

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

## MESSAGE

### PRESIDENT'S

As the leaves change colors and the temperatures fall to meet the season, PRO is busy carrying out its fall and winter plans. It seems spooky how fast this year sped by that we would be at Halloween already. Watch out for life's ghosts and goblins, keep yourself healthy, safe and happy.

We're looking for more employees that are qualified, passionate, compassionate, honest, in one case, credentialed, and all with a high work ethic. The job descriptions for the following professionals are on our website: Wellness Village Director, IT/Communications Director and Support Group Coordinator. If you know someone that lives in or wants to live in the Palm Springs area that is desirous of working in the non-profit sector, making a difference in the Parkinson's world, and has a team spirit have them submit their cover letter and resume. These jobs are currently available.

Our six new specialty support groups are growing wonderfully, and we have six more anticipated before the end of the year. We are enjoying seeing more dear friends and new friends at the Support Group Meetings... Zooming right along. Just an FYI, because of the new COVID variants, PRO will not be putting the PRO community of already compromised individuals at risk by resuming personal support group meetings. If you have participated in our support group meetings, please share your experience with someone you know, a friend, neighbor, or the friend of a relative. You never know how your invitation may impact another life and how priceless that connection might become. Take a look at the Calendar on the back page and note the meetings that are going on this month.

Reading within remains PROvocative and educational, to be sure.

The **UPDATE ON THE ROAD TO THE CURE** has some very good news on this page. **OCTOBER IS LONG TERM CARE PLANNING MONTH** on page 2; then read **ANXIETY TRIGGERS** on page 3; **LIFE INSURANCE POLICY SALES GROWTH IN FIRST HALF OF 2021 HIGHEST SINCE 1983** on page 5; **SHARING A LETTER TO THE PRO TEAM FOR YOUR EDIFICATION** on page 6; **THINGS TO THINK ABOUT RIGHT NOW: WHEN I'M AN OLD LADY** also on page 6; **SPECIAL, SPECIAL THANKS** on page 7; our **BITS AND PIECES: DOING THE PARKINSON'S SHUFFLE**, a song, is on page 7; and **SAVE THE DATE** is also on page 7.

We lost a dear friend this past month, you've read his poetry in the *Newsworthy Notes* over the years. We say a kind and loving farewell to Dave Verdery

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 donations page at [ParkinsonsResource.org/donate](https://ParkinsonsResource.org/donate) or mail your donation to

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

Ram S. Bhatt, PhD, Chief Science Officer

**LAJOLLA, CA/Sept. 22, 2021/PRNewswire/ Innovative California Biosciences International, Inc., ("ICBII")**, has announced the approval of its seventh patent for Blood-Brain Barrier (BBB) Permeable Peptide Compositions. Approval of this patent further strengthens Company's IP portfolio of its SMART\* Molecules technology and brings the management closer to the clinical trials. ICBII's SMART molecules technology is blazing the path to non-invasive diagnosis and potentially curing brain diseases by delivering drugs to targeted sites that has not been possible so far.

**SMART\*** is an acronym for **Specific Molecular Architecture for Recognition and Therapy**. An estimated 98% of all small molecule drugs and nearly 100% of macromolecular drugs, capable of potentially curing brain diseases, cannot cross the BBB into the central nervous system. The drugs that do cross the blood brain barrier only provide short-term symptomatic relief without altering disease progression.

"With efficient brain uptake, SMART molecules have cleared up to 66% of aggregated amyloid-beta and alpha-synuclein with once weekly, low dose injections over eight to twelve weeks in animal models of Alzheimer's and Parkinson's diseases, respectively. This provides ICBII scientists with the necessary tools to potentially cure otherwise incurable brain disorders and improve debilitation of patients afflicted by diseases such as Alzheimer's, Parkinson's, Multiple System Atrophy (MSA), and Glioblastoma," says Ram Bhatt, Founder and Chief Scientist of ICBII.

Comprised of heavy-chain only antibodies, SMART Molecules is a platform technology with applications that extends beyond the brain diseases to cancer, infectious, autoimmune, rare, age- and diabetes-related macular degeneration.

