

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

## MESSAGE

### PRESIDENT'S

**GRATITUDE!** Thank you all so much for the birthday donations and for the wonderful sentiments that can be read on our website. You are so appreciated. You and your support compel me to keep doing my very best job, working so no one is isolated because of Parkinson's.

The virtual Support Groups started last month, and it is amazing to be helpful to people all over the world. I had no idea people were looking for us and the programs we offer. Check out the calendar and you will find three *Partners In Care* meetings—formerly known as Caregiver Only meetings—same concept, different name; three *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 *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 recently launched **PRO'S PATREON PROGRAM**. Check out the article on page 2 to see what that can mean to you, for instance, did you miss the 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.

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

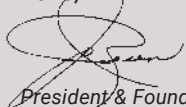
Check out our other PROvocative articles and informative news items such as: **SENIOR HEALTH PLANNING ACCOUNT ACT** on page 3; **THE FLIPSIDE: POSITIVE EFFECTS OF RECREATIONAL MARIJUANA** on page 4; **COULD YOU BE LONELY WITHOUT EVEN REALIZING IT? THESE SIGNS POINT TO "YES" IN BITS & PIECES** on page 5, and; **HOW HYPNOSIS HELPS PARKINSON'S DISEASE—including an offer you shouldn't refuse**—on page 7.

In addition to considering 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, REMEMBER Columbus Day on the 12th, Bosses Day on the 16th, National Pumpkin Day on the 26th, Black Cat Day on the 27th, and Halloween on the 31st. The flower is the Calendula (Marigold) and the Birthstones: Opal and Tourmaline.

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

**PARKINSON'S DISEASE/PARKINSONISM AS A RESULT OF COVID-19?** — Since December 2019, the world has been caught off guard by COVID-19, a disease caused by the disastrous Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2). As of September 26, 2020, more than 32,400,000 cases of COVID-19 have been reported globally with 985,823 deaths. US alone has 6,910,082 COVID-19 cases with more than 201,634 deaths.

**ASSOCIATION OF NEUROLOGICAL SYMPTOMS WITH COVID-19** — To date, there have been at least three major case reports demonstrating the presence of neurological symptoms in COVID-19. For example, Mao et al. performed a retrospective case study on 214 hospitalized patients in China and demonstrated that 78 (36.4%) patients presented with varying neurological symptoms including headache, dizziness, hyposmia, and skeletal muscle symptoms [*JAMA, Neurology, 77, 683 (2019)*]. Helms et al. evaluated 58 hospitalized patients in France, 8 (13.8%) had neurological symptoms upon admission into the intensive care unit (ICU), and a further 39 (67.2%) demonstrated neurological symptoms when sedation and neuromuscular blockers were withheld [*New Eng. Jour. Med., 382, 2268 (2020)*]. Romero-Sanchez analyzed the medical history of patients on the Spanish ALBACOVID registry [*Neurology, 95, e1060 (2020)*]. Of the 841 patients in this study, 483 (57.4%) developed neurological symptoms and of the 197 people who died, neurological complications were determined to be the cause of death in 8 (4.1%). The neurological symptoms reported to date, range from severe, such as encephalitis (brain inflammation) in hospitalized patients to mild (e.g., hyposmia).

Even though there were no control groups associated with these reports, which would have been of great value to understand the prevalence of these neurological symptoms in COVID-19, there is evidence that SARS-CoV-2 can affect the central nervous system (CNS). This is reflected in the large number of COVID-19 patients presenting with concurrent olfactory complications. As of today, six studies have been performed that utilize clinical olfactory tests, including the Sniffin' Sticks, University of Pennsylvania Smell Identification Test (UPSIT), and Connecticut Chemosensory Clinical Research Centre Test (CCCRC), that can quantify the degree of hyposmia and anosmia in patients. These data demonstrate a range of olfactory disruption prevalence from 58.3% to 87.1%, which is substantially higher than originally reported.

