

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

MESSAGE**PRESIDENT'S**

August already... where has the summer gone? As we enjoy our *hot* desert summer temperatures, we hope your "lazy days" are filled with time to relax and reflect, a good book or two, and treasured time with family and friends. With Fall just a few months away, we encourage you to sit back and enjoy every moment of the "vacation" season.

If you want something PROvocative and engaging to read, this month's *Noteworthy News* has lots to pique your interest.

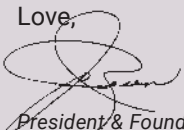
To begin, stay up to date with **UPDATE ON THE ROAD TO THE CURE** on this page. Then read **WELLNESS VILLAGE SPOTLIGHT** on page 2; **IF YOU SUFFER FROM PARKINSON'S DISEASE, YOU KNOW ALL TOO WELL HOW THE DISEASE DISRUPTS YOUR LIFE** on page 3; about our **GRIEF GROUP** meeting, also on page 3; **IN HOME CARE AND SENIOR SAFETY TIPS** on page 4; **WHAT DOES ALCOHOL DO?** also on page 4; **TOP FOUR REASONS TO HIRE A REALTOR** on page 5; **YOUR LIFE INSURANCE POLICY: YOUR "HIDDEN ASSET"** on page 6; **PRO's newest specialty group MOVEMENT: USE IT OR LOSE IT - FOR PWPS & PARTNERS IN CARE** on page 6; Our **BITS AND PIECES: TELL ME WHY I CAN'T READ MY OWN HANDWRITING** on page 7; and lastly, **TIPS TO STAY SAFE IN THE HEAT**, also on page 7.

In addition to [donating](#), join us in becoming a key part of our advocacy efforts, and contact us to "Get Involved." Make monthly donations through our secure donations page at ParkinsonsResource.org/donate or mail your donation to our office in Indian Wells, CA. Without *you*, we could never do all that we do.

Until next month, REMEMBER Friendship Day on the 1st, Nat'l. Lazy Day on the 10th, Nat'l. Relaxation Day on the 15th, Nat'l. Tell A Joke Day on the 16th, Nat'l. Non-profit Day on the 18th and Nat'l. Tooth Fairy Day on the 22nd. The flowers are the Poppy & Gladiolus and the Birthstone is Peridot.

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

Ram S. Bhatt, PhD., Chief Science Officer

Effect of Aging on the Blood-Brain Barrier (BBB)

Advances in modern medicine, nutrition, hygiene, and safety standards have doubled the life expectancy of humans worldwide over the last century. It has been estimated that in the next 50 years, the elderly will comprise approximately 20% of the world population.

With the aging population living longer, age-associated neurological and neurodegenerative diseases have become a global epidemic and are especially debilitating to the afflicted and their families, creating tremendous emotional and socioeconomic conditions. The reason for the surge in neurodegenerative diseases is that the blood-brain barrier (BBB) that protected our central nervous system (CNS) from unregulated leakage of blood-borne materials such as viruses, bacteria, parasites, medicines, and cancer cells when we were young is no longer working optimally upon aging. The BBB also controls the blood-to-brain and brain-to-blood permeation of many substances, resulting in nourishment of the CNS, its homeostatic regulation and communication between the CNS and peripheral tissues. The cells forming the BBB communicate with cells of the brain and in the periphery. This highly regulated interface changes with healthy aging.

Changes in Brain Barrier Function with Aging A challenge in the assessment of BBB dysfunction in healthy human aging is that many parameters can only be assessed in post-mortem tissues, and so it is difficult to distinguish changes at the BBB in humans that occur as a result of aging versus disease. However, measurements of BBB dysfunction in living human subjects using imaging techniques such as PET, SPECT, and MRI have become robust with advances in instrumentation and analysis techniques and have suggested that pathological changes at the BBB do occur progressively with aging and predict clinical symptoms such as cognitive impairment. Findings in rodent models also corroborate general aging-associated phenotypes of the BBB and have elucidated possible mechanisms by which BBB functions are altered with age. These details are further described below.

i. BBB Disruption Advanced imaging technologies that can visualize leakage of intravenously injected tracers such as gadolinium via dynamic contrast MRI have indicated that BBB disruption does occur in the aging human brain, albeit at low levels. Further evidence comes from animal studies.

