

A MONTHLY PUBLICATION OF

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE

PRESIDENT'S

April showers bring May flowers, and here in the desert they are one of the bright spots of our days.

We are so proud of how quickly PRO pivoted to the "new normal" getting the *Things to Know RIGHT NOW* videos with current and critical information out to you right here and right now. We also started our virtual Support group meetings and we loved the input from those who attended. We may never go back to physical meetings - that has not been determined - so if you need support in getting to the virtual meetings, please let us know. Our office is giving technical support when we can.

We look forward to having a 30th Anniversary event one day this year. How that will look may also be something, the likes of which we haven't seen before. It is a major milestone and should be acknowledged. We are forever grateful to donors who came about to support us through the lost finances from not having an event. We are continuing to look for that support to keep our services going forward full force.

Important Notice: Because of the COVID-19 health crisis, Congress passed a stimulus bill that expands the charitable deduction to all taxpayers for a one-year Universal Deduction. For those who itemize, the bill lifts the cap on annual giving from 60 percent of adjusted gross income to 100 percent for the 2020 tax year and allows nonitemizers to deduct up to \$300 in cash giving. Another great reason to give a gift to [Parkinson's Resource Organization](#).

The **ROAD TO THE CURE** is still in progress as indicated in the article on this page. We're grateful that the scientists are all well and proceeding toward this most needed goal; notwithstanding the CoVid-19 pandemic.

Please look at the other ©PROvocative articles and informative news such as **SENIOR HEALTH PLANNING ACCOUNTS: COMING SOON?** on page 2; **ZOOM SUPPORT GROUP MEETING ETIQUETTE** on page 4; **CHANGES IN THE SKIN ARE COMMON SYMPTOMS OF PARKINSON'S DISEASE** on page 3; **EXPERTS DRAW ATTENTION TO THE 'HIDDEN SORROWS' OF COVID-19 AND PARKINSON'S** on Page 6; **COOKING FOR COGNITION: MAKING A MEAL IS GOOD FOR YOUR BRAIN** on page 5; and

cont. on page 7

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

NEW PATENT ACCELERATES TREATING NEURO-DEGENERATIVE DISEASES

LA JOLLA, Calif., April 15, 2020 / PRNewswire — Innovative California Biosciences International, Inc., ("ICBII"), announced on April 15th the approval of its patent for Blood-Brain Barrier (BBB) Permeable Peptide Composition.

Further validating the unique capability of ICBII's SMART molecules (SMs) in overcoming the age-old BBB problem in treating diseases of the brain, this is ICBII's 6th US and international patent.

It is estimated that 98% of all drugs cannot cross the BBB. The ones that do cross the BBB only provide short-term symptomatic relief without altering disease progression.

SMs are designed to enter the brain, target specific disease-causing proteins, and trigger immune response to eradicate an intended target. Unlike classical mouse monoclonal antibodies used by pharmaceutical companies in their failed clinical trials, *SMs do not target insulin and transferrin receptors on the BBB, which mitigates the potential of systemic toxicity.*

Unique attributes of SMs technology, including the ability to inhibit pathogenic enzymes, brings ICBII closer to its goal of enabling precise diagnoses and disease altering therapies of diseases like Alzheimer's, Parkinson's, Multiple System Atrophy (MSA), and Glioblastoma. With its sixth approved patent, five pending approval and several patents in the pipeline, ICBII continues to build a strong portfolio of proprietary intellectual property to protect its SMART molecules platform technology and to launch new commercial disease altering products for central nervous system (CNS) diseases.

SMART* Molecules (SMs) are novel miniaturized antibody mimics with efficient BBB uptake. (SMART* is an acronym that stands for **Specific Molecular Architecture for Recognition and Therapy**). This technology has been tested and verified by third parties in animal models of Alzheimer's and Parkinson's diseases. Among its array of SMs, ICBII has developed a SM for α -synuclein, a key Parkinson's disease target, which, when administered intravenously, allows quantitation of aberrant α -synuclein in the brain of mice and halts its expression in a dose dependent manner.

