

A MONTHLY PUBLICATION OF

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE

PRESIDENT'S

August is a month of summer vacation and holiday for many children around the world, except this year. Many cultures call this month the harvest month or the time of harvest., but even that has changed in these uncommon, unprecedented, uncertain and uninvited times. We're doing well, how are you doing?

Our **Things To Know RIGHT NOW** on our **YouTube** channel has grown and we hope you are finding the content really helpful. We love the gratitude we have been receiving, some printed in this publication. Check them out, each a resource worth knowing about. Thank you to the wonderful PRO-fessionals in our **Wellness Village**.

We are zooming only 2 **Partners In Care** meetings this month. ALL Round Table Meetings are closed in August. There will be one **VILLAGE MEETING** on August 12th about **QUALITY OF LIFE**. See page 8 and watch your emails.

The **ROAD TO THE CURE** is reporting some very interesting movement on this page.

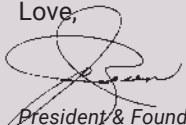
Check out our other PROvocative articles and informative news items such as: **EVERY STATE SHOULD HAVE A PRO** on page 2; **COVID D-PRIVED AND DOWN? HOW VITAMIN D DEFICIENCY CAN CONTRIBUTE TO LOW MOOD** on page 3; **HONORING LOSS AFTER COVID-19** on page 4; **PHYSICAL THERAPY AND PARKINSON'S: WHAT'S IT ALL ABOUT** on page 5; **ONCE UPON MY TIME: A STORY, A JOURNEY... A PHILOSOPHY TO FOLLOW** on page 6; **BITS AND PIECES: TWO-YEAR-OLD BATTLES PARKINSON'S** on page 4, and; a **CROSSWORD Puzzle** on page 7.

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** or mail your donation to our office in Palm Desert, CA.

Until next month, do your social distancing, wash your hands, wear your masks, stay safe, and REMEMBER Friendship Day on the 4th, Nat'l. Lazy Day on the 10th, Nat'l. Relaxation Day on the 15th, Nat'l. Tell A Joke Day on the 16th, Nat'l. Nonprofit Day on the 18th and Nat'l. Tooth Fairy Day on the 22nd. The flowers are the Poppy & Gladiolus and the Birthstone is Peridot.

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

Our goal has been to reduce the levels of pathogenic protein by at least 50%... Heightened Optimism...

Dose Dependent Therapeutic Effect of α -Syn-SM — We had previously shared information with you about the dose dependent therapeutic effect of two and six doses of our Parkinson's drug, α -Syn-SM, in Parkinson's mice. With two and six doses α -Syn-SM had shown 17% and 36% reduction of pathogenic α -synuclein in the brain of Parkinson's mice, respectively. Our goal has been to reduce the levels of pathogenic protein by at least 50%. Therefore, recently we conducted an experiment in which multiple Parkinson's mice were given twelve doses (two doses per week for six weeks) intravenously. The results obtained were phenomenal. A 64% Reduction in the levels of pathogenic α -synuclein was seen with 12 doses. The FDA requires that a drug must demonstrate dose dependent therapeutic effect before it can be considered for clinical trials. We are confident that these results will help us obtain an Investigational New Drug (IND) application approval from the US FDA in the first application. Based upon these findings we are more confident than ever before that our SMART Molecules will revolutionize curative therapies for most neurodegenerative diseases of the central nervous system beginning with Parkinson's disease.

Heightened Optimism for Effectiveness of SMART Molecules to Cure Parkinson's disease — Our science continues to be validated from multiple internal and external sources. As an example, it was recently reported that depletion of the RNA-binding protein PTB (Pyrimidine Tract-Binding Protein) in the brain of Parkinson's animals converts astrocytes into dopamine producing neurons and restores motor function [Nature, 582, 550 (2020)]. The experiment involved injecting the mouse brain with the PTB inhibitor. Since ICBII can develop a blood-brain barrier permeable PTB SMART Molecule to treat human PWP's with a simple intravenous injection, without a hospital stay and complications of brain injections, we are excited to start this program as soon as possible. PTB protein has been known for decades and the cloning vectors are available for its production.

COVID-19 Lockdown — We have been observing state mandated COVID-19 lockdown since February 25, 2020. Since most vendors are also compelled to do so, buying laboratory supplies is a big problem. For example, we are still waiting for some of the gene constructs of α -Syn-SM, a potential Parkinson's drug that we ordered from Gen-Script, NJ, in February 2020.

