

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

MESSAGE

PRESIDENT'S

With the Ides of March behind us we look forward to PARKINSON'S AWARENESS MONTH, April. For those of us in the trenches of Parkinson's, every day is Awareness Day. This month do what you can to bring about visibility and let the rest of the world know Parkinson's does not always look or feel as easy as Michael J Fox looks when he appears on TV.

This month our front page feature is an **UPDATE ON THE ROAD TO THE CURE** with its newest developments and looking forward.

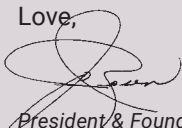
PROudly we present more PROvocative articles and informative insights: **MARCH WAS "SAVE YOUR VISION MONTH"** on page 2; **WHEN YOUR MEDICATION IS NO LONGER WORKING WELL, THERE MAY BE ANOTHER OPTION** on page 3; **WHAT CAREGIVERS NEED TO KNOW ABOUT ADULT INCONTINENCE** on page 4; **WHY CHOOSING AN ESTATE SALE COMPANY BASED ON A LOW COMMISSION CAN COST A FORTUNE** on page 5; two different **BITS AND PIECES** on page 6; **TELL ME WHY IT'S CALLED "PARKINSON'S DISEASE?" A Poem** on page 7, and; **WOW, I WISH I HAD THOUGHT OF THAT!** on page 7.

In addition to donating, join us in becoming a key part of our advocacy efforts, contact us to "Get Involved." Make monthly donations through our secure donation page at **ParkinsonsResource.org/donate** or mail your donation to our office in Palm Desert, CA.

Until next month, REMEMBER April Fool's Day on the 1st, it's Easter Sunday and Passover ends on the 4th, National Walking Day on the 7th, Earth Day on the 22nd, and Arbor Day on the 30th. The flowers are the Daisy and Sweet Pea, and the Birthstones are Diamond and Crystal.

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

Unfortunately, only a small fraction of L-dopa ever reaches the brain...

Parkinson's disease (PD) is a common neurodegenerative disorder characterized by motor and gastrointestinal (GI) deficits. Estimated 12 million individuals are afflicted worldwide with the disease and US alone has about 1.2 million Parkinson's patients.

PD is a progressive neurodegenerative condition in which the dopamine-producing cells in a portion of the brain called the substantia nigra begin to sicken and die. Because these cells and their dopamine are critical for controlling movement, their death leads to the familiar tremor, difficulty moving, and the characteristic slow gait. As the disease progresses, cognitive and behavioral problems can take hold, including depression, personality shifts, and sleep disturbances. Despite its prevalence, the pathophysiology of PD is still not well understood.

For the 12 million people in the world now living with PD, and for those who have gone before them, L-dopa has been for the last 50 years the mainstay of treatment to help alleviate those motor symptoms. The drug is a precursor of dopamine, and, unlike dopamine, it has the advantage of crossing the blood-brain barrier. Once inside the brain, an enzyme called DOPA decarboxylase converts L-dopa to dopamine.

Unfortunately, only a small fraction of L-dopa ever reaches the brain, contributing to big differences in the drug's efficacy from person to person. The reason for this is the role of gut microbiota in neurological disorders. Although it is too early to connect the dots between gut microbiota and PD to establish causation, there have been various previous hints that gut microbes influence the effectiveness of levodopa (L-dopa), which helps to ease the stiffness, rigidity, and slowness of movement associated with Parkinson's disease.

Now, in findings published in Science, an NIH-funded team has identified a specific, gut-dwelling bacterium that consumes L-dopa and thus attenuates its effectiveness. The scientists have also identified the bacterial genes and enzymes involved in the process: a bacterium called *Enterococcus faecalis* (*E. faecalis*), which commonly resides in a healthy gut microbiome. In their tests, this bacterium avidly consumed all the L-dopa, using its own version of a decarboxylase enzyme.

Thus, the scientists continue to uncover the many fascinating ways in which the trillions of microbes that inhabit the human body influence our health. Now comes yet another surprising discovery: a medicine-eating bacterium residing in the human gut that may affect how well someone responds to the most prescribed drug for Parkinson's disease.

Impact of this study on PD Patients: Developing an inhibitor to the *E. faecalis* will prevent consumption of L-Dopa by this enzyme and significantly improve the efficacy and potency of L-Dopa. Efforts are underway to develop such as a safe and effective inhibitor for *E. faecalis*.