**SARS-CoV-2 Entry into the CNS** — How does a giant viral particle such as that of SARS-CoV-2 enter the CNS when most even small molecule drugs cannot cross the

cont. on page 7

# Our Wellness Villagers

## ANIMAL-ASSISTED THERAPY

- Canine Companions

## AROMA THERAPY

- Renee Gauthier

## ASSISTIVE TECHNOLOGY

- California Phones

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- A&A Home Care Services
- Caleo Bay

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- Boston Scientific

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- (CA) Dr. Dwight Jennings
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## PRO'S PATREON PROGRAM

**Patreon** ([Patreon.com/signup](https://www.patreon.com/signup)) 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”. Below 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

## SENIOR HEALTH PLANNING ACCOUNT ACT

The Senior Health Planning Account Act can be of great help to seniors, especially those whose finances have been impacted due to health care and long-term care costs. This legislation was introduced in Congress earlier this year. Here is an article about why this legislation is important.

The coronavirus pandemic has hit seniors particularly hard, threatening their health and straining their finances. Seniors, most of whom manage on fixed incomes at a time when the value of their retirement savings has fallen, are especially in need of resources to pay for spiraling health care costs.

Seniors are searching for innovative ways to use existing assets to help pay for their costs of living in retirement, including their health care costs, in this down economy. The absence of solutions often means that these costs will be borne by taxpayers.

One measure that encourages seniors to use their own resources to help themselves is the "*Senior Health Planning Account Act*", *H.R. 5958*, a bipartisan bill introduced in Congress earlier this year. If adopted, the Senior Health Planning Account Act would enable hundreds of thousands of seniors to generate billions of dollars of wealth using their own asset—their life insurance policy—to pay for immediate health care and plan for long-term care needs.

The bipartisan bill would permit the proceeds of the sale of life insurance policies to be rolled over, tax-free, into Senior Health Planning Accounts, which may be used to pay for a wide range of qualified health care costs. Non-qualified distributions would be subject to immediate tax at ordinary income tax rates, as well as a substantial excise tax penalty.

Life settlements—the sale of life insurance policies for its fair market value determined by competing third party purchasers—are a highly regulated financial planning tool that often present a far better option than lapse or surrender. The National Association of Insurance Commissioners recommended life settlements as a way for seniors to finance their long-term care needs and, according to a 2017 report that "policyowners who sell their policies receive a lump sum payment that is generally four or more times greater than if they lapsed or surrendered their policy, according to government and university studies."

Over 90% of life policies terminate without paying a death benefit. In 2018, 7.7 million policies, with an aggregate face amount of \$570 billion, lapsed, for which policyowners received nothing. An additional 1.5 million policies, with face amounts totaling over \$130 billion, were turned over to the issuing insurer for a contractual cash surrender value. By contrast, just \$57 billion was paid in death benefits on individual life insurance policies in 2018.

Studies show that retirees, faced with limited incomes and escalating premiums, are 25% more likely to have policies lapse than the general population. Especially for seniors, selling a policy often makes the most sense as an alternative to getting nothing or next to nothing when a policy is lapsed or surrendered.

Long-standing law *already* provides that no federal tax is imposed on the proceeds from the sale of life insurance policies, but only if insured chronically or terminally ill at the time of the sale (known commonly as a "viatical settlement"). But, many seniors terminate their life policies before they are very sick and in need of long-term care, making the current law unusable for most seniors. The Senior Health Care Planning Act would enable seniors to use their life insurance to plan and pay for their own healthcare and medical expenses *while they still own their policies*, without having to wait until after they are seriously ill.

The Senior Health Planning Account Act helps seniors determine where and how they receive care by using assets that they already own, but otherwise likely would be unused, to pay for long-term care or other major medical expenses. Without their own resources — including from a life settlement — seniors most rely on taxpayer-funded programs, and largely forfeit control of certain aspects of their health care.

