

A MONTHLY PUBLICATION OF
PARKINSON'S RESOURCE ORGANIZATION
 Working so no one is isolated because of Parkinson's

MESSAGE

PRESIDENT'S

If COVID-19 went away with the end of 2020 I think we would all rejoice, but inasmuch as that doesn't seem feasible, let's just do the right thing, wear our masks, wash our hands, do social distancing, and stay to ourselves as much as possible... no crowds. It's our charter, "Stay Healthy."

What an incredible year. We turn 30 years old on the 17th of this month. In 30 years we went from the name of Children of Parkinsonians (1990-1995) to Parkinson's Resource Organization; we went from "a" support group in West Los Angeles with no attendees, at times, to virtual support groups throughout the world, sometimes with attendance as high as 70.

We started with meetings specifically for spousal caregivers and adult children of people with Parkinson's (the two roles I played in my life) and over time, created meetings for PWPS and their families and friends. We continually focus on "quality of life." We went from small fundraising events to huge black-tie galas to—this year—no events at all. Our monthly Newsletters started as a one page description of what was talked about at the support group meeting, and although they are, and have been for a very long time, only eight pages, they still focus on information shared at support group meetings. We created an integrative website with a virtual resource directory called the *Wellness Village*, we incorporated one-on-one coaching and established focus groups.

The Organization was intended to be in existence for only seven years because we were told 30 years ago that the cure would be here within five years. I *believed* them! I said I would work for seven years, just to help those who may have been too advanced to be cured.

I went from a single woman engaged to marry a man with Parkinson's, to the wife of that man, and then the widow of that man (2007). Alan Rosen, an internationally renowned architect, was an incredible man who lived through the indignities this disease causes. His 18 years with the disease compelled me to continue my efforts to find the greatest quality of life possible for families affected by Parkinson's, even if that family was one, and that one was the person with Parkinson's always while looking for the cure.

During 2021, which we are very much looking forward to, we promise to continue bringing our goodness, acknowledging, supporting and promoting those who help us, those whom we help and we will continue to motivate those still sitting

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

PROMISE of AXONAL GENERATION TO CURE PARKINSON'S AND OTHER NEURODEGENERATIVE DISEASES

With the aging population living longer, there is an escalation of these debilitations worldwide with no cure on horizon.

Neuronal degeneration is a hallmark of most neurological disorders such as Parkinson's disease (PD), multiple sclerosis (MS), amyotrophic lateral sclerosis (ALS), and several inherited neuropathies such as glaucoma. With the aging population living longer, there is an escalation of these debilitations worldwide with no cure on the horizon. These disorders get progressively worse with age rendering afflicted individuals helpless and dependent on others.

Axonal Degeneration as an Active and Distinct Process of Neuronal Dysfunction

- Axonal degeneration is a common outcome of an injury to the brain. This injury could be in the form of brain trauma that crushes the nerve. It could also be due to neuroinflammation caused by protein aggregation such as alpha-synuclein in the brain of Parkinson's and Lewy body patients. The most extreme and best characterized form of axonal degeneration occurs when a nerve is damaged and axons in the segment distal to the injury site undergo fragmentation. In many cases, axon dysfunction precedes by months to years before degeneration of neurons as observed from functional imaging in living patients [*Neuroimage*, 53, 576-583 (2010)]. These studies underscore the importance of the axon as a vulnerable compartment that is a distinct subcellular target of neurodegenerative disease.

SARM1 is the Committed Downstream Effector of the Axonal Degeneration Pathway

- SARM1 (Sterile Alpha and Toll Interleukin-1 Receptor Motif) is an important protein that is believed to be the central executor of axonal degeneration. For decades, scientists have been studying the underlying mechanism for axonal degeneration in order to devise therapeutic strategy to reverse axonal degeneration. Finally, their efforts seem to have panned out. The culprit was found to be SARM1, which in healthy neurons is in an unactive state. Brain injury leads to SARM1 activation, which in turn commits axons to downstream processes that result in calcium entry and breakdown of the axon cytoskeleton, causing axonal degeneration.

