

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

MESSAGE

PRESIDENT'S

Here's to those who inspire us and don't even know it. Thank you for brightening our world. Let us continue to be kinder to one another. Thank you for being you.

With the season of giving and gratitude upon us, we express our gratitude to all that have helped us with the exponential growth presented to us through COVID-19. We're all making the world a better place for people affected by Parkinson's. Let's celebrate Thanksgiving every day from now on.

November is National Family Caregivers Month, a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers. Know your [Caregiver Bill Of Rights](#) and print reminder cards at this link

When you call, please introduce yourself to our new Wellness Village Director, **Daniel Coover**, and our new IT Communications Director, **Josh Nelson**. We remain in need of a Support Group Coordinator and a Fund Development Director. If you know someone that lives in, or wants to live in, the Palm Springs area that loves the non-profit sector, and making a difference in the Parkinson's community, with a team spirit, have them submit their cover letter and resumé.

Our Support Group Meetings are Zooming right along. With new COVID variants around, 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.

PROvocative and educational articles are within, such as the **UPDATE ON THE ROAD TO THE CURE** on this page. Then read **WORST FOODS FOR CONSTIPATION** on page 2; **DURABLE MEDICAL EQUIPMENT LOAN CLOSET** on page 3; **PRO'S 30TH ANNIVERSARY CELEBRATION** on page 4; **OH MY GOSH I WAS JUST DIAGNOSED WITH PARKINSON'S DISEASE** on page 5; **SOMETIMES IT'S THE SIMPLE THINGS IN LIFE THAT REALLY MAKE A BIG DIFFERENCE** on page 6; Our **BITS AND PIECES: FLOATING IN THE DEEP END**, also on page 6; and; the **3RD ANNUAL DON CAVANAUGH DAY** on page 7.

We will say a kind and loving farewell to Dave Verdery on Sunday, November 14th in Palm Springs.

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 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

"... why hundreds of billions of dollars in global research have not produced a curative therapy."

In PRO's August Newsletter we briefly touch upon the reason why hundreds of billions of dollars in global research have not produced a curative therapy for Alzheimer's, Parkinson's, and other central nervous system (CNS) diseases. In the same newsletter we also committed to disclose the most probable scientific reasons for such a colossal failure (in a subsequent newsletter) and what ICB International, Inc., ("ICBII"), is doing to correct the mistakes of developing curative therapies in the science conducted by academics and pharma during the last century.

First, let us understand that none of us are immune to CNS disorders. These diseases affect equally and with the same severity of debilitation regardless of the color, race, religion, poor, rich, fame or no fame, social, and political status. President Reagan is one of the examples, and of recent, General Colin Powell, another. Today, we have more than 55 million Alzheimer's patients and at least 11 million Parkinson's patients worldwide. We believe that the real numbers may be 8-10 times higher because the numbers reported do not consider the patients from the rural area of Asian countries. The 2020 US cost of taking care of its Alzheimer's patients (about 5.6 million) was more than \$300 billion while the cost of Parkinson's patients (~ 1.1M) was more than \$34 billion. By the year 2030, these costs are expected to rise to at least one trillion US dollars, which could have a crippling effect on the US economy. The world must address the scientific challenges right now before the patient population doubles and triples in the coming years.

Scientific Challenges, Weaknesses, and the ICBII Solution

1. The Blood-Brain Barrier (BBB) Inhibits the Entry of Drugs into the Central Nervous System

While drugs such as L-Dopa cross the blood-brain barrier (BBB) they provide only short-term symptomatic relief without slowing down and curing the disease. The drugs such as antibodies, that can potentially cure the CNS diseases, have a brain uptake so low (0.1%) that it is impossible to achieve therapeutically effective doses in the brain. Unfortunately, the scientific community ignored the fact for too long and thought they can cure brain diseases without having the drug reach the target site in the brain. Their approach has been injecting massive doses of the drug hoping to obtain higher CNS concentrations but that dream never came to fruition.