In healthy aged mice (24 mo.), leakage of IgG into the parenchymal space of the cerebral cortex and hippocampus occurs when compared with young mice (3 mo.), suggesting that there is BBB disruption in animals. Increased immunoglobulin (IgG) leakage in aged mice was associated with astrogliosis, which is an abnormal increase in the number of astrocytes due to the destruction of nearby neurons from CNS trauma. Increased levels of TNF-alpha have been detected in aged rodents that suggest inflammatory changes in these animals. Neuro-inflammation is implicated in numerous CNS diseases including Alzheimer's and Parkinson's.

Our Wellness Villagers

ANIMAL-ASSISTED THERAPY

- Canine Companions

AROMATHERAPY

- Renee Gauthier

ASSISTIVE TECHNOLOGY

- California Phones

BALANCE

- SeeOurSocksInAction

BEAUTY

- Younger By Tonight

CHIROPRACTIC

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CLINICAL TRIALS/RESEARCH

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- University of OULU

DEEP BRAIN STIMULATION

- Abbott
- Boston Scientific

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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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- Senior Helpers of the Desert
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REHABILITATION HOSPITALS

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RELOCATION SERVICES

- Senior Living Options of the Desert
- Caring Transitions Desert Cities
- Helping Hands Senior Foundation

SOCKS

- SeeOurSocksInAction

SPEECH THERAPY

- Easy Speech Therapy Center
- VIBRA Rehabilitation Hospital

VIATICAL

- Rehburg Life Settlements

VISION

- Optometric Vision Care, Dr Eric Ikeda

WELLNESS VILLAGE SPOTLIGHT

John Sloan, President & CEO, John Sloan Realty Group

For 25 years my first career included sales management; general management as well as being President and CEO of television and radio stations throughout the Midwest and California. I assisted thousands of local retail and service businesses with advertising and marketing campaigns. Those are the experiences and skills I brought to the real estate business.

First and foremost, you need to listen intently to those whom you want to do business with. You must create a bond or a trust showing that you are genuinely interested in helping them with their particular situation. Selling homes and making sure it closes escrow takes a unique temperament and attention to detail so that everyone is protected. It has to be a WIN WIN for all parties involved. I have a very exceptionally strong marketing plan for home sellers. I also have a well-rounded plan for assisting buyers finding the home of their dreams.

It is important to understand that there are many people that need our love and care. We do what we can to reach out and help those who are in need of emotional, mental, physical, spiritual, social and financial help. A good friend of mine had Parkinson's. It was heartbreaking to see him in his condition. In my heart I knew I needed to get involved. When I was approached by Jo Rosen a couple of years ago to consider being part of the Wellness Village I knew at the time it was the right thing to do. I have met some incredible people and very giving professionals who are part of this organization.

My favorite quote is: LOVE, LOVE, LISTEN, LISTEN.

Find John Sloan Realty Group in our Wellness Village [ParkinsonsResource.org/the-wellness-village/directory/john-sloan-real-estate-group/](https://www.ParkinsonsResource.org/the-wellness-village/directory/john-sloan-real-estate-group/) where he has been a member since September 2018.

IF YOU SUFFER FROM PARKINSON'S DISEASE, YOU KNOW ALL TOO WELL HOW THE DISEASE DISRUPTS YOUR LIFE.

Losing the ability to perform simple, everyday tasks not only limits your independence, but it can also strain relationships and even affect your job performance. And the increasing side effects of medication can sometimes make you feel even worse. Luckily, medication isn't your only treatment option. At Boston Scientific, we offer a unique, personalized therapy that can help you feel like you did when you first started medication. It's called Deep Brain Stimulation, or simply DBS.