We are pleased to present information to you at PRO's August 12th VILLAGE MEETING and look forward to seeing you there.

WOULD YOU LIKE TO HELP get ICBII's drugs to market faster? — The joy of being a part of this historical event can be had by helping ICBII find the funds to bring these

cont. on page 8

Our Wellness Villagers

ANIMAL-ASSISTED THERAPY

- Canine Companions

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- Renee Gauthier

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- California Phones

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EVERY STATE SHOULD HAVE A PRO

Patricia Lightner

Imagine shopping in the grocery store and suddenly you start to freeze up. You cannot move. It feels like it is a couple minutes, in fact, it is only a couple seconds. This is one of many symptoms that people with Parkinson's experience. Parkinson's disease is a degenerative and progressive neurological condition. There is a chemical in the brain, dopamine, that controls the body's movement. When a significant amount of dopamine is lost, other symptoms like tremors, slowness of movement (bradykinesia), tiny handwriting (micrographia), and in the future, jerky, uncontrolled movements (dyskinesia) appear. I met a woman with Parkinson's who gave the best definition I have yet to hear of Parkinson's. To paraphrase her, "With Parkinson's one minute you can barely walk across the living room floor and the next minute you are walking into the grocery store." Motor fluctuations from Parkinson's made it necessary for me to go on long-term disability.

There is a lot going on in the Parkinson's community—medical research, fundraising, confidential support groups, Parkinson's organizations, exercise classes, and the list goes on.

Quality of life is something we all strive for. Jo Rosen, the founder, and president of the Parkinson's Resource Organization (PRO) is seeing to it by "Working So No One Is Isolated Because of Parkinson's." Jo is one of the most tenacious and determined people I have met. Based in CA, Jo is so up on all things Parkinson's. When she knows someone is in need, whether it be medical, legal, or financial, Jo is there with her resources. You may wonder why I, in Pennsylvania, am so jazzed about Jo. Besides her information-packed website, *ParkinsonsResource.org*, she has Zoom support group meetings called Village Meetings with guest speakers, meetings for "Partners in Care," and Round Table meetings for People With Parkinson's and their families. Either by phone or computer, it is the next best thing to being there.

COVID D-PRIVED AND DOWN? HOW VITAMIN D DEFICIENCY CAN CONTRIBUTE TO LOW MOOD

Editor's Note: This includes information for people with Parkinson's

Leslie Barrie / Medically Reviewed by Lynn Grieger, RDN, CDCES

If you're feeling down in the dumps, a vitamin D deficiency—potentially due to social distancing—may be contributing. So, you're several months into social distancing, and you're feeling blue.

"We're seeing a lot of anxiety around COVID-19, and also feelings of being trapped, not being able to connect or engage in pleasurable activities, or not having the typical outlets that help with mood," says Kristen C. Wynns, PhD, psychologist and founder of Wynns Family Psychology in Cary and Raleigh, North Carolina. "People are struggling, and even the highest functioning person is impacted," she says.

There are many reasons why you might feel down these days — but could a vitamin D deficiency be contributing?

"I think a number of people are experiencing depression or low mood due to social isolation and a vitamin D deficiency — I believe it's a combination of both factors," says Sue Penckofer, PhD, RN, graduate school associate dean at the Loyola University Chicago, who has coauthored numerous studies on vitamin D and mood.

How Social Distancing During the COVID-19 Pandemic May Be Contributing to Low Vitamin D - Most people get the vitamin D they need thanks to the sunlight. "We know that when sun hits the skin, there's a synthesis that causes your body to produce the vitamin," says Dr. Penckofer. Also, some foods, like eggs and salmon, contain vitamin D, according to the Cleveland Clinic, but a supplement can help increase your levels further.

But with so many of us stuck inside because of social distancing, we likely aren't getting the typical sun exposure we otherwise would this time of year. And that, potentially, could mean low levels of vitamin D — and a low mood, says Penckofer.

In fact, joint guidelines from the American Society for Bone and Mineral Research, the Endocrine Society, the American Association of Clinical Endocrinologists, the European Calcified Tissue Society, the National Osteoporosis Foundation, and the International Osteoporosis Foundation recommend considering vitamin D supplementation during the pandemic. This is because more people are spending time indoors, potentially increasing the risk of deficiency. "For those unable to spend at least 15 to 30 minutes with direct sun exposure each day," they wrote in their July 9, 2020, statement, "the easiest way to acquire vitamin D is through food supplemented with vitamin D or vitamin D nutritional supplements."

