, the test only tells the clinician if there is an abnormality in the dopamine transporter, and **does not actually diagnose Parkinson's disease... you could have a parkinsonism.**

NOVEMBER IS NATIONAL CAREGIVERS MONTH: A CAREGIVER'S BILL OF RIGHTS

Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are family, friends, and loved ones.

If you've ever looked after an older or disabled loved one, or even an adult child with special needs, you know how difficult it can be to "keep all the balls in the air,"... doctors' appointments, daily tasks like dressing, feeding, bathing, and managing finances.

If you currently look after an older or sick loved one, make sure to have the following legal documents created **before a crisis occurs**:

- **POWER OF ATTORNEY** - This will allow you to legally manage your loved one's financial affairs, communicate with financial institutions, and apply for any benefits needed when your loved one can no longer do so.
- **HEALTHCARE DIRECTIVE** - This document gives the appointed agent the right to communicate with doctors and make all necessary medical decisions if the patient cannot speak for him or herself.
- **HIPAA FORM** - You'll want to have a HIPAA form signed in advance by your loved one to ensure that you can access any medical records you may need and overcome any other privacy hurdles you encounter.

These documents are easy to create and something that *all caregivers* should have on file so that they can quickly and legally step in to help their loved one in an emergency.

During this month and all other days and months, a Bill of Rights was established in 1986, and there have been many renditions since. Below are snippets from three of Bills of Rights we found. You can download them, on our website, or send a stamped, self-addressed envelope with a request to receive them, here:

A CAREGIVER'S BILL OF RIGHTS

I have the right . . .

- To take care of myself. This is not an act of selfishness. It will give me the capacity to take better care of my relative.
- To seek help from others even though my relative may object. I recognize the limits of my own endurance and strength.
- To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things for myself.
- To get angry, be depressed, and express other difficult feelings occasionally.
 1. Seek support from other caregivers. *You are not alone!*
 2. Take care of your own health so that you can be strong enough to take care of your loved one.

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CHOOSING A CAREGIVER: AGENCY OR PRIVATE?

John Mason, Owner, BrightStar Care San Fernando Valley

When a loved one needs help, and you're not able to do it yourself anymore, what do you do? If you've never hired someone to help you in the home, it can seem like a daunting task. You want to pick the right person but are confused and overwhelmed by the long list of things to consider. Here are a few questions to help you make a good decision.

Who Is The Employer? When you hire someone privately, you are the employer. This comes with some responsibilities. California has strict labor laws on paying overtime, sick paid time off, and allowing a leave of absence. Be sure you are aware of these if you plan to hire and pay privately. If you choose an agency, ask if their employees are W2 or 1099. W2 employees work for the agency; 1099 employees are contracted and will become your employees once they step into your home.

Another issue with the "who is the employer" question is insurance. The biggest concern is an employee getting injured in your home. If you are the employer, check your homeowner's policy to see if it covers employees in your home. If you go with an agency, ask if they have workers comp, general liability, and professional liability insurance.

Who Is This Person Coming Into My Home? When hiring privately, check the California Home Care registry to see if the person is listed. California requires all caregivers to register, although not all do. If they are on the registry, you can see the results of their background check and learn more about the person coming into your home. Most agencies require a background check, drug test, and physical. Ask the agency if they require these documents for hire and what their process is for screening caregivers.

What If The Caregiver Can't Make It? Reliability is important when hiring someone for a loved one. This is a hard one to answer, as some people start out reliable, then something happens, and they suddenly change. If you are hiring privately, be sure to interview the caregiver and explain your needs to see if they are a good fit. Also, make a plan with local family and friends to fill in if your caregiver calls out sick or quits suddenly. If you hire an agency, ask about their shift coverage and response time for last-minute call-offs. This issue is a big one, particularly if you work full time or do not live close to your loved one.

There are lots of things to consider when making this very important decision. Generally, hiring privately will cost less, but you take on some risk as an employer. Hiring an agency brings a higher cost but takes you out of the employer role. A good agency should also provide nurse supervision and training for employees, along with a strong pool of backup caregivers when you need them.

Good luck in your search - it is certainly worth the effort. Keeping your loved one at home with a good person to help will bring great peace of mind to you and those you love.