ICB International, Inc. ("ICBII"), is considering developing such an enzyme inhibitor soon. It should be noted that improving the therapeutic efficacy of L-Dopa will not provide the outcome of disease modification, though it might improve the disease symptoms for a longer period.

ICBII was recently notified by the European Patent Office that it intends to grant one patent approval, making the total number of approved patents as seven.

WOULD YOU LIKE TO HELP get ICBII's drugs to market faster? The joy of being a part of this historical event can be had by helping ICBII find

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- Optometric Vision Care, Dr Eric Ikeda

MARCH WAS "SAVE YOUR VISION MONTH"

Eric Ikeda, O.D., F.C.O.V.D., DPNAP

Since 1927, the American Optometric Association (AOA) had proclaimed Save Your Vision Week in the month of March. President Lyndon B. Johnson then declared Save Your Vision Week a national observance in 1963. In 2005, the AOA adopted "Save Your Vision Month". During this month, all optometrists are to remind the American public of the importance of your eye health and comprehensive eye exams.

People with Parkinson's experience issues with their vision, particularly blurred and/or double vision, dry eyes and difficulties with functional tasks such as reading. In addition, especially during this pandemic period, many people of all ages are relying more on their devices and computers. As a result, there has been a marked increase in complaints of eyestrain, difficulty focusing and tracking on the screen, and dry eyes.

Vision issues can be causes of falls. A shuffle may be caused by a fear of falling due to changes in depth perception or orientation.

What can be done? First and foremost, you should see your eye care provider for a comprehensive vision exam. Your doctor can determine if you require prescription glasses while discussing with you, the appropriate visual ergonomics (e.g. lighting, etc.), anti-reflective lens treatments for glare, artificial tears for dry eyes, etc. to enable you to maintain your daily living skills. Finally, your eye exam will determine if there are any eye health conditions that can be impacting your vision. Remember, you can "Save Your Vision" by having a comprehensive eye exam!

PRO has known Dr. Ikeda since 1997 and he has helped many people with Parkinson's and their family members. He has been a member of the Wellness Village since May 1, 2020 and you can find everything about him at ParkinsonsResource.org/the-wellness-village/directory/optometric-vision/

WHEN YOUR MEDICATION IS NO LONGER WORKING WELL, THERE MAY BE ANOTHER OPTION

Published with permission from Boston Scientific

When 54-year-old Suzanne Friedman got diagnosed with Parkinson's disease, she tried everything, including an hour of exercise each day, to try to stop the disease in its tracks. But despite her best efforts, it continued to progress, and eventually her medicine began to make her tired and stopped working well. It was then that Suzanne started search for other options.

DBS, or Deep Brain Stimulation, is similar to a pacemaker—but for the brain. Thousands of patients have benefited from DBS over the last twenty years.¹ A well-established, safe, surgical procedure places a small, thin device called a stimulator just under the skin in the chest, sending electrical signals via one or two thin, insulated wires to the brain. It's designed to help control motor symptoms and can reduce the need for medications that can have unwanted side effects.²

Just like a pacemaker, the DBS battery will need to be changed every three to five years* in a short surgical procedure. However, some devices are rechargeable and can be implanted for at least fifteen years* without a battery replacement, requiring only about an hour of easy recharging a week using a wireless recharging system.

One thing to consider when selecting a DBS system is that Parkinson's disease is a progressive disease, and even with DBS, it will continue to advance and change. New technology developed by manufacturer Boston Scientific allows very precise amounts of current to be delivered to very precise areas of the brain. These new DBS systems with current steering technology, gives doctors an incredibly sensitive and precise "steering wheel" to manage the challenging terrain as their patients' needs change.

There is a window of opportunity for getting DBS. Research has shown that the best time to get DBS is when Parkinson's disease medications are just starting to become less effective, but before symptoms become severe and the response to medication is unpredictable.

On the day that Suzanne's device was "turned on," she brought her husband Steve and her daughter with her. Steve recalls how nervous Suzanne was, worrying that it wasn't going to work. "We were sitting there and her leg is shaking, her foot is shaking. They turned on the device and all of a sudden, the foot stopped. They turned it off and the foot started again. Turned it back on, the foot stopped. My daughter started crying." After the programming, the three of them went out to eat, and Suzanne was walking like her old self again.

For Suzanne, one of the greatest gifts DBS has given her is consistency. "Life before DBS was a struggle. I was suffering every day. Now, [my experience has been that] I don't have to worry about whether my medicine works, whether it's not going to work, when I have to eat, when the next medicine's due. I'm sleeping better, not napping every day, being able to stay up late. Everybody keeps telling me that I seem happy and that they see me smiling more."

