

A MONTHLY PUBLICATION OF

## PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

### MESSAGE

### PRESIDENT'S

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

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

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

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

The **ROAD TO THE CURE** on this page continues with the **UPDATE: THE MISSING LINK IN DEVELOPING CURATIVE THERAPIES FOR CNS DISEASES**.

Enjoy other PROvocative and informative news such as: **WHEN**

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### ICBII UPDATE ON THE ROAD TO THE CURE

#### A REAL-TIME SCIENCE REPORT THE MISSING LINK IN DEVELOPING CURATIVE THERAPIES FOR CNS DISEASES

Ram Bhatt, Ph.D., CSO, CEO

There is increasing evidence for the role of inflammation in neurodegenerative diseases of the central nervous system (CNS), including Parkinson's disease (PD), Alzheimer's disease (AD), amyotrophic lateral sclerosis (ALS), and multiple sclerosis (MS). There are several basic mechanisms that drive neurodegeneration that may be triggered by inflammatory cells and their mediators at various stages of the neurodegenerative processes. Some of the mechanisms involved believed to be are: Apoptosis (caspase-mediated programmed cell death), Necroptosis (loss of cell membrane integrity), Neuronal Autophagy (cell death by accumulated toxic components such as proteins and/or damaged organelles, Retrograde Degeneration (cell death due to axonal injury), and Demyelination (damage to myelin sheath on axons). Drug development so far has been mainly focused on correcting neuronal autophagy by targeting accumulated intra- or intercellular amyloid-beta or Tau or  $\alpha$ -Syn. Drugs used have been humanized mouse monoclonal antibodies for the targeted pathogens, which have failed in multiple clinical trials over the last three decades. As we reported last month, evidence does not exist that mouse monoclonal antibodies actually reached the target site in the brain. We would like to repeat the quote of Dr. William Pardridge once again in this November issue: "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 effective for a given central nervous system disease when the biologic was never delivered to the target site in the brain." *Bio Drugs*, 31, 503 (2017)

Therefore, the failure of all of the pharma drugs may be due to the inability of drugs used in the clinical trials. On the contrary, we cannot dispute the stated claims that a group of patients treated with massive doses of amyloid-beta mouse monoclonal antibody for a long period cleared amyloid-beta from the brain of treated AD patients but without improving cognition. This failure points to a missing link in the attempted therapies so far. **That missing link is the therapy to promote remyelination of axons.** While it is essential to clear the brain of deleterious products either by harnessing the body's immune system or suppressing the CNS immune mechanisms, ICBII feels that without regenerative therapies that promote remyelination, it would be difficult, if not impossible to improve cognition and or motor function. Scientists at ICB International, Inc., ("ICBII"), believe that the ideal treatment for CNS disorders will be the one that comprises:

- i. Excellent blood-brain barrier (BBB) uptake of a disease-modifying drug.
- ii. Regenerate and restore axonal myelination.
- iii. Restore mitochondrial function.

ICBII, a San Diego based biotech company, is working on a tri-specific therapy for AD, PD, ALS, MS, and many other CNS disorders.

And a quick note on **Glial cell-derived neurotrophic factor (GDNF)**. GDNF is a protein that promotes the survival of neurons in humans. Unfortunately, GDNF does not cross the blood-brain barrier (BBB) into the central nervous system. As a result, the therapeutic effects of GDNF have not been possible to study. ICBII has the technology to transport GDNF into the brain. Delivering GDNF to the brain is one of ICBII's approaches to improve motor function of Parkinson's patients after clearing the  $\alpha$ -synuclein oligomers, the very toxin responsible for killing the

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# Our Wellness Villagers

## ACUPUNCTURE

- Dr. David Shirazi

## ANIMAL-ASSISTED THERAPY

- Canine Companions

## AROMA THERAPY

- Renee Gauthier

## ASSISTIVE TECHNOLOGY

- California Phones

## BEAUTY

- Younger By Tonight

## BOXING/EXERCISE

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## WHEN YOU INTERVIEW A CAREGIVING AGENCY

John Mason, *President of Brightstar Care, Inc. Van Nuys, CA*

When you interview a caregiving agency, what do you want to know? In this new world of caregiving, it would be wonderful if hospitals and health care professionals would provide instruction to caregivers. Here is a story we often hear "For the last years of my life, as my husband battles Parkinson's, I have been his primary caregiver. When I travel for my job, our friends or relatives come to stay and keep him company, make dinner and ensure he receives his medications. Sometimes that is not enough. I am fortunate that we can pay for outside care when I need it. Many families cannot. I want to know about the Agency that I hire."

