

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

MESSAGE**PRESIDENT'S**

HAPPY NEW YEAR! Welcome 2021 because you must be a much safer year than 2020.

We look forward to 2021 armed with strength, optimism, and renewed dedication for all that we do for the Parkinson's Community.

We are reminded that our mission cannot be fulfilled alone and give thanks for the confidence and support we receive daily from "you." It is **for you** and **with you** that we do what we do. Your interest and participation in our work makes every day of the year possible. Given the opportunity to reflect, and appreciate we step into the New Year with promise, mindful of our responsibility to continue our good works. PRO's commitment to service is indeed making the world a better place.

With you, we celebrate our successes and plan a wonderful year offering insight, inspiration, council and motivation.

I start by introducing PRO's amazing Staff Members starting on Page 2.

The **UPDATE ON THE ROAD TO THE CURE** on this page is definitely a current issue.

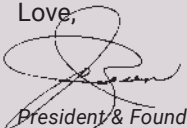
Our other PROvocative articles and informative news items are **RIGHTSIZE OR REMAIN: HOW TO DECIDE** on page 2; **THE GIFTS OF GRATITUDE & HOW TO TAP INTO THEM** on page 5, and; **FINANCIAL HELP WITH IN-HOME CARE** on page 6.

In addition to **considering donating**, join us in becoming a part of our advocacy efforts, contact us to "**Get Involved.**" Make monthly donations 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 New Year's Day on the 1st, Martin Luther King Day on the 18th, Inauguration Day 20th, and National Hot Chocolate Day on the 31st. Happy New Year from all of us at PRO! The flower is the Carnation, and the Birthstone is the Garnet.

ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

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

Preparing for Human Clinical Trials and CNS Disease Detection and Monitoring upended by the Novel Coronavirus 19

The year 2020 has been a challenging year for most businesses and families worldwide. Even with a state mandated lockdown of 7-8 months, ICBII has continued to strive to bring its technology closer to clinical trials and to expand its IP portfolio, which is the critical factor in enhancing ICBII's long term value.

Our Parkinson's drug has exhibited dose dependent therapeutic effects in mice. This is a critical requirement for any therapy. The next important step is to determine the safe and effective dose of our Parkinson's drug (α -syn-SM) for human clinical trials. Use of healthy humans to conduct this study would be forbiddingly expensive. We are planning to first study the pharmacokinetics and pharmacodynamics of our drug in non-human primates. A major pharmaceutical company, Dr. Bhatt's former employer, approached ICBI to explore collaboration and in that communication stated that, in the absence of human clinical data, testing of the SMART molecule in primates is required.

The basic premise that drives ICBII is that the global pharmaceutical industry has spent hundreds of billions of dollars over the last three to four decades and still has not developed a technology to clinically diagnose (and monitor) CNS diseases until postmortem due to Blood-Brain-Barrier impermeability. We had previously demonstrated the ability of our SMART Molecules to diagnose CNS diseases in animals by a simple brain scan after a tail-vein injection of iodine-125 labeled SMART Molecule. This was an unprecedented achievement. The experiment conducted by the Center for Molecular Imaging Sherbrook (CMIS), Canada, required scanning the animal brains 24 hours post injection of the radiolabeled drug. To translate this test to humans, ICBII needs to shorten the duration of disease detection and monitoring from 24 to two to four hours to reduce human exposure to radiation.

During the lockdown period from February 25th until September 7th, 2020, ICBI designed seven variations/analogues of α -Syn-SM to test whether one or more analogues will assist in diagnosing and monitoring disease progression or regression in a medically acceptable period for humans, which should be less than four hours. We outsourced the development of DNA vectors for these seven analogues and these DNA vectors were constructed for ICBI in November 2020. These vectors are being expressed in E. Coli and we have already successfully expressed and purified one of these analogues. After expressing and purifying the SMART Molecules (α -Syn-SMs) from the remaining six vectors, we will study their brain uptake and potential to detect CNS pathogen within one to two hours post injection. This will be a significant step towards developing a non-invasive human test for CNS disease diagnosis and monitoring therapy affects.