The Solution: ICBII has developed BBB permeable

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Our Wellness Villagers

ANIMAL-ASSISTED THERAPY

- Canine Companions

AROMATHERAPY

- René Gauthier - Innergy Therapy Systems

ASSISTIVE TECHNOLOGY

- California Phones

BALANCE

- SeeOurSocksInAction

BEAUTY

- Younger By Tonight

CHIROPRACTIC

- Dr. Curtis Buddingh

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
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- Family Hospice Care

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- Palm Desert Hypnosis

INCONTINENCE SUPPLIES

- Dependable Daughter

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

SOCKS

- SeeOurSocksInAction

SPEECH THERAPY

- VIBRA Rehabilitation Hospital

VIATICAL

- Rehburt Life Settlements

VISION

- Optometric Vision Care, Dr Eric Ikeda

WORST FOODS FOR CONSTIPATION

For WebMD, Medically Reviewed by **Minesh Khatri, MD**
Assistant Professor of Medicine at Columbia University

Dairy – If you get constipated often, do yourself a favor and take a look at your diet. Among the foods that may block you up: too much cheese and milk. But you may not have to give up dairy -- just eat less of it and change your choices. Try yogurt with probiotics, live bacteria that's good for your digestive system. It may help relieve constipation.

Fast Or Prepared Foods – Does your busy lifestyle have you eating on the go? Those ready-made meals may be convenient, but they could cause a backup. Most are low in fiber, which you need to help food move through your system. By taking time to slow down, you may speed up your digestion.

Fried Food – Aunt Helen's chicken is almost impossible to pass up, but consider opting for an entrée with more fiber if you're having a tough time on the toilet. Fried foods are full of fat and are hard to digest. When food moves through your colon slowly, too much water can be taken out of it. That makes for a hard, dry stool.

Eggs – They're high in protein but low in fiber. You don't have to take them off the menu. Just add some high-fiber foods into the mix. Try an omelet with fresh spinach and tomatoes.

Tender Meat – Full of protein and fat but lacking in fiber, that juicy steak needs to be balanced with a side of broccoli. That'll help herd it comfortably through your digestive system.

Cupcakes – Add possible constipation to the many reasons a sweet dessert should be an occasional, not regular, thing. Pastries, cookies, and other treats with refined sugar are low in fiber and fluids, and high in fat. That's no good if you're having trouble keeping things moving. Satisfy your sweet tooth with strawberries and yogurt. Your tummy will thank you for it.

White Bread – Too much of this will give you hard, dry stools. It's made with low-fiber white flour. Go for whole-grain toast instead. It may help your next trip to the bathroom go more smoothly.

Alcohol Like coffee, booze can make it hard for your body to hang onto water. That can spell trouble for your bathroom

DURABLE MEDICAL EQUIPMENT LOAN CLOSET

Available in Los Angeles, Orange, Riverside, San Bernardino, San Diego & Ventura Counties, California

HELPING HANDS SENIOR FOUNDATION

Are you in need of medical equipment and are having a hard time obtaining it through your insurance or because of financial constraints?

Helping Hands Senior Foundation's Durable Medical Equipment (DME) Loan Closet is like a lending library with helpful equipment instead of books. It is a free community resource where you may borrow basic home medical equipment such as wheelchairs, walkers, rollators, canes, shower benches and chairs, raised commode seats, and more. Inventory varies according to donations obtained. There is no charge associated with obtaining the equipment we have to give. Residents of six Southern California counties are eligible: Los Angeles, Orange, Riverside, San Bernardino, San Diego and Ventura.

We are grateful to receive donated gently used or new equipment from people who no longer need it. After checking the equipment to make sure it is in good working order and then giving it a cleaning, we then make it available to someone to improve their safety and mobility. We lend equipment for a set period of time, as well as for as long as the person needs. It also may be given away in certain cases. When the equipment is returned, it is checked and cleaned again, then made available for the next person.