"This latest patent approval is a major advancement in moving the SMs technology platform forward towards treating Parkinson's, Alzheimer's, Glioblastoma, MSA, and other CNS diseases," stated Ram Bhatt PhD, Founder of ICBII. Applicable to any new CNS targets, SMs can potentially change the paradigm and cure many human diseases, including infections and cancers that have not been successfully treated so far.

Optimization of Parkinson's Drug

In collaboration with Gen-Script of New Jersey, ICBII is developing eight new analogs of its alpha-Syn-SM to choose one that has optimal therapeutic efficacy, BBB permeability, and none to minimal toxicity. The lockdown due to coronavirus has significantly hindered scientific progress.

Our Wellness Villagers

ACUPUNCTURE

- Dr. David Shirazi

ANIMAL-ASSISTED THERAPY

- Canine Companions

AROMA THERAPY

- Renee Gauthier

ASSISTIVE TECHNOLOGY

- California Phones

BEAUTY

- Younger By Tonight

CARE FACILITIES

- Atria Hacienda
- A&A Home Care Services
- Caleo Bay

CHIROPRACTIC

- Dr. Curtis Buddingh

CLINICAL TRIALS

- Parexel International

DEEP BRAIN STIMULATION

- Abbott
- Boston Scientific

DENTISTS

CMD/TMJ DENTISTS

- (CA) Dr. George Altuzarra
- (CA) Dr. Maryam Bakhtiyari
- (CA) Dr. Dwight Jennings
- (CA) Dr. Steven Olmos
- (CA) Dr. David Shirazi
- (CT) Dr. Patricia A. Richard
- (IL) Drs. Ed and Lynn Lipskis
- (TX) Dr. Risto Hurme
- (VA) Dr. Brendan C. Stack
- (VA) Dr. Jeffrey L. Brown
- (CA) Dr. Alice Sun

SLEEP MEDICINE DENTISTS

- (CA) Dr. Maryam Bakhtiyari
- (CA) Dr. Steven Olmos
- (CA) Dr. David Shirazi
- (IL) Drs. Ed and Lynn Lipskis
- (TX) Dr. Risto Hurme
- (VA) Dr. Brendan C. Stack
- (VA) Dr. Jeffrey L. Brown
- (CA) Dr. George Altuzarra
- (CA) Dr. Dwight Jennings

ELDER LAW ATTORNEYS

- (CA) Zoran K. Basich
- (CA) William R. Remery
- (NY) Ronald A. Fatoullah

ESTATE PLANNING- LEGAL

- (CA) William R. Remery
- (NY) Ronald A. Fatoullah

ESTATE PLANNING – FINANCIAL PLANNING

- Cypress Wealth Services

FELDENKRAIS METHOD®

PRACTITIONERS

- LeAnn Brightwell, CM

FINANCIAL ASSISTANCE

- The Assistance Fund, Inc

GRAPHIC DESIGN / PHOTOGRAPHY

- G-Aries Visions

HOSPICE CARE

- Family Hospice (local)
- Gentiva Hospice (regional)
- Vitas Healthcare (nationwide)

HYPNOTHERAPY

- Palm Desert Hypnosis

INCONTINENCE SUPPLIES

- Geewhiz

IN HOME CARE PROFESSIONALS

- Cambrian Homecare
- Senior Helpers of the Desert
- A&A Home Care Services
- Brightstar Care
- AccentCare, Inc

INSURANCE - LTC & Disability

- Jim Lawless, MBA

LEGAL-ATTORNEY-LAWYERS

- (CA) Zoran K. Basich
- (CA) William R. Remery, Esq.
- (NY) Ronald A. Fatoullah
- LIFE COACHING
- Laura Meeks – Fly High Living
- Lynda Reid, EdD, RPCC, PCC

