

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

MESSAGE**PRESIDENT'S**

To us, it is amazing how fast this year went by. We have *much hope* and anticipation that PRO finishes the last month of this year with a very successful 30th Anniversary Gala, one year later. We thank you if you were one of those that helped. If you have not helped yet, *please do...*t we cannot do this work without you.

With another new COVID variant, we cannot let up our virtual Support Group Meetings. As a matter of fact, we are adding six more types of Support Meetings in 2022, another reason we need your support. 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. Check out the Calendar on the back page and note the meetings that are happening this month.

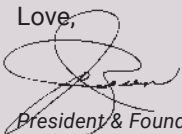
As one-year changes for another, we tried a theme of "changing" with the PROvocative and educational articles within, such as: **ON THE ROAD TO THE CURE** and Time Is Limited, but please join us at our **30TH ANNIVERSARY GALA** and see page 4 for details. Then read **WHY GIVING TO CAUSES YOU CARE ABOUT IS GOOD FOR YOUR HEALTH** on this page; **LIFESTYLE CHANGES FOR CHRONIC CONSTIPATION RELIEF** on page 2; **MAKING CHANGES: WHEN SHOULD YOU FIRE YOUR DOCTOR?** on page 3, and; our **BITS AND PIECES: THE ESTIMATED ECONOMIC BURDEN OF PARKINSON'S** on page 7.

In addition to donating, join us in becoming a key part of our advocacy efforts, contact us to "Get Involved." Make monthly donations through our secure 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 Hannukah ends on the 6th, Pearl Harbor Remembrance Day on the 7th, Super Saturday on the 18th, Winter Solstice on the 21st, Christmas Eve on the 24th, Christmas Day on the 25th, Boxing Day and start of Kwanza on the 26th, the last day of 2021, or the Eve of 2022, on the 31st. The flowers are the Narcissus and Holly, and the Birthstones are Turquoise and Blue Topaz.

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

Updates will resume next year. In the meantime, Ram S. Bhatt, PhD., Chief Science Officer, and the staff at ICBI wish you a very happy, healthy Holiday Season filled with *Hope* and *Change* as we embark on a new year of possibilities.

IMAGINE the world without Parkinson's, MSA, or Alzheimer's disease. JUST IMAGINE. Contact at **ICBII.com** or by phone at **858-455-9880**. Working daily towards ending neurodegenerative disease.

WHY GIVING TO CAUSES YOU CARE ABOUT IS GOOD FOR YOUR HEALTH
Markham Heid
Medically Reviewed by Danielle Murphy, LCSW

Spending on others can boost feelings of connectedness and happiness, and it may help reduce stress and inflammation in the body...

Everyday Health

They say money can't buy happiness. But if you spend it wisely, maybe it can.

Evidence suggests that prosocial spending—loosely defined as spending money on other people, rather than on yourself (charitable giving is an example of it)—can boost your emotional well-being and provide other health benefits.

Research shows, for example, that spending money on charities was linked with increased levels of happiness, while money spent on personal expenses or new stuff had no effect on a person's happiness levels.

There's a significant amount of data that shows that giving benefits our emotional well-being, says Elizabeth Dunn, PhD, first author of the *Science* study and a professor in the department of psychology at the University of British Columbia in Canada. Other research from Dunn's group concludes that prosocial spending is linked to boosted happiness, mood, and life satisfaction in diverse samples of people, she says (a review article published in 2020 in the journal *Advances in Experimental Social Psychology* outlines the evidence).

"One of the best parts of being human is that we have evolved to find joy in helping others," Dunn says.

Here's more on when and why giving to others can be so good for you.

What Is Charitable Giving? You could narrowly define charitable giving as the money you donate to a licensed nonprofit organization. But experts often broaden that definition to include any use of your financial resources for the benefit of other people, according to the review article in *Advances in Experimental Social Psychology*.