**About ICBII:** The Company was founded for the sole purpose of addressing unmet therapeutic needs for central nervous system and difficult to cure cancer diseases. The blood-brain barrier has effectively excluded the brain from the entire biotech revolution. With its SMART molecules technology, ICBII's mission is to impact the lives of millions of patients worldwide by relieving their suffering with affordable drugs.

**Forward Looking Statements:** This press release may contain forward-looking statements, including ICBII's development of SMART Molecules for altering the course of central nervous system diseases. These statements are based on our current results obtained in vivo studies, and may prove not to be accurate. Actual results may differ materially from those anticipated

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# Our Wellness Villagers

## ANIMAL-ASSISTED THERAPY

- Canine Companions

## AROMATHERAPY

- Renéé Gauthier - Innergy Therapy Systems

## ASSISTIVE TECHNOLOGY

- California Phones

## BALANCE

- SeeOurSocksInAction

## BEAUTY

- Younger By Tonight

## CHIROPRACTIC

- Dr. Curtis Buddingh

## CLINICAL TRIALS/RESEARCH

- Parexel International
- University of OULU

## DEEP BRAIN STIMULATION

- Abbott
- Boston Scientific

## DENTISTS

### CMD/TMJ DENTISTS

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

### SLEEP MEDICINE DENTISTS

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- (CA) Dr. Steven Olmos
- (CA) Dr. David Shirazi
- (IL) Drs. Ed and Lynn Lipskis
- (TX) Dr. Risto Hurme
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- (CA) William R. Remery

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- G-Aries Visions

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- Family Hospice Care

## HYPNOTHERAPY

- Palm Desert Hypnosis

## INCONTINENCE SUPPLIES

- Dependable Daughter

## IN HOME CARE PROFESSIONALS

- Cambrian Homecare
- Senior Helpers of the Desert
- Brightstar Care
- Caregivers-To-Go, LLC
- Helping Hands Senior Resources
- Comfort Paradise Home Care

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- (CA) William R. Remery, Esq.

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- LiftUp, Inc

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- Acorda Theurapeutics
- Sunovion Pharmaceutical Company
- Amneal Pharmaceuticals

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- LA Patient Advocates - Karen Morin

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- VIBRA Rehabilitation Hospital
- Cornish Therapy Works

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## RELOCATION SERVICES

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

## SOCKS

- SeeOurSocksInAction

## SPEECH THERAPY

- VIBRA Rehabilitation Hospital

## VIATICAL

- Rehburg Life Settlements

## VISION

- Optometric Vision Care, Dr Eric Ikeda

## OCTOBER IS LONG TERM CARE PLANNING MONTH

Long-Term Care Planning Month in October encourages people (Seniors, Juniors, people over the age of 18) to take a look at their potential need for these services in the future. While no one can predict the future, Long Term Care Planning explores the options available should the time arise when the services would be needed.

Long-term care incorporates services outside of medical care such as support for everyday living and basic personal care. Medical insurance does not usually cover these services, so advanced planning to cover the services is needed. Advance planning offers more choices and decision-making opportunities. When people plan ahead, they have more time to save for long-term care, too.

### HOW TO OBSERVE

Visit with family and make a plan. Explore options and discover what is available to you.

Long term care planning is one of the most loving things you can do for yourself and your family. It is a process of financial

planning by an individual, a couple, or an entire family, for the continuity of care of a person at home, in assisted living, or in a skilled nursing facility, as the person's health declines physically or mentally. The planning may include long term care insurance for those who can qualify. It also may involve placing resources in investments which will generate sufficient cash flow to meet expected needs. Finally, it may involve purchasing annuities, specialty insurance policies, or other financial products to cover the projected care costs.

For a married couple, the planning involves arranging the finances so that the healthy spouse is not impoverished by the needs of the ill spouse. This may involve qualifying the ill spouse for Medi-Cal (California's version of the federal Medicaid program). The Medi-Cal program might also be appropriate if the disabled person has an adult disabled child or other dependent for whom support is a consideration. There are many Medi-Cal planning options for married couples. There are fewer options for single individuals, but nevertheless, there are still opportunities.

## ANXIETY TRIGGERS

As if dealing with the Coronavirus issues weren't enough, there are other things that can create anxieties. Knowing some of these triggers might be very helpful to your wellbeing, perhaps in this article there will be issues you want to work on.