DBS is similar to a cardiac 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

What to consider when selecting a DBS system: Parkinson's disease is progressive. Even with DBS, it will continue to advance and change. The Boston Scientific Vercise Genus™ DBS Systems deliver very precise amounts of current to very specific areas of the brain. These new DBS systems feature electrical current steering technology, which gives doctors an incredibly sensitive and precise "steering wheel" to deliver the optimum electrical signal to meet their patients' changing PD needs. Boston Scientific also offers both rechargeable and non-rechargeable stimulators that are Bluetooth™-enabled to connect wirelessly to your remote control. The stimulators are designed to be thin and lightweight with smooth, gently rounded edges. This improves comfort and helps conceal signs of the implant.

Now that you know what DBS is, you might be wondering, "Is DBS right for me?" Research shows that the optimal time to get DBS is when your medications are just starting to become less effective, but before they no longer work. You'll notice that your medication doesn't work until the end of the dose, if you have to start taking medication more often, or if your medication begins to cause increased dyskinesia (involuntary muscle movements). The sooner you talk to your doctor, the sooner you'll be able to receive the benefits of DBS therapy.

For patient Suzanne Friedman, one of the greatest gifts DBS has given her is consistency. "Life before DBS was a struggle. I was suffering every day. Now, 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."

To see a video and to gain more information about the Boston Scientific Deep Brain Stimulation Systems visit them in the Wellness Village at ParkinsonsResource.org/the-wellness-village/directory/boston-scientific/ where they have been members since April 2019.

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. Vitek JL, 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.* 2020;19(6):491-501.

Results from case studies are not necessarily predictive of results in other cases. Results in other cases may vary.

WHAT IS GRIEF?

Experiencing Losses

PRO's "GRIEF" GROUP. For People with Parkinson's, Partners in Care, and former Partners in Care, facilitated by Glendon Geikie, MSW, IELDA, CGCS and Jo Rosen, President of PRO. Grief is so much more than "The End of Life". Grief for a person with Parkinson's may happen as they start grieving their losses of movement, Grief for a Partner in Care may start as they start losing the partner relationship they once knew; and grief for a child may start as they witness what appears to be "losing their hero".

Next Meeting: August 12th
Continues – 2nd & 4th

Thursday of each month
Time – 10:00am PST

Anticipatory Grief
Loss of Movement Grief
Loss of Relationship Grief
Eternal loss, forever Loss

Thank you Glendon Geikie, MSW, IELDA, CGCS, for this wonderful collaboration.

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 CHERYL & MERRITT VINCENT
 HOT PURPLE ENERGY
 SANDY RODLEY
 AYDIN BEHDAD

IN HOME CARE AND SENIOR SAFETY TIPS

Kerry Goss

Senior Helpers of The Desert

When it comes to living independently at home for yourself or a senior loved one, it's important to always keep safety in mind. One key step for living safely at home is to keep a list of important doctor names and numbers near the home phone. Also keep a list of daily medications handy on the fridge so that in case of an emergency anyone can answer important questions regarding health.

Another senior safety tip for those living at home independently, is to take the time to reduce all potential trip hazards such as scatter rugs and loose cords. All rugs should be secured to the floor and be sure to tie up and tuck cords. Create an organized space for loose items to be stored off the floor and walkways. If all things have a home, then it is easier to remember to put them away when finished.

Staying safe in one's home includes making sure that all food items are healthy and that old food that has gone bad is discarded on a regular basis. Check for expired foods often and throw away leftovers that have been shoved to the back of the refrigerator. Spoiled foods can cause sickness so it is important to check for uneaten foods that can be tossed out.