Unfortunately, COVID-19 has upended our routine. In addition, everyone is concerned about the rising COVID-19 cases throughout the US. Escalating COVID-19 cases in San Diego mandated ICBI to close the laboratory beginning December 22nd. We will resume our work after the New Year.

Our Wellness Villagers

ANIMAL-ASSISTED THERAPY

- Canine Companions

AROMA THERAPY

- Renee Gauthier

ASSISTIVE TECHNOLOGY

- California Phones

BEAUTY

- Younger By Tonight

CHIROPRACTIC

- Dr. Curtis Buddingh

CLINICAL TRIALS

- Parexel International

CORRECTIVE THERAPEUTICS

- SeeOurSocksInAction

DEEP BRAIN STIMULATION

- Abbott
- Boston Scientific

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CMD/TMJ DENTISTS

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- (CA) Dr. Maryam Bakhtiyari
- (CA) Dr. Dwight Jennings
- (CA) Dr. Steven Olmos
- (CA) Dr. David Shirazi
- (IL) Drs. Ed and Lynn Lipskis
- (TX) Dr. Risto Hurme
- (CA) Dr Alice Sun

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- Family Hospice (local)

HYPNOTHERAPY

- Palm Desert Hypnosis

INCONTINENCE SUPPLIES

- Dependable Daughter

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RELOCATION SERVICES

- Senior Living Options of the Desert
- Caring Transitions Desert Cities

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SPEECH THERAPY

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- VIBRA Rehabilitation Hospital

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VISION

- Optometric Vision Care, Dr Eric Ikeda

RIGHTSIZE OR REMAIN: HOW TO DECIDE

Posted by **Michele McGregor**, *Caring Transitions of the Desert*

As older adults approach retirement, there are limitless ways to spend your retirement years. One of the first decisions most adults near retirement make is where they want to retire. This is usually an important decision between aging in place or rightsizing to a new home. There are positives and negatives to each decision, but the best way to determine your next step is considering the unique needs for your lifestyle, physical and mental health.

Before deciding if "rightsizing" or downsizing is the right fit, you should consider five major factors.

1. PHYSICAL HEALTH - If you or your family member has health complications that are not suited for the current layout of your residence, moving or making accessibility updates to your home can have significant benefits, especially if mobility is an issue. Something as simple as moving to a home with a simpler layout or creating a wheelchair friendly entrance may go a long way. Remember it's better to move or make updates when you can, not when you must.

2. MENTAL WELL-BEING - If the thought of caring for your yard, multiple bedrooms, or general upkeep seems stressful "rightsizing" or aging in place can both be good options with proper planning. Start assessing services near you that can help you keep up with the overall upkeep of your home, help you declutter, or do space planning either as you age in place or before you sell your home to rightsize.

3. FINANCIAL PLANS - Being realistic about your finances is a great step towards planning for retirement whether you are remaining in your home or rightsizing. In many cases retirement savings has a limit for what it covers. Making solid financial plans for retirement or creating a financial plan while approaching retirement may help you decide if a move or aging in place could save you money.

4. FAMILY - Retirement may be a time where you decide to spend more time with family, friends, children or grandchildren to make new memories. It's important to consider this prior to the aging in place or downsizing process and create a place for spending time with, visiting, or in some cases living with a family member. Factor in the perceived need for help

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MEET THE PRO STAFF MEMBERS

JEREMY SIMON, *Communications Director*

“Noticing Beauty”

Before finding inspiration in the nonprofit world and beginning work with PRO's Jo Rosen, (who would become my mentor in the space), I had over 20 years of experience in the IT industry and had been instrumental in the successful launch of 15 startups in the United States and Canada between 2004 and 2014. I ran my successful Southern California-based boutique software development company that I founded in 2004; aptly named Geekworks. At Geekworks, my cohort and I incubated tech startups and supported their entrepreneurial ventures into new markets. What I enjoyed most during my tenure was the exciting pace, the novel technologies, and the meaningful personal relationships with interesting stakeholders, entrepreneurs, and community leaders. At some point, my family needed my time more than I needed the breakneck pace of that work and I set my eyes on something a little different.