**1. Health issues** – A health diagnosis that's upsetting or difficult, such as Parkinson's or another chronic illness, may trigger anxiety or make it worse. This type of trigger is very powerful because of the immediate and personal feelings it produces.

You can help reduce anxiety caused by health issues by being proactive and engaged with your doctor. Talking with a therapist may also be useful, as they can help you learn to manage your emotions around your diagnosis.

**2. Medications** – Certain prescription and over the counter (OTC) medications may trigger symptoms of anxiety. That's because active ingredients in these medications may make you feel uneasy or unwell. Those feelings can set off a series of events in your mind and body that may lead to additional symptoms of anxiety.

Medicines that may trigger anxiety include:

- birth control pills;
- cough and congestion medications, and;
- weight loss medications.

Talk with your doctor about how these drugs make you feel and look for an alternative that doesn't trigger your anxiety or worsen your symptoms.

**3. Caffeine** – Many people rely on their morning cup of joe to wake up, but it might actually trigger or worsen anxiety. According to one study in 2010 Trusted Source, people with panic disorder and social anxiety disorder are especially sensitive to the anxiety-inducing effects of caffeine.

Work to cut back your caffeine intake by substituting non-caffeinated options whenever possible.

**4. Skipping meals** – When you don't eat, your blood sugar may drop. That can lead to jittery hands and a rumbling tummy. It can also trigger anxiety.

Eating balanced meals is important for many reasons. It provides you with energy and important nutrients. If you can't make time for three meals a day, healthy snacks are a great way to prevent low blood sugar, feelings of nervousness or agitation, and anxiety. Remember, food can affect your mood.

**5. Negative thinking** – Your mind controls much of your body, and that's certainly true with anxiety. When you're upset or frustrated, the words you say to yourself can trigger greater feelings of anxiety.

If you tend to use a lot of negative words when thinking about yourself, learning to refocus your language and feelings when you start down this path is helpful. Working with a therapist can be incredibly helpful with this process.

**6. Financial concerns** – Worries about saving money or having debt can trigger anxiety. Unexpected bills or money fears are triggers, too.

Learning to manage these types of triggers may require seeking professional help, such as from a financial advisor. Feeling you have a companion and a guide in the process may ease your concern.

**7. Parties or social events** – If a room full of strangers doesn't sound like fun, you're not alone. Events that require you to make small talk or interact with people you don't know can trigger feelings of anxiety, which may be diagnosed as social anxiety disorder.

To help ease your worries or unease, you can always bring along a companion when possible. But it's also important to work with a professional to find coping mechanisms that make these events more manageable in the long term.

**8. Conflict** – Relationship problems, arguments, disagreements — these conflicts can all trigger or worsen anxiety. If conflict particularly triggers you, you may need to learn conflict resolution strategies. Also, talk with a therapist or other mental health expert to learn how to manage the feelings these conflicts cause.

**9. Stress** – Daily stressors like traffic jams or missing your train can cause anyone anxiety. But long-term or chronic stress can lead to long-term anxiety and worsening symptoms, as well as other health problems.

Stress can also lead to behaviors like skipping meals, drinking alcohol, or not getting enough sleep. These factors can trigger or worsen anxiety, too.

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## Special Thanks

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### LONG TERM CARE – cont. from page 2

Most long-term care planning involves more than one single transaction. It may involve a series of steps to arrange financial affairs, possibly obtain public assistance and then avoid a later claim for reimbursement for any public assistance that was obtained. Waiting until a person is already in dire financial straits before addressing the financial issues is simply reacting, not planning. Planning sooner rather than later creates more available options and more effective planning.

For more information and personal consultation, contact a trusted member of our Wellness Village under Legal Professionals or Long Term Care Insurance.

### ANXIETY – cont. from page 3

Treating and preventing stress often requires learning coping mechanisms. A therapist or counselor can help you learn to recognize your sources of stress and handle them when they become overwhelming or problematic.

**10. Public events or performances** – Public speaking, talking in front of your boss, performing in a competition, or even just reading aloud is a common trigger of anxiety. If your job or hobbies require this, your doctor or therapist can work with you to learn ways to be more comfortable in these settings.