Consequently, the development of approaches that inhibit axon degeneration and generate axons should be a major focus of future drug discovery efforts by the pharmaceutical world. Unfortunately, the blood-brain barrier (BBB) is a formidable barrier that restricts the entry of most pharmaceuticals into the CNS. Therefore, any inhibitor of SARM1 must be able to enter the brain to be therapeutically efficacious to stop active axon degeneration.

Parkinson's Cure could be closer than we think but not going to be cheap

- Good news is that ICB International, Inc., ("ICBII"), has developed BBB permeable technology. It plans to develop a bifunctional BBB permeable SMART Molecule with one end

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Our Wellness Villagers

ANIMAL-ASSISTED THERAPY

- Canine Companions

AROMA THERAPY

- Renee Gauthier

ASSISTIVE TECHNOLOGY

- California Phones

BEAUTY

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- See Our Socks In Action

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- VIBRA Rehabilitation Hospital

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SOCKS

- See Our Socks In Action

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5 STEPS TO DECLUTTER YOUR HOLIDAY DECOR

Michele McGregor

It's time to Deck the Halls, but you've noticed decorating for the holiday season has become more burden than bliss. Over the years you collect ornaments and holiday knick-knacks with lots of love and memories connected to each piece. Unfortunately, many of us end up with more memorable ornaments than we have room for. This is a sign to declutter before you decorate! Decluttering holiday decorations can save you time and money while allowing you to take inventory of all the wonderful items you want to preserve for holidays to come. We put together a few tips and tricks to get your holiday decorations decluttered in no time and help you recognize items that may work well as heirlooms or memorable gifts.

Step 1: Decide what theme, color, and condition items you'd like to purge. Christmas décor can be beautiful and elegant as well as warm with fond memories. One way to reign in an explosion of Christmas ornaments and decorations is to decide which color scheme works well to compliment your décor. Classic ornament colors like gold and silver can be considered neutrals and pair well with almost any color.

Step 2: Try sorting unwanted items into three categories: donate, gift, and discard. Sorting your ornaments allows you to take inventory of all your holiday décor items. If you have friends or relatives that collect specific items like angel or character-themed ornaments, keep them in mind as you make room for this year's gifts and holiday décor. You can gather items within your home that fit the theme of their collection and set them aside as you sort your decorations collection. Use boxes, bags, or baskets for sorting items.

Step 3: Go through the gift pile a second time. Once you've created this pile, separate the most significant items from the rest and identify hidden gems you may want to consider selling. Remember the gift pile can be a bit tricky! Be careful not to allow this to become a "catch-all" for items with more sentimental value than usefulness. You can follow these rules to purge the pile:

- Add items that you absolutely LOVE to the gift pile. Loved items are meaningful items that define us as individuals.
- Choose from what we WANT from the remaining possessions and decide which are most important.
- Make sure there is room to comfortably keep the items. Dispose of anything broken, worn, stained or outdated.

Step 4: Go through the items identified as hidden gems. As you declutter, there are a few items you may want to look for that could sell well in an online auction or estate sale.

- Brand-Name ornaments, holiday décor, and accessories
- Vintage collectible holiday items
- Items still in the box or with a tag (especially brand name)
- Collectible figurines
- Vintage holiday themed picture frames
- Vintage holiday music boxes or snow globes
- Holiday-themed Paintings, sculptures or pottery by celebrated artists

If you are unsure of an item's value, here are a few ways to tell if it may be worth a look from an expert:

- Check for distinctive markings
- Research items similarly made online
- Research the artist or designer who created the item

Step 5: Give the gift of an heirloom. Consider gifting an ornament or holiday-themed item a new part of your annual tradition. Give at least one meaningful or sentimental item to a family member. You can include a card or note with the gift that explains why the gift has special meaning or value or describes how or why it is part of family history. Carefully choose the right recipient for family heirlooms by considering who will love, appreciate or use the holiday "heirloom" most. The key is to give these special gifts to family members or friends who express an interest in the item or particular point in family history.