As we age, it is highly desired to live comfortably in a familiar home environment for as long as possible. Staying in the community and remaining active are essential for a positive outlook on life and a better overall sense of wellbeing. As we, and our senior loved ones get older, it can be more complicated to remain at home, but it doesn't have to be impossible. Senior care specialists can bring peace of mind to families who are not able to visit on a regular basis. In home help is another wonderful option for providing safety to an elderly person. Highly trained and compassionate caregivers can be there on a weekly or daily basis to help out with household chores, assist with driving to appointments, and provide medication reminders. A regular visitor is also great for providing stimulation and companionship.

For more information from a Senior Care Specialist to learn more about the many benefits of caring and consistent in home senior care and professional dementia and Parkinson's care, reach out to Kerry Goss, owner of [Senior Helpers of the Desert](#), or any of her staff. Their video and biographical information in the Wellness Village on the PRO website is easy to find and extremely helpful.

The compassionate senior care specialists at [Senior Helpers of the Desert](#) can also guide you through the process of receiving the Veterans Administration Aid and Attendance Benefit if you or your elderly loved one is a veteran. In home senior care allows you or your loved one to stay in the comforts of home for as long as possible while receiving the level of care needed. Senior Helpers of the Desert provides a wide range of services including Parkinson's and dementia care, personal assistance, companionship, and so much more to all areas of Palm Springs, Cathedral City, Rancho Mirage, Palm Desert, La Quinta, and Indian Wells, CA.

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WHAT DOES ALCOHOL DO?

Web MD

It goes ***Straight to Your Head*** - Thirty seconds after your first sip, alcohol races into your brain. It slows down the chemicals and pathways that your brain cells use to send messages. That alters your mood, slows your reflexes, and throws off your balance. You also can't think straight, which you may not recall later, because you'll struggle to store things in long-term memory.

It ***Shrinks Your Brain*** - If you drink heavily for a long time, booze can affect how your brain looks and works. Its cells start to change and even get smaller. Too much alcohol can actually shrink your brain. And that'll have big effects on your ability to think, learn, and remember things. It can also make it harder to keep a steady body temperature and control your movements.

It ***Does Not Help You Sleep Better*** - Alcohol's slow-down effect on your brain can make you drowsy, so you may doze off more easily. But you won't sleep well. Your body

cont. on next page

TOP FOUR REASONS TO HIRE A REALTOR

John Sloan

You bought your house, created a family and a life. There have been tears and happiness but it's time to move on as life does, maybe downsizing, or maybe something with a guest house. The kids have kids and privacy is good for them... and you. You've talked about it with your significant other and decided to hire a real estate professional to sell your property. Why? There are many reasons to not go the FSBO (For Sale By Owner) route, some of which involve knowing real estate law.

Realtors are professionals, and like electricians, surgeons or attorneys, serve a purpose. According to the world's third wealthiest man, uber-Wall Streeter and Berkshire Hathaway CEO Warren Buffett said during his annual investor summit that brokers' fees are not "crazy" as they add value as well as help change lives through homeownership.

It then begs the question, what do realtors offer which you can't do on your own? Top four reasons:

1. **Marketing of your home.** Before that home gets sold or purchased it needs to be seen by the millions of potential customers looking to buy one, that's not only on the ubiquitous MLS. Remember, a realtor never gets paid until your house gets sold, so they put everything on the plastic to make sure that your property is seen by the prospective consumer. The items that they pay for can include everything from landscaping (to making it pretty), photo, advertisements for social media, newspapers and beyond to even networking at local charity events that you wouldn't attend. At times, depending on the cost, location and market, that can be thousands of dollars before your realtor sees a dime. And, if it doesn't sell? They don't recoup that cash. So, not to echo Mr. Buffett's statement, agent's fees are not "crazy".
2. **Community information.** Your chosen realtor knows the neighborhoods in which you've selected to purchase a new residence. Ideally, they should be connected to community organizations such as a chamber of commerce or a non-profit that showcases their ability to lead as well as introduce you to your new 'hood. Why is this important? Because if they know their area well, they will also be able to produce charming gems that you may not get to see if you're buying. Same thing with selling your home, it's their duty to get the "word" out that your home is up for sale. After all, it's their money (See above) and time they are spending to get paid.
3. **Negotiating the deal and legal documents.** Buying a home that has been lived in by another for a period of years can be a process especially after a home inspection.

cont. on page 7

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processes alcohol throughout the night. Once the effects wear off, it leaves you tossing and turning. You don't get that good REM sleep your body needs to feel restored. And you're more likely to have nightmares and vivid dreams. You'll also probably wake up more often for trips to the bathroom.