John Mason, a Brightstar Care affiliate, has been a member of the Wellness Village since September 2018. His agency is located in Van Nuys, California. PRO has received only high marks for the services of him and his caregivers.

A "PRO"VOCATIVE LETTER

My dearest Jo Rosen,

First, let me say I am sorry for the delay in this letter. It took me a lot of brave thinking of what I am about to say.

I am a 60-year-old man that suffers from Parkinson's disease, and I live with both of my parents, who are both in their 80s.

My father has Parkinson's as well. I've been fighting this disease since 1994, and my question to you ma'am, is what's going to happen to me when my parents go to heaven?

I am sure people are listening and want to know what I have to say. First, what if the President had a son or daughter with Parkinson's? What if one of the Senators had a daughter or son with Parkinson's? What would happen if the Speaker of the House had a son or daughter with Parkinson's? And so on and so on.

From the bottom of my heart, I would like to ask people who have the money to participate in the Road To The Cure. Nobody knows what it is to have it until you are faced with it. Let's all pray that you are on the Road to the Cure.

With Lots of Love,
Your friend Noe G.
Texas

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WRITE THE ENDING TO YOUR LIFE STORY!

Laura Meeks, *Fly High Living*

A life coach and how she can help people with Parkinson's or their Caregivers

Have you ever read a detective novel and pondered, "how will this story end?" Our lives can seem much like a detective novel, but I have learned that we are not the spectator of our lives. We are the creator of our life.

I have had the pleasure of working with people in the Parkinson's arena. I have worked with both the person with Parkinson's and the caregiver. What I know is that it is so easy to get wrapped up in the circumstances that we **forget to live**.

In my connections with people, I find many are trying to figure out how to make a positive move toward a life that will be better, but they haven't defined what a better life is or what it might look like. So, what does "better" mean to you? What you want may be different than what I want, and it may also be different than your family member may want.

An example may be found in this story:

An older gentleman is walking in a park when he hears a tiny little voice from the ground. Looking under the leaves of the bush nearby, he spies a little frog!

"Help me, kind sir! I am a princess that was turned into a frog, and if you kiss me, I will become a princess and grant all your wishes!"

The older gentleman picks up the frog and looks at it while pondering a kiss. In the end, the man puts the frog in his pocket and starts to walk off!

"Kind sir, didn't you hear me? Why did you put me in your pocket? Don't you understand that I am a princess? I can bring you happiness if you kiss me!"

The old man stops and says: "At my age, happiness is a talking frog!"

I tell that story because knowing what you want your life to be is important, and sometimes others think they know what you should want.

Only you know what you want to do before you transition into a new phase of your current life or into a new world.

I don't know what you want in life, but I have endured a number of major changes in my life. The most dramatic was my transition from a macho pilot guy into the beautiful female life coach I am today.

What I know for sure is you have a gift, and I can help you find it. My skill is helping people understand how to find a vision and change their thinking. I help them find a path to a better life. It takes a little work, and I know that it helps so much to have a mentor guide you.

The good news is no matter where you are today **YOU** get to decide how it will all end. You get to write the ending of your life story.

So, what is on your bucket list? How do you want your story to end?

Whether you are struggling with the challenge of helping your loved one or struggling with the challenges of having Parkinson's: you can have a fun and productive life.

Life Coaches work with their clients to help them achieve goals, overcome obstacles, and make changes or shifts in their lives. The Coach works with the client as a partner, knowing that the

client has the answers to create the changes they seek. Coaches **do not** counsel or analyze the past.

A life coach is almost like a sculptor who can look at you and see the potential for you to achieve all that you desire. Through specific strategies and skills, the coach helps you define yourself and create the life you envision. Coaches help you focus, provide direction, challenge you, support you, motivate you, and celebrate with you. Life coaches help you create a plan, detail action steps and hold you accountable for following through. They use skills that include observing, listening deeply, asking empowering questions, challenging, and motivating. Coaches do not counsel or analyze the past. Life coaching is based on the principle that the client has the intrinsic ability to determine and achieve their goals. Everything is based on the present and what you want to achieve moving forward.