Also, positive reinforcements from friends and colleagues can help you feel more comfortable and confident.

**11. Personal triggers** – These triggers may be difficult to identify, but a mental health specialist is trained to help you identify them. These may begin with a smell, a place, or even a song. Personal triggers remind you, either consciously or unconsciously, of a bad memory or traumatic event in your life. Individuals with post-traumatic stress disorder (PTSD) frequently experience anxiety triggers from environmental triggers.

Identifying personal triggers may take time, but it's important so you can learn to overcome them.

**Tips for identifying triggers** – If you can identify and understand your triggers, you can work to avoid them and to cope. You can learn specific coping strategies to handle the triggers when they happen.

Here are three tips for identifying triggers:

**Start a journal.** Write down when your anxiety is noticeable and record what you think might have led to the trigger. Some apps can help you track your anxiety, too.

**Work with a therapist.** Some anxiety triggers can be difficult to identify, but a mental health specialist has training that can help you. They may use talk therapy, journaling, or other methods to find triggers.

**Be honest with yourself.** Anxiety can cause negative thoughts and poor self-assessments. This can make identifying triggers difficult because of the anxious reactions. Be patient with yourself and be willing to explore things in your past to identify how they may affect you today.

**12. Symptoms of anxiety** – The most common symptoms of anxiety include:

- uncontrollable worry
- muscle tension
- difficulty sleeping or insomnia
- physical discomfort
- restlessness
- irritability
- fear
- a fast heartbeat
- difficulty concentrating
- tingling
- feeling on edge

If you experience these symptoms regularly for six months or more, you may have generalized anxiety disorder (GAD). Other types of anxiety disorders exist as well. The symptoms for those may be different than GAD. For example, with panic disorder you may experience:

- a rapid heartbeat or palpitations
- sweating
- trembling
- shaking
- feeling as if your throat is closing

## LIFE INSURANCE POLICY SALES GROWTH IN FIRST HALF OF 2021 HIGHEST SINCE 1983

According to the 2021 Insurance Barometer study, 36% of Americans said they planned to purchase life insurance this year. COVID-19 has raised consumers' awareness about the importance of having life insurance coverage, and nearly a third of consumers (31%) said they were more likely to purchase coverage due the pandemic.

So, what do these life insurance statistics have to do with life insurance settlements? The life insurance settlement market is excellent right now with more and more investor money entering the market. And these statistics show, it will continue to get better. As more people purchase life insurance, over time, the prospects for a life insurance settlement grow, as more people may decide that their policy has outlived its usefulness.

We are here to help your clients sell their unwanted, unneeded or unaffordable life insurance policies (yes, even term policies). Our fiduciary duty is to obtain the highest amount for your client's policy that is possible.

Please feel free to call us any time we may be of assistance, should you have any questions or need additional information.

It is a privilege to be of service to you and your clients! Wishing you a wonderful day!

In the first six months of 2021, the total number of life insurance policies sold increased 8%, compared with prior year results. This is the highest policy sales growth recorded since 1983, according to LIMRA's Second Quarter U.S. Individual Life Insurance Sales Survey.

Total U.S. life insurance premium increased 21% in the second quarter 2021, the largest year-over-year increase since third quarter 1987. For the first half of 2021, total premium increased 18%, compared with the first six months of 2020.

"According to the 2021 Insurance Barometer study, 36% of Americans said they planned to purchase life insurance this year. For the second consecutive quarter, we see this purchase intent translate into strong sales results," said David Levenson, president, and CEO, LIMRA, LOMA and LL Global. "Following the record life insurance sales in the first quarter, most companies are reporting significant growth in premium and policy sales in the second quarter. Eight in 10 carriers reported positive premium growth, including each of the top 10 carriers."

**Whole life** - Whole life new premium jumped 25% in the second quarter and policy count increased 5%, compared with prior year. Whole life product sales experienced the largest growth in terms of absolute dollars and policies sold. Three quarters of whole life carriers reported positive growth, including nine of the top 10 carriers. Year to date (YTD), whole life premium was 22% higher than sales in the first six months of 2020. Whole life represented 36% of the U.S. life insurance market in the second quarter.