Here is an interview with our Director of Nursing at Brightstar Care in Van Nuys, California.

**WHAT EXPERIENCE DO YOU BRING TO YOUR JOB?** My nursing career started in Phoenix, AZ, on the cardiac unit, where I continued

to progress my knowledge and gain experience in the clinical setting at the Mayo Clinic. About four years ago I moved to Los Angeles, which allowed me to explore new career opportunities. I then chose to advance my nursing scope by shifting my career from the acute hospital setting to home care. While here in L.A., I spent most of my time working in home health and specializing in IV therapy.

**WHAT ASPECT OF YOUR JOB ARE YOU MOST PASSIONATE ABOUT?** I am most passionate about preventative care. My nursing career has shown me that preventative care is the most critical to your overall health and independence. "A successful therapy requires harmony of the physical and

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## UBER FOR SENIOR CITIZENS: NO APP REQUIRED!

Leann Dale

Senior Living Options Of The Desert, Inc.

Giving up the keys to the car is one of life's most difficult transitions for many seniors. It represents the loss of independence, something none of us want to give up. Many seniors also fear isolation, so losing the ability to drive can have a significant impact both socially and psychologically.

Transportation options vary by location and are oftentimes difficult to coordinate and arrange for when you actually need a ride. Rideshare companies like Uber and Lyft have cemented their position as the future of transportation and have shown us that there is a real demand for ordering things on-demand.

But here is the problem... On-demand apps require a smartphone to use, and there are still more than 75 million Americans who don't have a smartphone—essentially making this service out of reach. Older Americans are especially likely to not have a smartphone (*or even a cell phone*).

We need an Uber for senior citizens!

### Meet GoGoGrandparent

GoGoGrandparent has developed a way for those without smartphones to use on-demand services like Uber. It's simple. After initially speaking to an operator and giving them your credit card and home address, you just call back and use their automated system, pressing 1 for a pick up at your home. The company hails an Uber, and you just tell your driver where you want to go. If you ever need a pickup at a different location (*it will remember where you were dropped off last, so you can request a pickup there*), just call the company's hotline and request to talk to a real person.

GoGoGrandparent charges a small commission on each ride, as well as a \$1.80 fee to cover their back end costs. They say that this total fee comes out to about \$2.50 per ride on average. A little more than ordering your own Uber, but a small price to pay for the gift of mobility.

### The Back Story

The story of the company's founding is pretty cool. One of the founders, Justin Boogaard was living with his grandmother. She saw him Ubering so much and asked how she could use it. Once Justin let her know she only needed a smartphone to hail a ride, she told him to create a company that would let her use it!

Justin and his co-founder David Lung liked the idea, but wanted to impartially test it, because everyone knows your grandma automatically likes everything you do. So they created a postcard from a fake company and mailed it to Justin's grandmother, advertising a company that lets you order an Uber by calling a phone number from a landline or dumb cell phone. She tried it and loved it, and GoGoGrandparent was born.

The founders explained that eventually they hope to partner with nonprofits and city governments to offer the service to under-resourced populations, who may not be old but just can't afford a smartphone. The startup also sees itself as potentially replacing costly and inefficient paratransit programs, which are basically in every major city.

Lastly, the startup wants to eventually offer other services to customers. This could be access to on-demand apps like Postmates or Instacart, home maintenance like Handy or even a caregiving service. These additional services will all provide GoGoGrandparent with more diverse and frequent streams of revenue, as well as potentially large referral fees for the company.

### How do you sign-up?

Users can sign up for GoGoGrandparent online [GoGoGrandparent.com/](http://GoGoGrandparent.com/), or by calling (855) 464-6872 or (855) GoGo-USA.

Leann Dale and Senior Living Options of the Desert have been in the Wellness Village since October 2018. PRO has received glowing responses from families we've referred by phone or through the Wellness Village. Are you looking for a special place for your loved one because you cannot keep them at home anymore? Senior Living Options services are free to you.