Read on to discover how your potentially low levels of vitamin D might be bringing you down — and what you can do about it.

The Connection Between Low Vitamin D and Low Mood, According to Science - Researchers have been studying the link between vitamin D and mood for decades, though questions remain. "People who have low vitamin D are more likely to feel less positive. At this point, we may not fully understand the connection and mechanisms, but the evidence of an association is certainly there," says Maria Choukri, PhD, a senior lecturer at Ara Institute of Canterbury in New Zealand, who researches vitamin D.

Here's what experts do know: "Both low vitamin D and depression have been connected to inflammation, so it is likely that the underlying reason has to do with inflammation," says Dr. Choukri.

Vitamin D also affects the serotonin pathway, Penckofer says. This hormone does everything from regulate mood to sleep, and appetite to motor skills, just to name a handful of functions, according to Stanford University. "Vitamin D is important for helping the enzyme that makes serotonin. When levels are low, you aren't making as much serotonin," adds James Greenblatt, MD, chief medical officer at Walden Behavioral Care in Waltham, Massachusetts, and assistant clinical professor of psychiatry at Tufts University School of Medicine in Boston.

Supplementing With Vitamin D May Improve Mood, Studies Suggest — Penckofer co-authored a paper published in September 2017 in the *Journal of Diabetes Research* that found vitamin D supplementation improved the mood of women

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BITS AND PIECES TWO-YEAR-OLD BATTLES PARKINSON'S

Almaz Ohene Published: 28 July 2016

Reports from Canada suggest that two-year old Keegan McLellan may be one of the youngest people ever to be diagnosed with Parkinson's disease.

A two-year-old toddler may be the world's youngest ever person to be diagnosed with "juvenile Parkinson's disease with dystonia". In a report by Canada's CTV claim, Keegan McLellan's family says, "his hands shake when he tries to concentrate on tasks and his legs jiggle when he tries to stand still."

After travelling across Canada visiting different doctors and trying to find the cause of the problems, Keegan was finally diagnosed. Keegan's mother, Cortney Shyla McLellan, said: "I've heard of Parkinson's, but never in a child."

Keegan is on medication that helps his symptoms, but his mother is hoping that a trip to the Hospital for Sick Children in Toronto will provide more answers.

The family has been told that keeping Keegan active will also help his symptoms.

"They say if he tries to slow down, it makes his brain work more, so he gets more muscle spasms," Cortney said. "If he takes off running, it's easier on him."

Parkinson's is a neurological disease. Because it affects body movements such as walking and talking and may cause tremors, it is considered a movement disorder. Parkinson's is most commonly diagnosed in people over the age of 40. Though less common, young-onset Parkinson's is diagnosed in people between the ages of 21-40. Even rarer still, juvenile Parkinson's is diagnosed in those under the age of 21.

HONORING LOSS AFTER COVID-19

Pandemic has completely changed the way we grieve

Glendon Muir Geikie, MSW, Clinical Social Worker (Ret)

Each day the local newspaper confirms the fears, the rising number of people in the Coachella Valley with COVID-19 and the deaths the virus has claimed along the way. It is frightening from front page information.

What is missing is a report on how the victims' families dealt with their losses. Were loved ones allowed by their side? Did they die alone? Death in this pandemic does not leave room for a last hug or a last in person "I love you" or "goodbye."

Pandemic obituaries often end with hope of a remembrance or graveside service to be held in the future. That is if the family is not too much in shock now to think about the future.

There may have been a virtual funeral. An opportunity to embrace those left behind reduced to a voice or image on a screen. And, that is only for those with access to the technology and the know-how to log-in and use it.

Before the pandemic, an End-of-Life Doula would work with patients and loved ones establishing pre- and post-death rituals, planning a vigil for the final days and hours, and creating a legacy. Social distancing and sheltering-in-place make this type of intimate work unlikely.

Once the COVID-19 crisis wanes, you can find numerous ways to recover the dignity and sacredness your loved one deserves. Plan a ceremony to perform long-awaited rituals or established a legacy project to help keep the memory of the loved one in your heart forever.