"Last year, because of the shutdown, people were unable to meet with their advisors in person, and we saw significant growth in direct-to-consumer distribution for whole life products. In the second quarter 2020, D2C whole life sales rose by 33%," noted Levenson. "In contrast, whole life sales growth this quarter was driven by independent and affiliated agent sales as the vaccines became available and more of the country opened."

**Universal life** - Indexed UL new premium grew 20% in the second quarter, up 17% YTD. Fixed UL new premium rose 7% for the quarter. In the first six months of 2021, fixed UL premium fell 2%.

Indexed UL represented 24% of total the premium in the second quarter. Fixed UL market share was 8%.

Variable UL (VUL) new premium grew 69%, compared with prior year results, representing the 15th consecutive quarter of premium increases. All but three VUL carriers reported double-digit increases. YTD, VUL premium increased 62% from prior year. While protection-focused VUL sales continued to increase (up 27% in the second quarter), accumulation-focused VUL sales jumped up 144% and claimed just over half the new VUL premium.

Continued low interest rates, strong equity markets and recent changes to tax law (IRC 7702) have made VUL products more attractive to consumers, driving their growth over the past several quarters. VUL held 11% market share in the second quarter. This is the highest market share for VUL since 2008.

**Term life** - In the second quarter, term life new premium was 8% higher than prior year with 65% of carriers reporting increases. In the first six months of 2021, term life new premium also increased 8%. Term life market share was 21% in the second quarter.

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## PARKINSON'S RESOURCE ORGANIZATION

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ENDORSE ANY PRODUCT OR SERVICE.  
WE INTEND IT TO SERVE AS  
AN INFORMATION GUIDE.

## SHARING A LETTER TO THE PRO TEAM FOR YOUR EDIFICATION

Dear PRO Team,

To further enhance our cyber defenses, we want to highlight common cyber-attacks that everyone should be aware of... **phishing**.

"Phishing" is the most common type of cyber-attack that affects organizations or individuals. Phishing attacks can take many forms, but they all share a common goal—getting you to share sensitive information such as login credentials, credit card information, or bank account details. Although we maintain controls to help protect our networks and computers from cyber threats, we rely on you to be our first line of defense. We've outlined a few different types of phishing attacks to watch out for.

**Phishing:** In this type of attack, hackers impersonate a real company to obtain your login credentials. You may receive an email asking you to verify your account details with a link that takes you to an imposter login screen that delivers your information directly to the attackers.

**Spear Phishing:** Spear phishing is a more sophisticated phishing attack that includes customized information that makes the attacker seem like a legitimate source. They may use your name and phone number and refer to «Parkinson's Resource Organization» or «PRO» in the email to **trick** you into thinking they have a connection to you, making you more likely to click a link or attachment that they provide.

**Whaling:** Whaling is a popular ploy aimed at getting you to transfer money or send sensitive information to an attacker via email by impersonating a real company executive. Using a fake domain that appears similar to ours, they look like normal emails from a high-level official of the company, typically the CEO or CFO, and ask you for sensitive information (including usernames and passwords).

**Shared Document Phishing:** You may receive an email that appears to come from a file-sharing site like Google Drive (Docs and Sheets), or Dropbox, alerting you that a document has been shared with you. The link provided in these emails will take you to a fake login page that mimics the real login page and will steal your account credentials.

It's your responsibility to follow these email best practices mitigating the likelihood of infecting our systems.

Only click links and attachments from senders you recognize. Be especially wary of **.exe** and **.MSI** files as well as **.zip**, **.7z**, or any other compressed or executable file types.

**Do not** email sensitive personal information—like usernames and passwords—or constituent information.

Watch for email senders that use suspicious or misleading domain names.

Inspect URLs carefully to make sure they're legitimate and not imposter sites.

**Do not** try to open unexpected, shared documents.

Be especially cautious when opening attachments or clicking links if you receive an email containing a warning banner indicating that it originated from an external source.

When you cannot determine whether an email is legitimate or not, stop and immediately inform a senior staff member to help assess the risk of interacting any further.

Thank you for keeping our network, and our team, safe from these cyber threats.


## PRESIDENT'S MESSAGE – cont. from page 1

our office in Indian Wells, CA. Without YOU, we could never do all that we do.