Often with the high seasonality of holiday décor, you find items that are in

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LIFT-UP: When Your Loved One Falls Down And Can't Get Up

There are several products available today that help those who desire independence. Life gives challenges and obstacles to those who are not fully prepared for the massive wave of inconvenience that crashes upon them. There are those who settle into its deep waters, but there are also those who create boats.

People living with Parkinson's are often at increased risk of falling. To alleviate the worry of falls, and to assist people back to their feet is our quest; a compact, simple lifting aid that will help carers or relatives lift a patient quickly and safely back into a supported sitting position.

Raizer is a mobile lifting chair that helps a fallen person up to an almost standing position within a few minutes. Raizer can, with ease, be assembled and operated by only one assistant and does not require any physical effort besides a supportive hand. A person who has fallen and cannot get up again is raised comfortably up to a sitting or almost standing position in a way that supports the entire body throughout the process. This way of lifting shows consideration for the importance of being helped up in a dignified and safe way.

The Process is simple:

- First locate the fallen person and prepare the assembly of the lifting device around them.
- Attach the interchangeable backseat and legs to their selected slots
- Attach the manual hand crank (or in any side of the lifting device and begin to turn the handle to raise the person. Use your other arm to support the neck and head.
- OR click the remote control of the battery-operated mobile lifting chair while using Use your other arm to support the neck and head
- Turn the handle or manage the remote control until the person is in an upright position where they can stand on their own again or transfer to a walker, chair, or wheelchair.
- Detach and disassemble the emergency chair and pack it back into its carry bag to continue with your day.

The symptoms of Parkinson's disease manifest themselves very differently from person to person. While some people with the disease seem to show no signs of having it, others may be very visibly affected. If the symptoms are visible, impaired mobility is often the biggest challenge, with sufferers having difficulty moving around easily. Those with Parkinson's may also find it more difficult to concentrate as they lose mobility. Assistive devices create equal opportunities for all and there are a wide range of products designed to make living with Parkinson's easier.

There are countless stories that we hear about individuals who found restored confidence, stability, and most importantly, happiness in their lives from assistive devices.

Sophie Djurhuus from Denmark, age 13, is diagnosed with a muscular disease and sometimes she falls and cannot get back up herself. She explains that an assistive device finally gave her independence in her life, as she no longer requires help from her parents. "It's great that I can be allowed to be home alone. Neither my parents nor I should care about that I lie on the floor and cannot get up myself. I have become more independent now and have more freedom. I do not ask others for help or call my mom and dad if I fall," she says. An assistive device is liberating for Sofie as she can finally enjoy life the way she wants to.

Jim Kissling is a distributor who sells mobility aids in the United States. He is also diagnosed with Kennedy Disease Syndrome (Bulbar-Spinal Muscular Atrophy). It causes his muscles to weaken about 2% per year. During his course of the disease, Jim falls one to two times a week and in most cases, his wife must assist him to get him up again. One of Jim's main concerns is that there will be a time that his wife will not be physically able to assist him. Jim was encouraged to find, through a search, a simple aid that could lift him from the floor after a fall. During his search, he was not too excited seeing what was on the market. The idea of a large mechanical sling in his house did not really excite Jim that much as "it is a device that is mostly seen in hospitals" he remarked.

For more information on assistive devices, find Lift Up, Inc. and their product line in the Wellness Village [ParkinsonsResource.org/the-wellness-village/liftup/](https://www.ParkinsonsResource.org/the-wellness-village/liftup/) where they have been members since April 2018.

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6 TYPES OF LIGHT THERAPY FOR SEASONAL DEPRESSION

Therese Borchard for *Sanity Break* / Everyday Health

It's that time of year again when the highly sensitive types among us who thrive with lots of sunlight begin to wither with the plants as the sun begins to hide.