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LIFESTYLE CHANGES FOR CHRONIC CONSTIPATION RELIEF

Medically Reviewed by Melinda Ratini, DO, MS ~ WebMD

Count Your Fiber – You probably know fiber helps relieve constipation. And if you're like most Americans, you probably don't get enough. Adults should eat 20-35 grams a day, and tracking your fiber is the best way to hit your target. Look for grams of fiber on food labels. Set yourself up for success and reach for whole grains like brown rice and whole wheat bread.

Don't Hold It – It's more comfortable to poop in the privacy of your home. That can be a problem if you make a habit of holding it in when you're out. When you ignore the need to move your bowels, those signals weaken over time. The last thing you need when you're constipated is to poop even less often. So hit the bathroom whenever and wherever the urge hits.

Pick High-Fiber Fruits – Fresh fruits pack lots of healthy nutrients. But fiber isn't always one of them. A cup of cantaloupe, for example, has very little of the rough stuff. Instead, go with these five fiber powerhouses:

◇ **Dried figs (1 cup): 14.6 grams**

◇ **Prunes (1 cup): 12.4 grams**

◇ **Asian pear (large): 9.9 grams**

◇ **Raspberries (1 cup): 8 grams**

◇ **Apple (large): 5.4 grams**

Drink Up – When your body lacks enough water to push your digested food forward, it leaves your stools hard and dry. No wonder dehydration can cause constipation or make it worse. Drinking lots of fluids won't always cure your constipation, but it does help many people. If you're not a big fan of water, ask your doctor what other liquids you can try.

Troublesome Foods – Some foods can make you more likely to get stopped up. The most common culprits are dairy products, sugary treats, and high-fat meats. So go easy on marbled steaks and sausages, cheese, ice cream, cakes, cookies, and frozen or packaged meals, which tend to lack much fiber.

Rethink Your Veggies – Some vegetables are high in vitamins

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MAKING CHANGES: WHEN SHOULD YOU FIRE YOUR DOCTOR?

Ruben Castaneda and Angela Haupt

Excerpts from *US News & World Report* – Oct 24, 2021

If you have a sinking feeling about your doctor, is it because s/he doesn't listen to you or value your time?

Staying with a doctor you're not happy with is as harmful as staying in a relationship you know is bad because it's easier than making a change. But parting ways may be the healthiest move. "If you're not happy with your doctor, you're not going to have a good relationship. That trust won't be there, so you might hesitate to see them, and you won't tell them everything about your health when you do go, which could put your health at risk,"

Changing doctors can be a challenging process. Before investing time figuring out how to switch doctors, let's analyze whether such a change is necessary. Here are 11 signs it's probably time to fire your doctor:

1. You and your doctor don't mesh. You and your doctor don't see eye to eye on most everything, it's helpful if you work well together. If you want a partnership, for example, a doctor who spouts commands is not the best fit; if you value a warm bedside manner, consider ditching a formal, distant physician.

Some patients like doctors who are very direct and blunt, and some patients can't stand that type of doctor because they think he or she isn't empathetic enough or doesn't provide enough options. When there's a mismatch, neither person is at fault - but it could be grounds for termination.

2. Your physician doesn't respect your time. Do you routinely wait an hour to see your physician, only to feel like s/he is speed-doctoring through the visit? You should never feel like you're being rushed. If your doctor doesn't take the time to answer your questions or address your concerns, there's a problem. If your doctor's not giving you the time you need, they're not listening to you fully because they're rushing, they're not giving you the full care that you need.

The medical community is becoming increasingly sensitive to patients' precious time. If your doctor's chronic lateness makes you grind your teeth, why stay with him/her?

3. Your doctor keeps you in the dark. A doctor should be open and thorough about why he or she recommends a certain treatment or orders a specific test, plus share all results with you. If a doctor doesn't explain a decision, or at least not to your satisfaction, at that point a doctor is bad. It's also important S/he uses terms you understand, rather than complicated medical jargon; otherwise, explanations are meaningless. Your health is too important to feel confused or uninformed.

4. Your physician doesn't listen. Listening is one of the most important skills a physician can have. A good doctor listens to their patients' description of pain and other symptoms. Physicians are a busy bunch, but their most important time in a day is spent with their patients. If your doctor doesn't allow time to give you a complete picture of your overall health, you can't help them effectively maximize their time. It's best to go with the doctor who puts down the chart and actively listens to what's going on with you. You'll both be better for it.

