

A MONTHLY PUBLICATION OF

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE

P R E S I D E N T ' S

Hi, it's PRO's Director of Operations, Eileen. I've hijacked the President's Message for a very special occasion... this month we celebrate the one, the only, *Jo Rosen as she turns 75 on September 26th!*

The 75th anniversary is considered the Diamond Anniversary, and Jo truly is our diamond in the rough. Over the last few years I've been lucky to witness Jo's impact on people with Parkinson's and caregivers. Just the other day I spoke to a constituent Jo had helped navigate a tricky episode. "I will be thankful for the rest of my life," she said. It's not just Jo's thirty years of earned knowledge, it's the care she takes with every call. It's the grounding perspective she offers. It's the solidarity in grief. It's the solidarity in *LIFE*, as we learn to navigate the world as caregivers and people with Parkinson's.

Diamonds are the earth's hardest natural substance, and anyone who knows Jo knows she's one tough lady. This month, I need your help to celebrate our priceless gem. We are embarking upon our **10th Annual Roses for Rosen** campaign – join us to wish Jo the happiest of birthdays by sharing a sentiment and purchasing a (virtual) rose to support Parkinson's Resource Organization.

Jo deserves the world. Since we can't give her that, let's give her a beautiful welcome to her Diamond year. Do you think together we can raise **\$7500 for Roses for Rosen: Diamond Edition?** More info inside this Newsletter on page 2.

Also in this newsletter, enjoy **THE ROAD TO THE CURE** on this page. Check out **RORA PROTEIN MAY EXPLAIN PARKINSON'S SEX-RELATED DIFFERENCES** on page 3; **FALL SUPPORT GROUP SCHEDULE** on page 4; **INHALING PLEASANT SCENTS TO BOOST COGNITION** also on page 4; **BURNOUT: TIPS FOR COPING** on page 5, and; **WHAT IS HYPNOSIS** on page 6.

Until next month, REMEMBER Labor Day on September 4th, Patriot's Day on September 11th, Rosh Hashanah begins on September 15th, Yom Kippur begins on September 24th, and Jo's Birthday is September 26th. The flower is the Aster and the birthstone is the Sapphire.

ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Warmly,



Director of Operations

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

Ram S. Bhatt, PhD., Chief Science Officer

Solving the Blood-Brain Barrier Conundrum in CNS Drug Development

This is a reprint with editorial remarks from Jo Rosen.

In 1998 I was told by Robert W. Rand, M.D., a nationally and internationally known neurosurgeon and Professor of Neurosurgery at UCLA, and in 2003 I was told by Professor of Neuroscience, and Professor of Neurosurgery and neurology at the University of Kentucky, Greater Lexington, Dr. Greg Gerhardt that chances are we would never find a cure for Parkinson's or other neurological disorders unless and until we could permeate the Blood-Brain-Barrier.

Now read this...

Previously we have shared with our readers that the blood-brain barrier (BBB) has posed a unique challenge for centuries for the delivery of pharmaceutical drugs to the central nervous system (CNS), resulting in a colossal failure to develop curative therapies for most of the debilitating CNS diseases including Parkinson's. Over the last several decades, scientists all over the world developed different methods to solve this problem but with dismal success. ICB International, Inc., ("ICBII"), a La Jolla, CA, based biopharmaceutical company decided early on not to do what most of the pharmaceutical companies have been following for decades and expect a better outcome. The pharmaceutical world has been developing antibodies from mice with very poor brain uptake (~0.1%) and testing in healthy individuals and patients.

Development of SMART Molecules – Realizing that for decades mouse antibodies have failed to cure or even halt the CNS disease progression, ICBII used a different approach. The Company opted to look outside of the box and decided to use different animals than mice to immunize and produce antibodies specific for Alzheimer's, Parkinson's, and other CNS disease targets. Contrary to conventional mouse monoclonal antibodies that have heavy- and light-chains, ICBII decided to produce antibodies with heavy-chain only. Through some additional enzymatic and chemical modification, ICBII reduced the size of its antibodies to about 1/3rd the size of mouse antibodies. This new generation of antibodies was referred to as SMART Molecules (SMs), wherein SMART is an acronym that stands for Specific Molecular Architecture for Recognition and Therapy.