Visit them at [ParkinsonsResource.org/the-wellness-village/directory/senior-living-options/](http://ParkinsonsResource.org/the-wellness-village/directory/senior-living-options/), or call them at 760-322-0322.

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## 10 THINGS TO DO WITHIN 10 YEARS OF RETIREMENT

Year-End, A Good Time To Think About This

David Thatcher, *Cypress Wealth Services*

The countdown is on, and you are finally closer to the finish line than the starting block. Your dreams of white sandy beaches, days enjoying the golf course, or more time with family are just around the corner. This may fill some of you with excitement and others of you with panic at all that still needs to be done before you clock out for the last time. If it seems like your retirement checklist is never-ending and you don't know where to start, prioritize these 10 things to do as you start your 10-year countdown to retirement.

### 1. Crunch The Numbers

There are countless uncertainties when it comes to your retirement savings. While it may be impossible to predict exactly how long your nest egg will last, you can run your figures through different scenarios to evaluate what will happen if the market crashes, if you face unexpected healthcare costs, or if a spouse dies prematurely. Once you stress-test your savings in this way, you can come up with a plan to mitigate these risks. If you wait until you are retired to take this step, it may be too late to make the changes necessary to maximize your retirement income.

### 2. Test Drive Your Retirement Income

Whether you choose to continue working during retirement or not, you'll likely rely on a retirement income generated from several different sources, including Social Security, employer-sponsored retirement plans, personal retirement plans, and other savings and investment programs. Throughout your working years, you've been contributing money to these accounts so you can secure a consistent income in retirement. But how do you know if it's enough to last your whole retirement? One way is to test it out. While it's generally recommended to assume you'll need 80% of your current income in retirement, you and your family may need more or less. For a few months, test drive a reduced budget. To start, try living on 80% of what you currently receive. Do you find yourself pinching pennies, or did you find ways to cut back?

### 3. Save More

The closer you get to retirement, the more you should aim to save. Cut back on expenses, channel any raises and bonuses directly to savings, and automate savings increases of 1% every few months. Your increased savings can be invested into your company 401(k) or 403(b) plan or your personal IRA. If you are over 50, you can invest an extra \$1,000 a year into an IRA for a total of \$7,000 for 2019. At \$6,000, the catch-up contribution for those over 50 is even greater for 401(k) and 403(b) plans, allowing a total annual contribution limit of \$25,000.

### 4. Decide Where You Will Live

According to studies by the Employee Benefit Research Institute, housing expenses account for an overwhelming 43% of spending for those age 75 and older—even more than healthcare.[1] As you approach retirement, think through where you're going to live and how much you'll spend on housing costs in retirement. If you plan on relocating, do your research. Visit your potential locations, and decide if the climate, community, and area are right for you. If your plan includes staying where you are, ask yourself if downsizing is a viable option. If you want to stay in your current home, look at any modifications that are needed to accommodate aging. Plan to make any expensive adjustments and repairs now, before you're living on a tighter budget.

**5. Evaluate Your Investments** The 10-year pre-retirement mark is a particularly appropriate time to adjust your portfolio's allocations. Meet with your financial advisor to review your current lineup and determine whether your risk tolerance should change. Along with reallocating your investments, you'll want to consider how the sequence of returns could impact your portfolio's value over time. In the simplest of terms, sequence of returns refers to the risk of receiving lower or negative returns early in a period when you're making withdrawals from your investments. If your retirement date correlates with the onset of a bear market, your savings can be depleted quickly as you withdraw from your portfolio. With a smaller investment base, you'll have less wealth remaining to benefit from a future market upswing. To mitigate the risk of sequence of returns ruining your retirement portfolio, work with your advisor to take the appropriate steps, such as reducing volatility, examining your withdrawal strategy, and finding different market options to protect your money.

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## 10 FOODS HIGH IN POTASSIUM

Ariana Marini

*Medically Reviewed by Lynn Grieger, RDN - Everyday Health*

High-potassium foods are an essential part of any balanced diet. The mineral helps regulate your body's fluid levels, aids in muscular function and waste removal, and keeps your nervous system functioning properly. Research shows that potassium reduces blood pressure in people with hypertension and may lower the risk of stroke.