To connect to our Loan Closet service go to the PRO Wellness Village and click on our page [Helping Hands Senior Foundation](#). When you call us, you will be asked to complete a registration for our program, which takes an average of 10-15 minutes. You will let us know what it is you are looking for, as well as where you are located and some health conditions you may be experiencing.

After the initial intake, we assign a care coordinator to help you access the equipment we have. The time from intake to contact from the care coordinator is a few business days. We are unable to provide same-day access.

If we do not have your requested item in house, your care coordinator will provide referrals and also give reliable and compassionate guidance to obtain it. Again, all our services are free. We may provide referrals to other providers that do charge a fee, however.

Should you wish to donate items to be used in our Loan Closet, please contact our Outreach Director, Melissa Hartman.

Please include a photo of all items to be donated in your email communications. Based on need and space available, we will determine if we are able to accept the donation. We ask that you clean your items to the best of your ability. We ensure that all donors receive a donation receipt.

Many recipients tell us how important the Loan Closet is to them. After hip replacement surgery, a client described the benefits of having a wheelchair while recovering. Another, who came to Helping Hands Senior Foundation in search of housing, obtained a quad cane to allow safe navigation of his new neighborhood. A son taking care of his father was able to obtain a cane and then a walker as his father's need for ambulatory assistance changed. Once a client, always a client—we are able to help people adapt and still maintain their independence.

Whether you are looking for medical equipment for yourself or a loved one or wanting to donate a gift that will help someone maintain their independence and keep them safe, please think of Helping Hands Senior Foundation.

Helping Hands Senior Foundation is a 501(c)3 organization founded in 2015 to serve seniors with the mission of "Helping disabled seniors learn about resources to promote independence and quality of life." Our office is in the San Fernando valley, with a staff of twelve and a service area of six Southern California counties: Los Angeles, Orange, Riverside, San Bernardino, San Diego, and Ventura. To date, we have served 33,000 clients: mostly very low income, with limited mobility, isolated, at risk of poor nutrition, and with one or more chronic diseases, including dementia and mental illness. Contact us with help for DME, placement, low-cost caregivers, and more.

[Helping Hands Senior Foundation](#) became members of the Wellness Village in January 2021 and have helped many of our constituents to date - Thank you Helping Hands Senior Foundation. Their office hours are Monday - Friday, 8:30 am - 5:00 pm. Pacific Standard Time.

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MARK YOUR CALENDAR PRO'S 30TH ANNIVERSARY CELEBRATION IN PERSON AND VIRTUALLY

December 11th, 2021

5:30 pm - Red Carpet Registration, Cocktails & Silent Auction

6:30 pm - Dinner and Program

Renaissance Esmeralda Resort & Spa

44400 Indian Wells Lane

Indian Wells, California

\$250 per ticket - **In Person**

\$100 per ticket - **Virtual VIP**

Receive a gift box in advance, valued at \$150, with cocktails, novelty gifts, and other goodies, as well as exclusive behind-the-scenes content.

\$50 per ticket - **Virtual**

Featuring Grand Prize Drawings

A round trip for two to Tuscany, Italy generously donated by Winspire,

A \$10,000 diamond bracelet generously donated by El Paseo Jewelers

PLACE A TRIBUTE

Full Page - 8" x 10.5" = \$375 / \$750

1/2 Page - 8" x 5.125" = \$250 / \$500

1/4 Page - 3.875" x 5.125" = \$125 / \$250

Business Card - 3.875" x 2.375" = \$50 / \$100

Deadline: November 19th, 2021

BE OUR OYSTER - Sponsorships

Just like oysters carefully cultivate a pearl, our sponsors are our Oysters, cultivating the financial health of our organization. As the pearl is the traditional 30th-anniversary gift we are sharing our *Pearls of Wisdom* with those caring for or living with Parkinson's disease. It's sponsors like you that are truly making a difference.