Until next month, REMEMBER Indigenous Peoples' Day on the 11th, Bosses Day on the 15th, National Pumpkin Day on the 26th, Black Cat Day on the 27th, and Halloween on the 31st. The flower is the Calendula (Marigold) and the Birthstones are Opal and Tourmaline.

ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

## THINGS TO THINK ABOUT RIGHT NOW WHEN I'M AN OLD LADY

*When I'm an old lady, I'll live with each kid,  
And bring so much happiness just as they did.  
I want to pay back all the joy they've provided.  
Returning each deed! Oh, they'll be so excited!  
When I'm an old lady and live with my kids.*

*I'll write on the walls with reds, whites and blues,  
And I'll bounce on the furniture wearing my shoes.  
I'll drink from the carton and then leave it out.  
I'll stuff all the toilets and oh, how they'll shout!  
When I'm an old lady and live with my kids.*

*When they're on the phone and just out of reach,  
I'll get into things like sugar and bleach.  
Oh, they'll snap their fingers and then shake their head,  
And when that is done, I'll hide under the bed  
When I'm an old lady and live with my kids.*

*When they cook dinner and call me to eat,  
I'll not eat my green beans or salad or meat,  
I'll gag on my okra, spill milk on the table,  
And when they get angry I'll run if I'm able!  
When I'm an old lady and live with my kids.*

*I'll sit close to the TV, through channels I'll click,  
I'll cross both eyes just to see if they stick.  
I'll take off my socks and throw one away,  
And play in the mud 'til the end of the day!  
When I'm an old lady and live with my kids.*

*And later in bed, I'll lay back and sigh,  
I'll thank God in prayer and then close my eyes.  
My kids will look down with a smile slowly creeping,  
And say with a groan, "She's so sweet when she's sleeping!"*



**THANK YOU** to everyone who has contributed to **ROSES FOR ROSEN** so far. We've raised \$22,275 of our \$37,000 in honor of Jo's 37th Birthday!  
*Ok, ok, she's not really turning 37, but just like Jo, the fundraiser is still going strong.*  
 Donate on our Facebook page or our website.

## **BITS AND PIECES**

### **"DOING THE PARKINSON'S SHUFFLE!"**

Imagine hearing this to music, because that's what it is, a song, written and played by our Frank Rumoro. You can go to YouTube and listen to it as well by going to [Youtu.Be/4vqAuvICCq4](https://youtu.be/4vqAuvICCq4)

### **PD BLUES**

When you wake up in the morning  
 Put your feet on the floor  
 Start jumping out the bedroom door  
 Look down the hall  
 And what do ya see  
 It doesn't matter  
 Because now I gotta pee  
 Such a little thing  
 Seems like such a big chore  
 Nothing is easy... not anymore  
 Doing the Parkinson's shuffle  
 Doing the Parkinson's shuffle

Now everyone's off to work  
 Trying to think of something to do  
 Start getting ready  
 Though you haven't got a clue  
 Shower and shave  
 Now I'm trying to get dressed  
 Time for my meds  
 So I look my best  
 I don't believe it  
 I did it again  
 Back to the kitchen  
 Where I left my medicine  
 Doing the Parkinson's shuffle  
 Doing the Parkinson's shuffle

Now it's time for bed  
 At the end of the day  
 Time to relax  
 But in my mind the day replays  
 Every detail I could see  
 I lay in bed so comfy  
 Oh not again... I can't believe  
 Yep, you guessed it  
 I gotta pee.  
 Doing the Parkinson's shuffle  
 Doing the Parkinson's shuffle  
 Doing the Parkinson's shuffle  
 Doing the Parkinson's shuffle

For more information about Frank and resources available through PRO, call 877-775-4111, go to the website at [ParkinsonsResource.org/](https://ParkinsonsResource.org/) or email us at [info@parkinsonsresource.org](mailto:info@parkinsonsresource.org). PRO is inspired to have Frank working in our office.

### **ROAD TO THE CURE** – cont. from page 1

due to known and unknown risks, uncertainties, and other factors.

*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** 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.*

### **SAVE THE DATE**

PRO was 30 years old last year, but we didn't get to celebrate our milestone, so we're going to create that celebration this year on December 11, 2021 both physically at the Renaissance Esmeralda in Indian Wells, California and virtually, so that anyone who cannot make it to Indian Wells can share the evening with us.