"It's essential for maintaining normal blood pressure and keeps your heart beating regularly," says Frances Largeman-Roth, RDN, a *New York Times* bestselling author and nutrition expert in Brooklyn, New York. "This electrolyte is necessary for muscle contractions and also helps keep sodium levels in check. Many of us don't get enough potassium each day, so focusing on adding potassium-rich foods to our diets is smart for overall health."

If your potassium levels are too low, a condition known as hypokalemia, can result in fatigue, *insomnia*, depression, muscular weakness or cramping, and cardiovascular issues such as abnormal heart rhythm. Hypokalemia can be due to a lack of potassium in your diet, though more commonly it's the result of taking certain prescription medications. While low potassium in the body is a concern, it's also possible to get too much, leading to blood potassium levels that are too high—called hyperkalemia. This is something you need to be especially aware of if you have kidney problems.

The kidneys help regulate the amount of potassium in your body, but if they're not functioning properly, too much potassium can get into the bloodstream, causing weakness or numbness, and potentially, arrhythmia and heart attack. A variety of medications, such as ACE inhibitors (medicines that relax blood vessels and lower the amount of salt and water in the body), nonsteroidal anti-inflammatory drugs (NSAIDs), and certain diuretics, can also bring potassium levels too high. Though some people need to avoid eating too many foods that are high in potassium, most healthy adults should aim for an intake of about 4,700 milligrams (mg) a day.

When people think of potassium in foods, they often think first of bananas. And yes, bananas are indeed a good source of the nutrient, but there are plenty of other colorful, tasty, and nutritious ways to work the right amount of potassium into a healthy diet. To help you do that, we've come up with some options, such as sun-dried tomatoes tossed into a salad or on top of a pizza, dried apricots, and other fruits made for snacking, avocado smoothies, and roasted acorn squash. Leafy greens, beans, potatoes, fish, and dairy are some additional great ways to get the potassium you need.

**1. Bake All Kinds of Potatoes: Sweet, White, or Red** — Whether they're red, white, or sweet, potatoes can be a great source of potassium; about 900 mg of the nutrient can be found in just one medium russet potato. These popular starches are also high in vitamin C, vitamin B6, and are a good source of fiber (especially in the skin) and iron. Refrain from frying your potatoes; baking potatoes is one of the healthiest ways to prepare them, but make sure to avoid adding fats such as sour cream and melted cheese. Opt for a dollop or two of homemade hummus or guacamole instead.

**2. Toss Sun-Dried Tomatoes Into Your Salads** — Fresh tomatoes contain potassium, but you'll get even more from tomatoes in other forms like tomato paste, tomato sauce, and even sun-dried tomatoes, which contain more than 1,800 mg of potassium per cup (or around 50 percent of your daily recommended amount). Low in fat (when not packed in oil, or when drained), sun-dried tomatoes are also high in fiber and vitamin C, are a good source of protein, and help to promote both digestive and immune system health. They make a delicious addition to salads and sandwiches and can be a great topping for pizza night with the kids.

**3. Add Kidney Beans to Burritos, Salads, and More** — If you enjoy kidney beans, finding more ways to add them to your meals may be just what you need to get more potassium into your diet. "Kidney beans are a great source of potassium, with more than 600 mg per cup," says Largeman-Roth. "They're also high in fiber." She recommends adding them to your salads or mashing them up with salt and pepper to use as a burrito filling. Other beans high in potassium include white beans, lima beans, and pinto beans.

**4. Slice Up Bananas, Cantaloupe, Kiwi, and Other Fresh Fruits** — If you've heard about any potassium-rich foods, you probably know that bananas are a good source, containing more than 400 mg of potassium each. Bananas make a healthy high-energy snack that's

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**POTASSIUM** – cont. from page 5

also high in vitamin B6, and a good source of fiber and vitamin C. Other high-potassium fresh fruits to enjoy are cantaloupes, kiwi, oranges, and strawberries.