It is never too late to plan a visual. What music would have brought a smile or a tear to your loved one? What fragrance will loft in the air? What mood will the lighting set? What guest list will create a community of love and remembrance for your loved one? Will there be a poem, fond memories shared, experiences recalled or silence? Will prayers be recited? If so, who will leave them?

COVID-19 can ravage a family. The normal grieving process gets disrupted and grief can go unattended. As much as we might like, we cannot turn back the clock and find that lost time. And End-of-Life Doula can help you grieve and celebrate your loved one in a manner that respects you and honors the loved one who has died.

Glendon Muir Geikie Sr. is an End of Life Doula in Palm Springs and a member of the International End of Life Doula Association (INELDA). He has been a member of the Wellness Village since June 2020 and can be found at ParkinsonsResource.org/the-wellness-village/directory/end-of-life-doula-palm-springs/

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PHYSICAL THERAPY AND PARKINSON'S: WHAT'S IT ALL ABOUT?

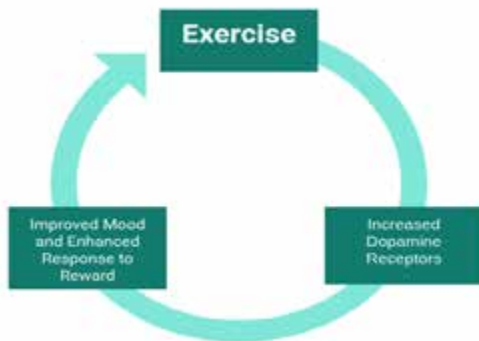
Katie Brockert, DPT, PWR

Depending on where you live, the county or city might have started lifting some restrictions of the Stay at Home order. You may be able to return to your normal gym routine, exercise classes, or regular health care appointments. Maybe you are still feeling apprehensive about venturing out or have other health issues that make going out not an option. Either way, we need to keep finding ways to move and ways to stay active inside or outside.

If you have heard me speak in person or virtually at a PRO meeting, you know me as a Doctor of Physical Therapy who works with people with Parkinson's (PwP). I also consistently promote the importance of exercise as one of the best forms of treatment for PwP. There are multiple resources and studies that I frequently cite that talk about the positive neurological and physical changes that occur because of exercise.

I have shared an abstract of an article that specifically talks about these positive effects. This specific article by Sacheli, et al1 looked at the differences in habitual exercisers with Parkinson's Disease (PD) versus sedentary PwP. A habitual exerciser was defined as someone who exercised > 180 minutes per week (or more than 3 hours a week). The habitual exerciser showed improved dopamine release, reduced bradykinesia (slow movement), reduced apathy (lack of interest, enthusiasm), and better overall function than before they started exercising.

As you may know, decreased levels of dopamine are one of the major culprits in causing PD. Which means exercise was proven to increase the release of dopamine! Another great and interesting take home from the article was that those who exercise regularly had increased dopamine response to exercise which led to a better mood and thus made it more likely that they would continue exercising. The better you feel with exercise, the more you may want to exercise. It is a positive cyclical pattern.



Habitual exercisers versus sedentary subjects with Parkinson's disease: Multimodal PET and fMRI study — Matthew A. Sacheli, MSc, Danielle K. Murray, MD, Nasim Vafai, MSc, Mariya V. Cherkasova, PhD, Katie Dinelle, MSc, Elham Shahinfard, PhD, Nicole Neilson, RN, Jessamyn McKenzie, LPN, Michael Schulzer, PhD, Silke Appel-Cresswell, MD, Martin J. McKeown, MD, BEng, Vensa Sossi, PhD, and A. Jon Stoessl, MD. *Movement Disorders*, 2018; Online DOI: / 10.1002/mds.27498

Background: The benefits of exercise in PD have been linked to enhanced dopamine (DA) Transmission in the striatum

Objective: To examine differences in DA release, reward signaling, and clinical features between habitual exercisers and sedentary subjects with PD.

Methods: Eight habitual exercisers and 9 sedentary subjects completed [11C] raclopride PET scans before and after stationary cycling to determine exercise-induced release of endogenous DA in the dorsal striatum. Additionally, functional MRI assessed ventral striatum activation during reward anticipation. All participants completed motor (UPDRS III; finger tapping; and timed-up-and-go) and non-motor (Beck Depression Inventory; Starkstein Apathy Scale) assessments.