Not only do we get less vitamin D (and deficiencies have been linked to depression), but the change in sunlight affects our circadian rhythm, the body's internal biological clock that governs certain brain activity and hormone production. In some people, the change of mood-related chemicals can cause seasonal affective disorder (SAD), also known as winter blues or seasonal depression.

For an episode of major depression to be classified as SAD, a person will have had at least three episodes of mood disturbances in three separate winter seasons, at least two of which were consecutive. There should also be no association between the episode and a significant situational stressor, such as a death, divorce, or unemployment.

Fortunately, for those struggling with the winter blues or maybe even just a mild case of seasonal sadness, there are many bright light treatments that can help regulate melatonin and other hormones affected by circadian rhythms to treat mood.

People with bipolar disorder should only use light therapy under the supervision of a doctor because the treatment might trigger or aggravate episodes of mania or hypomania.

I would definitely not use any bright light treatment at night, as it may very well interfere with your sleep, which could worsen your depression.

Here are details on six types of light therapy:

1. Dawn Simulators - Dawn simulators mimic the gradual rising of the sun. There are two kinds:

- Those that simulate a naturalistic dawn representing a springtime sunrise
- Those that simulate a sigmoidal-shaped dawn, which lasts anywhere from 30 minutes to 2 hours.

Usually you would sleep through the dawn and wake up at the simulated sunrise. These lights are so effective because early morning light signals are much more powerful than light signals at other times of the day. Dawn simulators can be separate alarm clock devices or small computer systems that you plug into your table lamp.

2. Light Boxes - Light boxes are the standard light system used for SAD in clinical studies. They are flat screens that produce full-spectrum fluorescent light, usually at an intensity of 10,000 lux. It is important to position a light box according to the manufacturer's instructions and use it at the same time each day.

You would typically use a light box for 30 to 60 minutes each day. Some health clubs offer light box rooms where you can go sit in front of the boxes if you cannot afford to buy one for yourself.

3. Natural Spectrum Light Bulbs - While the science on the benefits of full-spectrum light bulbs is mixed, some people with SAD who have tried them say they've gotten good results using full-spectrum bulbs with an intensity of at least 10,000 lux. They reportedly help to adjust your circadian rhythm and lift your mood.

Natural spectrum light bulbs provide the spectrum of natural daylight and can easily be used as desk and floor lamps. They are not as cumbersome as light boxes.

Many manufacturers of traditional light boxes sell full-spectrum light bulbs. You can also get them at lighting stores, home improvement stores, and art supply stores.

4. Bluewave Technology - Studies have found that bluewave technology, or blue light, is superior to other kinds of light in shifting circadian rhythms, suppressing melatonin levels, and regulating circadian response. Harvard researchers compared the effects of 6.5 hours of exposure to blue light to 6.5 hours of comparably bright green light. They found that blue light suppressed melatonin for about twice as long as the green light and shifted circadian rhythms by twice as much.

But the strength of blue light can become a real liability at night, including blue light from electronic devices like tablet computers and phones. Not only did Harvard researchers find that it interfered with sleep: Exposure to blue light at night has also been linked to diabetes, heart disease, obesity, and several types of cancer.

5. Bright Light Sun Visors - Functioning as your own personal light box, these are worn as a hat. Physicians are less likely to recommend visors because of the close proximity of bright light to your eyes, so you must use them with caution. They also tend to be expensive: \$150 or more.

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WE INTEND IT TO SERVE AS
AN INFORMATION GUIDE.

IT'S ALL IN THE SOCKS

Four years ago I got a call from a buddy in Florida telling me about a unique new product that was going to intrigue me and my marketing brain. As an entrepreneur, I had a lot on my plate and told him to call me in six months. He would not take no for an answer and repeated I was going to be fascinated. Now I was getting more irritated than fascinated. So, I rudely asked "What is it?". He said, "It's a pair of socks".

I laughed, I literally laughed. I said, "You have got to be kidding me, your big idea is a pair of socks?" He said "Yes". He said they instantly improve balance, strength, and range of motion. He sent me a couple videos, I watched them, called him back and said, "It's just a magic trick". He said, "No, it's real, you'll see." He overnighted me a pair.