Cortez Pearl (\$1,000) / Seating for two, half page ad or tribute in the Program Book, special signage at event

Natural Blue Akoya (\$2,500) / Seating for five, half page ad or tribute in Program Book, special signage at event, name and business logo on all event promotional materials

Freshwater (\$5,000) / Seating for five, full page ad or tribute in Program Book, special signage at event, name and business logo on all event promotional materials, social media, and flyers.

Akoya (Classic) (\$7,500) / Seating for five, full page ad or tribute in Program Book, special signage at event, name and business logo on all event promotional materials, social media, and flyers. Special mention in TV & Radio promotions.

Tahitian (\$10,000) / Table for ten, full page ad or tribute in Program Book, special signage at event, name and business logo on all event promotional materials, social media, and flyers. Special mention in TV & Radio promotions. Full-year sponsor benefits.

White South Seas (\$12,500) / Table for ten, full page ad or tribute in Program Book, special signage at event, name and business logo on all event promotional materials, social media, and flyers. Special mention in TV & Radio promotions. Acknowledgment from podium, name on Step and Repeat, premium seating, bottles of Dom Perignon. Full-year sponsor benefits.

Golden South Seas (\$15,000) / Table for ten, inside cover page ad or tribute in Program Book, special signage at event, name and business logo on all event promotional materials, social media, and flyers. Special mention in TV & Radio promotions. Acknowledgment from podium, name on Step and Repeat, premium seating, bottles of Dom Perignon. Congratulatory video during program. Special speaking opportunity. Full-year sponsor benefits.

All information is on the website.

Main Gala Landing Page ParkinsonsResource.org/Gala2021

Sponsorship Landing Page ParkinsonsResource.org/Oysters2021

Tribute Page ParkinsonsResource.org/place-a-tribute

"LIKE" US ON FACEBOOK AND
SUBSCRIBE TO PRO ON YOUTUBE!



Facebook.com/
ParkinsonsResourceOrganization



YouTube.com/c/
ParkinsonsResourceOrg

OH MY GOSH! I WAS JUST DIAGNOSED WITH PARKINSON'S DISEASE

Includes Excerpts from WebMD

What Is It? Parkinson's disease is a progressive, neurodegenerative, brain disorder that gets worse over time. It causes cells in a part of the brain called the substantia nigra to die. This part of the brain is important for controlling movement. That's why people with Parkinson's often shake or show other abnormal movements. Treatments can help with symptoms, but there is no way to slow or reverse the condition.

What Causes It? No one knows exactly why a person gets Parkinson's. It's probably due to a mix of things, including genes and exposure to certain toxins. There's usually no way to predict who will get it or why. It's rare for Parkinson's to run in families. Most of the time, it seems to happen randomly.

Who Gets Parkinson's? Both men and women get Parkinson's disease. It's 1.5 times more common in men. Until recently it is more common in older people. Only about 4 out of every 100 cases happen in people under age 50. At least 1 million people in the U.S. and 10 million around the world have this condition.

Symptoms The four main symptoms of Parkinson's are related to movement:

- *Tremors or shaking of hands, arms, legs, jaw, or head*
- *Stiffness of arms, legs, and trunk*
- *Slowed movement*
- *Trouble with balance and coordination*

You might also notice:

- *Your arms don't swing as freely when you walk*
- *You can't make facial expressions*
- *Your legs feel heavy*
- *Posture becomes a little stooped*
- *Handwriting gets smaller*
- *Your arms or legs get stiff*
- *You have symptoms only on one side of your body, like a tremor in one arm*

Other signs to watch for people with Parkinson's may also have:

- *Depression or other emotional changes*
- *Trouble chewing, swallowing, or speaking*
- *Trouble sleeping*
- *Constipation*

What to Expect Parkinson's is a progressive disease. That means that your symptoms usually get worse over time. The symptoms of Parkinson's also vary a lot from one person to the next. How quickly it worsens and how severe it gets can vary a lot, too. Early symptoms may be easy to ignore or dismiss. They might start on one side of your body, showing up on the other side only later.