LSVT LOUD PROGRAM

- Easy Speech Therapy Center
- Bolden Communication, Inc

LSVT BIG PROGRAM

- Rosi Physiotherapy

MASSAGE & BODYWORK

- Rehab Specialists

MEDICAL MARIJUANA

- PSA Organica

MEDI-CAL CONSULTING

- Medi-Cal Consulting Services, LLC

MOBILITY PRODUCTS

- In & Out Mobility
- LiftUp, Inc

MEDICINE

- US World Meds

MUSIC

- Minding Music – Music Therapy

NURSING HOME ATTORNEYS

- (CA) Zoran K. Basich

OCCUPATIONAL THERAPY

- Easy Speech Therapy Center
- VIBRA Rehabilitation Hospital

PHARMACIES

- Cornerstone Pharmacy

PHYSICAL THERAPISTS- TRAINING SPECIALISTS

- Arroyo Physical Health
- Renee Gauthier
- Rosi Physiotherapy
- Rehab Specialists
- Easy Speech Therapy Center
- VIBRA Rehabilitation Hospital

REAL ESTATE

- John Sloan Real Estate Group

REHABILITATION HOSPITALS

- VIBRA Rehabilitation Hospital

RELOCATION SERVICES

- Senior Living Options of the Desert

RESIDENTIAL CARE FACILITIES

- A & A Home Care

SENIOR HOUSING

- Atria Hacienda

SPEECH THERAPY

- Easy Speech Therapy Center
- Bolden Communications
- VIBRA Rehabilitation Hospital

VIATICAL

- Rehburg Life Settlements

VISION

- Optometric Vision Care, Dr Eric Ikeda

SENIOR HEALTH PLANNING ACCOUNTS: COMING SOON?

Lisa Rehburg, Rehburg Insurance Settlements

A new long-term care saving solution has been introduced in Congress by Rep. Brian Higgins (D-NY) and Rep. Gregory Steube (R-FL). H.R. 5958, the Senior Health Planning Account Act, allows proceeds from life insurance settlements to be rolled over into a special account – without tax – which may be used for qualified medical expenses. This new account can be an additional resource and solution for seniors to plan and pay for their health care and long-term care needs in retirement. According to the Life Insurance Settlements Association (LISA), who recently endorsed this bill, “the ‘Senior Health Planning Account Act’ would help seniors and other policy owners use underutilized life insurance assets to help plan for medical expenses without having to wait until after they are seriously ill.”

Key data points LISA highlights are:

- ✓ A healthy couple aged 65 retiring in 2019 can expect to spend \$285,000 on health care costs, according to Fidelity Investments.

- ✓ A recent University of Chicago study projects that by 2029, there will be 14.4 million middle-income seniors, 60% of whom will have mobility limitations and 20% of whom will have high health care and functional needs. The study further explains that 54% of seniors will not have sufficient financial resources to pay for it.

- ✓ In 2018, 7.7 million life insurance policies, with an aggregate face amount of \$570 billion, lapsed, for which policy owners received nothing. This lapse rate is 40% higher than just five years earlier.

- ✓ In a 2017 report, the National Association of Insurance Commissioners stated, “Policy owners who sell their policies

cont. on page 6

CHANGES IN THE SKIN ARE COMMON SYMPTOMS OF PARKINSON'S DISEASE

Kytti St. Amand, *Owner of Younger By Tonight*

Many people with Parkinson's develop oily or flaky skin, especially on the face and scalp. Others have trouble with dry skin or excessive sweating. This was discussed in my "Things To Know RIGHT NOW" video on the PRO YouTube channel. There are even studies that have shown a predominance of skin cancer among people with Parkinson's.

Oily, Flaky or Inflamed Skin - There are tiny glands called sebaceous glands below the surface of the skin. These glands secrete an oily substance into the hair follicles. This oil normally helps protect the skin, but too much can cause problems referred to as seborrheic dermatitis. Signs of sebaceous dermatitis include:

- Redness;
- Itching;
- Scaly white flakes or yellowish oils;
- Incurable inflamed areas;
- Oily skin, especially on the forehead, sides of the nose, scalp and eyebrows.

What Can You Do?

- Wash the affected area at least twice a day with warm water and rinse with cold water;
- Use a neutral, unscented, glycerin soap. Regular soaps dry out the skin. It does not work well on those with dry and sensitive skin. Glycerin soaps are known for their moisturizing properties. It makes the skin feel nourished, soft, and supple. It prevents your skin from drying out;
- For dandruff or scaly white flakes, try a shampoo (over the counter) containing selenium, selenium sulfide, salicylic acid, zinc or coal tar;
- In severe cases, doctors can prescribe shampoos or lotions containing selenium, ketoconazole or corticosteroids.