Every Sunday I would take my 93-year-old mother out to lunch. I picked up Mom and drove to the restaurant. I opened her door and she got out. I said "Mom, before we have lunch, I want to do a little experiment. Take off your shoes". Picture this, we are in the middle of a busy parking lot, and I am asking a little, frail 93-year-old to take off her shoes. She looks at me like I am the crazy one, but she takes off her shoes. I stand next to her and gently try to tip her over. I say, "Try not to tip." Of course, she tips, then I have her stand on the insoles. I could not budge her. It was at that moment I realized that she is not trying to con me, I really cannot tip her over. Two days later I am on a flight to Toronto because I needed to meet Jay the inventor. I knew I needed to share this with the world.

Jay's mom was diagnosed with MS. He watched her go from diagnosis to wheelchair in 18 months. He retired and said his new job was helping to improve the quality of her life. It sounds a bit crazy, but it is a pattern that is woven into the bottom of a pair of socks. The same neurotech pattern is molded into a pair of insoles. The moment you put the socks on your feet or put the insoles in your shoes they improve balance, strength, and range of motion.

Fast forward 3 years. My phone rang, it was that dreaded early morning call. It was the nurse from the assisted living facility we recently moved my 93-year-old mom into. "Your mom fell", she said. They rushed her to the hospital. We quickly drove to the ER. We met with the doctors who told us "If we don't fix the hip, she won't even be able to sit up in bed". I am not a doctor, but I knew she was not a good candidate for surgery, but what do you do? They successfully replaced her hip, but she lasted a total of eight days. Unfortunately, that is a common story. According to the National Council on Aging, falls are the leading cause of fatal injury and the most common cause of nonfatal trauma related hospital admissions among older adults.

Every senior needs these socks and especially anyone with Parkinson's, MS, Stroke, or traumatic brain injury. Now, we suggest they sleep in them so when they do get up out of bed, we can help reduce their risk of falling. I was traveling spreading the word, so others wouldn't have to endure what my mom did, presenting at two to three medical conferences each month to a wide range of professionals from neurologists, to podiatrists and PTs. They were intrigued and impressed. Then COVID hit, all conferences were cancelled. I needed to find additional ways to reach the people who can benefit. That is when I came

across The Parkinson's Resource Organization. Even in the COVID era, the founder, Jo Rosen, agreed to meet with me. Rosen told me "Our goal is to be a clearing house and resource to help improve quality of life for people with Parkinson's and their caregivers". A PRO staff member was there. "When Stan told me he had socks and insoles that would instantly improve my balance, he sounded like the classic snake oil salesman, but I skeptically said show me. Stan asked me to take off my shoes and try not to tip. He stood next to me and tipped me over, he repeated it, he said he wasn't trying to trick me so he gave me a second chance, I tipped again. Then he said, "Step on the insoles". I did, and he tried his hardest to tip me again, but this time I was rock solid. He could not tip me over. "Wow, it really did work. I was very pleasantly surprised." Jo who was right there watching, chimed in and said, "I've spent 30 years helping people with Parkinson's, trying to find out what's new and cutting edge, and able to help improve quality of life". I asked her to take off her shoes and just like the staff member, and the 14,000 other people I have tested before him. Jo tipped over. Then she stood on the insoles, and I could not budge her. Jo had a big smile on her face (even though she was wearing a face covering, I could tell). The next day I got a call from Jo proclaiming that when she did her workout, she could hold a plank much longer than usual. She was stronger and had more range of motion. "If these socks can do this for me, I'm very hopeful of what it can do for our people with Parkinson's and their caregivers" she said.

According to Stan, "My phone rings every day from people just calling to say 'Thank you for telling me about these socks'." It is simple. I tell people, I am not trying to change your meds, I'm not trying to change your diet, I'm not trying to change your lifestyle, I'm just trying to change your socks. We have thousands of stories and videos on our website. We've had consultants tell us we should triple our prices, but Jay looks them in the eye and says, "If I could figure out how to lower the price, I'd lower it." This is not about the money. These two self-proclaimed mama's boys just want to help the world, and they even offer a risk-free 30-day money back guarantee on every pair. People don't return them, they call in a few days later and say "Please ship me three more pairs, I don't want to do laundry every day and send me some for my sister, or mother or grandson".