The Senior Health Planning Account Act is not a government handout. It

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## THE FLIPSIDE: POSITIVE EFFECTS OF RECREATIONAL MARIJUANA

San Francisco Examiner 08/21/2020

In the past, marijuana has had such a negative connotation attached to it. It is often depicted as something terrible and should be avoided. It is the most often used illegal substance in the U.S., But as of date, many states are already legalizing the use of marijuana for recreational and medical purposes.

Marijuana, also known as weed or cannabis, is a psychoactive drug. Its legalization was surrounded with so much controversy and debate because both the judiciary and law enforcement have mixed ideas about its legality and effect on the general public.

If you want to try consuming marijuana for recreational purposes and find out its benefits, here is some information. We have listed below several proven benefits of cannabis use.

**Cannabis Can Help You Communicate Better** — It is a proven fact that marijuana can help you open up and socialize. It can help you reveal your thoughts and express yourself easier. The fact that you can easily exchange your ideas and socialize is a plus factor to those socially awkward individuals.

**Heightens Your Senses** — Researchers and physicians have been conducting studies and tests on the effects of cannabis use throughout the years. A study conducted in 2014 confirmed that THC, the main cannabinoid caused marijuana users to have heightened senses.

THC achieves this by interacting with specific receptors in your brain. Areas of your brain, such as the olfactory bulb, which is in charge of your sense of smell, tend to bind with THC receptors to heighten your smell perception of your surroundings. As an effect the consumer will see brighter colors, hear louder sounds, and have richer taste buds.

**Unlocks Your Creativity** — Some users often state that they feel more energetic, artistic, and creative when consuming cannabis. Researchers have confirmed that cannabis use increases the cerebral blood flow of the brain's frontal lobe. This trigger's creative output by activating the brain's nucleus accumbens, which is related to increased creativity.

**Helps Relieve Stress and Anxiety** — As a general rule, it is essential to have stress-reducing measures in our day to day lives. Not having these said stress relievers will deprive one's peace of mind, ability to function, and eventually lead to depression. It is a proven fact that cannabis use can help you deal with stress.

It is said that marijuana use can induce a feeling of lightheartedness and a sensation of being carefree. Though we are just merely scratching the surface when it comes to exploring the benefits of this drug, experts say that micro-dosing or taking marijuana in low doses is a good way to go when trying to relieve stress as it lessens the feeling of being too high.

**Relieves Chronic Pain** — Cannabis contains hundreds of chemical compounds called cannabinoids that are linked to the relief of chronic pain. This is practically the reason why medical marijuana is prescribed to patients who suffer from illnesses that produce chronic pain.

**Helps the Fight Against Cancer** — Recent research has found that one of the most significant benefits of cannabis consumption is in the fight against cancer. Several studies were conducted, and it was found that marijuana can slow and stop the spread of cancer cells.

**Aids in Controlling ADHD/ADD** — Patients with ADHD and ADD tend to have problems with cognitive performance and concentration. They often cannot concentrate and focus on the tasks given to them. Cannabis use has shown a lot of promise in helping patients with ADHD and ADD maintain focus on tasks given to them.

**Slows Down Parkinson's Disease** — Parkinson's disease is a degenerative disorder that leads to trembling and stiffness. People with Parkinson's also have difficulty with walking, balance, and coordination.

It was found that the THC in marijuana controls the seizures and spasm caused by Parkinson's disease by binding the brain cells responsible for excitability and regulates relaxation, thus controlling the tremors. Cannabis also promotes sleep in Parkinson's patients.

**Prevent Alzheimer's Disease** — Alzheimer's disease is an irreversible and progressive disorder that causes brain cells to degenerate and die. This slowly destroys the person's cognitive ability, memory, and thinking skills. THC found in marijuana can slow down the formation of amyloid plaques by blocking the very enzyme that produces these plaques. These plaques kill brain cells and can lead to Alzheimer's.

