

# NEWSWORTHY NOTES

## PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

### MESSAGE

PRESIDENT'S

COVID-19 or not, my birthday comes every year, same date, same time, and it is worth celebrating. In my world, one's birthday is the most important day of the year. Because it is COVID-19 time, let's *virtually celebrate* in all but name. You can go to [JoRosenWorld.com](http://JoRosenWorld.com) and leave your sentiments, and you will even have an opportunity to donate directly to PRO in my honor. I will thank you, but the thousands of people we help will thank you more. My gift will be seeing your participation. This is the 7th year of ROSES FOR ROSEN. PRO's definition of Roses are donations. Seven is a lucky number, I can feel it!

PRO lost a Good Friend, a wonderful supporter, an Honorary Board Member and an international songwriter, singer, musician, actor and entertainer **Trini Lopez**. An otherwise healthy man, COVID-19 complicated it... See page 4. To carry on his legacy, you can find him on our Memorial Wall.

The support groups re-engage this month, all virtual. Check out the Calendar and you will find three (3) **Partners In Care** meetings—formerly known as Caregiver Only meetings—same concept, different name. We have three (3) **Round Table Meetings**, meetings where People with Parkinson's, their family members and our Wellness Village Professionals come to chat. And finally, we have two (2) **Village Meetings**, where professionals are invited to address the audience to inform them of something specific that is valuable to people affected by Parkinson's. This meeting includes Q & A.

We just launched **PRO'S PATREON PROGRAM**. Check out the article on page 2 to see what that can mean to you. Did you miss the August 12th meeting about Clinical Trials and the Reversal of Parkinson's in Mice in the laboratory meeting?

Our **Things To Know Right Now** on our YouTube channel has expanded and we hope you are finding the content really helpful. We are excited to be adding more new interviews that we *know* will be helpful to you. Thank you to the wonderful PROfessionals in our Wellness Village for their time and talents.

Thank you **To Each Of You** that donated to our "On A Serious Note" letter. To date we received more than \$25,000. That was so much more than we anticipated. We are humbled knowing how much you care and want us to flourish with the work we are doing.

Check out our other PROvocative articles and informative news items such as **WHEN COGNITION & HEARING LOSS COLLIDE** on this page; **7 BEST SUPPLEMENTS THAT MAY HELP REDUCE STRESS—AND 1 TO AVOID** on page 3; **TRINIDAD "TRINI" LOPEZ III** on page 4; **SOME PANDEMIC HISTORY** in **BITS &**

cont. on page 7

### WHEN COGNITION & HEARING LOSS COLLIDE

Jennifer Bradley - Today's Caregiver

If you find a loved one asking repetitive questions, becoming more confused and forgetful, you may assume they have dementia, but the cause could be hearing loss.

While it's not "new" news, study results reported in the Journal of the Medical Association Internal Medicine in 2013 confirm what many professionals have long believed: that cognitive loss and hearing loss collide on a large scale.

The study, from the John Hopkins University School of Medicine, was the first of its kind and is viewing long-term brain function impacted by hearing loss. When the study began in 2001, the 1,984 participants (in the age range of 75 to 84) were in good health and had no cognitive impairment. Over a period of six years, hearing and brain cognition tests were administered. Study researchers determined that brain ability was in direct correlation to hearing loss. Those who did have hearing loss suffered more substantial cognitive impairment more than three years sooner than others with normal hearing levels.

When the study commenced, 1,162 of the participants had some degree of hearing loss. Sixty-six percent had mild cases, 33 percent moderate and only one percent severe. The standard cognitive tests (Modified Mini-Mental State Exam and Digit Symbol Substitution Test) given periodically over the course of the six-year study found that 609 people developed cognitive issues.

Hearing loss is considered one of the most undertreated conditions in older adults, and this study now shows why caregivers should be even more aware if a loved one is having hearing problems. Dr. Frank Lin headed the research. He is an otologist and epidemiologist and has spent much time documenting the connection between hearing problems, falls and dementia symptoms.