Starting my journey at Parkinson's Resource Organization in 2017, I quickly fell in love with the pace, the people, the professionalism, the opportunity to grow, and help others every day. Fast forward to the present day. In my current capacity as Communications Director, some of my responsibilities include directing digital communiqué; maintaining IT infrastructure, and internal office network; facilitating fundraising and outreach efforts that involve digital resources; managing PRO's database, website, Wellness Village, Memorial Wall, Newsworthy Notes, Virtual Meetings; and coordinating team communication. I work with new technologies and I help people every day.

In reflection, perhaps starting a new career, like beginning any journey, you might not get to choose the circumstances by which you start, the obstacles you will face, or when it will end. The trip itself, however, is all yours. If you aim to operate within the constraints to create the greatest experience possible, you might be surprised by the beauty that unfolds along the way.

My goal for 2021 is to remove obstacles from the paths of those who choose to help themselves with PRO's educational and emotional support resources, to increase the number of resources, and to reach out to everyone who will benefit from the effort.

My wish for you in 2021 is that you experience gratitude for ineffable beauty unfolding on your journey you share with those you care for, and with those caring for you, as I have been fortunate to have experienced this year.

DONNA STURGEON, *Wellness Village Coordinator*

“Together We Can.”

It has been my distinct and humble privilege to be a part of the PRO team for what will be a full year next month. While the year 2020 was challenging for us all in many ways, the strength and resilience of this community continues to inspire me every day.

I have called the California desert home for nearly 30 years. When growing up in Canada, I would start the new year with a long walk outside in the silence of a winter snowfall, reflecting on the previous year and envisioning goals for the coming one. I have always considered this a time of new beginnings.

California indeed helped me carry on the tradition (absent of snow) of new beginnings with the birth of my son on New Year's Eve many years ago. There is nothing like a newborn life to bring into clear focus what is ultimately most important.

Through the years of raising my two children, I have worked in various capacities in a few industry sectors—education, tourism and business—all positions that speak to my passion: learning. The opportunity this year to help develop and expand the professional community of resources in PRO's Wellness Village has been a meaningful work of service.

January and this New Year invites us to leave behind that which no longer serves us, to give thanks for what we have and to take comfort in knowing that we are never alone. These are thoughts I share often with my mother... my role model who well before her Parkinson's diagnosis in 2016 gathers strength still in these words.

May we at PRO continue to be a resource for you, for one another, walking forward one day at a time —together.

“I alone cannot change the world, but I can cast a stone across the waters to create many ripples.” — Mother Teresa

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KARINA RODRIGUEZ

KARLA BADILLA

THE PRO STAFF – cont. from page 3

KARINA RODRIGUEZ, IT/Communications Assistant

"I got to PRO out of sheer luck."

I am honored to be featured in the first Newsworthy Notes of 2021! My name is Alejandra Karina Rodriguez, PRO's Communications/IT Assistant. Having grown up in nearby Coachella, I was driven to pursue a career that would allow me to return home and make a difference. To achieve that, I studied both Business Administration and Global Studies.

Upon graduating, I returned to the Valley to begin my hunt for a job in the non-profit world, which I found out was **extremely competitive!** I was interning with another non-profit organization, Desert Best Friend's Closet, when, at a networking function, my manager introduced me to Jo Rosen: **"My dad had Parkinson's and she got me through it all."** Nothing came of this particular meeting but hearing the impact Jo made encouraged me to continue the hunt for a job that made a difference.

Nevertheless, life threw me a curve ball soon after and I took a job with the Census Bureau (no, I did not knock on your door). The Census brought me a pleasant surprise; I spent most of my time working with local non-profits. Unfortunately, the pandemic squashed our peak operations and cancelled our events. I shifted my approach and got to work alongside organizations during their COVID-19 response— food distributions, PPE distributions, school drive-throughs, etc.

I got to PRO out of sheer luck. As my contract with the Census Bureau ended, I began looking for an opportunity to help people elsewhere. One sleepless night I came across my current job description on an employment app and spent the following hours preparing my resume. I still feel the same way I did that early morning at the food distribution all the way in Salton Sea. It was not yet 7:00am when I started to think about prepping my co-worker on what to say if Jo called him—half of it probably bad advice considering how little I slept. That morning we counted more people than ever at that site; **I felt something good was coming.**

Now, I spend my days at PRO putting together emails, auditing meetings, sprucing up social media posts, editing the website, and asking Jeremy questions (too many). Every meeting I am reminded of the amazing impact we all make in other people's lives. We are a powerful team, and I can tell, we're only getting started!