Parkinson's comes with two main buckets of possible symptoms. One affects your ability to move and leads to motor issues like tremors and rigid muscles. The other bucket has non-motor symptoms, like pain, loss of smell, and dementia.

You may not get all the symptoms. And you can't predict how bad they'll be, or how fast they'll get worse. One person may have slight tremors but severe dementia. Another might have major tremors but no issues with thinking or memory. And someone else may have severe symptoms all around.

Diagnosis At first, it can be hard for doctors to tell if you have Parkinson's. That's in part because symptoms vary so much. Other disorders also can look similar. There's no single test for it. Your doctor might order imaging tests to rule out other conditions. They'll also ask questions about symptoms, medications, and any exposure to toxins. Because the symptoms of Parkinson's vary and often overlap other conditions, it is misdiagnosed up to 30% of the time. There is generic or general Parkinson's and then there are Parkinsonisms

Getting a Second Opinion It is surprising that more than one in three patients never seek second opinions for their diagnosis. Getting a second opinion from a Movement Disorder Specialist is highly suggested. A movement disorder specialist is a neurologist with additional training in Parkinson's disease who personalizes care to an individual's

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PARKINSON'S RESOURCE ORGANIZATION

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WE INTEND IT TO SERVE AS
AN INFORMATION GUIDE.

SOMETIMES IT'S THE SIMPLE THINGS IN LIFE THAT REALLY MAKE A BIG DIFFERENCE

Stan Esecson, CIO – Chief Idea Officer

Mark your Calendar. See him [November 10th, 2021, at 4:00pm PST](#)

What if I told you that a special pair of socks could instantly improve balance, strength, and range of motion?

Would you think I'm crazy? Would you just disregard it and move on? Or would you just pause for a moment and wonder, what if?

I think "What If" might just be one of the most powerful phrases in the English language.

What if these socks really do work? There's only one way to find out. Have an open mind and try them, just try them.

Up until Covid virtually shut the Country down in March, I would travel to 2-3 medical conferences each month showing our socks to a variety of medical professionals including: Orthopedic, Chiropractic, Physical Therapists, Naturopaths, and Neurologists.

The last conference I got to do was March 2020 in New Orleans. It was called ABI 2020 and there were over 500 Neurologists from all over the world. They're the first to tell you that there's more they don't know about the brain than they do know about the brain. So when I showed them the socks, and demonstrated how they instantly improved their balance, strength and range of motion, there was some head scratching and a lot of amazed faces.

There're no drugs, nothing electrical, as our state-of-the-art technology is a pattern that's woven into the socks. The instant they come in contact with your foot they trigger a neuro-response in your brain. We've seen it in over 10,000 EEG brain scans. In fact, Dr Robert Thatcher, world renowned expert on QEEG, author of nine textbooks and over 200 published studies, recently said "We're going to need to rewrite the text books". That's how profound our technology is.

We're not trying to change your meds, we're not trying to change your diet, we're not trying to change your lifestyle, we're just trying to change your socks.

Please take a look at our website, [See Our Socks](#) watch some of the videos, read some of the science, but most important, try it, just try it.

There's a 30-day money back guarantee, so you have nothing to lose. In the five years we've been on the market our return rate is less than 1%.

[Stan Esecson and SeeOurSocks.com](#) have been a member in the Wellness Village since November 2020. His products combine the best of modern technology with decades of research in neuromuscular science to help you achieve your wellness goals, drug-free and without invasive treatments. It starts with a special tactile pattern ... this pattern is specially woven into each wellness and performance product. Contact with it triggers a neural response in the brainstem that helps manage pain, as well as improve mobility and balance.