He found that cognitive diminishment was 41 percent greater in the seniors with hearing problems. Dr. Lin explains that research says the link of cognitive loss and hearing loss can be from social isolation and loneliness, which is a professional established risk for cognitive struggles in the elderly. When it's harder to hear and participate, the trend has shown declining invitations and social mingling.

He also reports that the brain may be forced to devote a large amount of energy to processing sound in loved ones with hearing loss. He says that hearing loss means that the inner ear is no longer as good at encoding signals with accuracy. "So, the brain gets a very garbled message," he adds.

This is only at the expense of the energy needed for memory and thinking. Lin says that in some cases, common, unknown damage can be leading to both the hearing and cognitive losses.

Caregiving advocates are using this study to tell those who care for loved ones to pay attention and ask for audiology tests to be a part of annual exams. Professionals

cont. on page 7

# Our Wellness Villagers

## ANIMAL-ASSISTED THERAPY

- Canine Companions

## AROMA THERAPY

- Renee Gauthier

## ASSISTIVE TECHNOLOGY

- California Phones

## BEAUTY

- Younger By Tonight

## CARE FACILITIES

- Atria Hacienda
- A&A Home Care Services
- Caleo Bay

## CHIROPRACTIC

- Dr. Curtis Buddingh

## CLINICAL TRIALS

- Parexel International

## DEEP BRAIN STIMULATION

- Abbott
- Boston Scientific

## DENTISTS

### CMD/TMJ DENTISTS

- (CA) Dr. George Altuzarra
- (CA) Dr. Maryam Bakhtiyari
- (CA) Dr. Dwight Jennings
- (CA) Dr. Steven Olmos
- (CA) Dr. David Shirazi
- (CT) Dr. Patricia A. Richard
- (IL) Drs. Ed and Lynn Lipskis
- (TX) Dr. Risto Hurme
- (VA) Dr. Brendan C. Stack
- (VA) Dr. Jeffrey L. Brown
- (CA) Dr. Alice Sun

### SLEEP MEDICINE DENTISTS

- (CA) Dr. Maryam Bakhtiyari
- (CA) Dr. Steven Olmos
- (CA) Dr. David Shirazi
- (IL) Drs. Ed and Lynn Lipskis
- (TX) Dr. Risto Hurme
- (VA) Dr. Brendan C. Stack
- (VA) Jeffrey L. Brown
- (CA) Dr. George Altuzarra
- (CA) Dr. Dwight Jennings

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- (CA) William R. Remery
- (NY) Ronald A. Fatoullah

## END OF LIFE DOULA

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## ESTATE PLANNING – FINANCIAL PLANNING

- Cypress Wealth Services

## FELDENKRAIS METHOD® PRACTITIONERS

- LeAnn Brightwell, CM

## FINANCIAL ASSISTANCE

- The Assistance Fund, Inc

## GRAPHIC DESIGN / PHOTOGRAPHY

- G-Aries Visions

## HOSPICE CARE

- Family Hospice (local)
- Vitas Healthcare (nationwide)

## HYPNOTHERAPY

- Palm Desert Hypnosis

## IN HOME CARE PROFESSIONALS

- Cambrian Homecare
- Senior Helpers of the Desert
- A&A Home Care Services
- Brightstar Care
- AccentCare, Inc

## INSURANCE - LTC & DISABILITY

- Jim Lawless, MBA

## INTERVENTIONS DUOPA

- AbbVie, Inc.