Dry Skin - Extreme dryness of the skin also can be a problem for people with Parkinson's.

What Can You Do?

- Use skin emollients or moisturizers and hair conditioners. There are some specifically for people with Parkinson's;
- Hydrate. Drink plenty of fluids;
- Consult a dermatologist.

Excessive Sweating - Many people with Parkinson's experience too much sweating. Often this occurs on the palms of the hands and soles of the feet. If one is experiencing drenching sweats it can be a medication "wearing off" symptom.

What Can You Do?

- Ask your doctor about adjusting your carbidopa-levodopa or other medications;
- Lukewarm showers may be helpful;
- Particularly in warm weather, wear lightweight cotton clothes;
- Hydrate, hydrate, hydrate. Drink plenty of water and avoid liquids that do NOT dehydrate, such as coffee and alcohol;
- Your doctor can prescribe medications for drenching sweats that continue and remain uncomfortable. One medication might be propranolol (Inderal®). If this choice is made know the side effects of it. Propranolol is a beta-blocker. Beta-blockers affect the heart and circulation (blood flow through arteries and veins);
- For the palms and the feet, your doctor can prescribe topical medications including: Aluminum chloride hexahydrate, Anticholinergics (e.g., glycopyrrolate), or Iontophoresis (a therapy that uses electric current).

BOARD OF DIRECTORS

GOVERNING BOARD

JO ROSEN

President & Founder

WILLIAM R. REMERY, ESQ.

Elder Law, PRO Secretary/Treasurer

MICHAEL LU

Director at Large

MATTHEW LU

Director at Large

KAYA KOUVONEN

Director at Large

ADVISORY GROUP

JACOB CHODAKIEWITZ, MD

PATRICIA DUNAY

DAVID M. SWOPE, MD

DR. ANA LORENZ

CLAUDE VALENTI, OD, FCOVD

DANA BERNSTEIN

Advertising Director

SUE DUBRIN

HONORARY MEMBERS

GREG A. GERHARDT, PHD

STEPHEN MACHT

Actor/Director

TRINI LOPEZ

Int'l Singer/Songwriter

EMERITUS

MARIA ELIAS

DEBBIE STEIN

ROGER RIGNACK, MBA

GONE, BUT NOT FORGOTTEN

ALAN ROSEN, FAIA

ELINA OSTERN

JERRY BERNSTEIN

JACK HISS, MD

PHILIP GUSTLIN, ESQ.

DR S. JEROME TAMKIN

KENNETH SLADE

SHIRLEY KREIMAN

LEONARD RUDOLPH

CAROLE ROBERTS-WILSON, MS-SLP

FOUNDING MEMBERS

JO ROSEN, *Founder*

ARNIE KRONENBERGER (deceased)

CATHERINE BUCKINGHAM

JENNIFER REINKE

DARLENE FOGEL

CHUCK KOCH

ALAN ROSEN, FAIA (deceased)

WAYNE FRIEDLANDER

PAUL ROSEN

ELAINE VACCA

Special Thanks

...TO OUR "SPECIAL" BOOSTERS:

SKY LUNDY

GARY LOPEZ / G-ARIES VISIONS

THE DESERT COMPUTER DOCTOR,
ROBIN BROWN

SUE DUBRIN

FRANK & MARY BUYTKUS

IRENE MOTTA

MARTHA HANSON

JOHN GUNDERSEN

EVA MYERS

JOHN PERL

RICHARD CORDES, CPA, JD, LLM

JEREMY SIMON

ADAN OLIVAS

MICHAEL LU

LINDA BORLAUG

CHERYL EWOLDT

CAROLYN RINDONE

MATTHEW LU

MARY HARRISON

MARY RICHARDS

DONNA STURGEON

ZOOM SUPPORT GROUP MEETING ETIQUETTE

There is just no substitute for good manners in all our daily interactions, and they are certainly appreciated more than ever in **Support Group** meetings. There are some age-old guidelines that comprise good meeting etiquette—being on time, maintaining eye contact, paying attention—and applying those same principles to our video meetings can go a long way toward a productive meeting environment. It can also help elevate your experience into a “great meeting.”