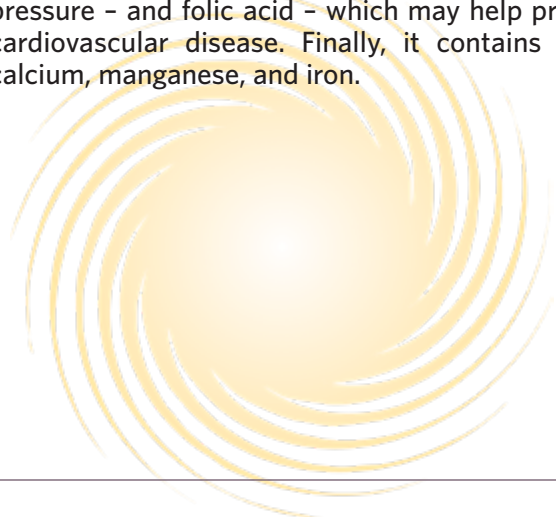
Coaches work with all types of clients and meet with their clients...

- Coaching By Telephone
- Face to Face Coaching
- Videoconferencing

*Laura Meeks "Fly High Living" is a General Life Coach who has been in the Wellness Village since March 2019. She has been very helpful to people with Parkinson's as well as to their caregivers. She has a knack and fills a niche. She is not a psychological therapist. She is a real-time, real-life coach helping you to build and execute a life plan. Watch the video of a CAREGIVER when you visit her at **Flight Plan For Life** in the Wellness Village.*

PARSLEY – cont. from page 2

tumors. In addition, parsley is an excellent source of potassium - which is important in lowering blood pressure - and folic acid - which may help prevent cardiovascular disease. Finally, it contains some calcium, manganese, and iron.



CAREGIVERS MONTH – cont. from page 3

3. Accept offers of help and suggest specific things people can do to help you.
 4. Learn how to communicate effectively with doctors.
- **Receive enough training in caregiving skills along with accurate, understandable information about the condition and needs of the care recipient.**
 - **Appreciation and emotional support for their decision to accept the challenge of providing care.**
 - **Protect their assets and financial future without severing their relationship with the care-receiver.**
 - **Respite care during emergencies and in order to care for their own health, spirit, and relationships.**

Go to [ParkinsonsResource.org/Caregiver's Bill of Rights](http://ParkinsonsResource.org/Caregiver's%20Bill%20of%20Rights) to access and obtain the full sets of all of the Caregiver's Bill of Rights above.

PRESIDENT'S MESSAGE – cont. from page 1

be the "light at the end of the tunnel" to receive their Red Marbles. Dedicate your holiday donations to those dearest to you, by going to ParkinsonsResource.org/contribute-2/ or by mailing checks to PRO.

I thank you in advance for helping us help so many others.

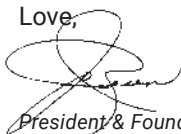
Additionally, informative and exciting news is **THE MEAL LIFTER** on this page; **CHOOSING A CAREGIVER: AGENCY OR PRIVATE?** on page 5; **WRITE THE ENDING TO YOUR LIFE STORY!** on page 6; our **BITS AND PIECES** about **PARSLEY** on page 2; and a **PROVOCATIVE LETTER** on page 5.

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 <http://www.parkinsonsresource.org/#modal-donate> or mail your donation to our office in Palm Desert, CA.

Until next month, REMEMBER Daylight Savings Time ends on the 3rd, Election Day is on the 5th, Veteran's Day on the 11th, Thanksgiving Day on the 28th, Black Friday on the 29th, and Small Business Saturday on the 30th. The flower is the Chrysanthemum and the Birthstones: Topaz and Citrine.

ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

THE MEAL LIFTER

Anne S Royer, *Founder Plate Lifter, LLC*

Several years ago, we invited our family to a 90th birthday celebration for my mother-in-law. I had fixed her favorite meal and was surprised when she quietly sat and didn't eat. When I asked if she was alright, she whispered that because of Parkinson's and her associated tremors, she was no longer able to raise her arm without food falling off the utensil and on to her clothing, causing her great embarrassment.

To temporarily remedy the situation, I stacked several books below her dinner plate, which allowed her to pivot on her elbow from plate to mouth without lifting her arm. It worked extremely well, and subsequently, we created a prototype that she took with her to meals at her senior living facility. Ultimately, the prototype allowed her to remain in independent living longer than her condition would have otherwise permitted.