It creates **More Stomach Acid** - Booze irritates the lining of your stomach and makes your digestive juices flow. When enough acid and alcohol build up, you get nauseated, and you may throw up. Years of heavy drinking can cause painful sores called ulcers in your stomach. And high levels of stomach juices mean you won't feel hungry. That's one reason long-term drinkers often don't get all the nutrients they need.

It can cause **Diarrhea and Heartburn** - Your small intestine and colon get irritated, too. Alcohol throws off the normal speed that food moves through them. That's why hard drinking can lead to diarrhea, which can turn into a long-term problem. It also makes heartburn more likely - it relaxes the muscle that keeps acid out of your esophagus, the tube that connects your mouth and stomach.

And about Nighttime bathroom visits, **It's Why You Have to Pee ... Again** - Your brain gives off a hormone that keeps your kidneys from making too much urine. But when alcohol swings into action, it tells your brain to hold off. That means you have to go more often, which can leave you dehydrated. When you drink heavily for years, that extra workload and the toxic effects of alcohol can wear your kidneys down.

PARKINSON'S RESOURCE ORGANIZATION

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AN INFORMATION GUIDE.

YOUR LIFE INSURANCE POLICY: YOUR "HIDDEN ASSET"

Did you know your life insurance policy is an asset you own? It is — just like your car or house. The Insurance Studies Institute estimates that 500,000 seniors a year will lapse their life insurance policies, walking away with little or nothing and leaving behind almost \$100 billion in benefits. Why? The short answer is because the policy is no longer wanted, needed or affordable, and people do not know there is another option.

Like any asset, a life insurance policy can be sold. But why would anyone want to sell their life insurance policy? Sometimes, the reason someone bought life insurance years ago is no longer an issue or concern today, making the life insurance policy now unnecessary, unwanted or unneeded. For instance, perhaps a term policy is ending, a spouse has passed away, the house is now paid off, the kids are gone, a business has been sold, divorce has taken place, etc. Or, sometimes, the policy simply becomes unaffordable or no longer fits into a retirement budget.

A policy is sold through what is called a life insurance settlement or life settlement for short. Simply put, a life settlement is the sale of a life insurance policy to a third party (usually an investor group) who gives the seller cash for the policy. This investor group then becomes the owner of the policy, pays the premiums and receives the death benefit when the policy matures.

Almost any type of life insurance policy can be sold — universal life, whole life, even term policies. Studies from the Wharton School and London Business School have shown that even if a policy has cash value in it, a life settlement can yield on average three to five times cash surrender value.

Like selling a car or house, clients can do anything with the settlement money they wish. This is a good opportunity for clients to help build their retirement income, help fund long-term care needs such as home care or assisted living, donate to their favorite charity, or take that dream vacation.

Believe it or not, life settlements have been legal since 1911, when a U.S. Supreme Court decision (*Grigsby v. Russell*) paved the legal way. However, nothing really started to happen in this area until fairly recently. Today, life settlements are highly regulated by Departments of Insurance across the country, and the process is very transparent.

The Insurance Studies Institute also shared that 90 percent of surveyed seniors would have considered a life settlement...had they known about it. You should consult your financial and insurance professionals before undertaking a life settlement, as they are not appropriate for everyone. But if you no longer want or need your life insurance policy, unlocking the value in this "hidden asset" may make sense. After all alternatives have been considered, and the conclusion is that it is time to lapse or surrender a policy, a life settlement can offer significantly greater value.