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- (CA) William R. Remery, Esq.
- (NY) Ronald A. Fatoullah

## LIFE COACHING

- Laura Meeks – Fly High Living
- Lynda Reid, EdD, RPCC, PCC

## LSVT LOUD PROGRAM

- Easy Speech Therapy Center
- Bolden Communication, Inc

## LSVT BIG PROGRAM

- Rosi Physiotherapy

## MASSAGE & BODYWORK

- Rehab Specialists

## MEDICAL MARIJUANA

- The Leaf El Paseo

## MEDI-CAL CONSULTING

- Medi-Cal Consulting Services, LLC

## MOBILITY PRODUCTS

- In & Out Mobility
- LiftUp, Inc

## MEDICINE

- US World Meds
- Lundbeck

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## OCCUPATIONAL THERAPY

- Easy Speech Therapy Center
- VIBRA Rehabilitation Hospital

## PHARMACIES

- Cornerstone Pharmacy

## PHYSICAL THERAPISTS - TRAINING SPECIALISTS

- Renee Gauthier
- Rosi Physiotherapy
- Rehab Specialists
- Easy Speech Therapy Center
- VIBRA Rehabilitation Hospital

## REAL ESTATE

- John Sloan Real Estate Group

## REHABILITATION HOSPITALS

- VIBRA Rehabilitation Hospital

## RELOCATION SERVICES

- Senior Living Options of the Desert
- Caring Transitions Desert Cities

## RESIDENTIAL CARE FACILITIES

- A & A Home Care

## SENIOR HOUSING

- Atria Hacienda

## SPEECH THERAPY

- Easy Speech Therapy Center
- Bolden Communications
- VIBRA Rehabilitation Hospital

## VIATICAL

- Rehburg Life Settlements

## VISION

- Optometric Vision Care, Dr Eric Ikeda

## PRO'S PATREON PROGRAM

**Patreon** (/ˈDpeɪtriɒn/, /-ɒn/) is an American membership platform based in the United States that provides business tools for creators to run a subscription content service. It allows creators and artists to earn a monthly income by providing exclusive rewards and perks to their subscribers, or "patrons". These are the Tiers and Benefits of becoming a Patreon with us:

### **Patron** - \$10 per month

- Early access to PRO Things to Know RIGHT NOW YouTube (video)
- Early access to PRO Things to Know RIGHT NOW Podcast (audio)

### **Engaged Patron** - \$25 per month

- Nuggets captured from Zoom meetings
- Voting power
- Livestreams
- Chat community (subscribers can chat with one another)
- And everything in the previous tier

### **Enthusiastic Patron** - \$50 per month

- Exclusive Behind the scenes (Personal updates)
- The print version of PRO Newsworthy Notes
- Name in credits of videos
- Personalized thank you from PRO President Jo Rosen
- And everything in the previous tiers

### **Believer** - \$100 per month

- One-on-one 60-minute coaching session with PRO President Jo Rosen (twice per year)
- And everything in the previous tiers

### **Sustaining Patron** - \$150 per month

- Sponsor a worthy professional, business, product into the Wellness Village for 1 year
- Two seats to one of our major fundraising events
- And everything in the previous tiers

### **HERO** - \$500 per month

- Meet & Greet PRO President Jo Rosen
- Photo opportunity
- And everything in the previous tiers

## 7 BEST SUPPLEMENTS THAT MAY HELP REDUCE STRESS — AND ONE TO AVOID

### Everyday Health

Lorie A. Parch

Medically Reviewed by **Lynn Grieger, RDN, CDCES**

Reducing stress is an important part of good health, but can taking supplements help? Find out which ones may help and which you should avoid.

#### The right supplement might help quell stress and anxiety.

Most of us live with a low-simmering level of stress from trying to juggle work and family responsibilities to navigating sudden problems, such as a job loss or health scare. And now, we are all experiencing added stress from the anxiety and unknowns of living in the age of COVID-19. A May 2020 survey by the American Psychological Association found—not surprisingly—that stress about work and the economy has increased over the past year, especially among parents.

Elevated stress hormones, especially cortisol, can increase inflammation, reduce immunity, and raise the risk for high blood pressure, stroke, and heart attack. In fact, according to the National Institute of Mental Health, chronic stress can negatively impact every aspect of your health and contribute to a wide range of problems that include:

- headaches;
- sleep problems;
- mood disturbances, such as sadness, anger, or irritability;
- heart disease;
- high blood pressure;
- diabetes;
- anxiety, and;
- depression.