I hope my story reminds you there is always a diamond in the rough and the universe will pull you in the right direction. 2020 has taught us to appreciate what we have, and that we never know when everything can change. I hope 2021 brings you and your loved ones laughter, togetherness, and relief after such an unbelievable year.

KARLA BADILLA, Executive Assistant

"...a glimpse of the experiences that people in the Parkinson's world deal with..."

Hello everyone, I hope that you are all doing well!

I am the Executive Assistant at Parkinson's Resource Organization. I am new to the organization, but I feel as if I have already been part of the PRO family for a long time. I believe it is because you learn so much in such a short period that it feels natural to completely involve yourself in it. My work at PRO varies with many different tasks but to shorten the description, it is mostly data entry, managing phone calls, writing letters and assisting the other staff members. When you call us, I will be the one answering on the other end of the phone. I am happy to speak with all of you and assist you the best I can!

A little about myself. All my life, so far, has been focused on my education and being the best student that I could be. I graduated from the University of California San Diego in June 2019 with a Bachelor of Arts in Communications. My areas of study focused on how Science, technology, and society impact each other through such interconnected systems as well as how digital environments foster practices of life. Throughout my undergrad, I worked as an Office Assistant for the UC San Diego Revelle College Residential Life and as an Operations Assistant for the UC San Diego Undergraduate Admissions Office. I always worked with people of all ages and backgrounds and acted as a resource for information. I find it so interesting to learn more about the life experiences of other people and I value helping others. Being a part of PRO further enables me to give back to the community while expanding my intersectional lens.

I would like to share the following with you. As I meet constituents every day through phone conversations, in-person, or via virtual support group meetings, I get a glimpse of the

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ParkinsonsResourceOrganization



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THE GIFTS OF GRATITUDE & HOW TO TAP INTO THEM

Lynda Reid, PhD.

Do you feel immersed in grief, fear, or resentment? How do you create comfort in times of loss, limitations, and conflict? How do you celebrate the upcoming holiday season by staying apart from those you love?

You can begin to answer those questions by understanding that you can control what you think. Quite simply, your brain only knows what you tell it. Take a moment to pause and pay attention to your mental soundtrack. If your soundtrack is full of fear, worries, and denial, it is time to rewrite your script.

You have the capacity to write a story that supports your health and wellbeing. A story that acknowledges your current situation and gently shifts your thoughts to focus on moments of gratitude, moments of giving, and receiving. Moments of giving allow you to give thanks, show appreciation, and practice kindness. Receiving gratitude will enable you to acknowledge others and truly take in the impact of their support and understanding. It takes a conscious effort on your part, but the gifts are great.

The Gifts of Gratitude

1. *Reduces the production of your stress hormones easing the strain on your heart and overall physical wellness.*
2. *Relax the body (especially muscles in the core), promoting your health and vitality.*
3. *Boosts your energy and desire to engage in positive activities.*
4. *Counteracts depression and facilitates positive emotions.*
5. *Promotes positive personal relationships and increases your leadership potential.*
6. *Increases creativity and the ability to take risks.*
7. *Enhances problem-solving and ability to collaborate.*
8. *Minimizes worry and improves sleep.*
9. *Practicing gratitude improves the immune system and capacity for resilience.*
10. *Increases greater life satisfaction boosting self-esteem and optimism.*

Gratitude evolves as you embrace, what I call, *The Giving and Receiving Cycle*. To honestly give, you must honor others by receiving the gifts they wish to share with you. Your gratitude story includes memories of the special moments that lifted your spirits and filled your heart. The story expands as you continually reach out to share your appreciation, respect, and love with others.

The Gratitude Cycle functions on three fundamental realities. The first is that no relationship comes with mindreading powers. Saying, "I shouldn't have to tell you," places others at a disadvantage and sets you up for disappointment. That reality holds for parents, children, siblings, partners, spouses, and friends. If you need something from someone else, you need to ask.