Result: [11C] Raclopride analysis before and after stationary cycling demonstrated greater DA release in the caudate nuclei of habitual exercisers compared to sedentary subjects ($P < 0.05$). Habitual exercisers revealed greater activation of ventral striatum during the functional MRI reward task ($P < 0.05$) and lower apathy ($P < 0.05$) and bradykinesia ($P < 0.05$) scores versus sedentary subjects.

Conclusions: Habitual exercise is associated with preservation of motor and nonmotor function, possibly mediated by increased DA release. This study formulates a foundation for prospective, randomized controlled studies. © 2018 International Parkinson's and Movement Disorder Society.

Keywords: Parkinson's disease; dopamine release; exercise; functional magnetic resonance imaging; positron emission tomography.

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ONCE UPON MY TIME: A STORY, A JOURNEY... A PHILOSOPHY TO FOLLOW

Michael L Opell

It all began when... Who knows when? Time does march on! So many questions, too many people, so few answers. My search for information like, "When playing, must I use my tennis racket as a cane to prevent falling? I can run, I cover the court, return the ball, but..."

Days are challenging, changes occur. My demeanor is "what's up?"

Oops, my handwriting gets smaller, face stiff like a mask. Smile? Sometimes? In my beginning, docs asked, "What's wrong?" Showoff demonstration of my balance problem... I lean forward and ask, "Catch me?"

Now. After five years of doctor visits, a complaint... After a night out, "Hey, Doc, I can't dance." Doc says, "Try these pills. It may tell us your story." And yes, they did... Parkinson's Disease. My death sentence? Shock and awe and disbelief, for all the reasons. You know them now. But then, why me?

There are many avenues we follow. Each road taken has its own purpose. We choose school, learn, teams and work. A choice made based on who we met, and what we did along our road. Circumstances may become a positive pathway with lasting effect on our Being.

Call them pillars. We build, learn and enjoy their efforts and the effect on our future. As we go by, sand, pebbles and even chunks drop from these pillars, onto our garments, attaching us forever to their strength. Thus, departing with the knowledge gained will influence our decisions and become part of our makeup.

A bundling of these encounters builds our philosophy of life. Mine includes living by some of the values of the Greek-Delphic Oracle: "Know thyself"; respect for others, and; "hubris", its ultimate lesson to "keep all in balance".

Life is a balancing act. Avoid the extremes. Stay with what is known. Conjecture is another road of beliefs that must be proven. A "must"... Travel with people who are always around to help. But the help comes from Caregivers who bring their own baggage, and more questions, different ones from their perspective.

So here are we starting down a road with a full tank of body-produced homemade Dopamine body energy to keep our road straight and flat as possible. We need this fuel to accomplish our goal ... but Dopa is a meanie—our villain. Runs down slowly at first, and we may shake, become stiff and feet feel glued to the floor, and more! The tank must be refilled and controlled for life. Lack of Dopamine does to us what rain and snow do to roads... potholes, you know, with many holes to repair. Keep it straight and flat. In fact, as time goes by, the same daily activity will always require fuel increases. Our body produced all the Dopamine, but now needs help keeping a full tank.

The single Latin word in my vocabulary is "Disce", with multiple meanings, "teach" or "learn."

Parkinson's is with me forever. I am always seeking answers... travelling, listened and told stories, always learning and searching how to fix the potholes and keep my road as balanced as possible.

Dopamine is no dope... Forever making changes to the road. Life is a challenge. So, seek those answers from others who have traveled a similar road.

Ask and tell your stories, maybe an answer to someone and maybe your answer they had and have the experience.

Now that you know how to... but where are the stops? Seek and ultimately you come to a resource that is "Working so that no one is isolated because of Parkinson's." The Parkinson's Resource Organization...

Join it and "Disce".

COVID D-PRIVED – cont. from page 3

with type 2 diabetes, which is a group that is at an elevated risk for depression, the Mayo Clinic notes. They are also among the groups at a higher risk for vitamin D deficiency, noted a past review that Penckofer coauthored.

Whether it's due to depression, body image struggles, or inactivity, "people who have diabetes are more likely to stay indoors, so they aren't getting the sunlight, the outdoor exercise, and the opportunities to socialize," which are other factors that can affect mood, says Penckofer. Due to the potential dangers of COVID-19 to their health, people with type 2 diabetes, along with others who have underlying health conditions, may be going out even less than usual — and this could further reduce their vitamin D levels and quality of mental health.