Traditional meetings can too often be considered unproductive because there are so many delays and interruptions. Reliable, easy-to-use video conferencing platforms like Zoom have helped to restore meetings’ reputations, but there are still ways to ensure all of those attending get the most out of the allotted time.

Some of the most common-sense meeting decorum—avoiding eating and drinking, minding your body language, and being respectful to whoever is speaking—are no-brainers. Another is **being on time**. So here are some additional etiquette tips to help ensure a focused and effective Zoom Meeting.

1. Make sure to listen to the objectives of the meeting.

The PRO meetings typically start with a preamble stating the objectives of the meeting. Like a real meeting or social event, we want the participants to know what they can expect. The same practice applies to a virtual meeting. In some instances, we will introduce the attendees, at least by first name to create a welcoming environment and stimulate engagement. We also inform the audience of the confidentiality that exists. The Golden Rule is especially important here. To promote timeliness, it has been suggested that we institute “Closed Meeting” times—meaning coming late might prevent someone from attending the meeting—people joining late are very disruptive to everyone, plus they miss hearing the meeting objectives; on the other hand, anyone can join the meeting in advance of its time and wait for us, the host, to arrive.

2. Ensure that you have a clean, appropriate background.

You want the other guests focus to be on the meeting content, not how messy you or your surroundings are or how amazing your art collection is. By having a clean, neat and tidy setting you reduce the chance that others will get distracted. You should also try to attend the meeting from a quiet area that has minimal background noise and movement. Zoom’s virtual background feature is an easy way to eliminate background distractions when you have to meet in a messy or busy location. Also note that lighting should be in front of you, illuminating you, not behind you.

3. Look into the camera when talking instead of looking at yourself.

If you are looking at yourself on the screen while you are talking, it will seem like your attention is elsewhere. Direct eye contact into the camera while speaking gives attendees the impression that you are looking at them rather than off to the side, which creates an environment where everyone feels engaged and present in the conversation. Be sure to position your web camera and monitor at eye level so you can look into the camera and simulate that eye-to-eye connection with other attendees.

4. Eliminate distractions and focus on the tenor of the meeting.

Notifications from messaging applications, ringtones, and applications running on your desktop or phone can be distracting, which can make the host and other guests feel disrespected and undervalued. Mitigating these distractions helps keep the meeting focused and free from interruption. In other words, turn off all devices not being used for this meeting. If you are using your phone for the meeting, turn off its ringer or any alarms.

5. Be aware of your audio and video settings.

Check whether your microphone is muted or unmuted and that your camera is on to ensure that all guests can hear you and see you when you speak. If we notice that you are speaking but your microphone is muted, we may alert you or our host will mute or unmute you.

6. Only meeting participants who need to be there are invited.

People who do not need to participate or are wrong for the meeting group can be detrimental to the quality of the meeting. “Caregiver Only” meetings are just for

cont. on next page

“LIKE” US ON FACEBOOK
AND FOLLOW US ON TWITTER!



Facebook.com/
ParkinsonsResourceOrganization



twitter.com/ParkinsonsPro

COOKING FOR COGNITION: MAKING A MEAL IS GOOD FOR YOUR BRAIN

Cleveland Clinic, Healthy Brains

If you feel at home in the kitchen, planning and preparing nutritious meals, congratulations!

You're not only refueling your body; you're stimulating your brain with the type of workout it needs to remain healthy.

"A nourishing, home-cooked meal, shared with friends or family, touches on three of the six pillars of brain health," says Jeffrey Cummings, MD, ScD, Director of Cleveland Clinic Lou Ruvo Center for Brain Health. "This familiar activity exercises the brain, provides the nutrition our bodies crave and encourages social interaction, all of which are critical to preserving cognitive fitness."

Dr. Cummings notes that many brain processes involved in getting dinner on the table are classified as executive functions, which help us plan and control goal-directed thoughts and actions.

"Executive functions test our ability to organize, prioritize, sustain focus, solve problems, retrieve memories and multitask," he explains. They are located principally in the prefrontal regions of the brain's frontal lobe, with connections to other brain regions.