Testing of SMART Molecules – To test and verify the BBB permeability, SMART Molecules were handed over to a prominent UCSD professor who tested them in his laboratory in Alzheimer's and Parkinson's mouse models. Tail-vein injections of these antibodies at a very low dose demonstrated BBB permeability into the CNS of these animals where these antibodies bound very specifically to the intended target of amyloid-beta and aggregated alpha-synuclein, respectively. It took the Company four to five years to develop these new generation antibodies which amazingly produced beautiful

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ROSES FOR ROSEN: DIAMOND EDITION

She's tough, she's classy, and yes, she's flashy! Our beloved Jo Rosen turns 75 on September 26th. Jo deserves the world. Since we can't give her that, let's give her a beautiful welcome to her Diamond year. Do you think together we can raise \$7500 for Roses for Rosen: Diamond Edition? There are a few ways to contribute:

ONLINE: visit ParkinsonsResource.org/RosesForRosen

BY MAIL: Mail checks to Parkinson's Resource Organization at 74-478 Highway 111 #102, Palm Desert, CA 92260

BY PHONE: Call us toll-free at (877) 775-4111 to make a secure credit card payment with a real human.

If you can't contribute this year, send us your well wishes via email at info@parkinsonsresource.org. We'll make sure they get shared with the birthday girl.



RORA PROTEIN MAY HELP EXPLAIN PARKINSON'S SEX-RELATED DIFFERENCES

Lindsey Shapiro, PhD for Parkinson's News Today

A specific protein associated with sex hormone production may shed light on the sex-related differences in Parkinson's observed between men and women, according to a recent study.

Levels of this protein, called retinoic acid receptor-related orphan receptor alpha (RORA), are higher in the blood of men with the neurodegenerative disease compared with healthy men, whereas women have similar levels regardless of whether they have Parkinson's.

RORA is also found to be significantly higher in healthy women than in healthy men. In addition, a cell culture model of Parkinson's shows activation of RORA is neuroprotective via a number of different mechanisms.

The findings overall support "a role for RORA in sex-specific aspects of [Parkinson's]," researchers wrote. Moreover, the data highlight "the translational potential for RORA ligands [modulators]."

The study, "Neuroprotective role for RORA in Parkinson's revealed by analysis of post-mortem brain and a dopaminergic cell line," was published in *npj Parkinson's Disease*.

Men more likely to develop Parkinson's

There are a number of known sex differences in Parkinson's risk and expression, with men being more likely to develop the neurodegenerative disease. Moreover, disease presentation and responses to treatment may differ markedly between the sexes.

The factors underlying these differences are not entirely known, but preclinical studies have suggested there could be a neuroprotective effect of circulating forms of estrogen in women.

Central aromatase is the enzyme responsible for the production of sex hormones, including estrogen, and central aromatase activity is regulated by RORA.

Evidence suggests that RORA can protect nerve cells against oxidative stress, a type of cellular damage in which there are too many toxic reactive oxygen species (ROS) molecules and a lack of antioxidant molecules to counterbalance them. Oxidative stress is implicated in the loss of dopamine-producing nerve cells that characterizes Parkinson's.

In the study, scientists investigated whether RORA might be a factor underlying sex-related differences in Parkinson's.

First, they examined activity of both the RORA gene and RORA, its protein product, in post-mortem brain tissue from 14 late-stage Parkinson's patients and 11 age- and sex-matched control samples without Parkinson's.

Specifically, they were looking in the substantia nigra pars compacta (SNpc), a key brain region where dopamine-producing cells are lost in the neurodegenerative disease.

Among healthy adults, RORA gene activity was significantly higher in women than in men.

The researchers also found a significant, twofold increase in RORA activity in samples from male patients relative to healthy men, whereas all the samples from women showed comparable levels of RORA activity.

Levels of the RORA protein closely followed this pattern, but the findings were not statistically significant.

The scientists proposed that higher levels of RORA in healthy women "offers resilience to neurodegenerative processes relative to men." On the other hand, the increase observed in men with Parkinson's could be "a neuroprotective adaptation to the disease whilst this may already be at its maximum capacity in females."

Findings support 'protective and sexually differentiating role for RORA'

To learn more, the researchers examined the effects of a RORA activator, or agonist, in a cell culture model of Parkinson's.