I failed to mention that because what we're doing is neurological, I get call after call from parents or grandparents of kids on the autism spectrum telling me, "The moment little Johnny puts on his socks, it's as if there's a calming effect that comes over him". Every day is an adventure. I wake up wondering, "Who can I help today?"

If you would like to learn more about these incredible socks, might we suggest that you go to ParkinsonsResource.org/the-wellness-village/directory/seeoursocksinaction.com, watch the videos and get in touch with Stan Esecson. Stan and See Our Socks In Action just joined the Wellness Village.

6 TYPES OF LIGHTS – cont. from page 5

6. A Light on a Timer – This kind of light therapy can be helpful for a person with SAD who has difficulty getting out of bed in the morning. I did a quick search on Google and found some timed lights for as cheap as \$6. Since the transition from dark to light can be abrupt, it is best not to use a timed light as a bedside lamp.

DE-CLUTTER – cont. from page 3

excellent shape, yet no longer have use in your home or you aren't quite sure of how to handle. Here are a few things to keep in mind throughout the holiday decluttering process:

- Reduce your inventory of seasonal décor items by only keeping those that are space efficient or have tremendous sentimental value.
- Reduce items that have too many "multiples." For example, if you have four tree toppers, release three. If you have six Santa figurines, release four. If you have three sets of red Christmas lights, you may choose to release them all!
- Get rid of things that belong to others. For instance, your 40-year old son's elementary school Christmas ornament project or the heirloom decorations you agreed to store for an aunt or cousin years ago.
- Release items you have kept out of guilt or fear. You may have held on to those Christmas-themed knitted doilies that you never quite knew what to do with but kept since your grandmother made them. Items like the may be hard to let go. Now is the time to repurpose or donate those items.

As you make room for the holiday season, make choices that bring joy to you personally while improving someone's holiday. Giving to others has always been the best gift we could give ourselves.

An expert for discerning a value, or for liquidating all of those previously loved items, an expert to help you down-size, up-size, relocate, move from home to home or to an assisted living, is none other than Michele McGregor at Caring Transitions, Desert Cities. Michele is an Estate Sale and Online Auction specialist, a move and relocation expert, and is perfect for down-sizing and decluttering. Visit her in the Wellness Village at [ParkinsonsResource.org/the-wellness-village/directory/caring-transitions-desert-cities/](https://www.parkinsonsresource.org/the-wellness-village/directory/caring-transitions-desert-cities/) or call her at 760-483-3039. She has been a member since August 2020.

PRESIDENT'S MESSAGE – cont. from page 1

on the fence. I am totally proud of the accomplishments Parkinson's Resource Organization has made over these 30 years, none of which was done alone.

The **UPDATE ON THE ROAD TO THE CURE** on Page 1 is definitely a current issue.

Our other PROvocative articles and informative news items are **5 STEPS TO DECLUTTER YOUR HOLIDAY DÉCOR** on page 3; **LIFT-UP: WHEN YOUR LOVED ONE FALLS DOWN AND CAN'T GET UP** on page 4; **6 TYPES OF LIGHT THERAPY FOR SEASONAL DEPRESSION** on page 5, and; **IT'S ALL IN THE SOCKS** on page 6.

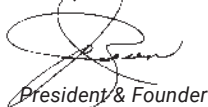
In addition to **considering donating**, join us in becoming a part of our advocacy efforts. Contact us to "**Get Involved**". Make monthly donations at [ParkinsonsResource.org/donate](https://www.parkinsonsresource.org/donate), or mail your donation to our office in Palm Desert, CA.