Stress is a problem we clearly need to address, but what can we do? The good news is that there are numerous strategies that have been shown to be effective for relieving stress, including eating a healthy diet, getting plenty of sleep, exercising regularly, talking to friends or a mental health professional, and engaging in relaxation techniques and meditation, just to name a few.

Another stress-relief tool at your disposal: dietary supplements, some of which have been shown to help lower anxiety levels, tame sleep troubles, ease depression symptoms, and more. Here are seven products that may help (and one you'll probably want to pass up) as you start your journey toward a more relaxed (and healthy) you. Keep in mind that the Food and Drug Administration (FDA) doesn't regulate supplements in the same way they regulate medications, so you should talk to your doctor before taking any product.

**Ashwagandha: What it is** — Also called winter cherry and Indian ginseng, this plant has been an integral part of Ayurvedic medicine for centuries. Ashwagandha is what's known as an adaptogen, which means it's believed to resist disease and regulate the effects of stress on the body.

**Benefits:** The science behind ashwagandha for reducing stress and anxiety is promising, and there's reason to think it might also be useful for improving sleep. In a study published in September 2019 in the journal *Medicine (Baltimore)*, 30 adults were given 240 milligrams (mg) of the extract a day, and 30 were given a placebo. After two months, those who'd taken the ashwagandha reported feeling less anxious, depressed, and/or stressed. A similar study, published in December 2019 in *Cureus*, followed 60 stressed, healthy adults for eight weeks. Each day, one-third of the group received 250 mg of ashwagandha, one-third received 600 mg of the supplement, and one-third received a placebo. The result: Participants who were given ashwagandha reported sleeping better and feeling less stressed compared with those who took a placebo.

**How you use it:** You can take ashwagandha as a pill or capsule or add the powdered extract to smoothies, yogurt, and other foods. Be warned, though, that it tastes pretty bad; if you add the root or powder to food, you may want to add a sweetener like fruit or honey to help mask its bitterness.

cont. on page 6

## BOARD OF DIRECTORS

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## Special Thanks

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### TRINIDAD "TRINI" LOPEZ III

May 15, 1937 – August 11, 2020

Parkinson's Resource Organization lost a friend. The world lost a legend, a philanthropist, an enormous talent of which we will be hard-pressed to find again. Trini was an honorary Board member of Parkinson's Resource Organization since 2005, he was Jo Rosen's winning dance partner in *Dancing With Our Stars* in 2006, he created, donated, and performed the concert at PRO's 20th-Anniversary Gala 10 years ago. He appeared at nearly every major fundraising event we had and at each of our three Mitch's Pitches PRO events at Mitch's on El Paseo. He graciously took pictures with our guests and signed autographs. Most recently he came to the Don Cavanaugh Day at the Blue Coyote Grill Palm Springs to remember Don Cavanaugh who died of Parkinson's. We are forever touched by his graciousness and generosity of self. To his family, personal and extended, we send our deepest condolences.

### BITS AND PIECES

#### *Some Pandemic History*

#### 1918 PANDEMIC

The 1918 influenza pandemic was the most severe pandemic in recent history. It was caused by an H1N1 virus with genes of avian origin. Although there is not universal consensus regarding where the virus originated, it spread worldwide during 1918-1919. In the United States, it was first identified in military personnel in spring 1918. It is estimated that about 500 million people, or one-third of the world's population became infected with this virus. The number of deaths was estimated to be at least 50 million worldwide with about 675,000 occurring in the United States.

Mortality was high in people younger than 5 years old, 20-40 years old, and 65 years and older. The high mortality in healthy people, including those in the 20-40-year age group, was a unique feature of this pandemic. While the 1918 H1N1 virus has been synthesized and evaluated, the properties that made it so devastating are not well understood. With no vaccine to protect against influenza infection and no antibiotics to treat secondary bacterial infections that can be associated with influenza infections, control efforts worldwide were limited to non-pharmaceutical interventions such as isolation, quarantine, good personal hygiene, use of disinfectants, and limitations of public gatherings, which were applied unevenly.