Though the women in Penckofer's 2017 study took 50,000 IU (international units) of vitamin D—which is considered a very high amount—for six months, her more recent research found that even taking a lower dose of vitamin D is effective in raising vitamin D levels and improving mood for women with type 2 diabetes and depression.

More Studies on Vitamin D and Mood Are Needed — Still, not every study shows vitamin D is a mood cure-all. One of Choukri's studies, published in August 2018 in the *Journal of Nutritional Science*, found that supplementation in healthy women did not provide any benefits to psychological well-being — but taking a break did. "Most of our participants were staff or students at a university, and there was an improvement in well-being for both the vitamin D and placebo groups during the university holiday period!" explains Choukri.

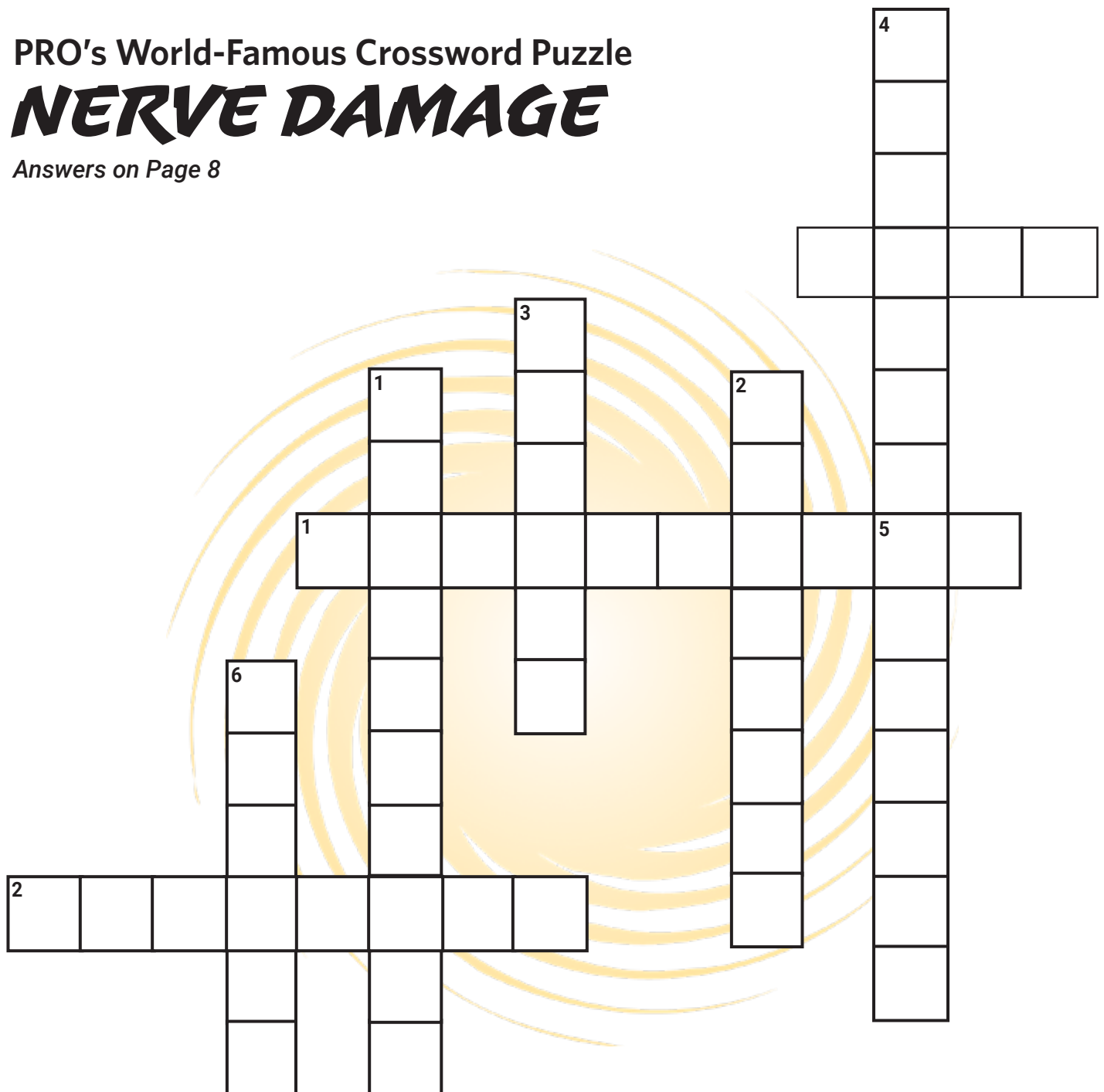
How Vitamin D Status, Diet and Lifestyle Habits, and Mood Are Interconnected — Mood, diet and lifestyle habits, and vitamin D status are all closely connected. Low vitamin D may trigger low mood, making it more difficult to sleep, eat well, and exercise regularly, says Choukri. Yet, she adds, "These difficulties may be due to the mood itself rather than vitamin D."