5. The doctor's office staff is unprofessional. The receptionists are the link between you and the doctor. If they blow you off - or neglect to give your message to the physician, say, about side effects of a new medication - your health could be at risk. Even if you like your doctor, a bad office staff could signal it's time to look elsewhere.

6. You don't feel comfortable with your doctor. Doctors need to know intimate details you may not even share with friends or family members. If you're unable to disclose such facts, you and your doctor may not be the right match.

A sense of unease about his/her decisions and recommendations, even if you can't say exactly why, is also a perfectly legitimate reason for cutting the cord.

Beware of sloppy medical mistakes, too: If your doctor prescribes a medication to which you're allergic, and you know that information is in your history, a separation may be in order.

7. Your physician doesn't coordinate with other doctors. Your primary care physician should be the quarterback of your health care team, managing

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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,

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

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Deadline: December 3rd, 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

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All information is on the website.

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ParkinsonsResource.org/Gala2021

Sponsorship Landing Page

ParkinsonsResource.org/Oysters2021

Tribute Page

ParkinsonsResource.org/place-a-tribute

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GIVING IS GOOD FOR YOU – cont. from page 1

That includes money you spend on friends and family members — but also on strangers.

Some examples of prosocial spending that turn up in published research include buying coffee or lunch for a friend, buying a bike helmet for a niece or nephew, or donating money to help someone in need, according to the same review.

And it's worth noting that the benefit you get isn't linked to the amount you give, or to whether you're wealthy or in need of some financial help yourself. The research consistently shows that prosocial or charitable spending tends to do you good.

Why Does Giving Money Away Make Us Feel So Good? – When you stop and think about it, it's odd that giving away money would make someone feel good (when they could otherwise use that money to benefit themselves). Why is this so?

"Prosocial acts may be emotionally rewarding because they reinforce costly but evolutionarily important actions that help us build and create bonds with other people," says Lara Aknin, PhD, a distinguished associate professor of psychology at Simon Fraser University in Canada.

Aknin heads Simon Fraser's Helping and Happiness Lab, and she has published more than a dozen papers on prosocial spending. Her work is part of a broader theory in social and evolutionary psychology that suggests that human beings may be hardwired for altruism and prosocial behavior because those tendencies massively benefit our species, according to a report on the topic published in 2015, the *International Encyclopedia of Social and Behavioral Sciences*.

Put simply, humans have thrived because — unlike nearly all other animals — we can come together to form large, interdependent groups of unrelated members, according to these evolutionary psychology theories, as described in the 2015 report. And there is strength in numbers. If helping other people didn't feel good, it's arguable that we would never have been able to form the tribes and later the societies that are the building blocks of prosperous civilizations.

So, along with charitable giving being good for the societies that we are a part of, how does it benefit our own health and well-being?

How Does Charitable Giving Benefit Health and Well-Being? – Giving money away to others may in some cases matter *more* than how much you make. According to research, donating money to charity increased people's levels of well-being to about the same extent even when people's incomes doubled.

Meanwhile, the 2019 World Happiness Report, which collected charitable giving and well-being data from around the world, found that even after controlling for wealth and other measures of prosperity, donating money is one of the six strongest predictors of life satisfaction — none of which are directly linked to income. The report was published by the United Nation's Sustainable Development Solutions Network and includes data collected by the Gallup World Poll and Lloyd's Register Foundation.

Apart from the happiness bump, there's evidence that people who spend money on others reap physical health benefits, too.

Research published in 2016 in the journal *Health Psychology* found that three weeks of charitable spending was enough to lower blood pressure scores among a group of older adults. In fact, the research found that the blood pressure improvements caused by prosocial spending were similar to those associated with taking up a new exercise routine.

Other research, published in January 2021 in the *American Journal of Lifestyle Medicine*, found that prosocial behaviors may reduce stress and inflammation, both of which can cause or worsen a range of mental and physical health conditions. More work has found that prosocial behaviors are linked with shifts in the expression of our genes, in ways that can improve overall health, according to a paper published in 2017 in the journal *Psychoneuroendocrinology*.