In the model, a chemical called 6-OHDA causes significant toxicity to nerve cells, leading to their death. Cells exposed to the toxin were found to significantly increase their production of RORA.

Treatment with the RORA agonist significantly protected the cells against this cell death, whereas treatment with a RORA blocker, or antagonist, exacerbated their degeneration.

It appeared that these neuroprotective effects of RORA activation were mediated via

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WE'RE BACK! FALL SUPPORT GROUP SCHEDULE IS BETTER THAN EVER

We've been quiet this summer with a super reduced Support Group schedule, but behind the scenes we were working hard to develop an incredible lineup of support groups for the 2023-2024 Fall/Winter season. Join us this month for old favorites like Partner in Care with Jo Rosen and Mindfulness with Roger Moore, and explore new offerings like Chair Yoga with April Jones. *Plus*, we'll be welcoming back a familiar face in October... stay tuned! Take a look at our full lineup below (all times PST). Which group will we see you at first?

NEW Chair Yoga with April Jones	1st & 3rd Wednesdays / 11:00 am
Partner in Care with Jo Rosen	1st & 3rd Mondays / 10:00 am 2nd Wednesday / 6:00 pm
Round Table with Jo Rosen	1st & 2nd Monday / 6:00 pm 4th Thursday / 1:00 pm
Mindfulness with Roger Moore	3rd Tuesday / 2:00 pm
Grief Group with Glendon Geikie	2nd & 4th Thursdays / 10:00 am
Movement: Use It or Lose It Jonathan Rose and Carly Belle	2nd & 4th Tuesdays / 10:00 am 1st & 3rd Thursdays / 11:00 am
Village Meeting with Guest Speakers	1st Tuesday & 4th Monday / 6:00 pm
NEW Young Onset Round Table Jo Rosen	2nd Thursday / 5:00 pm (Ages 18-30) 4th Tuesday / 6:00 pm (Ages 31-59)

We can't wait to see your beautiful faces on our Zoom screens again. Visit ParkinsonsResource.org/calendar for the full schedule and to RSVP, or give us a call at (877) 775-4111 for more info.

INHALING PLEASANT SCENTS DURING SLEEP TIED TO A DRAMATIC BOOST IN COGNITION

Batya Swift Yasgur, MA, LSW

Inhaling a pleasant aroma during sleep has been linked to a "dramatic" improvement in memory, early research suggests.

In a small, randomized control trial researchers found that when cognitively normal individuals were exposed to the scent of an essential oil for 2 hours every night over 6 months, they experienced a 226% improvement in memory compared with a control group who received only a trace amount of the diffused scent.

In addition, functional magnetic resonance imaging (fMRI) showed that those in the enriched group had improved functioning of the left uncinate fasciculus, an area of the brain linked to memory and cognition, which typically declines with age.

"To my knowledge, that level of [memory] improvement is far greater than anything that has been reported for healthy older adults and we also found a critical memory pathway in their brains improved to a similar extent relative to unenriched older adults," senior investigator Michael Leon, PhD, professor emeritus, University of California, Irvine, told Medscape Medical News. The study was published online July 24 in *Frontiers of Neuroscience*.

Olfactory enrichment "involves the daily exposure of individuals to multiple odorants" and has been shown in mouse models to improve memory and neurogenesis, the investigators note.

A previous study showed that exposure to individual essential oils for 30 minutes a day over 3 months induced neurogenesis in the olfactory bulb and the hippocampus.

"The olfactory system is the only sense that has a direct 'superhighway' input to the memory centers areas of the brain; all the other senses have to reach those brain areas through what you might call the 'side streets' of the brain, and so consequently, they have much less impact on maintaining the health of those memory centers."

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BURNOUT: TIPS FOR COPING WHEN YOU CAN'T JUST QUIT

Moira Lawler, *Medically Reviewed by Seth Gillihan, PHD*

Once burnout sets in, it can be difficult to see the light at the end of the tunnel. You may feel emotionally exhausted and full of dread; you may feel hopeless, with no motivation or energy to keep going, says Cassandra Aasmundsen-Fry, PsyD, a clinical psychologist with Mindwell Modern Psychology and Therapy in Kuala Lumpur, Malaysia.