Published by the CDC

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Parkinson's Resource Organization (PRO), through its WELLNESS VILLAGE ([ParkinsonsResource.org/the-wellness-village](http://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 some tokens of our gratitude.

## DR. JOSEPH C. HOWARTH CELEBRATES HIS 100TH BIRTHDAY

### A life of Service and Inspiration

When asked to remark on her husband's greatest life accomplishment, Peggy Howarth muses that it would be their six children, together with the "survival" of all that raising a large family entail.

Born in England in 1920, and graduating from the medical school of the University of Manchester, Dr. Howarth began his service during World War II in the British Royal Army Medical Corps. Post war, he came to North America to complete his neurosurgical training at the Cleveland Clinic. Following serving on the Cleveland Clinic neurosurgical staff, he then moved to Florida to begin private practice at the then Orange Memorial Hospital in Orlando, Florida becoming Chief of Staff in 1966.



Orlando, Florida  
Circa 1975

Dr. Howarth joined the United States Air Force in 1975, departing with the rank of Colonel to Santa Barbara, California to become the Director of the Neck and Back Clinic of the Samsun Medical Clinic. During his neurosurgical practice in Santa Barbara, Dr. Howarth and his wife, a Registered Nurse by profession, traveled many years to Mexico to volunteer with Doctors Without Borders, the international humanitarian medical non-governmental organization of French origin best known for its projects in conflict zones and in countries affected by endemic diseases.

Choosing to retire in the year 2000 to the warm climate of Palm Desert, the Howarths went on to enjoy many travels abroad, once choosing to spend a full year in Paris together studying Art History and French.

Dr. Howarth, at the age of 92, was diagnosed with Vascular Parkinsonism. People with Vascular Parkinsonism often experience a "lower body parkinsonism" and have trouble with walking and maintaining balance – much like people with classic Parkinson's. However, this diagnosis did not stop the conviction of a man whose life to date had been by its very definition one of service and inspiration. To wit, a celebration of his 93rd birthday the following year involved an exciting hot air balloon ride!

In 2017 we were delighted to have found Parkinson's Resource Organization and their Wellness Village. Through PRO we were referred to a Movement Disorder Specialist, Speech Therapist, Occupational Therapist, Physical Therapist, a boxing program, an optometrist, and even a company that manufactures devices to amplify Dr. Howarth's voice so we could all hear the important words he has to say.

In January of this year, months prior to becoming a Centenarian, Dr. Howarth received the diagnosis of Stage 4 throat cancer and was given a prognosis of three months. Strict quarantining during COVID-19 has been an additional challenge for the Howarths, who most miss visits with their children and grandchildren. However, they remain positive and hopeful.

When finally asked for one word to describe her husband of 58 years, Peggy Howarth arrived at the descriptor 'tenacious.' Dr. Howarth's life does indeed stand as an example of someone who does whatever is required to accomplish a goal. May the world see more Dr. Howarths.

***"Tell me, what is it you plan to do with your one wild and precious life?"***

— Mary Oliver



Celebrating Birthday #93  
Hot Air Balloon ride (2013)

## PARKINSON'S RESOURCE ORGANIZATION

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**GARY LOPEZ**

*Graphic Artist*

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WE DO NOT INTEND  
THE PRO NEWSLETTER  
AS LEGAL OR MEDICAL ADVICE  
NOR TO ENDORSE ANY  
PRODUCT OR SERVICE.  
WE INTEND IT TO SERVE AS  
AN INFORMATION GUIDE.

## 7 BEST SUPPLEMENTS – cont. from page 3

**L-theanine - What it is:** An amino acid found in green tea. It's believed to have a relaxing effect, among other health benefits.