How to Give in Ways That Benefit You and Your Well-Being, Too – While there are numerous benefits to prosocial spending and charitable giving, simply writing a check out to a "good" cause may not confer all of the same benefits as giving to a cause that specifically holds meaning for you.

There is some evidence that giving solely to boost one's own well-being — what could be described as selfish prosocial spending — doesn't result in the same health or well-being benefits, Aknin explains.

Citing a research paper published in October 2017 in the journal *Motivation and Emotion*,

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GIVING IS GOOD FOR YOU – cont. from page 5

she says, “We found some evidence that prosocial acts are less rewarding when enacted for self-gain than when enacted for the benefit of others.”

So, how can you give in a way that is good for the recipient and for you?

1. Give to Causes You Care About – There are hundreds of worthy charitable causes out there. But experts say that people seem to get the most out of giving to causes that are personally meaningful.

“Prosocial spending is immensely personal,” Dunn says. “The decision for prosocial spending should be made freely and is not something that should be pushed by a friend, family member, or coworker.”

Put another way, if you’re giving money to a cause because your boss encourages it, or because a family member asked you to, it’s less likely to provide the same rewards or level of gratification as giving to a cause that *you* chose and find meaningful.

2. Give in Ways That Let You See the Impact of Your Gift – A gift will likely mean more if you can see the impact of it, Aknin says. An example might be donating to a local charity or organization, where you can see those dollars being spent on new services or resources in your community.

“The key is to find opportunities for prosocial spending that let you see how your generosity is impacting a cause you care about,” Dunn says.

3. Give to Causes You’re Socially Connected To – An optimal charitable gift should involve some kind of social connection, Dunn says.

Dunn’s research has also found that the forms of prosocial spending that are most beneficial to the giver satisfy three fundamental human needs. These are autonomy, competence, and relatedness.

Autonomy has to do with giving to causes that you have chosen yourself, rather than ones you feel pressured into supporting.

Competence has to do with you seeing the impact of your gift.

And relatedness means that the charitable gift enhances feelings of social bonds or connections. Giving to a community you are a part of is an example of this, as is giving to a project or initiative that a close friend is involved with. Your gift not only benefits that cause but is also meaningful to that friend.

Whether you can give a little or a lot, the decision to spend money on others is one that seems to pay meaningful dividends.

Editor’s Note: Parkinson’s Resource Organization invites you to give to PRO so that no one is isolated because of Parkinson’s. Among other ways, we continue to build our Support Group connections, our online Resource Directory, The Wellness Village, publish current and valuable information in our monthly Newsworthy Notes and our Blog, and extend an olive branch to those in need of emotional and educational support through our one-on-one coaching sessions.

CONSTIPATION RELIEF – cont. from page 2

but low in fiber. Spinach has less than 1 gram per cup of raw leaves. These picks pack much more:

- ◇ **Broccoli (1 cup, cooked): 5.2 grams**
- ◇ **Carrots (1 cup, cooked from frozen): 4.8 grams**
- ◇ **Baked potato with skin: 4.6 grams**
- ◇ **Peas (1/2 cup, cooked from frozen): 4.4 grams**
- ◇ **Sun-dried tomatoes (1/2 cup): 3.3 grams**

Put Your Feet Up – If you haven’t tried pooping with your feet on a stepstool—or a special toilet stool—give it a shot. It shifts your posture to make it easier to eliminate. Some experts recommend it for older adults who have long-term constipation. A small study of young, healthy adults found that a toilet stool eased straining and emptied the bowels more completely.

Make Smart Swaps – Loading up on fiber doesn’t have to be unappetizing. A few switches to your habits can make a big difference. Snack on a handful of almonds (3.3 grams of fiber) instead of crackers (0.6 grams). Sprinkle a cup of beans (around 13 grams of fiber) instead of a cup of diced cheese (0 grams) to pasta salads.

Curb Your Stress – This is a lesser-known cause of constipation. Stress can slow down how quickly food moves through your bowel. Try meditation, deep breathing, or relaxation with mental imagery for proven ways to chill out.