**5. Eat Avocado for Breakfast, Lunch, or Dinner** — If avocado isn't a staple in your house yet, start adding it to your grocery list. This nutrient-dense food is rich in potassium — 975 mg in one avocado — as well as vitamins and heart-healthy fats, plus they're naturally free of cholesterol and very low in sodium. Luckily, avocado is so versatile that you can incorporate it into any meal of the day. For breakfast, try adding it to your morning smoothie. Largeman-Roth recommends using one of her favorite avocado recipes from her cookbook, *Eating in Color*. "You blend ½ avocado with ½ banana, ½ cup low-fat vanilla yogurt, ½ cup ice, 1 cup coconut water, 1 teaspoon of agave nectar, and ½ teaspoon ground cinnamon," she says. If you're vegan, you can still enjoy this recipe by substituting silken tofu for the yogurt.

**6. Add Fish Such as Wild Salmon and Halibut to the Menu** — Fish lovers, rejoice: Most fish will give you at least 10 percent of the recommended daily amount of potassium. Certain fish — like wild salmon, some varieties of tuna, halibut, trout, flounder, and Pacific cod — are better sources than others; a 3-ounce piece of wild Atlantic salmon contains around 500 mg of potassium. Some fish, such as salmon, are also rich in omega-3 fatty acids and vitamin D. Make sure to purchase varieties that contain low or no mercury, and avoid breading or frying. In addition to seafood, red meat (including lean beef), chicken, and turkey also provide potassium.

**7. Roast Acorn Squash for a Sweet, Healthy Treat** — You may not think of it that often when preparing meals, but acorn squash is a food rich in fiber, antioxidants, vitamins, and minerals — especially potassium, with one cup of cooked squash containing almost 650 mg. Steaming or roasting it keeps you from adding any unnecessary fat. "Cut it in half, scoop out the seeds, slice it into rings, and roast it with a little salt, pepper, and brown sugar," Largeman-Roth says. "It gets so tender and sweet. Kids will love it — and they can eat it like a slice of watermelon!" Largeman-Roth adds that she's "also not opposed to drizzling it with some olive oil," which would increase the absorption of the beta carotene in the squash.

**8. Don't Overlook Dairy — Milk and Yogurt Provide Potassium, Too** — Though fruits and vegetables are among best food sources of potassium, dairy products can also add the mineral to your diet. A cup of whole milk has more than 300 mg of potassium, while the same amount of nonfat milk contains almost 400 mg (in general, the lower the fat in the milk, the higher the potassium). Yogurt contains between 350 and 500 mg per cup, depending on the variety — yet another reason to make protein-packed yogurt a part of your healthy breakfast or snack.

**9. Load Up on Dark Leafy Greens like Spinach and Bok Choy** — Some of the best sources of potassium are dark leafy greens such as spinach, which, when cooked has more than 800 mg of potassium per cup; bok choy, which contains around 600 mg per cup when boiled, and Swiss chard, which has almost 1,000 mg per cooked cup. Leafy greens are a nutritional powerhouse—low in calories and high in a plethora of vitamins and minerals — so you can feel good about eating them every day.

**10. Snack on Dried Fruits: Apricots, Peaches, and Figs** — For a great potassium-rich snack that can also satisfy a sugar craving, try dried apricots. Apricots are actually most beneficial to your health when served dry, or dehydrated, which causes nutrient levels to become more concentrated. Just one cup can get you about one-third of the recommended daily potassium level, or about 1,500 mg. If dried apricots aren't your thing, try dried peaches, raisins, or dried figs, which are also high in potassium and available all year round. Look for unsweetened dried fruit to avoid added sugar.

**PRESIDENT'S MESSAGE** – cont. from page 1

**YOU INTERVIEW A CAREGIVING AGENCY** on page 2; **UBER FOR SENIOR CITIZENS: NO APP REQUIRED!** on page 3; **10 THINGS TO DO WITHIN 10 YEARS OF RETIREMENT** on page 4; and are you having difficulty with insomnia? **10 FOODS HIGH IN POTASSIUM** on page 5.

We know we are providing valuable information and support in the Parkinson's community, 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](https://www.ParkinsonsResource.org/#modal-donate) or mail your donation to our office in Palm Desert, CA.

**Please Remember** Tuesday, December 3rd is **GIVING TUESDAY**, a global generosity movement unleashing the power of people and organizations to transform their communities and the world on this day, and every day. It was created in 2012 as a simple idea: a day that encourages people to do good.