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Facebook.com/  
ParkinsonsResourceOrganization



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**BITS AND PIECES****COULD YOU BE LONELY WITHOUT EVEN REALIZING IT? THESE SIGNS POINT TO "YES."**

**1. Loneliness Can Wreck Restful Sleep** — According to research published in the journal *Sleep*, loneliness can wreck your chances of getting a restful night's sleep. Researchers measured the sleep cycles of 95 people in South Dakota, comparing them with the participant's self-reported loneliness scores. None of them lived isolated lives, but some reported feeling lonelier than others.

The results? The lonelier the participant, the higher the levels of fragmented sleep. "What we found was that loneliness does not appear to change the total amount of sleep in individuals, but awakens them more times during the night," lead author Lianne Kurina, PhD, said in a press release.

"When you feel lonely, you show more micro-awakenings," noted Cacioppo, a coauthor of the study. This means you wake up a little bit at night even though you aren't aware of it.

**2. Steamy Showers and Hot Chocolate May Soothe Loneliness** — How does a steamy bath or piping-hot cup of coffee sound to you? If it sounds downright comforting, you may want to read this:

"The lonelier a person is, the more showers and baths they take, the hotter the water, and the longer they stay under the water," says John Bargh, PhD, psychologist and researcher at Yale University in New Haven, Connecticut, who conducted a study on physical warmth and social connection. For his research, published in February 2012 in the journal *Emotion*, Bargh surveyed 51 college students about their levels of loneliness and everyday habits, and concluded that some people use physical warmth as a substitute for social warmth. The students who reported feeling lonelier also tended to linger in the shower longer.

There's nothing wrong with this, Bargh contends — people are not always in control of the reasons they feel alone. It could be due to a breakup, or a recent move. You can also use this finding to your advantage: Next time you're feeling lonesome, whip up a cup of hot cocoa.

**3. Love People, Not Stuff** — The reason you're so attached to your new computer, suped-up bike, or overpriced purse? According to research published in the *Journal of Consumer Research*, some people go gaga over inanimate objects because they're lonely.

The researchers call this "material possession love," and you've probably witnessed it a number of times: your neighbor who calls his car "baby," or your great aunt who prides herself on her gun collection. Because these folks suffer from a lack of social connections, they start doting on their things.

And as you can probably guess, most experts say possessions aren't a healthy substitute for real live relationships. In fact, a number of studies indicate that having stuff has little effect on your happiness levels; you'd be better off spending the money on an experience, such as a vacation.

**4. Can You Catch Loneliness From A Friend?** — You can catch a cold from your friend—but did you know you can catch his loneliness, too?

According to research published in the *Journal of Personality and Social Psychology* by Cacioppo and colleagues, lonesomeness can be contagious. In fact, you're 52 percent more likely to feel lonely if someone you're directly connected to is lonely as well, says Cacioppo.

Why? When you're feeling empty or isolated, you may behave in more hostile and awkward ways toward another person, who in turn behaves a bit negatively toward someone else, and so on. The result can be an outbreak of social isolation and rejection.

**5. More Facebook 'Friends' Than Real Friends Worsens Loneliness** — You know all about your cousin's recent jaunt to Hawaii... but not because she told you about it; you saw her pictures on Facebook.

According to Facebook, users spend an average of fifty minutes each on its Facebook, Instagram, and Messenger platforms. "Social networking feels temporarily satisfying for people who turn to that as means of interacting," explained Cacioppo. When you're feeling alone, you might spend more time posting on social networking sites or online game forums than actually picking up that phone and arranging a lunch or dinner date. But having a lot of Facebook friends or Twitter followers won't do much to stave off loneliness. Instead, research shows it can exacerbate the problem.

Next time loneliness sets in, Cacioppo suggests using these sites to get in touch with your old friends, instead of just gawking over their wedding photos.

cont. on page 6

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AS LEGAL OR MEDICAL ADVICE  
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WE INTEND IT TO SERVE AS  
AN INFORMATION GUIDE.

**SENIOR HEALTH PLANNING** – cont. from page 3

actually gets government out of the way and would help seniors plan and pay for health care expenses using assets they already own but are at higher risk of losing.