Over the course of using the prototype, several other residents and nursing staff inquired if the device was commercially available. After extensive research, we discovered that no one had ever offered this type of eating aid. With the express desire of helping individuals eat independently, we experimented with various sizes and configurations, and eventually created a device that we trademarked and patented as the "Meal Lifter."

We presented the device to Direct Supply, the largest distributor of equipment to the senior housing market, and they agreed to sell Meal Lifters commercially through their catalog. We also offer the devices through our website: www.meallifter.com.

In visiting with the Alzheimer's Foundation, we learned that dementia patients often have a limited field of vision, and are unable to see their dinner plate. By raising the plate (preferably red) with the Meal Lifter, they can more easily see the food and feed themselves. Further, by wrapping one arm around the device, they have greater control, comfort, and confidence while eating.

Based on the support and encouragement we've received from the local Parkinson's and Alzheimer's organizations, the Michael J. Fox Research Team, as well as senior housing operators, neurologists, rheumatologists, physical and occupational therapists, we expect the Meal Lifter will become a new paradigm for those who have difficulty eating.

What began as an altruistic endeavor has now become a business enterprise grounded in our philosophy of assisting individuals in eating with Greater Ease and Dignity.

Editorial Request: Would you like to see products like the Meallifter and others in the Wellness Village? Email info@parkinsonsresource.org or drop us a note.



PRO CALENDAR FOR NOVEMBER 2019

The current support group meeting locations are listed below.

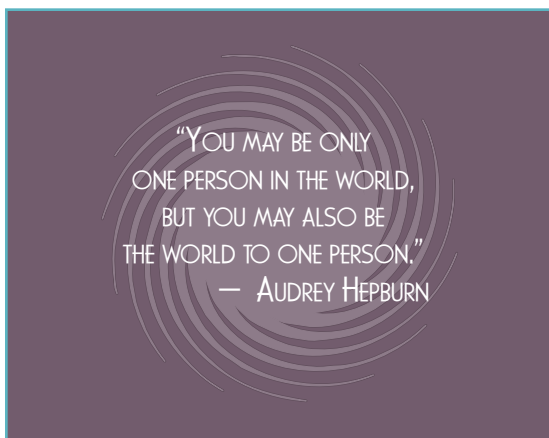
For any information regarding any of these meetings, please contact the PRO Office at 877-775-4111.

					1	2
3 DAYLIGHT SAVINGS TIME ENDS	4 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	5 ELECTION DAY	6 LONG BEACH Round Table For Everyone 6:30 PM Cambrian Home Care "Training Center" 5199 Pacific Coast Hwy	7	8	9
10	11 PALM DESERT Round Table For Everyone 6:30 PM Atria Hacienda 44-600 Monterey Ave	12	13 GLENDDORA Caregiver Only 6:30 PM La Fetra Senior Center 333 E Foothill Blvd	14 NEWPORT BEACH Caregiver Only 6:30 PM Oasis Senior Center 801 Narcissus Corona Del Mar	SHERMAN OAKS Round Table Meeting 1:00 PM Sherman Oaks East Valley Adult Center 5056 Van Nuys Blvd	15 16
17	18 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	19	20 ENCINO Caregiver Only 7:00 PM Rehab Specialists 5359 Balboa Blvd	21 SANTA MONICA Round Table For Everyone 7:00 PM Rehab Specialists 2730 Wilshire Blvd. Ste 533	22	23
24	25 PALM DESERT Speaker Meeting 6:30 PM Atria Hacienda 44-600 Monterey Ave	26 MANHATTAN BEACH Round Table For Everyone 6:30 PM American Martyrs Welcome Center 700 15th St	27	28 THANKSGIVING	29 BLACK FRIDAY	30 SMALL BUSINESS SATURDAY

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.



NEWSWORTHY NOTES

November 2019 / Issue No. 324 / Published Monthly

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's
74-478 Highway 111, No 102 • Palm Desert, CA 92260-4112

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

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

501(C)(3)#95-4304276

We do not intend the PRO Newsletter as legal or medical advice, nor to endorse any product or service; we intend it to serve as an information guide.