Laxatives: Good or Bad? – They can get backed-up bowels moving again quickly. So, you may reach for laxatives for your chronic constipation. But using them too often could train your body to depend on them for bowel movements. Plus, some laxatives interfere with some medications. Ask your doctor if laxatives are a good option for you.

Move It – Lack of physical activity can lead to constipation, especially if you’re a senior. Several studies suggest exercise may help you get more regular if you’re already constipated, while being a couch potato makes you more likely to get it. Given all the other benefits of working out, this is one of the best habits you can adopt.

Bowel Training – Did you know that you may be able to train yourself to poop at the same time every day? Aim to do it about 20-30 minutes after mealtime. That’s when wave-like motions start in your intestines to push food and waste through. For many, just this regular routine may lead to relief. Still stuck? Add something to stimulate your bowels, like sipping warm liquids in the morning.

When to Call a Doctor – Even if you can manage your constant constipation, sometimes it’s a good idea to see your doctor. Among other things, they can rule out other health issues. So, call your doctor if your constipation:

- ◇ **Is new**
- ◇ **Lasts more than 3 weeks**
- ◇ **Seems severe**
- ◇ **Comes with weight loss, a fever, weakness, or other health concerns**

FIRE YOUR DOCTOR – cont. from page 3

each step of the medical process. That means keeping track of specialists' reports and instructions and talking with you about their recommendations. If s/he is slacking, an important piece of your care could slip through the cracks.

8. Your doctor isn't available.

A good doctor is available for follow-up questions and concerns. A growing number of doctors are making themselves available to patients via email, text message and virtual platforms like Skype, and at the very least, you need to know that in an emergency, you won't be left hanging.

9. Your doctor doesn't take a holistic approach.

While most physicians can capably prescribe medication and order tests, it's important to consider if your physician factors in how a new drug or protocol will fit into your lifestyle. If your doctor isn't addressing your medical issue from a "mind, body, spirit" perspective, you might consider a switch. The best health outcomes will happen when you are able to talk to your physician about lifestyle issues like eating habits, how much exercise you should get and whether you're interacting with other people enough to avoid social isolation.

10. Your doctor is a reluctant learner.

Whether your doctor went to medical school three or 30 years ago, make sure you have access to his/ her curriculum vitae. The CV, or resume, can provide you a great picture of how in touch your doctor is with medical advances. For example, techniques to treat back pain have advanced in the last 30 years. You want to make sure your doctor is keeping pace. The CV will tell you what conferences the physician has attended, what current continuing education they are receiving and whether they're training other medical professionals in their field. A doctor could provide such education by speaking at conferences, conducting research studies or authoring journal articles or textbook chapters on whatever his/her specialty is.

11. Your physician is rude or condescending.

If your physician has you wondering why are doctors so rude, it's time to part ways. Same goes if s/he trivializes your concerns as though they're not valid. One of the clearest signs you should move on is if s/he walks out of the room while you're still talking.

Review what other patients have said about doctors. There are online tools you can use to see how other patients have rated particular doctors. For example, ProPublica's Vital Signs API database provides information on 1.3 million doctors and other health care professionals throughout the U.S. The database includes information on:

- ◇ **The provider's information, such as specialty, location and contact information.**
- ◇ **Standing with federal health programs.**
- ◇ **Office visits and costs.**
- ◇ **Relationships with drug and medical device companies.**
- ◇ **Prescribing patterns and habits.**
- ◇ **Surgical performance.**

BITS AND PIECES**THE ESTIMATED ECONOMIC BURDEN OF PARKINSON'S DISEASE TOPS \$52 BILLION**

In 2017, the estimated total economic burden of Parkinson's disease (PD) was \$51.9 billion. This includes a direct medical cost of \$25.4 billion, and an additional \$26.5 billion in indirect and non-medical cost (about \$20 billion to persons with PD and another \$6.6 billion to unpaid care partners). In 2017, an estimated 1.04 million individuals in the U.S. had PD. Approximately 1.33% of those aged 65 to 74 had PD, 2.18% of those aged 75 and older had PD, compared to 0.29% of those aged 50 to 64 years.