The Senior Health Planning Account Act is a sensible, bipartisan measure that builds on current law to benefit seniors and taxpayers alike. The legislation is particularly needed to help seniors deal with the medical and financial impact of COVID-19 and should be part of any legislative response to the pandemic.

Consider these statistics cited in the article:

- Over 90% of policies terminate without paying a death benefit. (Term policy rates are even higher)
- In 2018, 7.7 million policies, with an aggregate face amount of \$570 billion, lapsed, for which policyowners received nothing.
- An additional 1.5 million policies, with face amounts totaling over \$130 billion, were turned over to the issuing insurer for a contractual cash surrender value.
- By contract, just \$57 billion was paid in death benefits on individual life insurance policies in 2018.

“Especially for seniors, selling a policy often makes the most sense as an alternative to getting nothing or next to nothing when a policy is lapsed or surrendered”.

Life insurance settlements brokers can help you if they have a life insurance policy that you no longer want, need or can afford, and would like to consider selling it. Their role and passion is to represent clients to achieve the highest return for their policy.

If the decision has been made to lapse or surrender a policy, please look for a life insurance settlements broker first. On average, they garner 3–5 times cash surrender value for a policy. Even term policies can be sold.

Actually, you don't have to look very far because Lisa Rehbarg and Rehbarg Life Settlements is a click away in the Wellness Village, where they've been since July 2019. You are not obligated to accept any offers. Think about this: “It can't hurt to try, it can only hurt not to” when you feel a life insurance settlement can be a good solution.

**Rehbarg Life Settlements is Helping People Benefit from Unwanted/Unneeded Life Insurance Policies.**

**COULD YOU BE LONELY** – cont. from page 5

**6. Being Lonely Makes You Blow Things out of Proportion** — How many nerve-racking experiences have you had in the past month? If you can count them up without much hesitation (traffic jams, terrible weather, rude waitresses), that doesn't necessarily mean your stars were crossed this month — instead, it could point to loneliness.

According to Cacioppo, who has studied the effects of loneliness on our health and stress levels, feeling alone often means you spend too much time ruminating. Research published in the journal *Current Directions in Psychological Science* showed that people who reported being lonely also reported more sources of stress and childhood adversity in their lives. «The brain goes on the alert for social threats,» says Cacioppo.

**7. Socializing May Help You Stay Skinny** — Have you packed on the pounds? Loneliness and weight gain often go hand in hand, possibly because we tend to compensate for our blues with food. In addition, loneliness can zap motivation — keeping us on the couch instead of on the treadmill. And that means it may also be a predictor of health problems, such as high blood pressure and unhealthy cholesterol levels, says Cacioppo.

But can socializing help you stay skinny? Perhaps, according to a report published in the journal *Cell Metabolism*. Although the study looked at mice instead of people, the rodents living in lonelier lab settings tended to weigh more than those in social environments.

**8. Feeling Alone Can Make You Ill** — Sniffling, sneezing, and feeling crummy overall? It could be a bad case of loneliness.

Loneliness has a systemic effect, possibly raising our stress hormone levels and making it harder for our bodies to repair the daily wear and tear of life, says Cacioppo. We humans are a social species. In fact, being part of a social network is so biologically fundamental that feeling alone and disconnected might actually hurt our immunity.

**9. Nip Loneliness in the Bud to Prevent Depression** — Loneliness often goes hand in hand with one major health problem — depression. In fact, the American Psychological Association says that loneliness is a specific risk factor for the mental health condition.

But just because you've been feeling lonely doesn't mean you are doomed to become depressed. Here's what it does mean: You should start taking steps to nip loneliness in the bud—call up a friend, make dinner plans for next week—so you can prevent depression.

**MARIJUANA** – cont. from page 4

**Takeaway**— With all of these benefits, it is a mystery as to why marijuana is still illegal in some states and in some countries. We can just hope that in the near future, concrete evidence will be found that will finally prove that cannabis use in regulation is beneficial to the world's population.

After all the benefits listed above, it is vital to consume marijuana in regulation. It is important to remember that anything and everything in excess is also harmful. Cannabis users must educate themselves. Do your research and remember to inhale the good and exhale the bad.