1. Gardner J. A history of deep brain stimulation: Technological innovation and the role of clinical assessment tools. *Soc Stud Sci.* 2013;43(5):707-728. doi:10.1177/0306312713483678

2. Jerrold L Vitek, et. al., *Subthalamic nucleus deep brain stimulation with a multiple independent constant current-controlled device in Parkinson's disease (INTREPID): a multicenter, double-blind, randomized, sham-controlled study, The Lancet Neurology, Volume 19, Issue 6, 2020, Pages 491-501.*

**Battery life is dependent on the stimulation settings and conditions

Indications for Use - The Boston Scientific Deep Brain Stimulation Systems are indicated for use in: Bilateral stimulation of the subthalamic nucleus (STN) as an adjunctive therapy in reducing some of the symptoms of moderate to advanced levodopa responsive Parkinson's disease (PD) that are not adequately controlled with medication.

Bilateral stimulation of the internal globus pallidus (GPi) as an adjunctive therapy in reducing some of the symptoms of advanced levodopa responsive Parkinson's disease (PD) that are not adequately controlled with medication.

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WHAT CAREGIVERS NEED TO KNOW ABOUT ADULT INCONTINENCE

Angel Westerman, CEO and Owner of Dependable Daughter

An aging individual's loved ones may be thrown into a caregiver role without any prior training, they often have more questions than answers.

This is especially true when it comes to bladder and bowel incontinence. It's often an uncomfortable topic. But it's something that needs to be addressed to ensure a loved one's health and quality of life.

A Mistake Many New Caregivers Unknowingly Make - When a loved one starts showing signs of bladder and bowel incontinence, many caregivers run to the nearest drug or big box store.

They scan the adult incontinence aisle searching for a product that will help their loved one. They read some of the packaging hoping the right solution will magically jump out at them.

Sure, they have questions. But employees don't have answers.

The caregiver picks a product and hopes for the best while thinking, "Am I choosing the right adult diapers?"

For the next few days, the loved one's bed sheets are wet every morning. And sometimes, while walking around, there are obvious signs the protective underwear is leaking.

Back to the store to find another product. A label boasting "better absorbency" seems like a promising solution.

A couple days later, the caregiver notices a bad rash.

Meanwhile, the loved one feels helpless, embarrassed, and at fault.

Rest assured... there is a better way. But first, let's get to the facts.

Common Myths About Adult Incontinence Products - You don't have to make a stressful situation even worse by trying to find the right combination of products on your own. Let's set the record straight about a few things...

Myth: Incontinence Products Are Called "Adult Diapers" - Your loved one deserves dignity. One small—but very meaningful—step involves changing terminology. The term "adult diapers" may seem demeaning. "Protective underwear" or "absorbent briefs" however, allows for a more dignified approach when discussing incontinence with your loved one.

Myth: All Protective Underwear Has the Potential to Leak - This is simply not true. Choosing the right protective underwear for your loved one's situation will prevent leaks—even overnight. Higher quality products may cost a little more, but they will save time, embarrassment, and constantly using your washing machine for soiled clothes and linens.

Myth: Skin Breakdown is a Normal Part of Using Protective Underwear - Good protective underwear is absorbent and locks in moisture to keep your loved one's skin dry. When the skin is exposed to moisture for a period of time, bacteria develops causing sores, rashes, and infections. When urine isn't absorbed properly, the risk of urinary tract infections (UTIs) increases.

Myth: Baby Wipes Work Just Fine for Adults - Baby wipes are designed for...well, babies. As a caregiver will quickly learn, baby wipes may not do the trick when helping an adult struggling with incontinence. Luckily, there are some great cleansing wipes designed specifically for adults.

Myth: Local Stores Carry Protective Underwear for All Situations - Most protective underwear products found in stores are okay for individuals with light to moderate incontinence. Special protective underwear for heavy incontinence, however, may not be readily available at your local store.

Incontinence occurs for various reasons. Finding the product that fits your loved one's unique needs may not be as easy as grabbing something off the shelf of your local store. Get the Products and Support You Need. Aging gracefully starts with caring for your loved one's basic needs with dignity.