**Benefits:** L-theanine's anti-stress effects have been demonstrated in research; it can also be helpful for improving focus, memory, and verbal ability. In a study published in October 2019 in the journal *Nutrients*, 30 healthy adults were given 200 mg of L-theanine or a placebo every night for four weeks, after which researchers saw improvement in three stress-related symptoms — sleep problems, depression, and anxiety — in the group that received the supplement. And a review of nine studies published in November 2019 in *Plant Foods for Human Nutrition* found that getting 200 to 400 mg of L-theanine a day may help reduce stress and anxiety in people exposed to stressful conditions.

**How you use it:** Brew yourself a cup of tea: Green, black, white, and oolong all contain L-theanine, albeit in varying amounts. You can also find the amino acid in capsules, liquids, and powders.

**Magnesium - What it is:** A mineral the body uses to regulate dozens of processes, from the functioning of nerves and muscles to the synthesizing of protein and bone.

**Benefits:** So far, research points to magnesium as possibly being helpful in people who have mild anxiety. A review of 18 studies published in May 2017 in the journal *Nutrients* found that magnesium supplements may improve stress and anxiety but also noted that the quality of the evidence was poor and more research needs to be done before magnesium can be established as a stress reducer.

**How you use it:** Magnesium is found in green leafy vegetables, nuts, seeds, legumes, whole grains, and some breakfast cereals and other fortified foods. That said, many of us aren't getting enough, according to the National Institutes of Health Office of Dietary Supplements (ODS). The ODS recommends 310 to 320 mg of magnesium a day for most women and 400 to 420 mg for

men. If you opt for a supplement, consider magnesium aspartate, citrate, lactate, or chloride, which are absorbed better than magnesium oxide or sulfate, according to the ODS.

**Melatonin - What it is:** A hormone made in the pineal gland, is released when it gets dark, helping keep your internal clock on track and prime your body for sleep.

**Benefits:** Melatonin is famous for helping people nod off at night, but it may also help lower anxiety levels in people who are scheduled for surgery. A review published in April 2015 in the *Cochrane Database of Systematic Reviews* of more than 770 people found that melatonin may be as effective at reducing anxiety pre-surgery as midazolam, a sedative.

**How you use it:** Melatonin supplements are easy to find as tablets, capsules, and drops; most come in doses of 1 mg or 5 mg. Keep in mind that you might not always be getting what it says on the label, though: A study published in February 2017 in the *Journal of Clinical Sleep Medicine* examined 31 melatonin supplements purchased at pharmacies and grocery stores and found that most didn't have the amount indicated — and one-quarter also contained serotonin, another hormone.

**Rhodiola - What it is:** Also known as golden root and arctic root, the *Rhodiola rosea* plant grows in the frigid mountains of Europe and Asia as well as the Arctic and has been used as a remedy for stress.

**Benefits:** A review published in January 2018 in *International Journal of Psychiatry in Clinical Practice* concluded that *Rhodiola rosea* extract may be effective in treating stress symptoms and preventing chronic stress and its complications.

And a study published in December 2015 in the journal *Phytotherapy Research* found that people who were given *Rhodiola rosea* reported a significant reduction in anxiety, stress, anger, confusion, and

depression as well as a significant improvement in mood at the end of 14 days. The researchers caution, however, that more research is needed to determine if *Rhodiola* causes these effects.

**How you use it:** You can take *Rhodiola* as a liquid extract, capsule, or powder.

**Lemon Balm - What it is:** Lemon balm, or *Melissa officinalis*, is a lemon-scented herb that was commonly found in Europe in the Middle Ages but is now cultivated around the world. Traditionally, it was used as a mild sedative and calming agent and is now being researched for its possible antianxiety effects. Lemon balm is "generally recognized as safe" by the FDA.

**Benefits:** Lemon balm can help ease anxiety and improve sleep, according to a study published in June 2019 in *European Journal of Integrative Medicine*. The researchers followed 80 people who underwent coronary artery bypass surgery and gave half of the group 500 mg of lemon balm three times a day and the other half a placebo. The results: Those who took lemon balm improved their anxiety by 49 percent and sleep quality by 54 percent.