**For further information, The Leaf on El Paseo in The Wellness Village on the PRO Website, since May 2020, has offered to answer any questions you might have. They also offer a 10% discount on products when you say that you are a PRO Member.**



## ROAD TO THE CURE – cont. from page 1

blood-brain barrier? Several viruses are known to be neurotropic (invading of nerve cells), including herpes simplex virus, poliovirus, influenza Type A virus, Swine Flu (H1N1), Avian Flu (H5N1), and the coronaviruses. To understand the pathogenesis of these viruses within the central nervous system, it is critical to understand the mechanisms of entry into the CNS. There are many ways in which viruses are hypothesized to enter the brain:

**#1) Infection of the Olfactory Epithelium** — The virus that has been studied the most, with a view to understanding CNS penetration and the subsequent neurotropism, is influenza. It has been reported that intranasal infection with H1N1 (Swine Flu) and H5N1 (Avian Flu) resulted in infection of the olfactory epithelium and transmission through the axons into the olfactory bulb of wildtype mice.

SARS-CoV-2 may be using the route for CNS penetration.

**#2) Viremia** — Viruses with RNA genome such as SARS-CoV-2 has an outer protein core that is stabilized by the lipids. It is a well-known fact that lipids facilitate blood-brain barrier permeability. Since the virus is detectable in the blood it is highly probable that lipid layer on viral particles circulating in the blood help transport SARS-CoV-2 into the brain.

**Can COVID-19 Result in Parkinson's/Parkinsonism?** — Since loss of smell is one of the symptoms of Parkinson's disease/parkinsonism and there is a convincing evidence that COVID-19 patients experienced anosmia, there is a potential of myriad of long-term delayed neurological and neuropsychiatric complications secondary to SARS-CoV-2 infection including a potential link to worsening parkinsonism in Parkinson's patients. *However, there is insufficient data at this point to quantify the increased risk of developing parkinsonism associated with COVID-19.* The high prevalence of anosmia combined with a suspicion about a link between an encephalitis lethargica-type association with a historic influenza pandemic leads us to question whether history is going to repeat again. At face value it is attractive to equate the hyposmia and anosmia in COVID-19 to the hyposmia and anosmia in parkinsonism. Such a determination cannot be unequivocally made without extensive future studies on patients recovered from the disease. One can only postulate today that there may be an increase in the risk profile of individuals with neurological complications associated with SARS-CoV-2 infection, as demonstrated by symptoms such as hyposmia or encephalitis that may reflect a neurological injury. Furthermore, individuals who have more severe symptoms may have a higher risk of developing parkinsonism.

The best cure for the potential future epidemic of neurological disorders due to delayed affect of COVID-19 is in our hands right now and that is the prevention of SARS-CoV-2 infection by using common sense methods to mitigate the chances of infection.

**Would you like to help** get ICBI's drugs to market faster? The joy of being a part of this historical event can be had by helping ICBI find the funds to bring these trials to fruition through your investing, and by finding others with the financial ability and humanitarian mindset to accomplish the—until now—impossible. Please contact ICBI directly through their website [icbii.com](http://icbii.com), or by phone at 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.

## HOW HYPNOSIS HELPS PARKINSON'S DISEASE

Hypnosis is a viable therapy for people with Parkinson's Disease. Stiffness, shakiness, slowness, pain, fear, anxiety, dementia, and sleeplessness can be reduced and sometimes eliminated. As an integrated part of your medical care, clinical hypnosis is a safe and drug-free approach for treatment that has been shown to be effective in reducing these and other symptoms of Parkinson's.