Dependable Daughter will help you with these issues and more! You can find Angel Westerman and her team in the Wellness Village at [ParkinsonsResource.org/the-wellness-village/directory/dependable-daughter/](https://www.ParkinsonsResource.org/the-wellness-village/directory/dependable-daughter/) where they have been members since Sept 2020.

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WHY CHOOSING AN ESTATE SALE COMPANY BASED ON A LOW COMMISSION CAN COST A FORTUNE

When it comes to the outlay of money, everyone wants the best deal they can find. That's just good business sense. It stops making sense when people make quick decisions to go with the "cheapest" because it can often backfire costing much more to correct the situation, if the situation is even correctable.

Hiring the right professional estate liquidator is of vital importance. The emphasis in this article is on the word professional. This estate sale professional is someone who has dedicated much time, care, concern, diligence, devotion, education, research, (plus so much more) into the skills required to conduct a successful estate sale for their clients. This professional works countless hours and endures many sleepless nights, constantly learning and navigating an ever-changing industry and dealing with an increasingly difficult public of buyers.

Conducting an estate sale is not just about organizing and displaying, nor is it as easy as it appears. It requires patience, due diligence, long hours of research, outstanding customer relations skills, knowing the right resources, and the ability to wear many different hats on any given day. True professionals do it well and make it look easy, even though it is actually very challenging. Therein lies the mark of a true professional.

Estate Sale Professionals earn their commission because they take the time to understand the personal property and maximize the sale proceeds by implementing a methodical plan to succeed for the client.

Knowing this, why would anyone select an estate sale company that undercuts or offers a low-ball commission without understanding all the details of the estate?

This industry is inundated with pop-up or fly-by-night companies that appear out of nowhere. While there are exceptions to every rule, we often see the following:

- *Many of them have little to no industry training, skills, or understanding the scope of work that lies ahead of them.*
- *They know little about today's changing market and what items will sell for.*
- *They often sell at very low prices and then disappear.*
- *Some don't even price items or research the value of higher-end pieces to maximize the sale price for the client.*
- *Sometimes they leave behind a mess for the client to handle.*
- *The sale proceeds are often quite low, because they didn't make the effort to make the sale as successful as possible.*
- *They may not pay the client in a pre-determined time frame or offer any accounting of what was sold.*
- *To get the contract signed quickly, they offer a low commission claiming they will do the same things as a professional estate sale company.*

Clients need to know a few things before they decide which estate sale company is the right one to hire.

1) Please do not hire a company based on commission alone. Find out what the commission includes, what services are offered, research the company, and make your decision based on sound information and facts. The old saying, "you get what you pay for" is often true. If a company is charging 15%-20% when the national average is 35%-45% (depending on geographical region), one must ask how they can afford the proper resources to conduct a professional sale. Will they:

- *Have enough staff to organize, display, clean out and secure?*
- *Watch the crowd and have the ability to eliminate/minimize theft?*
- *Advertise to attract the right kind of buyers to the sale?*
- *Take the time to research and arrive at appropriate pricing?*
- *Utilize proper signage and post policies and procedures?*
- *Use the power of social media?*

2) Lower commission can also mean lower effort. What normally suffers is quality.

- *Quality of service and care*
- *Quality of research*
- *Quality in diligent preparation*

These qualities are the attributes of a professional.

Pop-up companies may leave the un-sold remainder for the client to contend with. By then, contacting a professional is too late as the damage is done. The best items will have been sold and the sale proceeds were not maximized.

cont. on page 7

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WE INTEND IT TO SERVE AS
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BITS AND PIECES

WHAT WORSENS PARKINSON'S DISEASE?

Medication changes, infection, dehydration, sleep deprivation, recent surgery, stress, or other medical problems can **worsen** PD symptoms. Urinary tract infections (even without bladder symptoms) are a particularly common cause.

EFFECT OF CHRONIC ORAL DOMPERIDONE THERAPY ON GASTROINTESTINAL SYMPTOMS AND GASTRIC EMPTYING IN PATIENTS WITH PARKINSON'S DISEASE