Until next month, REMEMBER Giving Tuesday on the 1st, Pearl Harbor Remembrance Day on the 7th, Hanukkah starts on the 10th, Super Saturday on the 19th, Winter Solstice on the 21st, Christmas Eve on the 24th, Christmas Day on the 25th, Boxing Day and start of Kwanza on the 26th, the last day of 2020 or the Eve of 2021 on the 31st. The flowers are the Narcissus & Holly, and the Birthstones are Turquoise & Blue Topaz.

Happy New Year from all of us at PRO!

ALWAYS remember to **CELEBRATE YOU** and **PRAY FOR OUR TROOPS!**

Love,



President & Founder

ROAD TO THE CURE – cont. from page 1

carrying a drug to inactivate SARM1 and the other end to generate new dopamine producing neurons.

As the world has experienced firsthand during COVID-19 pandemic, development of drugs is extremely expensive. Example: US Government gave Pfizer \$1.8 Billion to develop a fast track vaccine for COVID-19 last March or April. The development of vaccine for COVID-19 may be the unprecedented fast track development of a potential curative therapy for a non-brain disease but we still do not know how long the vaccine will be good for to protect the population from the deadly disease. It is safe to assume that Pfizer has spent close to one billion dollar of its own money to conduct Phase-1 to Phase-3 clinical trials. Therefore, the cost of developing a COVID-19 vaccine is estimated to be at a minimum about \$2.8 Billion. If a development of therapy for a non-brain disease where the challenges of the blood-brain barrier impermeability are not required to be addressed, imagine what would be the cost of developing a curative therapy for Alzheimer's and Parkinson's diseases.

Would You Like To Help get ICBI's drugs to market faster? The joy of being a part of this historical event can be had by helping ICBI 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 ICBI directly through their website [ICBI.com](https://www.icbi.com), or by phone 858-455-9880, or contact Jo Rosen at PRO for a personal introduction to the scientists. **IMAGINE** the world without Parkinson's, MSA, or Alzheimer's disease. **Just Imagine.**

PRO CALENDAR FOR DECEMBER 2020

The current, **VIRTUAL ONLY**, support group meetings are listed below. **ALL MEETINGS CLOSE 15 MINUTES AFTER START TIME!**
For any information regarding any of these meetings, please contact the PRO Office at 877-775-4111.

		1 <i>GIVING TUESDAY</i> <i>PLEASE REMEMBER PRO</i>	2 VIRTUAL Round Table 6:00 PM PST 8:00 CST 9:00 PM EST	3	4	5
6	7 <i>PEARL HARBOR DAY</i> VIRTUAL Partner in Care ONLY Meeting 10:00 AM PST 12:00 PM CST 1:00 EST	8	9 VIRTUAL Village Meeting 4:00 PM PST 6:00 PM CST 7:00 PM EST	10 <i>HANNUKAH BEGINS</i>	11	12
13	14 VIRTUAL Round Table 6:00 PM PST 8:00 PM CST 9:00 PM EST	15	16 VIRTUAL Partner in Care ONLY Meeting 6:00 PM PST 8:00 CST 9:00 PM EST	17	18	19 <i>SUPER SATURDAY</i>
20	21 <i>WINTER SOLSTICE</i> VIRTUAL Partner in Care ONLY Meeting 10:00 AM PST 12:00 PM CST 1:00 PM EST	22	23	24 <i>CHRISTMAS EVE</i>	25 <i>CHRISTMAS</i>	26 <i>BOXING DAY</i> <i>START OF KWANZAA</i>
27	28	29	30	31 <i>NEW YEAR'S EVE</i>		

PARTNER IN CARE MEETING: (Formerly "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.

VILLAGE 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. Village 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

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PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

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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.

"IF YOU WANT TO BE A TRUE PROFESSIONAL,
YOU WILL DO SOMETHING OUTSIDE YOURSELF,
SOMETHING TO REPAIR TEARS IN YOUR COMMUNITY,
SOMETHING TO MAKE LIFE A LITTLE BETTER FOR
PEOPLE LESS FORTUNATE THAN YOU."

— RUTH BADER GINSBURG