Lisa Rehburt is president of Rehburt Life Insurance Settlements. She has been in the insurance industry for over 30 years and can be found in the Wellness Village at ParkinsonsResource.org/the-wellness-village/directory/rehburt-life-insurance-settlements/ where she has been a member since July 2019.

ROAD TO THE CURE – cont. from page 1

ii. White Matter Loss the Effect of leaky BBB on white matter loss has been studied by comparative brain imaging of a younger (52 years old) participant and an older (83 years old) participant [Gero Science, 42, 1183 (2020)]. The authors observed significantly more loss of white matter in the brain region that controls cognition in 83 years old participant than the younger participant. This may explain why cognition declines with age.

The BBB in Age-Associated Neurological Diseases Aging increases the risk of developing disease, and many neurological conditions such as Alzheimer's and Parkinson's in which the BBB has been implicated are also associated with aging. Age-associated BBB dysfunction may predispose or exacerbate the molecular mechanisms of CNS diseases. Promoting neurovascular health and identification of methods to maintain BBB integrity could be a promising venue to promote healthy aging. Until such methods are identified all of us need to be diligent to rigorously adhere to cardiovascular exercise program that may help promote neurovascular health.

ICBII is in preclinical studies for Parkinson's and Alzheimer's diseases. WOULD YOU LIKE TO HELP get ICBII's drugs to market faster? The joy of being a part of these historical events can be had by helping ICBII 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 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.

NEWEST SPECIALTY SUPPORT GROUP MOVEMENT: USE IT OR LOSE IT

For PWP's & Partners in Care

PRO's newest SPECIALTY ZOOM GROUP launched in July, facilitated by Brandon Rosi, DPT, CSCS, Cert MSKUS. Everyone voted to continue the group because it was so informative and helpful; therefore, **August 10th / CONTINUES:** 2nd Tuesday each month
TIME: 10:00 am PST

Exercise for Beginners

Exercise for buffs

Exercise for People with Parkinson's

Exercise for Partners in Care

Exercise for the young

Exercise for the mature

Improve your muscle strength and boost your endurance. Thank you, Dr. Brandon Rosi, for the wonderful collaboration.

ParkinsonsResource.org/rosiphysio

BITS AND PIECES

TELL ME WHY... I CAN'T READ MY OWN HANDWRITING

David Verdery

Have you ever heard the word "micrographia?"
It means your handwriting is so small
That no one can read what you're writing at all.
And even worse, you can't read it either, can ya?

I learned the word and what it means on Christmas eve.
When I fell off a ladder, hanging lights for the service
At midnight. I went to the urgent care facility, nervous
About both the accident and the job I had to leave,

I arrived and filled out the usual form for insurance.
The doctor saw me right away and sent me to the x-ray.
Good news, there was nothing broken. I said "hooray".
The doctor said I must have some hearty endurance.

He said the bruising was rough, but it would go away.
He wanted to ask about my writing, and why it was so bad
I responded with an "I don't know" and he looked very sad
And said "I think you have micrographia, it's hard to say."

"I have some questions for you that will help us find
What's been developing in your brain that has created
This radical change in an area we have often debated.
Whether poor penmanship points to problems in the mind.

First, do you have vivid nightmares that you're a part of?
(yes) do you have problems with balance? (obviously)
Are you often constipated? (yes) do you ever sense any
Tremors in your fingers, hands, feet? (not that I know of)

Have you had any change in the senses of taste and smell?
(not that I can tell) how about your ability to swallow?
Do you choke when you drink? (now, I think I follow)
This sounds like questions about Parkinson's, I can tell.

My best friend has the disease; he faces it with a smile.
He's doing better than expected because he was told
That Jo Rosen and her **ParkinsonsResource.org** 31 years old
Helps people with Parkinson's walk that extra mile!