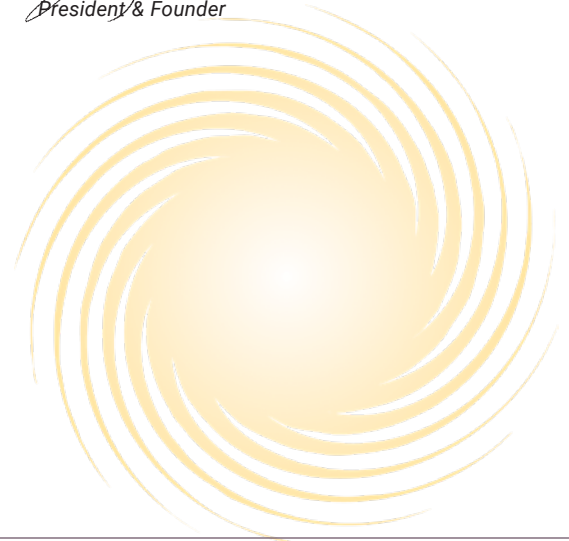
Until next month, REMEMBER Giving Tuesday on the 3rd, Pearl Harbor Remembrance Day on the 7th, Winter Solstice on the 21st, Start of Hanukkah on the 22nd, Christmas Eve on the 24th, Christmas Day on the 25th and the last day of 2019 or the Eve of 2020 on the 31st. Happy New Year from all of us at PRO! The flowers are the Narcissus & Holly, and the Birthstones are Turquoise & Blue Topaz.

ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder



**10 YEARS OF RETIREMENT** – cont. from page 4**6. Create A Social Security Strategy**

Social Security benefits can be claimed anytime between ages 62 and 70. However, the timing of when you decide to collect these benefits will impact the amount of payout you receive. At 62, you become eligible to receive Social Security benefits for the first time. But before you start claiming Social Security, it's important to review your benefits and options for claiming so that you can plan to maximize your lifetime benefit. If you start claiming benefits at age 62, your benefits are about 26% lower than if you waited for full retirement age, and over 40% less than if you wait until you are 70 to claim. It's also important to consider how long you've worked and your lifetime average monthly earnings, which are used to calculate your benefit. In some cases, working a few extra years can have a big impact on your monthly Social Security benefit.

**7. Do Some Healthcare Research**

No matter how healthy you are today, you may need more health services as you age. According to the Employee Benefits Research Institute, the average couple at age 65 will require anywhere from \$157,000 to \$392,000 in healthcare costs. Most people don't even have that much in their retirement accounts to live on, let alone cover medical costs. Even with Medicare, there could be significant out-of-pocket expenses and many conditions and treatments that are not covered. When choosing your health insurance for retirement, make sure you understand all Medicare options and supplements and work with an experienced professional to help you evaluate your options.

**8. Don't Forget About Long-Term Care**

Along the lines of health, think about your potential need for long-term care insurance. According to the U.S. Department of Health and Human Services, most Americans turning age 65 will face the potential of requiring long-term care at some point during their later years. On average, nationally, it costs \$275 per day or \$8,365 per month for a private room in a nursing home.[4] If you decide that long-term care insurance is the way to go, now is the time to act. Insurance costs increase with age. There is also the risk that your health will change, and your application for insurance will be denied. Generally, you will have fewer options the longer you wait. If you want to get a long-term care plan in place, you have a few options. You can go with a traditional long-term care insurance policy, add a long-term care rider to your life insurance policy, purchase an annuity with a long-term care rider, or start saving for your long-term care, so you can self-insure.

**9. Don't Forget About Tax Planning**

Tax planning can save you more money than you realize. By projecting your future income and taxes now, you may find opportunities to save. When you are living off a fixed income in retirement, tax strategizing can make a world of difference in the longevity of your nest egg. For example, a \$50,000 withdrawal from a Roth IRA will have a wildly different tax impact than that same distribution from a traditional IRA. Creating a tax plan can help you strategically withdraw from your various retirement accounts and minimize your tax liability.

**10. Get Professional Advice**

Even if you have been saving and planning on your own up until this point, these final years before retirement is critical for making decisions that have far-reaching consequences. If you want to spend your final working years enjoying life rather than worrying, our team at Cypress Wealth Services would love to help you create a personalized retirement road map to address your concerns and guide you to financial independence. Get started by contacting us. You can find us in the Wellness Village [ParkinsonsResource.org/the-wellness-village/directory/cypress-wealth-services/](http://ParkinsonsResource.org/the-wellness-village/directory/cypress-wealth-services/). We're here to help.