Producing a holiday dinner with all the trimmings will surely tax your executive functioning, but smaller-scale meals demand equivalent skills:

- Formulating a meal plan, perhaps by researching recipes online or in cookbooks, compels you to anticipate and organize.
- Factoring details into your planning - your brother hates green beans, you served an Italian dish the last time he came over - requires you to remember and to solve problems as you strive to design a menu that will make everyone happy.
- Making a list and shopping for groceries draws on memory and focus. If all the ingredients you need are not available, you may have to improvise, which also benefits your brain.
- Multitasking and organizing come into play as you prepare the meal to ensure that everything you're serving is ready at the same time.

Executive function applies to another dimension: managing frustration and controlling emotions. You may have to draw on these cognitive resources if your meal preparation goes awry or your dinner falls flat, despite your best efforts. Don't despair. Grace under pressure is just one more sign of a healthy brain!

A PRO Note: With having to stay home to stay safe from COVID-19, this may be a perfect time to practice Cooking for Cognition.

ZOOM MEETING ETIQUETTE - cont. from previous page

Caregivers unless a guest is invited for the benefit of the caregivers. We can and will limit the guest list to keep a meeting streamlined. As an invitee, make sure to review any meeting invites you receive to determine whether your attendance is appropriate.

7. If you are in need of information after the meeting or you want something discussed during the meeting and may not want to ask out loud - make your request through the "Chat Room"

Please be familiar with the "Chat" button on the Zoom screen on your device. The Chat button should also be used if you wish to get a question or comment to the host rather than expressing it to all guests.

Practice good video meeting etiquette

Practicing good video meeting etiquette is critical to ensuring that our meetings are comfortable, professional, efficient, and valuable.

PARKINSON'S RESOURCE ORGANIZATION

VOLUNTEERS

SKY LUNDY

Web Design

GARY LOPEZ

Graphic Artist

AMBASSADORS

SOPHIE BESHOFF

CHERYL EPSTEIN

CHARLENE & BOB SINGER

GROUP FACILITATORS

PEGGY SEXTON

BARBARA ENGLISH

SUE DUBRIN

MARTHA HANSON

JOHN MASON

VOLUNTEERS/ OFFICE SUPPORT

EVA MYERS

JOHN PERL

MICHELE WALDNER

JEREMY SIMON

SUSAN MOLLER

JAN SEIDEN

ADAN OLIVAS

LINDA BORLAUG

CHERYL EWOLDT

CAROLYN RINDONE

MARY HARRISON

MARY RICHARDS

DONNA STURGEON

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.

EXPERTS DRAW ATTENTION TO THE 'HIDDEN SORROWS' OF COVID-19 AND PARKINSON'S

Medical News Today – Timothy Huzar on April 8, 2020 - Fact checked by Hannah Flynn, M.S. New Experts from Radboud University, Nijmegen in the Netherlands, have published a commentary article in the Journal of Parkinson's Disease, highlighting the "hidden sorrows" of the SARS-CoV-2 virus on people with Parkinson's disease.

Stay informed with live updates on the current COVID-19 outbreak and visit our coronavirus hub for more advice on prevention and treatment.

In particular, the authors highlight the way stress and lack of physical activity can adversely affect the experience of people who have Parkinson's disease.

Parkinson's and COVID-19 – The SARS-CoV-2 virus has rapidly and radically changed the behavior of millions of people around the world. As a response to the pandemic, governments have introduced various emergency policies to limit social interaction in an attempt to slow the spread of the disease until scientists find a vaccine.

People with Parkinson's disease face particular challenges. There is no definite data on the relationship between Parkinson's disease and COVID-19. Scientists know that the leading cause of death in people with Parkinson's disease is pneumonia and that pneumonia is also a key symptom of COVID-19.

However, according to the authors of the commentary article, the social restrictions that governments have instigated may significantly affect people with Parkinson's.

Parkinson's disease is a type of neurodegenerative disorder. According to the National Institute on Aging, it results in joint stiffness, shaking, and difficulties moving. It typically affects people over the age of 60, and it worsens over time.