THINGS TO THINKS ABOUT RIGHT NOW

TIPS TO STAY SAFE IN THE HEAT

1. Never leave children or pets alone in a closed vehicle.
2. Wear lightweight, light-colored clothes.
3. Plan your day: Avoid going out during the hottest hours, usually 10:00am to 3:00pm.
4. Stay hydrated and drink regularly (preferably water). Don't wait until you're thirsty. Avoid drinks with caffeine and alcohol.
5. If you don't have air conditioning: open the windows before you go to bed, sleep as low as you can, whether in a basement, downstairs or on the ground. Keep blinds closed, and use fans if you have them.
6. Eat smaller meals, more frequently.
7. Check on neighbors, older adults, the unhoused and those at risk.
8. Recognize and respond to heat exhaustion and heat strokes.

Signs of heat exhaustion include:

- Feeling faint or dizziness;
- Excessive sweating;
- Cool, pale or clammy skin;
- Nausea or vomiting;
- Rapid, weak pulse, and;
- Muscle cramps.

Get to a cooler, air-conditioned place. Drink water if fully conscious (add a little sodium if you can). Take a cool shower or use a cold compress.

Signs of a heat stroke:

- Throbbing headache
- Confusion
- Body temperature above 103
- Nausea or vomiting
- Rapid, strong pulse
- Loss of consciousness

CALL 911, move the person to a cooler place, use cool cloths or a bath, and do not give them anything to drink.

REALTOR REASONS – cont. from page 5

Let's be frank: Do you want to talk to the seller about taking \$10,000 off the asking price because the roof has leaks? I didn't think so. Or be the seller when you have to talk about the leaks. An experienced realtor comes, oversees the transaction, files the paperwork and makes the bucks for it. Don't cheap out.

4. **No emotions.** As numbers one and three attest, buying and selling a home is a transaction, a deal between two parties that has a lot of lawful documents needing

to be signed. Sometimes, contracts don't go according to plan. A realtor can eliminate the emotions and stress of finding a home to reside in. That piece can be worth every single commission dollar allotted.

Find John Sloan Realty Group in our Wellness Village **ParkinsonsResource.org/the-wellness-village/directory/john-sloan-real-estate-group/** where he has been a member since September 2018. Thank you for the wonderful collaboration, John.

PRO CALENDAR FOR AUGUST 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 FRIENDSHIP DAY	2 Partner in Care 10:00 AM PDT 12:00 PM CDT 1:00 PM EDT 7:00 AM HST 11:00 AM MT	3	4 Round Table 6:00 PM PDT 8:00 PM CDT 9:00 PM EDT 3:00 PM HST 7:00 PM MT	5	6	7
8	9	10 NATIONAL LAZY DAY Use It or Lose It 10:00 AM PDT 12:00 PM CDT 1:00 PM EDT 7:00 AM HST 11:00 AM MT	11	12 PRO Grief Group 10:00 AM PDT 12:00 PM CDT 1:00 PM EDT 7:00 AM HST 11:00 AM MT	13	14
15 NATIONAL RELAXATION DAY	16 NATIONAL TELL A JOKE DAY	17 NATIONAL NON-PROFIT DAY	18 Partner in Care 6:00 PM PDT 8:00 PM CDT 9:00 PM EDT 3:00 PM HST 7:00 PM MT	19	20	21
22 NATIONAL TOOTH FAIRY DAY	23	24 Use It or Lose It 10:00 AM PDT 12:00 PM CDT 1:00 PM EDT 7:00 AM HST 11:00 AM MT	25	26 Grief Group 10:00 AM PDT 12:00 PM CDT 1:00 PM EDT 7:00 AM HST 11:00 AM MT	27	28
29	30	31				

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.

OUR PRIME PURPOSE IN THIS LIFE IS TO
HELP OTHERS. AND IF YOU CAN'T HELP
THEM, AT LEAST DON'T HURT THEM.

— DALAI LAMA

NEWSWORTHY NOTES

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PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

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