I Soykan 1, I Sarosiek, J Shifflett,
G F Wooten, and R W McCallum

Abstract: This study investigated whether domperidone could improve gastrointestinal symptoms in patients with Parkinson's disease who were receiving levodopa therapy. A total of 11 patients were studied. Following a baseline gastric emptying test, patients were treated with a starting dose of domperidone 20 mg p.o. q.i.d. A follow-up gastric emptying test was repeated at least four months after starting domperidone therapy. At the beginning and at each 3-month follow-up visit, symptoms of nausea, vomiting, anorexia, abdominal bloating, heartburn, regurgitation, dysphagia, and constipation were evaluated and scored on a scale of 0-3. The overall mean follow-up period was three years. Compared with their baseline evaluation, patients experienced a significant improvement in all symptoms ($p < 0.05$) except dysphagia and constipation. Gastric emptying of an isotope-labeled solid meal was significantly faster, with a baseline result of 60.2 +/- 6.4% retention of isotope 2 h after the meal compared with 37.0 +/- 2.2% retention during domperidone therapy ($p < 0.05$). Patients' global assessment of Parkinson's disease remained stable or improved. Serum prolactin was elevated in all patients after domperidone therapy ($p < 0.05$). Domperidone therapy significantly reduces upper gastrointestinal symptoms and accelerates gastric emptying of a solid meal but does not interfere with response to antiparkinsonism treatment.

ROAD TO THE CURE – cont. from page 1

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 ICBII directly through their website ICBII.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.

MEDICATION NOT WORKING – cont. from page 3

Contraindications: The Boston Scientific Deep Brain Stimulation Systems are not recommended for patients who will be exposed to the following procedures: Diathermy as either a treatment for a medical condition or as part of a surgical procedure, Electroconvulsive Therapy (ECT) and Transcranial Magnetic Stimulation (TMS). The safety of these therapies in patients implanted with the Vercise DBS System has not been established. Patients implanted with Boston Scientific Deep Brain Stimulation Systems without ImageReady™ MRI Technology should not be exposed to Magnetic Resonance Imaging (MRI). Patients implanted with the Vercise Gevia™ or Vercise Genus™ or Vercise DBS Lead-only system (before Stimulator is implanted) with ImageReady MRI Technology are Full Body MR Conditional only when exposed to the MRI environment under the specific conditions defined in ImageReady MRI Guidelines for Boston Scientific Deep Brain Stimulation Systems. Boston Scientific Deep Brain Stimulation Systems are not recommended for patients who are unable to operate the system or are poor surgical candidates or who experience unsuccessful test stimulation.

Warnings: Unauthorized modification to the medical devices is prohibited. You should not be exposed to high stimulation levels. High level of stimulation may damage brain tissue. Patients implanted with the Vercise DBS System may be at risk for intracranial hemorrhages (bleeding in the brain) during DBS lead placement. Strong electromagnetic fields, such as power generators, security screeners or theft detection systems, can potentially turn the stimulator off, or cause unpredictable changes in stimulation. The system should not be charged while sleeping. If you notice new onset or worsening depression, changes in mood or behavior or impulse control, or have thoughts of suicide contact your physician or emergency services immediately. Chemical burns may result if the Vercise Stimulator housing is ruptured or pierced. The Deep Brain Stimulation System may interfere with the operation of implanted stimulation devices, such as cardiac pacemakers, implanted cardioverter defibrillators, or medication delivery pumps. Patients should operate motorized vehicles or potentially dangerous machinery with caution. It is unknown if the device may hurt an unborn baby. Your doctor may be able to provide additional information on the Boston Scientific Vercise DBS System. For complete indications for use, contraindications, warnings, precautions, and side effects see DBSandME.com.

Caution: U.S. Federal law restricts this device to sale by or on the order of a physician.

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Boston Scientific is in the PRO Wellness Village at ParkinsonsResource.org/the-wellness-village/directory/boston-scientific/ where they have been members since November 2018.

TELL ME WHY... IT'S CALLED "PARKINSON'S DISEASE?"

A Poem

David Verdery

*Back in 1817, a doctor in London,
Whose name was James Parkinson,
Was speaking at a medical convention.
his mission was to bring attention
To his study on "shaking palsy"
And to the findings they now would all see.*

*His reputation was growing in the community,
And he urged them all to agree in unity
That they'd work together to find
The cause of this new attack on the mind.*

*Parkinson then began to tell them
About some relevant signs that, for him,
Showed some non-motor symptoms just as bad,
Beginning with a difficulty to walk.
And the ability to clearly talk.
the nightmares in color could make one mad.*

*The handwriting starting to shrink
And always choking on a drink.
The face becoming a blank expression
Along with anxiety and deep depression.
The senses of taste and smell have left
the feeling of being lost and bereft.*

*The autonomic nervous system relies
On healthy brain cells to survive.
But this malady of dying cells
Is giving people anxiety and tells
Me that its aggression is unstoppable
And my search for a cure, impossible.*

*Dr. Parkinson said that, down the road,
Science would surely find an episode
Of this disease he'd taken credit for
And develop a cure that would forevermore
End this plague on the human condition.
Parkinson's would finally fade out of vision.*

- Amen -

WOW, I WISH I HAD THOUGHT OF THAT!