Parkinson's occurs when neurons in a person's brain die. These cells produce dopamine, and it is this reduction of dopamine that causes the symptoms of Parkinson's. Scientists do not yet know precisely why this happens, and, currently, there is no cure.

Stress – According to the authors of the commentary article, people with Parkinson's disease are more likely to experience stress, anxiety, and depression.

As the authors note: "The pathophysiology of [Parkinson's disease] puts patients at an increased risk of chronic stress, and a further worsening of this may well be one of the 'hidden sorrows' of the COVID-19 pandemic."

The authors also suggest that the increased stress of social isolation may reveal latent forms of Parkinson's disease and that stress may increase the rate at which a person's dopamine-producing neurons die off. However, this is something that scientists have only demonstrated in animal studies.

Lack of physical activity – As well as the adverse effects of stress, the authors also point out that reduced opportunities to do physical activity may also cause problems for people with Parkinson's disease.

As the authors note, "Many people are now largely, and sometimes, completely stuck at home, being unable to go out for a regular walk, let alone to see their physiotherapist or attend a fitness class."

They highlight research that suggests being physically active — in particular, engaging in high-intensity aerobic exercise — may reduce the speed at which the symptoms of Parkinson's disease develop.

The authors also speculate that non-motor issues related to Parkinson's, such as insomnia or constipation, may even get worse through a lack of physical activity.

Positive outcomes? – Despite the significant challenges people with Parkinson's disease may experience, the authors also note positives that may emerge from the pandemic.

The simultaneous experience shared by millions of people may mean that researchers can carry out effective research into the relationship between stress and Parkinson's.

In particular, the authors suggest that researchers could investigate why it is that some people can cope with stress better than others. This may be invaluable in the future for interventions that focus on the mental health of people with Parkinson's.

The authors also note that an inability to go out regularly has led to an increase in the number of digital and remote exercise classes available to people with Parkinson's disease. These exercise initiatives are now much easier to access, and they could remain a valuable resource for those people with Parkinson's once the pandemic is over.

While it is important to bear these potential positives in mind, what is clear from the commentary article is the importance of understanding the varying ways in which the SARS-CoV-2 virus can affect different groups of people.

For live updates on the latest developments regarding the novel coronavirus and COVID-19, [click here](#).

SENIOR HEALTH – cont. from page 2

receive a lump sum payment that is generally four or more times greater than if they lapsed or surrendered the policy, according to government and university studies."

Senior Health Planning Accounts extend the tax-free benefits to all life insurance settlement clients, as long as the funds are used for qualified health care expenses. This is a creative way to help Americans fund long term care and help mitigate federal and state budget pressures at the same time. The bill has been referred to the House Committee on Ways and Means.

[Lisa Rehburt and Rehburt Life Insurance Settlements](#) are in the Wellness Village where they have been members since July 2019.

PRESIDENT'S MESSAGE – cont. from page 1

BITS AND PIECES: CORONAVIRUS SYMPTOMS AND PARKINSON'S on page 7.

THE UNIVERSAL CHARITABLE GIVING ACT OPPORTUNITIES

For Non-itemizers: The above-the-line deduction of \$300 per individual (\$25/per=\$300)

For Itemizers: up to 100% of Adjusted Gross Income

Talk with your tax advisor.

PRO is leveraging your help more than ever, helping more people.

Helping more people who need more help.

Thank you for your considerations!

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/donate or mail your donation to our office in Palm Desert, CA.

Until next month, REMEMBER May Day on the 1st, Brother's and Sister's Day on the 2nd, Cinco De Mayo on the 5th, Mother's Day on the 10th, and Memorial Day on the 25th. The flowers are the Lily of the Valley & Hawthorn, and the Birthstone is the Emerald.

ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,

 President & Founder

BITS AND PIECES**CORONAVIRUS SYMPTOMS AND PARKINSON'S**

"...People with Parkinson's may seem "off" — not acting like themselves early on after being infected by the coronavirus. They may sleep more than usual or stop eating. They may seem unusually apathetic or confused, losing orientation to their surroundings. They may become dizzy and fall. Sometimes, seniors stop speaking or simply collapse."