On the flip side, research suggests that not getting enough sleep, having a poor-quality diet, and inactivity can contribute to low mood independently, regardless of vitamin D status.

cont. on page 8

PRO's World-Famous Crossword Puzzle
NERVE DAMAGE

Answers on Page 8



CLUES

Across

1. Shaking palsy
2. Neurotransmitter
3. Walking aid stick

Down

1. An important part of eating or drinking
2. Liable to fall
3. Mobility device
4. A particular place or position
5. Sleep lightly
6. Ability to remember

Here’s a closer look at the relationship among vitamin D status, these habits, and mood and health.

Vitamin D and Sleep — There’s a scientific link between getting adequate vitamin D and sleeping well, which plays a role in mood on its own. “Vitamin D is important in the process of making serotonin, and you need serotonin to make melatonin,” says Dr. Greenblatt. Melatonin is a hormone that promotes sleep, according to the Mayo Clinic.

A meta-analysis published in October 2018 in the journal *Nutrients* concluded that vitamin D deficiency is linked with a higher risk of sleep disorders.

It’s all connected: Lack of sleep alone, regardless of vitamin D status, may contribute to depressive symptoms, along with anxiety, notes the National Sleep Foundation. According to the Mayo Clinic, symptoms of depression may include tiredness and a lack of energy, sleep disturbances like insomnia, and a loss of interest in pleasurable activities.

Vitamin D and Exercise — Low mood from vitamin D may make someone less likely to be active, says Penckofer. And inactivity can trigger a vicious cycle that further contributes to low mood. A study published in April 2019 in the *International Journal of Environmental Research and Public Health* found that sedentary behavior and low physical activity were linked to anxiety and depression. And a review published in June 2015 in *Cognitive Behavior Therapy* found that exercise can even help reduce anxiety symptoms and bad mood, the authors noted. Another study, published in September 2018 in *The Lancet Psychiatry*, found that all types of exercise, from walking to cycling, were associated with improved mental health.

According to the Mayo Clinic, exercise boosts endorphins, gets your mind off stressful situations, gives you confidence, and can provide social interaction.

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 ICBII.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.**

**VILLAGE MEETING TO BE HELD
AUGUST 12TH / 4:00 PM PST / 7:00 PM EST**

IMAGINE the world without Parkinson’s, MSA, or Alzheimer’s disease. JUST IMAGINE.

Join us at 4:00pm PST when we welcome **Dr. Arvind Bhambri**, ICBI’s Strategy Officer, as he talks about their “breakthrough”, **BREAKING THE BLOOD-BRAIN-BARRIER**

We’ll also welcome **Dr. Lev Gerstik**, the Medical Director of California Clinical Trials managed by PAREXEL **FROM THE LABORATORY TO THE PEOPLE**

Pre-Registration Required at:
ParkinsonsResource.org/LookingForward

PRO CALENDAR / AUGUST 2020

Sun, Aug 2
FRIENDSHIP DAY

Sun, Aug 16
NATIONAL TELL A JOKE DAY

Mon, August 3
VIRTUAL Caregiver Only
10:00 AM – 11:30 AM

Mon August 17
VIRTUAL Caregiver Only
6:00 PM – 7:30 PM

Mon, Aug 10
NATIONAL LAZY DAY

NATIONAL NONPROFIT DAY

Sat, Aug 15
NATIONAL RELAXATION DAY

Sat, Aug 22
TOOTH FAIRY DAY

Answers to PRO’s Crossword Puzzle “**NERVE DAMAGE**” below.

ACROSS

1. parkinsons
2. dopamine
3. cane

DOWN

- | | |
|---------------|-------------|
| 1. swallowing | 4. location |
| 2. unsteady | 5. napping |
| 3. walker | 6. recall |

NEWSWORTHY NOTES

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PARKINSON’S RESOURCE ORGANIZATION

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