Lemon balm is also linked to improvements in mood in healthy young adults, according to a small study published in November 2014 in the journal *Nutrients*.

**How you use it:** The leaves of the plant are commonly made into tea. As a supplement, lemon balm can also be found in tablet and capsule form, and its extract is available in creams and ointments.

**Valerian - What it is:** Also commonly referred to as garden heliotrope or all-heal, valerian, or *Valeriana officinalis*, is an herb that grows in Europe, Asia, and North America. Valerian is known for its calming effects and is commonly used as a dietary supplement for insomnia, anxiety, and other conditions, such as depression, according to the National Center for Complementary and Integrative Health (NCCIH).

cont. on next page



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

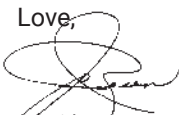
**PIECES**, also on page 4, and; **DR. JOSEPH C. HOWARTH CELEBRATES HIS 100TH BIRTHDAY** on page 5.

In this difficult time, we hope you will consider donating. Join us in becoming a part of our advocacy efforts, contact us to "Get Involved." Make monthly donations through our safe PayPal donation page at [ParkinsonsResource.org/donate](https://ParkinsonsResource.org/donate) or mail your donation to our office in Palm Desert, CA.

Until next month, REMEMBER International Day of Charity on the 5th, Labor Day on the 7nd, Patriot Day on the 11th, Grandparent's Day on the 13th, Fall Equinox begins on the 22nd and Rosh Hashanah starts on the 18th with Yom Kippur on the 27th. The flowers are the Aster & Forget-Me-Not and the Birthstone, Sapphire.

ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

**COGNITION & HEARING** – cont. from page 1

say that many seniors put off addressing hearing loss for as long as 20 years, without realizing the more severe consequences they can have long term. Lin believes a fair estimate is that as many as 27 million Americans more than 50 years of age, and two-thirds of men and women older than 70, have some form of hearing loss. The bigger concern, he believes, is that only 15 percent of those who need hearing assistance devices actually use one.

Barbara Weinstein says that a limitation to Lin's study is the reliance on the Modified Mini-Mental State Exam, which uses an interviewer to ask questions. She is a professor and head of the audiology program at CUNY's Graduate Center.

Research that Weinstein has done reveals that seniors with hearing loss may not understand verbally asked questions and answer incorrectly.

Lin is addressing this through hopefully another research project to follow a group of seniors and test whether the interventions for hearing loss, such as hearing aids, will help prevent the onset or slow cognitive decline.

Until those numbers become available, experts agree that the first step in preventing this collide of hearing and cognitive loss is recognizing it before any situation worsens.

**HOW TO RECOGNIZE HEARING LOSS IN A LOVED ONE**

- If a loved one is asking others to repeat what they've said, and says people are always mumbling or not speaking clearly. Pay attention if other family members recognize the loved one is not hearing well.
- If a loved one cups their hand behind an ear when listening.
- If the television or radio volume is louder than usual.
- If a loved one says they are experiencing ringing or buzzing in one or both ears, or is dizzy often.
- If a loved one is leaning forward or turning their head to be able to listen to a conversation.
- If a loved one is beginning to avoid certain situations because they have a hard time hearing.

**7 BEST SUPPLEMENTS** – cont. from previous page

**Benefits:** While the NCCIH notes that there aren't enough high-quality studies in people to draw any conclusions about whether valerian can be an effective sleep aid or relieve anxiety, depression, or menopausal symptoms, some research has yielded promising results.

In a review of 100 studies published in May 2018 in *Phytotherapy Research*, researchers found evidence that valerian root extract may have antianxiety effects on people with anxiety disorder. The review also found that the herb may be helpful as a sleep aid, and its benefits were found to be comparable to a medication commonly used to treat anxiety and insomnia.