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 Election Day is on the 2nd, Daylight Savings Time ends on the 7th, Veteran's Day on the 11th, World Kindness Day on the 13th, Thanksgiving Day on the 25th, Black Friday on the 26th, and Small Business Saturday on the 27th, Hanukkah starts on the 28th and Cyber Monday is on the 29th. The flower is the Chrysanthemum and the Birthstones: Topaz and Citrine.

ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

WORST FOODS – cont. from page 2

visits until you get hydrated again. If you're going to have a cocktail, nurse a glass of water at the same time to keep things flowing.

BITS AND PIECES

FLOATING IN THE DEEP END:

How Caregivers Can See Beyond Alzheimer's

A book by Patti Davis / Reviewed by Barbara Black

Patti Davis started a support group called *Beyond Alzheimer's* after her dad, Ronald Reagan, was diagnosed.

This book details what she learned from her support and how she applies it to helping others. She discusses what people observe with Alzheimer's and other dementia conditions. She discusses the similarities and differences. She talks about being a caregiver and helping others with caregivers as a support system. The differences and similarities touch us all.

Davis discusses family relationships, both positive and negative, and the grieving process, both positive and negative.

She discusses not punishing yourself as a caregiver; sacrifice versus shirking responsibilities. As a caregiver you need to be nurtured and cared for as well.

End-of-life decisions that need to be made early and a diagnosis are important, and how they can be superseded is another important consideration.

She talks about what dementia is for all of us, especially the patient, and hopes of understanding it offers clarity.

Remember this is a book of non-fiction. And, as in our lives, what happens to one person may not necessarily happen to all of us. But it is important to know these things exist and hopefully we won't be surprised if they do occur. Being able to handle the stress and challenges of being a caregiver to a person with dementia or other ailments is clearly addressed in this book.

Lastly, the issue of moving the patient into a facility is addressed. Many concerns are addressed.

I recommend it as a support source, and a reminder that we are not alone.

OH MY GOSH! – cont. from page 5

symptoms and needs. People with Parkinson's who see a movement disorder specialist often reports feeling more informed and better equipped to manage symptoms

Treatment: Drugs That Make Dopamine Parkinson's affects nerve cells in your brain that make a chemical called dopamine. As a result, levels of the chemical fall. Doctors usually start treatment with levodopa (L-dopa). Your brain turns it into dopamine. But it can make you sick to your stomach, so you'll probably take it with another medicine called carbidopa to control these side effects. The combination drug is called carbidopa-levodopa (Parcopa, Rytary, Sinemet).

Is Surgery an Option? If medicine doesn't work well enough, your doctor may suggest deep brain stimulation (DBS). In DBS, your doctor implants electrodes deep in the brain. A device connected to them delivers electrical pulses. Those pulses can help control the tremors caused by Parkinson's.

In the past, doctors sometimes used other operations to damage the brain in ways to help with movement symptoms. But they rarely use those surgeries now.

These Therapies Also May Help

- **Physical therapy** can teach you exercises to improve strength and balance and help you stay independent.
- **Occupational therapy** shows you new ways to manage daily tasks.
- **Speech therapy** can help with slurred or unclear speech.
- **Food and Exercise** Eating healthy foods can help you feel better. It may also help with certain Parkinson's symptoms, such as constipation. Getting regular exercise will also boost strength, flexibility, and balance. Ask your doctor to recommend a physical therapist or exercise program.

What Else Helps Along with your regular medical care, these approaches may help with mood, energy, and how you feel day to day:

- **Massage**
- **Tai chi**
- **Yoga**
- **Meditation**

Find Support It can help to talk with a counselor or support group. Your doctor may know of local resources. There are also many organizations like Parkinson's Resource Organization dedicated to Parkinson's.

THE 3RD ANNUAL DON CAVANAUGH DAY

Sunday, November 14, 2021

If you are in or near Palm Springs, please join us.

Enjoy amazing food and famous **Wild Coyote Margaritas** at the historic **BLUE COYOTE GRILL** at 445 N Palm Canyon Dr, Palm Springs, CA to support Parkinson's Resource Organization!