**Mark your calendars** and watch your different mailboxes for updated information.

We are so **PROud!**

### **LIFE INSURANCE** – cont. from page 5

**September was Life Insurance Awareness Month** "COVID-19 has raised consumers' awareness about the importance of having life insurance coverage. Nearly a third of consumers (31%) said they were more likely to purchase coverage due the pandemic," Levenson said. "This is so important because too many Americans live with a life insurance coverage gap, leaving their loved ones' financial security at risk. As we celebrated Life Insurance Awareness Month in September and continue our year-long Help Protect Our Families campaign, we've doubled our efforts to educate Americans about the importance of having adequate life insurance coverage." LIMRA's Second Quarter 2021 U.S. Individual Life Insurance Sales Survey represents approximately 80% of the U.S. individual life insurance annualized premium market.

For more information, please visit Lisa at Rehburg Insurance Settlements in the Wellness Village at [ParkinsonsResource.org/the-wellness-village/directory/rehburg-life-insurance-settlements/](https://ParkinsonsResource.org/the-wellness-village/directory/rehburg-life-insurance-settlements/) where they have been members since July 2019.

# PRO CALENDAR FOR OCTOBER 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	2	
3	4 Partner in Care 10:00 AM PDT 11:00 AM MT 12:00 PM CDT 1:00 PM EDT 7:00 AM HST	5 Movement: Use It or Lose It 10:00 AM PDT 11:00 AM MT 12:00 PM CDT 1:00 PM EDT 7:00 AM HST	6 Round Table 6:00 PM PDT 8:00 PM CDT 9:00 PM EDT 3:00 PM HST 7:00 PM MT	7	8	9	
10	11 INDIGENOUS PEOPLES' DAY	12	13 Village Meeting 1:00 PM PDT 3:00 PM CDT 4:00 PM EDT 10:00 AM HST 2:00 PM MT	14 PRO's Grief Group 10:00 AM PDT 11:00 AM MT 12:00 PM CDT 1:00 PM EDT 7:00 AM HST	15	16 BOSSES DAY	
17	18 Partner in Care 10:00 AM PDT 11:00 AM MT 12:00 PM CDT 1:00 PM EDT 7:00 AM HST	19 Movement: Use It or Lose It 10:00 AM PDT 11:00 AM MT 12:00 PM CDT 1:00 PM EDT 7:00 AM HST	Mindfulness Focused Group 1:30 PM PDT 3:30 PM EDT 4:30 PM CDT 10:30 AM HST 2:30 PM MT	20 Partner in Care 6:00 PM PDT 8:00 PM CDT 9:00 PM EDT 3:00 PM HST 7:00 PM MT	21	22	23
24 31 HALLOWEEN	25 Village Meeting 6:00 PM PDT 8:00 PM CDT 9:00 PM EDT 3:00 PM HST 7:00 PM MT	26 NATIONAL PUMPKIN DAY	27 BLACK CAT DAY	28 PRO's Grief Group 10:00 AM PDT 11:00 AM MT 12:00 PM CDT 1:00 PM EDT 7:00 AM HST	Round Table 1:00 PM PDT 3:00 PM CDT 4:00 PM EDT 10:00 AM HST 2:00 PM MT	29	30

**PARTNER IN CARE MEETING:** ("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 isolate 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 sometimes including 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

74785 Highway 111, Suite 208 • Indian Wells, CA 92210

760-773-5628 • 310-476-7030 • 877-775-4111 • fax: 760-773-9803

eMail: [info@ParkinsonsResource.org](mailto:info@ParkinsonsResource.org) • web: [ParkinsonsResource.org](http://ParkinsonsResource.org)

501(C)(3)#95-4304276

We do not intend the PRO Newsletter as legal or medical advice, nor to endorse any product or service; we intend it to serve as an information guide.

"JUST DON'T GIVE UP TRYING TO DO  
WHAT YOU REALLY WANT TO DO.

WHERE THERE IS LOVE AND INSPIRATION,  
I DON'T THINK YOU CAN GO WRONG."

— ELLA FITZGERALD