Sandy Rodley, *Former Caregiver to Ralph*

Recently I was reminded that even though I thought we had taken care of everything and had planned it all out but forgot to have the one conversation we should have had. It wasn't a topic often spoken about when making final arrangements nor is it a topic easily had ahead of time, but because of my husband's recent passing, I realized it was something I forgot to address. And then it was too late.

The topic is the Gift of Hope-Brain Donation. Also known as an autopsy. The benefits are enormous and can potentially provide valuable information to you and your family but also the information gathered may help researchers make new discoveries about Parkinson's and other diseases that can save lives in the future. It can also provide comfort by either providing or confirming a diagnosis. Since Parkinson's has so many branches, I think finding out for sure would be helpful but also the possibility that your gift could help someone else is what we call a "mitzvah."

There are actually a few different ways you can handle this and all require advance planning. You can join a clinical trial as sometimes it is included as part of the participation. You can also reach out to Universities such as the UCLA Decedent Affairs Office or the Brain Donor Project but have a conversation with your neurologist as they can sometimes offer some insight especially on clinical trials and brain banks that specialize in researching neurological disorders.

So, I am the inner voice that sits on your shoulder and is here to remind you, to have that conversation so you don't say "Wow, I wish I had thought of that".... before it is too late. It truly is a wonderful gift.

There is a great article in the PRO blog archive here: ParkinsonsResource.org/news/articles/the-gift-of-hope-donor-program/. And Jo Rosen recorded a YouTube video you can see here: ParkinsonsResource.org/gift-of-hope-donor-program.

ESTATE SALE – cont. from page 5

These companies may offer a low commission but there could be many more individual service charges that add up to more than the professional's original (higher) commission. The client should have a clear understanding of what the commission includes and what other fees will be involved before signing a contract.

3) Research the estate sale companies being interviewed.

Do they have a good reputation? Is the company licensed to conduct business? Are they insured? Make sure they exist as a genuine company.

4) The estate sale contract should have a clause that determines how proceeds from the estate sale will be paid to the client and in what time frame the proceeds will be received. Both the client and the estate sale professional should review the contract to ensure all questions or concerns are addressed prior to signing.

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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 community, is none other than Michele McGregor, Owner of [Caring Transitions](https://CaringTransitions.com), [Desert Cities](https://DesertCities.com). Michele's expertise is in Estate Sales, Online Auctions and relocation provides a customized total solution to remove stress when you are planning a move or to making a change to your living environment. Visit her in the Wellness Village ParkinsonsResource.org/the-wellness-village/directory/caring-transitions-desert-cities/ where she has been a member since August 2020.

PRO CALENDAR FOR APRIL 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 APRIL FOOL'S DAY	2	3
4 PASSOVER ENDS EASTER	5 VIRTUAL Partner in Care Meeting 10:00 AM PST 11:00 AM MST 12:00 PM CST 1:00 PM EST	6	7 NAT'L WALKING DAY VIRTUAL Round Table 6:00 PM PST 7:00 PM MST 8:00 PM CST 9:00 PM EST	8	9	10
11	12 VIRTUAL Round Table 6:00 PM PST 7:00 PM MST 8:00 PM CST 9:00 PM EST	13	14 VIRTUAL Village Meeting 4:00 PM PST 5:00 PM MST 6:00 PM CST 7:00 PM EST	15	16	17
18	19 VIRTUAL Partner in Care Meeting 10:00 AM PDT 11:00 AM MDT 12:00 PM CDT 1:00 PM EDT	20 Mindfulness Focused Group 1:30 PM PDT 2:30 PM MDT 3:30 PM CDT 4:30 PM EDT	21 VIRTUAL Partner in Care Meeting 6:00 PM PDT 7:00 PM MDT 8:00 PM CDT 9:00 PM EDT	22 EARTH DAY VIRTUAL Round Table 1:00 PM PDT 2:00 PM MDT 3:00 PM CDT 4:00 PM EDT	23	24
25	26 VIRTUAL Village Meeting 6:00 PM PDT 7:00 PM MDT 8:00 PM CDT 9:00 PM EDT	27	28	29	30 ARBOR DAY	

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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