The Cycle's second reality is that what you need may not come in the way you expect. Yet, if you stay open, you may well get what you need in unexpected other ways and from unexpected people. You may be surprised by how and by whom.

The third reality relates to the Cycle itself. To honestly give, you must also be able to receive. You may be a great giver, but if you are not also a gracious receiver, you are robbing another person from benefiting from gratitude's gifts.

Tapping into the Gifts of Gratitude doesn't require more than a little time and consideration. Here are a few ideas to enhance your ability to increase gratitude in your life.

1. *Keep a gratitude journal; writing down three things you are grateful for at the end of each day.*
2. *Wake up just a little earlier each morning and take time to sit and be thankful for the day ahead.*
3. *Create thank you notes for individuals who support you and your family members in this time of challenge.*
4. *Show your local restaurant owners you appreciate them by ordering out and promoting them on social media.*
5. *Donate as you can to your local non-profits providing support for our most vulnerable populations.*
6. *Order your holiday gifts from small local businesses and encourage others to do the same.*

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PARKINSON'S RESOURCE ORGANIZATION

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WE INTEND IT TO SERVE AS
AN INFORMATION GUIDE.

FINANCIAL HELP WITH IN-HOME CARE

Pamela Fletcher, *Medi-Cal Consulting Services, Inc.*

Albert Einstein said, "Only a life lived for others is a life worthwhile." We live for our families. We enjoy the highs together and do our best to weather through the lows. Sometimes the assistance we need for the lows is available, if only we knew how to ask for it.

In the State of California, and you may have something similar in your State if you are not from California, Medi-Cal can be the assistance we need to take care of our loved one, but this help is often overlooked. Why is it overlooked? Why is it not used? For many, Medi-Cal gets ignored because there is plenty of bad information. The misinformation keeps circling around and around. We have heard the inaccurate information so often and from so many sources that many potential applicants think the inaccuracies must be true. - "Medi-Cal will take my home." "I make too much money for Medi-Cal." "I don't want to be in a Medi-Cal facility."

- **The truth is Medi-Cal will not take your home. There is an estate recovery program that they can try to collect after the death of the beneficiary, but it is easily avoidable. In 2017, the estate recovery was limited to only allow recovery on estates/properties that go into probate. If there is no probate, there is no recovery.**
- **The truth is for someone over the age of 65 or disabled there is no income limit to Medi-Cal. Medi-Cal eligibility is based on asset limits. Income is not a qualifier or disqualifier. Income can, however, play a part in how helpful the Medi-Cal benefits can be.**
- **The truth is there is no such thing as Medi-Cal owned facilities. Skilled nursing facilities are privately owned businesses. Almost all facilities in California contract with Medi-Cal. Since Medi-Cal does not select the facility for you, you have plenty of options for your care.**

Over the years the Medi-Cal programs have changed and evolved. However, the noise of bad information continues.

Let us quiet the noise and take a look at one of the exciting ways Medi-Cal has evolved. The spousal impoverishment rules meant to assist couples with care costs were previously only used for skilled nursing facility care. In 2017, Medi-Cal made those impoverishment rules available to couples who wanted to remain at home through a Home and Community Based Services Waiver. The spousal impoverishment rules when applied, can make in-home care much more accessible. The spousal rules are for those couples where one spouse has more health issues, like Parkinson's, and needs assistance. It is possible to have the Medi-Cal benefits applied to the spouse with Parkinson's and the resources and income remain available to the other spouse. The Home and Community Based Services Waiver means the couple does not have to use all the resources and income to pay for the care of the ill spouse leaving the well spouse with nothing.

Not all assets count. Some assets are exempt, and others may be considered unavailable. The primary home, one vehicle, businesses, 401Ks, IRAs, annuities, some life insurance and burial policies are examples of exempt assets. A couple with less than \$130,420 of countable assets such

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THE PRO STAFF – cont. from page 4

experiences that people in the Parkinson's world deal with, and it is a mixture of heartwarming yet heartbreaking feelings. I mean this in a good way because it is so rewarding to see how much PRO impacts the daily lives of people. People that are fighting for their health, fighting for loved ones, and fighting for a voice. It is inspiring. Similarly, I feel like I relate because both of my parents have been dealing with health issues for years to which our family does not know the cure or cause. It is a tough journey for all of us and all I can say is that you are strong, and you must keep pushing through! I would like to send you all a big "imaginary" hug and best wishes for New Year to come! Thank you for supporting and being a part of PRO.