In a study of 64 women undergoing an x-ray procedure (hysterosalpingography) published in May 2015 in *Global Journal of Health Science*, researchers found those who took valerian capsules saw a reduction in their anxiety levels compared with women who took a placebo.

**How you use it:** Dietary supplement capsules, tablets, teas, and tinctures are made from its roots and stems.

While there are plenty of possible stress-relieving supplements on the market, not all of them are created equal. Here's one supplement you may want to pass up.

**Kava - What it is:** A plant native to the South Pacific and a member of the pepper family.

**Benefits:** Some research looking at kava for treating anxiety has shown a small positive effect, but more recent research doesn't back that up. A study published in December 2019 in *Australian and New Zealand Journal of Psychiatry* found that when 171 people were given either kava extract or a placebo twice a day for 16 weeks, neither group experienced reduced anxiety. Most of the participants who got the kava tolerated it well, but a few had tremors, and those who got the extract were much likelier to show abnormalities on liver tests.

Of greater concern is its safety: Back in 2002, the FDA **issued a warning against kava supplements**, citing more than 25 reports of liver damage.

**How you use it:** Traditionally, kava is used as a ceremonial beverage, but you can also buy it as an extract, powder, liquid, or capsule.

# PRO CALENDAR FOR SEPTEMBER 2020

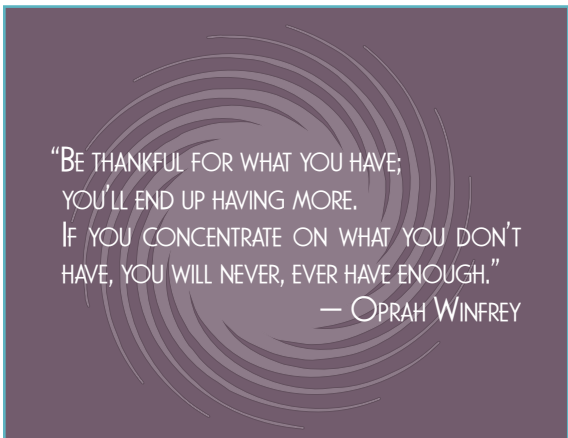
The current, **VIRTUAL ONLY**, support group meetings are listed below.  
For any information regarding any of these meetings, please contact the PRO Office at 877-775-4111.

		1	2 VIRTUAL Round Table 6:00 PM – 7:30 PM	3	4	5 INTERNATIONAL CHARITY DAY
6	7 LABOR DAY	8	9 VIRTUAL Village Meeting 4:00 PM – 6:00 PM	10	11 PATRIOT DAY	12
13	14 VIRTUAL Round Table 6:00 PM – 7:30 PM	15	16 VIRTUAL Partner in Care ONLY Meeting 6:00 PM – 7:30 PM	17	18 ROSH HASHANAH	19
20	21 VIRTUAL Partner in Care ONLY Meeting 10:00 AM – 11:30 AM	22 FALL EQUINOX	23	24 VIRTUAL Round Table 1:00 PM – 2:30 PM	25	26
27 YOM KIPPUR	28 VIRTUAL Village Meeting 6:00 PM – 8:00 PM	29	30			

**PARTNER IN CARE MEETING:** (Formerly “Caregivers only”) Come share the ups and downs of living with someone with Parkinson’s. Together there are ways of finding solutions that, when alone, might never be considered. No need to continue with your frustrations because you are not alone. Give yourself a break.

**VILLAGE MEETING:** We invite the community, especially the Person with Parkinson’s and their family or friends, to attend. Speaker Meetings usually feature guest speakers who are professionals servicing the Parkinson’s Community. Village Meetings are packed with a wealth of amazing information so bring your pencil and notepad!

**“ROSEN ROUND TABLE” MEETING:** Join a loving circle of like-minded individuals including local professionals. Learn what works for others, share what works for you. Find out what doesn’t work for certain individuals. Share emotional trials and tribulations. Realize that you are not alone and that others can relate to and learn from your story.



## NEWSWORTHY NOTES

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### PARKINSON’S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson’s

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