Celebrate the life of Don Cavanaugh, founder of the Blue Coyote Grill, and help us carry on his legacy, **"Working so no one is isolated because of Parkinson's"**.

Parkinson's Resource Organization helped Don and his family with the education, support, and referral services they needed to ensure Don's quality of life while he lived with Parkinson's.

15% of the restaurant's proceeds will go towards Parkinson's Resource Organization to give valuable resources to other Parkinson's families.

ROAD TO THE CURE – cont. from page 1

antibodies that have been tested and verified by third parties. This technology is protected by seven US and European patents.

2. Too Much Focus on Clearing Aggregated Proteins from the Brain of Patients

Most of the pharmaceutical companies have focused their efforts only on lessening the burden of aggregated proteins such as alpha-synuclein from the brain of Parkinson's patients and amyloid-beta from the brain of Alzheimer's patients despite the failure of numerous prior clinical trials that failed to improve motor function and improve cognition with drugs that targeted protein aggregation. **The disease process starts 10-20 years earlier before a patient starts feeling disease symptoms, sees the doctor, and protein aggregation is detected in the brain, meaning by this time neurons have already been comprised by dysfunctional mitochondrial and axonal myelination processes.** Therefore, we believe that any therapeutic approach must incorporate strategies to correct mechanisms such as axon demyelination and mitochondrial dysfunction that caused neuronal synaptic failure very early on when the disease process just begins to take place. Case in point, Biogen's Aduhelm, an amyloid-beta mouse monoclonal antibody, like many other similar antibodies, had failed to improve cognition, which was a reason why most of the FDA advisors resigned over the controversial decision of the FDA's approval of the drug. **The bottom line is that any successful therapy for brain disorders must reach the target site in therapeutically useful concentrations and rejuvenate fundamental mechanisms and pathways that lead to motor and synaptic failure.**

The Solution: ICBI has initiated projects to correct dysfunctional processes and mechanisms that damaged neurons long before the protein aggregation manifested in the brain of patients.

*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.

PRO CALENDAR FOR NOVEMBER 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 Partner in Care 10:00 AM PDT 11:00 AM MT 12:00 PM CDT 1:00 PM EDT 7:00 AM HST	ELECTION DAY 2 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	3 Round Table 6:00 PM PDT 7:00 PM MT 8:00 PM CDT 9:00 PM EDT 3:00 PM HST	4	5	6	
7 DAYLIGHT SAVINGS TIME ENDS	8 Round Table 6:00 PM PDT 7:00 PM MT 8:00 PM CDT 9:00 PM EDT 3:00 PM HST	9	10 Village Meeting 4:00 PM PDT 6:00 PM CDT 7:00 PM EDT 1:00 PM HST 5:00 PM MT	VETERANS DAY 11 PRO's Grief Group 10:00 AM PDT 11:00 AM MT 12:00 PM CDT 1:00 PM EDT 7:00 AM HST		13 WORLD KINDNESS DAY	
14 3RD ANNUAL DON CAVANAUGH DAY DAVE VERDERY'S MEMORIAL SERVICE	15 Partner in Care 10:00 AM PDT 11:00 AM MT 12:00 PM CDT 1:00 PM EDT 7:00 AM HST	16 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 2:30 PM MT 3:30 PM EDT 4:30 PM CDT 10:30 AM HST	17 Partner in Care 6:00 PM PDT 7:00 PM MT 8:00 PM CDT 9:00 PM EDT 3:00 PM HST	18	19	20
21	22	23	24	25 THANKSGIVING		26 BLACK FRIDAY	27 SMALL BUSINESS SATURDAY
28 HANNUKAH	29 CYBER MONDAY	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
November 2021 / Issue No. 348 / Published Monthly

PARKINSON'S RESOURCE ORGANIZATION
Working so no one is isolated because of Parkinson's
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