Cypress Wealth Services have been in the Wellness Village since January 2017. Visit their page and watch their video, then call them and ask for their "Life in a Book" or for information about "Your Second Growth" You'll be pleased that you did.

**ROAD TO THE CURE** – cont. from page 1

neurons.

WOULDN'T YOU LIKE TO HELP get ICBI's drugs to market faster? The joy of being a part of this historic event can be had by helping ICBI fund bringing these trials to fruition through investing, or 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](mailto:jorosen@Parkinsonsresource.org) or by contacting ICBI directly through their website [ICBI.com/](http://ICBI.com/) or by phone at 858-455-9880.

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

**CAREGIVING AGENCY** – cont. from page 2

psychological functions in order to achieve a restoration of the body in its entirety." — Max Gerson M.D. My emphasis focuses on educating patients/families on a holistic level to prevent injury, disease, and disability and promote awareness and well-being.

**I PROVIDE A HIGHER STANDARD OF CARE FOR OUR CLIENTS BY...**

Providing compassionate and holistic care with dignity and love. My experience provides accurate assessments and creates an individualized plan of care for each person. I am a patient and family advocate and promote autonomy. I also continue to educate myself on the latest advancements in science, alternative therapies and keep myself open to new ideas.

*If you're in the San Fernando Valley of California and you need a caregiver, consider contacting Brightstar Care by going to the Wellness Village [ParkinsonsResource.org/the-wellness-village/directory/brightstar-care/](http://ParkinsonsResource.org/the-wellness-village/directory/brightstar-care/) to review their video and profile or call them at (818) 528-5388. They have been members of the Wellness Village since September 2018.*

# PRO CALENDAR FOR DECEMBER 2019

The current support group meeting locations are listed below.

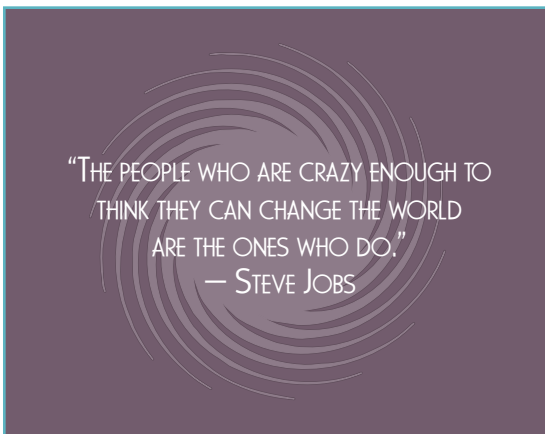
For any information regarding any of these meetings, please contact the PRO Office at 877-775-4111.

1	2 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	3 GIVING TUESDAY	4 LONG BEACH Round Table For Everyone 6:30 PM Cambrian Home Care "Training Center" 5199 Pacific Coast Hwy	6	7 PEARL HARBOR REMEMBRANCE DAY	
8	9 PALM DESERT Round Table For Everyone 6:30 PM Atria Hacienda 44-600 Monterey Ave	10	11 GLENORA Round Table For Everyone 6:30 PM La Fetra Senior Center 333 E Foothill Blvd	12 NEWPORT BEACH Caregiver Only 6:30 PM Oasis Senior Center 801 Narcissus Corona Del Mar	14	
15	16 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	17	18 ENCINO Round Table For Everyone 7:00 PM Rehab Specialists 5359 Balboa Blvd	19 SANTA MONICA Round Table For Everyone 7:00 PM Rehab Specialists 2730 Wilshire Blvd. Ste 533	20	21 WINTER SOLSTICE
22 HANNUKAH BEGINS	23 PALM DESERT CANCELED	24 MANHATTAN BEACH CANCELED	25 CHRISTMAS	26	27	28
29	30	31 NEW YEAR'S DAY				

**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

December 2019 / Issue No. 325 / 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](mailto:info@ParkinsonsResource.org) • web: [ParkinsonsResource.org](http://ParkinsonsResource.org)

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