Open Minds News report, October 28, 2021

Healthgrades, another online tool, has more than 10 million ratings from patients.

You can use this online tool to read patient reviews about doctors in a wide range of specialties.

Patient reviews alone may not be the best for making your judgement, as when people are happy, they don't always leave comments.

Ask for recommendations from friends and other people in your area, which you can do in online forums. Ask a doctor you're considering if you can come in for a quick meeting with the physician or just come to the office to get a sense of the environment. If a doctor is willing to take a few minutes to meet with you, that shows s/he is vested in listening to you down the road. If the office is clean and the staff is calm and professional, those are good signs.

Parkinson's Resource Organization (PRO), through its WELLNESS VILLAGE (ParkinsonsResource.org/the-wellness-village) has begun its campaign to populate all categories of professionals that provide services or products to people with Parkinson's or their caregivers. If you refer a professional into the WELLNESS VILLAGE that has helped you or your family gain "quality of life," alleviate symptoms, helped you through the Parkinson's Journey in some fashion and therefore wants to and can help others, and if that professional becomes a subscriber, we will thank you with tokens of our gratitude.

PRO CALENDAR FOR DECEMBER 2021

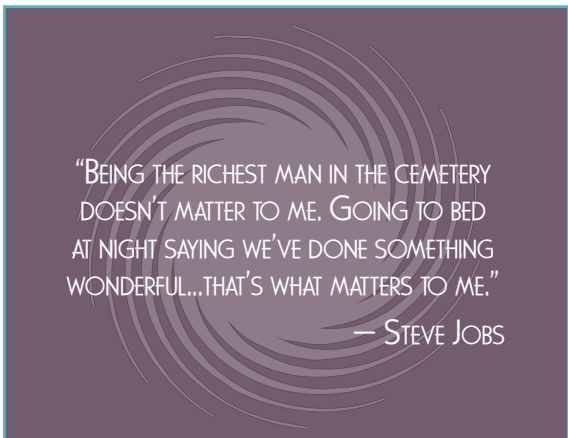
The current, **VIRTUAL ONLY**, support group meetings are listed below. **ALL MEETINGS CLOSE 10 MINUTES AFTER START TIME!**
For any information regarding any of these meetings, please contact the PRO Office at 877-775-4111.

			Mindfulness Focused Group 12:30 PM PST 1:30 PM MT 2:30 PM CT 3:30 PM EST 10:30 AM HST	1 Round Table 6:00 PM PST 7:00 PM MT 8:00 PM CT 9:00 PM EST 3:00 PM HST	2	3	4
5	HANUKKAH ENDS Partner in Care 10:00 AM PST 11:00 AM MT 12:00 PM CT 1:00 PM EST 7:00 AM HST	6 PEARL HARBOR Movement: Use It or Lose It 10:00 AM PST 11:00 AM MT 12:00 PM CT 1:00 PM EST 7:00 AM HST	7 Village Meeting 1:00 PM PST 2:00 PM MT 3:00 PM CT 4:00 PM EST 10:00 AM HST	8 Grief Group 10:00 AM PST 11:00 AM MT 12:00 PM CT 1:00 PM EST 7:00 AM HST	9	10	11 PARKINSON'S RESOURCE ORGANIZATION'S 30TH ANNIVERSARY GALA
12	13 Round Table 6:00 PM PST 7:00 PM MT 8:00 PM CT 9:00 PM EST 3:00 PM HST	14	15	16	17	18 SUPER SATURDAY	
19	20 Partner in Care 10:00 AM PST 11:00 AM MT 12:00 PM CT 1:00 PM EST 7:00 AM HST	21	22	23	24 CHRISTMAS EVE	25 CHRISTMAS	
26 BOXING DAY KWANZA BEGINS	27	28	29	30	31 NEW YEAR'S EVE		

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.



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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 • web: ParkinsonsResource.org
 501(C)(3)#95-4304276

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 nor to endorse any product or service; we intend it to serve as an information guide.