DOUG HASSETT, *Wellness Village Director*

"...it reminded me of an old Currier and Ives scene."

I am new to the Parkinson's Resource Organization, and am delighted that our first Newsletter of the year introduces me and my position with PRO.

Briefly, I grew up near Kansas City, spending part of my life on a farm and part in the suburbs near KC. I had wonderful experiences living both lifestyles but definitely enjoyed my rural life, where I milked cows, broke horses and stacked hay. Those were the days.

In the years after graduating from the college I worked for small businesses, large corporations, the federal government, and owned my own businesses as well. Through it all, both in my youth and in business, I always found myself gravitating to a point of helping others. It is an old cliché, but I'm a people person, if I can find a way to form beneficial partnerships and give back, I will.

Applying my experiences and personality to my current position, I can see that I have a lot to learn and much to do to fulfill my mission as the Wellness Village Director. I am excited about all of it and look forward to helping People with Parkinson's, their Partners in Care, their families, and of course, our Wellness Villagers. My immediate task is to guide and help grow the PRO Wellness Village. The farther we can reach, the more opportunities we will have to present credible Parkinson's services, and products, offering the best for gaining "quality of life".

Since we just finished the Christmas season, I'll end with this holiday remembrance. In my youth, living on the farm, every Christmas we would drag an old sleigh into our front yard and fill it with Christmas packages. With a little snow on the ground and a little imagination it reminded me of an old Currier and Ives scene. It's a fond memory and I've never forgotten it. Remembering good times are such great healers, I hope whatever your challenges are for the new year, that you take a breath, contemplate a fond memory, bring healing to your life, and let us help you through the journey.

Looking forward to better 2021.

RIGHTSIZE OR REMAIN – cont. from page 2

and what you and your family members or friends envision for your relationship with them. In some cases, seniors opt to “rightsize” to a larger home they intend to share with close family and friends.

5. LIFESTYLE – Are you active? Do you plan to travel? Your lifestyle is a great determining factor for where you plan to spend retirement and where you decide to settle for this exciting part of your life.

Retirement is different from what you may remember it being for your parents or grandparents. Choose an option that fits your retirement lifestyle as well as your wish list for social interaction.

WHAT SIZE SPACE DO I NEED?

Here’s how to tell if you should move to a larger space:

- *You want to make room for relatives*
- *You want to make room for your children to move in and help you*

How to tell if you should move to a smaller space:

- *You have health complications that are not suited for the current layout of your residence*
- *The thought of caring for or paying for landscaping, cleaning multiple bedrooms, or other general upkeep tasks and costs seems stressful.*
- *Moving could save you money in retirement*
- *Your home has lots of space that is never used*

How to tell if your existing home is the perfect fit:

- *You could make simple modifications for comfort and accessibility*
- *You want to use your extra rooms for family members or professionals to assist with care*
- *Aging in place is the best financial decision*

There are services available in your area for property upkeep, daily tasks, and medical care that fit within your budget.

As life changes, so does our use of space. For every milestone in our life, we use space differently. Retirement is no different. Planning how you want to enjoy retirement presents new things to consider, exciting discoveries, and in some cases brings you face to face with frightening truths. As with any major life decision, creating a well thought out plan and weighing all options helps you make an informed decision. Considering the tips on this list can give you a great foundation to plan for your next phase and help you decide if “right-sizing” or remaining in your home is the right choice.

For more information on “right-sizing”, relocating, organizing, packing or unpacking, visit Michele McGregor at [ParkinsonsResource.org/the-wellness-village/directory/caring-transitions-desert-cities/](https://www.parkinsonsresource.org/the-wellness-village/directory/caring-transitions-desert-cities/) where she has been a member since August 2020.