Though official definitions of burnout specify that burnout is the result of work-related stress, many experts think that definition is too limited.

"I have absolutely seen burnout apply to other areas," says Holly Schiff, PsyD, a clinical psychologist with Jewish Family Services of Greenwich in Connecticut. It could set in as a result of overwhelming childcare responsibilities or *after taking on the role of caregiver for a sick family member*, for example.

If burnout is due to career work, one solution is to quit that job and find one that you're more passionate about. But what if quitting your job isn't an option? Or what if you're feeling burned out as a result of an activity that you can't just quit (like taking care of someone who is ill, old, or very young)?

Four Tips for Managing Burnout When You Can't Just Walk Away

Dealing with burnout typically involves first recognizing that's what you're feeling — and then trying to lessen the stressors.

But things that lead to burnout are usually not totally within our control. There are cultural and systemic issues that cause burnout that we may not be able to change (at least not quickly or individually).

"Getting over it" is much easier said than done, says Dominique Thornton, a licensed professional counselor and therapist in Fort Washington, Maryland.

Here are five steps that can help — and if they're not helping, keep reading for other resources you can turn to:

1. Reframe Your Mindset

Consider the role you're burned out from and remind yourself why you started, Thornton suggests. It could help you view your situation in a more positive light. "Burnout causes many people to hyper focus on the negative aspects of our job or role," Thornton says.

"That makes the job or role seem more frustrating, unbearable, and stressful, and can lead to even more burnout."

If you're burned out with parenting or caregiving responsibilities, for example, remind yourself why you took on these responsibilities. Remind yourself what you like about the role.

2. Make Time for Self-Care

"Lack of self-care is one of the most significant contributors to burnout," Thornton says.

"Many of my clients believe that they don't have enough time in their schedule for it." If that sounds like you, start small.

"It does not have to be an hour each day. It may look like spending 10 minutes a day engaged in a gratitude practice or a guided visualization," Dr. Aasmundsen-Fry says. "What is important is that you intentionally carve out time."

How you spend that dedicated time may change according to your needs of the day, she says. Prioritizing adequate amounts of sleep, a healthy diet, and exercise are good places to start, according to Midwestern University.

Let your boss, coworkers, family members, or whoever else is close to your situation know you're exhausted and maxed out. "They can't fix a problem they don't know is there," Thornton says.

Don't be afraid to ask them for help, and be specific about what you need, Aasmundsen-Fry says. "When doing so, don't beat around the bush," she says. Ask for help with meals or carpools to pick up kids from school or activities. "This will make it easier for your helpers and supporters to make sure that no boxes go unchecked," she says.

At the end of the day, self-sacrifice does not help anyone, Aasmundsen-Fry says.

3. Maintain Your Social Life

Sometimes it helps to talk about what you're going through with family and friends. Sometimes it helps to use social time to step away from stressors and simply use the time to enjoy another person's company. Either way, social contact can be an excellent way to de-stress.

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WHAT IS HYPNOSIS? (IT'S NOT WHAT YOU THINK)

Roger Moore, *Palm Desert Hypnosis*

Hypnosis has proven applications in medicine, dentistry, psychology, obstetrics, counseling, law enforcement, habit management, pain control and in virtually every area of education. Major hospitals are now including hypnotherapists on their staff.

While more research is needed to support the efficacy of hypnosis for Parkinson's Disease, studies show that hypnosis reduced about 94% of rest tremors as well as anxiety and depression. Hypnosis also improved sleep quality, pain, stiffness, libido, and quality of life.

I've been supporting people living with Parkinson's since 1997 and I have witnessed the transformational power of hypnosis. Clients have learned how they can reduce and stop tremors, improve their gait, speech and memory.

In the September 27, 2006 issue of Newsweek magazine, Dr. David Spiegel of Stanford University School of Medicine, wrote: "One of the interesting ironies about hypnosis is that old fantasy that it takes away control. It's actually a way of enhancing people's control, of teaching them how to control aspects of their body's function and sensation that they thought they couldn't." (Dr. David Spiegel quoted in Noonan, David, Newsweek, "Altered States" October 3, 2004).

That is what I do, I teach you how you can control your body.