"Underlying chronic illnesses can mask or interfere with signs of infection," he said. "Some older people, whether from age-related changes or previous neurologic issues such as a stroke or Parkinson's, may have altered cough reflexes. Others with cognitive impairment may not be able to communicate their symptoms."

"Recognizing danger signs is important: If early signs of COVID-19 are missed, seniors may deteriorate before getting needed care. And people may go in and out of their homes without adequate protective measures, risking the spread of infection."

Kaiser Health News

COMMON SYMPTOMS – cont. from page 3

Too Little Perspiration – Some people with Parkinson's perspire too little. This can be a side effect of anticholinergic medications (i.e. trihexyphenidyl, benztropine mesylate and procyclidine). Notice anticholinergics are used also in too much sweating of the palms and feet.

Most of you may want the answers and fixes right now, so here's some of my favorite picks if you're suffering from Seborrheic Dermatitis. (*Please remember, it may take only one or a few different products for you to control flare ups*).

You can find most of these products at the drug store or Amazon:

SHAMPOOS

Nizoral Shampoo – Active ingredient: Ketoconazole 1% (controls flaking and itching)

Use: Twice per week for shampoo. Use as face wash ONLY IN AFFECTED AREAS... leave in for 3-5 minutes, rinse.

Neutrogena T/Sal Shampoo – Active ingredient: Tar and Salicylic Acid (breaks down rapid skin build up, itching and flaking. Use: twice per week. Leave on scalp (or affected areas of the face) for a few minutes, rinse.

FACE LOTIONS

Dermoscribe Seborrheic Dermatitis – Active ingredient: Sulfur, Hydrocortisone, Salicylic Acid. Use: apply to affected areas of face twice per day (depending on severity) leave on skin.

Olay Calming Facial Moisturizer – Active ingredient: Aloe, Cucumber, Vitamin B-3 (Helps with cell turnover). Use: Apply twice per day.

Know the side effects of all medications you are prescribed. Click here to find the services of Kytti St. Amand and Younger By Tonight in the Wellness Village where they have been members since February 2016.

PRO CALENDAR FOR MAY 2020

The current support group meeting locations are listed below.

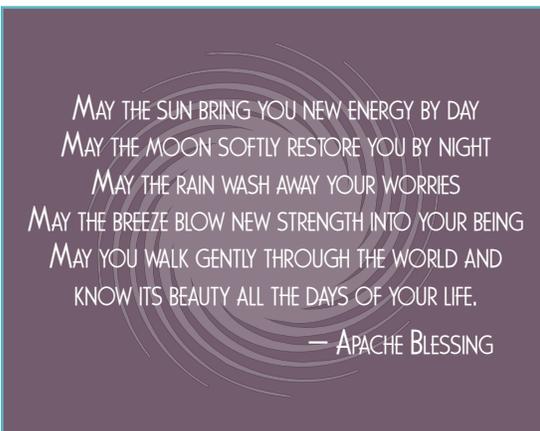
For any information regarding any of these meetings, please contact the PRO Office at 877-775-4111.

					1 MAY DAY	2 BROTHERS & SISTERS DAY
3	4 VIRTUAL Caregiver Only 10:00 AM – 11:30 AM STAR WARS DAY "May the fourth be with you"	5 CINCO DE MAYO #GIVINGTUESDAYNOW	6 VIRTUAL Round Table 6:00 PM – 7:30 PM	7	8	9
10 MOTHER'S DAY	11 VIRTUAL Round Table 10:00 AM – 12:00 PM	12	13 VIRTUAL Village Meeting 4:00 PM – 6:00 PM	14 VIRTUAL Caregiver Only 6:00 PM – 7:30 PM	15	16
17	18 VIRTUAL Caregiver Only 10:00 AM – 11:30 AM	19	20 VIRTUAL Caregiver Only 6:30 PM – 8:00 PM	21 VIRTUAL Round Table 6:30 PM – 8:00 PM	22	23
24	25 MEMORIAL DAY	26 VIRTUAL Round Table 6:30 PM – 8:00 PM	27 VIRTUAL Caregiver Only 6:30 PM – 8:00 PM	28 VIRTUAL Round Table 1:00 PM – 2:30 PM	29	30
31						

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
 May 2020 / Issue No. 330 / 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.