In 1990, the NIH conducted a study measuring the effects of hypnotherapy on tremors associated with Parkinson's. During this study, the patients being observed were also monitored using polygraph recordings to measure results. These patients were also taught self-hypnosis and were instructed to implement the strategies up to four times a day, in addition to taking his traditional prescriptions. The study found daily sessions of hypnosis were beneficial in reducing tremors in the patient.<sup>1</sup>

In another NIH report on hypnotherapy for Parkinson's, "Results revealed a 94% reduction in rest tremors following treatment. Self-reported levels of anxiety, depression, sleep quality, pain, stiffness, libido, and quality of life also showed improvements. The patients reported a high level of satisfaction with treatment."<sup>2</sup>

According to *Science Daily*, researchers found hypnosis can slow down the impacts of dementia (including Lewy Body) and improve quality of life for those living with the condition.<sup>3</sup>

In my own hypnotherapy practice over the past 23 years, people with Parkinson's disease have reported to me improvements in:

- Flexibility
- Balance and mobility
- Reduced anxiety and improved peace of mind
- Better mood
- More motivated and engaged with life
- Better sleep
- Reduced tremors
- Reduced pain
- Improved memory

As part of the hypnosis sessions, I teach self-hypnosis and other mindfulness-based tools, so you can use hypnosis on your own, with the hypnosis MP3 recordings I provide. This helps ensure your improved quality of life by promoting positive behavioral responses to symptoms. Hypnotherapy can help restore confidence. It can help you summon motivation to refuse to be beaten. It can help you step forward, one step at a time, into your life of "keeping on moving."

Medical Hypnosis will not cure you, but it can heal you by restoring wholeness. You really can live with joy, happiness, and hope.

1. <https://www.ncbi.nlm.nih.gov/pubmed/2270842>

2. <https://www.ncbi.nlm.nih.gov/pubmed/23427841>

3. <https://www.sciencedaily.com/releases/2008/07/080728111402.htm>

**Roger Moore is a certified counselor and registered hypnotherapist with [Palm Desert Hypnosis](#) and can be found in the [Wellness Village](#) where he has been since September 2019.**

*In addition to offering Telehealth sessions that are live online worldwide from your home, office or wherever you may be, Palm Desert Hypnosis is creating group sessions specifically for PRO members.*

# PRO CALENDAR FOR OCTOBER 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                 | 3               |
| 4  | 5<br>VIRTUAL Partner in Care ONLY Meeting<br>6:00 PM – 7:30 PM          | 6                   | 7<br>VIRTUAL Round Table<br>6:00 PM – 7:30 PM                   | 8  | 9                 | 10              |
| 11 | 12<br>VIRTUAL Partner in Care ONLY Meeting<br>10:00 AM – 11:30 AM       | 13                  | 14<br>VIRTUAL Village Meeting<br>4:00 PM – 6:00 PM              | 15   | 16<br>BOSSSES DAY | 17              |
| 18 | 19<br>VIRTUAL Partner in Care ONLY Meeting<br>10:00 AM – 11:30 AM       | 20                  | 21<br>VIRTUAL Partner in Care ONLY Meeting<br>6:00 PM – 7:30 PM | 22<br>VIRTUAL Round Table<br>1:00 PM – 2:30 PM | 23                | 24              |
| 25 | 26<br>VIRTUAL Village Meeting<br>6:00 PM – 8:00 PM<br>NAT'L PUMPKIN DAY | 27<br>BLACK CAT DAY | 28  | 29   | 30                | 31<br>HALLOWEEN |

**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.

"THERE ARE ONLY TWO DAYS IN THE YEAR THAT NOTHING CAN BE DONE. ONE IS CALLED YESTERDAY AND THE OTHER IS CALLED TOMORROW. TODAY IS THE RIGHT DAY TO LOVE, BELIEVE, DO AND LIVE."

— DALAI LAMA

## NEWSWORTHY NOTES

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### PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's  
74-478 Highway 111, No 102 • Palm Desert, CA 92260-4112

760-773-5628 • 310-476-7030 • 877-775-4111 • fax: 760-773-9803

Email: [info@ParkinsonsResource.org](mailto:info@ParkinsonsResource.org) • web: [ParkinsonsResource.org](http://ParkinsonsResource.org)

501(C)(3)#95-4304276

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.