Thanks to Hollywood, there are so many misconceptions about hypnosis. The reality is that there is no single, definitive, or official definition of hypnosis. Every definition that you read will be different, and every hypnotherapist you talk to will tell you something different.

For instance, Wikipedia states, "Hypnosis is a human condition involving focused attention . . . reduced peripheral awareness, and an enhanced capacity to respond to suggestion."

The Mayo Clinic defines hypnosis as "A trance-like state in which you have heightened focus and concentration."

I tell my clients and teach my students that we are always in trance. And, in alignment with Dr. David Spiegel, I define hypnosis as taking control of the trance that you are in. In other words, hypnosis is the ultimate state of self-control. And, from my perspective, all hypnosis is self-hypnosis.

What do I mean by, "We are always in trance?" Trance occurs naturally throughout your day. It's when you are on autopilot, living your life, thinking about one thing while doing another. Remember those times when you got in your car to go to the grocery store and, the next thing you knew, you were parking in the store lot? You do not remember leaving your driveway. You were not even certain you closed the garage door. Somehow you arrived safely at the grocery store, and sure enough, when you got home, you saw that you had closed the garage door.

What about your worries, anxieties, and fears? What about the negative, self-defeating thoughts that pump adrenaline into your body and put you on full alert?

All of the above are prime examples of how you might enter automatic and natural states of trance.

Many people come to a hypnotherapist thinking there is something about trance that is different than their normal state of consciousness, but this simply is not the case. A light trance feels no different from relaxation. If you want to know what hypnosis feels like, close your eyelids, and then open them.

That is exactly what trance feels like.

A very light state of trance is all that is necessary for real change to occur.

Hypnosis is so normal and so natural and so familiar that when we go into trance it just feels like the same old thing that we have done before, even in deep trance. For most situations, a light trance is all that is necessary to obtain results.

You too can learn mindful self-hypnosis to move out of the fear, anxiety, and self-defeating trances and create pleasurable trances that relax, support, and empower you.

Learn more about Roger Moore and Palm Desert Hypnosis in the Wellness Village Resource Directory at ParkinsonsResource.org/PalmDesertHypnosis. Join Roger Moore for our Mindfulness Meeting every third Tuesday of the month at 2:00 pm.

ROAD TO THE CURE – cont. from page 1

results. In side-by-side comparison the classical mouse antibodies did not show any BBB permeability in our hands. The successful third-party proof-of-principle with SMART Molecules embarked upon the start of a new era for ICBI in 2012/2013 when it started raising funds from Angel investors. Until that time, the Company was funded by the Founder.

Unfortunately, we cannot divulge our methods and protocols in this newsletter. Interested individuals are encouraged to visit ICBI where we will show the unique features of SMART Molecules such as:

- **15% brain uptake in animals;**
- **Dose dependent therapeutic effect of our drugs;**
- **The ability to detect, diagnose, and quantitate the levels of errant proteins in the brain of animals;**
- **Improvement in animals motor function, and;**
- **Zero to minimal toxicity of our drugs.**

*ADDITIONALLY, WOULD YOU LIKE TO HELP get ICBI's drugs to market faster? The joy of being a part of these historical events 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.

MEET THE MASTER APRIL JONES, CHAIR YOGA

April has been studying movement since the age of four when she took her first dance lesson. By 17 she was a professional dancer and at 23, a choreographer and dance instructor.

Constantly seeking knowledge about the human body, biomechanics, injury prevention and rehabilitation, April has continued her education in anatomy, kinesiology and yoga teacher training.

In 2011, April created the concept and brand of Yoga Central. Her expertise lies in the ability to see each individual's capabilities and design a safe but challenging program. Her clear and concise cuing makes her classes accessible whether the class is in-person or online.

RSVP for Chair Yoga September 6th and 20th at [ParkinsonsResource.org/calendar](https://www.parkinsonsresource.org/calendar) or give us a call at (877) 775-4111.

PLEASANT SCENTS – cont. from page 4

When olfaction is compromised, “the memory centers of the brain start to deteriorate and, conversely, when people are given olfactory enrichment, their memory areas become larger and more functional,” he added.

Olfactory dysfunction is the first symptom of Alzheimer's disease (AD) and is also found in virtually all neurological and psychiatric disorders.