ROAD TO THE CURE – cont. from page 1

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.

GIFTS OF GRATITUDE – cont. from page 5

7. *Surprise someone with flowers.*
8. *Do something nice for your neighbor.*
9. *Wear a mask. Stay socially safe.*
10. *Create a few new virtual rituals for your holidays.*
11. *Focus forward and plan for creative ways to celebrate reconnecting post-COVID.*
12. *Pick up the phone and call someone.*
13. *Reach out to others and ask for what you need.*
14. *Graciously accept and acknowledge all that you are given.*

Gratitude can create comfort within your grief, quiet the voices of fear, and move past resentment and conflict. The more you focus on gratitude in your life, the more you will bring into your life. You are worth it.

Find Dr. Lynda Reid in the Wellness Village at [ParkinsonsResource.org/the-wellness-village/directory/dr-lynda-reid/](https://www.parkinsonsresource.org/the-wellness-village/directory/dr-lynda-reid/) where she has been a member since April 2020.

FINANCIAL HELP – cont. from page 6

as checking/savings accounts and secondary homes can qualify to have Medi-Cal benefits for one spouse. Along with the higher amount of countable assets, the income is viewed differently as well, often eliminating the Share of Cost.

At Medi-Cal Consulting Services, we specialize in Medi-Cal eligibility using the Home and Community Based Services Waiver. Let us provide you with clear concise accurate information. We can help give you peace of mind and guaranteed results. Contact Medi-Cal Consulting Services for a free consultation.

To learn more about this beneficial assistance, go to [ParkinsonsResource.org/the-wellness-village/directory/medi-cal-consulting-services/](https://www.parkinsonsresource.org/the-wellness-village/directory/medi-cal-consulting-services/), watch their videos and get in touch with them directly. Medi-Cal Consulting Services, Inc have been members in the Wellness Village since September 2018.

PRO CALENDAR FOR JANUARY 2021

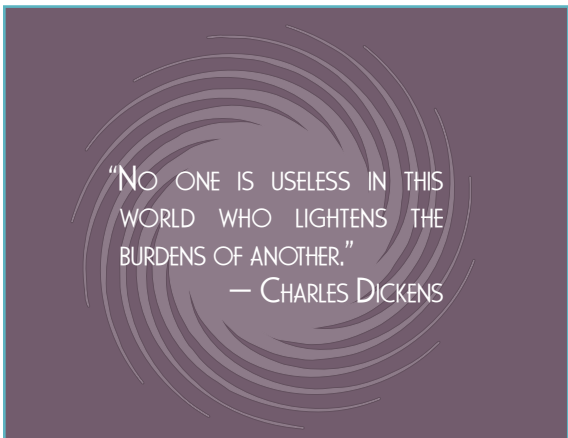
The current, **VIRTUAL ONLY**, support group meetings are listed below. **ALL MEETINGS CLOSE 15 MINUTES AFTER START TIME!**
For any information regarding any of these meetings, please contact the PRO Office at 877-775-4111.

					1 NEW YEAR'S DAY	2
3	4 VIRTUAL Partner in Care ONLY Meeting 10:00 AM PST 12:00 PM CST 1:00 PM EST	5	6 VIRTUAL Round Table 6:00 PM PST 8:00 PM CST 9:00 PM EST	7	8	9
10	11 VIRTUAL Round Table 6:00 PM PST 8:00 PM CST 9:00 PM EST	12	13 VIRTUAL Village Meeting 4:00 PM PST 6:00 PM CST 7:00 PM EST	14	15	16
17	18 MARTIN LUTHER KING DAY VIRTUAL Partner in Care ONLY Meeting 10:00 AM PST 12:00 PM CST 1:00 PM EST	19	20 INAUGURATION DAY VIRTUAL Partner in Care ONLY Meeting 6:00 PM PST 8:00 PM CST 9:00 PM EST	21	22	23
24 NAT'L HOT CHOCOLATE DAY 31	25 VIRTUAL Village Meeting 6:00 PM PST 8:00 PM CST 9:00 PM EST	26	27	28 VIRTUAL Round Table 1:00 PM PST 3:00 PM CST 4:00 PM EST	29	30

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.