“I've counted 68 of them — including anorexia, anxiety, ADHD [attention-deficit/hyperactivity disorder], depression, epilepsy and stroke. In fact, by mid-life, your all-cause mortality can be predicted by your ability to smell things,” Leon said.

Leon and colleagues previously developed an effective treatment for autism using environmental enrichment that focused on odor stimulation, along with stimulating other senses. “We then considered the possibility that olfactory enrichment alone might improve brain function.”

RORA PROTEIN – cont. from page 3

different mechanisms related to reductions in markers of oxidative stress-induced cell death.

For example, the treatment significantly reduced levels of some enzymes belonging to the NOX family, which are major sources of ROS in neurodegenerative diseases.

Moreover, the agonist was associated with reduced ROS production in mitochondria, the cellular compartments responsible for energy production. Mitochondrial dysfunction and oxidative stress are closely linked and have been implicated in Parkinson's.

“This is the first demonstration that there are inherent sex differences in RORA ... in the human SNpc,” the researchers wrote.

“Collectively, they [the findings] support a protective and sexually differentiating role for RORA in [Parkinson's] and highlight the translational importance of RORA,” the team concluded.

BURNOUT – cont. from page 5

And when it comes to carving out time for friends: “Don't wait for more free time... create it,” Aasmundsen-Fry says. “Prioritize it and hold on to it dearly.”

4. Set Boundaries

When you're not working, leave your work behind, Thornton says. And when you can step away from other responsibilities that are causing burnout (like caregiving), do so.

In your family life, it can help to create a child-free “you” space, for example, Thornton says. It could be a corner in your bedroom or any space where you can reset and relax. Spend time there intentionally, not worrying about whatever is contributing to your burnout. “Mentally being in your role or workspace can be almost as triggering as actually being there,” Thornton says.

Setting boundaries also means not overextending yourself. Don't be afraid to turn down an invitation on the weekend if your schedule is already full and you need extra time to recharge. Saying no can help when it comes to coping with burnout, according to Penn Medicine.

“Never be ashamed about setting boundaries,” Thornton says. “You can't pour from an empty cup.”

Resources That Can Help You Overcome Burnout

“It's always better to prevent or to immediately address present challenges rather than opt to put out fires later,” Thornton says.

If you feel unable to manage burnout, it's lasted for six months or longer, or it's impairing your ability to function, it's time to seek additional help, Aasmundsen-Fry says. (If you experience suicidal thoughts at any time, you should call 988 immediately, she says.)

Here are three resources that can help:


Support Groups – Religious groups or support groups can connect you with people who may be having a similar experience and are wanting to listen and share. You can specify what's stressing you (such as work, relationships, or finances) and find others to listen and offer advice.

Guided Meditation Apps – “Try using apps like Calm, which offers guided visualizations and progressive muscle relaxation, both of which are excellent self-care strategies to help you recognize and separate from your daily stress,” Aasmundsen-Fry says. Other popular options include Waking Up and Headspace.

Therapy – “Therapists provide the tools and continued support to make changes to your boundaries and habits over time,” Aasmundsen-Fry says. Plus, a therapist could help determine if you're dealing with something greater than burnout, as many of the symptoms of burnout overlap with those of depression. Carol Bernstein, MD, a professor of psychiatry and behavioral sciences with the Albert Einstein College of Medicine in New York City, says symptoms that persist over time and start to interfere with your daily life — to the point where you're not eating, not sleeping, and not wanting to go to work — may be signs of depression and indicate that it could be good idea to see a mental health professional.

PRO CALENDAR / SEPTEMBER 2023

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.

		H O L I D A Y S				1	2	
		Labor Day.....September 4th Patriot DaySeptember 11th Rosh Hashanah.....September 15-17		Int'l Day of Peace...September 21 Yom Kippur.....September 24-25 Jo's Birthday.....September 26th				
3	4	5 Village Meeting 6:00 pm PT 7:00 pm MT 8:00 pm CT 9:00 pm ET 3:00 pm HT	6 Chair Yoga 11:00 am PT 12:00 am MT 1:00 pm CT 2:00 pm ET 8:00 am HT	Round Table 6:00 pm PT 7:00 pm MT 8:00 pm CT 9:00 pm ET 3:00 pm HT	7 Movement: Use It or Lose It 11:00 am PT 12:00 am MT 1:00 pm CT 2:00 pm ET 8:00 am HT	8	9	
10	11 Round Table 6:00 pm PT 7:00 pm MT 8:00 pm CT 9:00 pm ET 3:00 pm HT	12 Movement: Use It or Lose It 10:00 am PT 11:00 am MT 12:00 pm CT 1:00 pm ET 7:00 am HT	13 Partner in Care 6:00 pm PT 7:00 pm MT 8:00 pm CT 9:00 pm ET 3:00 pm HT	14 Grief Group 10:00 am PT 11:00 am MT 12:00 pm CT 1:00 pm ET 7:00 am HT	Young Parkinson's Round Table (18-30) 5:00 pm PT 6:00 pm MT 7:00 pm CT 8:00 pm ET 2:00 pm HT	15	16	
17	18 Partner in Care 10:00 am PT 11:00 am MT 12:00 pm CT 1:00 pm ET 7:00 am HT	19 Mindfulness Focused Group 2:00 pm PT 3:00 pm MT 4:00 pm CT 5:00 pm ET 11:00 am HT	20 Chair Yoga 11:00 am PT 12:00 am MT 1:00 pm CT 2:00 pm ET 8:00 am HT	21 Movement: Use It or Lose It 11:00 am PT 12:00 am MT 1:00 pm CT 2:00 pm ET 8:00 am HT	22	23		
24	25 Village Meeting 6:00 pm PT 7:00 pm MT 8:00 pm CT 9:00 pm ET 3:00 pm HT	26 Movement: Use It or Lose It 10:00 am PT 11:00 am MT 12:00 pm CT 1:00 pm ET 7:00 am HT	Young Parkinson's Round Table (31-59) 6:00 pm PST 7:00 pm MT 8:00 pm CT 9:00 pm EST 3:00 pm HST	27	28 Grief Group 10:00 am PT 11:00 am MT 12:00 pm CT 1:00 pm ET 7:00 am HT	Round Table 1:00 pm PT 2:00 pm MT 3:00 pm CT 4:00 pm ET 10:00 am HT	29	30
31								

MEETINGS DESCRIPTIONS

Partner in Care Meetings / Open to: Non-Professional Caregivers – Share the ups and downs of caring for somebody living with Parkinson's. You are not alone. Vent, laugh, cry, release your frustrations, and give yourself a break in this loving and sympathetic space.

Village Meetings / Open to: People with Parkinson's, Caregivers, Friends of the Community – These educational meetings feature professionals serving the Parkinson's community. Each meeting is packed with a wealth of information. You'll want to bring a pencil and notepad!

Chair Yoga for Parkinson's / Open to: People with Parkinson's and Caregivers – Yoga links breath and movement to bring harmony to the mind and body. Improve your core strength, balance, and stability while discovering new ways to move with Chair Yoga for Parkinson's. Led by April Jones.

Movement – Use It or Lose It / Open to: People with Parkinson's & Caregivers – A time for discovery, with exercises geared towards people with a diverse range of mobility. Learn safe, at-home exercises to preserve and strengthen mobility, flexibility, strength, and balance.

Round Table Meetings / Open to: People with Parkinson's & Caregivers – Join a loving circle of like-minded individuals. Gather advice and technical knowledge about medication, therapies, common symptoms, and more. Learn what works for others, share what works for you.

Mindfulness Meetings / Open to: People with Parkinson's, Caregivers, Friends of the Community – Led by medical hypnotherapist Roger Moore. These meetings teach skills to help you improve your sleep, overcome trauma, depression, stress, anxiety, fear, and exhaustion through simple at-home exercises, guided meditations, and exploration of the body/mind connection.

Young Onset Parkinson's Round Table / Open to: People with Parkinson's & Caregivers between the ages 30-59 – Anyone can get Parkinson's, but a young onset Parkinson's diagnosis can be uniquely isolating and confusing. Join Young Parkinson's to discuss topics like dating, socializing, parenting, and working with Parkinson's with people facing the same challenges as you.

ANGELS ARE LIKE DIAMONDS. THEY CAN'T BE MADE. YOU HAVE TO FIND THEM. EACH ONE IS UNIQUE.

— JACLYN SMITH

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

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