

A MONTHLY PUBLICATION OF

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE

P R E S I D E N T ' S

"Our Heart Beats for YOU!"

A beating "Heart" is Life itself. A broken *Heart* is what we feel when a loved one is taken from us all too soon, and a passion-filled *Heart* drives us to do great things, to make big changes and help others on their personal and so private journey of the progression of Parkinson's in their lives.

The team at PRO dedicates its heart to serving others so that "No One Is Isolated Because Of Parkinson's."

Valentine's Day is the perfect day to express our *Love* for the Parkinson's community, our *Passion* for our cause, and our *Wish* that someday soon no one will ever again experience the loss and broken-heartedness from losing a loved one to Parkinson's. If you are in our "snail mail" database, watch your post box for our appreciation gift, a token of our love and gratitude for supporting us.

Helping find new ways to obtain a better quality of life for our members as we monitor and support research and scientific strides toward the "reversal" of the disease process, we invite you to follow the *Road To The Cure* and eradicate such stories as "*When Friends Stop Visiting Everyone Loses.*"

From our heart to yours, we love you and so appreciate your interest, support, and encouragement and wish you and yours a very Happy Valentine's Day.

Be sure to read this month's articles. Each designed to give you hope, enlightenment, and helpful information to use in your quest for "Ultimate Quality of Life."

The ROAD TO THE CURE is on break this month; laboratory responsibilities got in the way of their report.

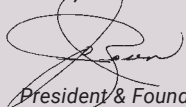
Enjoy other ©PROvocative and informative news such as **LIFE INSURANCE SETTLEMENTS: POISED TO GROW IN 2020** on this page; **ARE YOU TAKING ENOUGH ANTI-OXIDANTS?** on page 2; **PERSONAL THOUGHTS ON THE KETOGENIC DIET IN PARKINSON'S** on page 4; **VALENTINE'S DAY FUNNIES & IDEAS** on page 6; **MARK YOUR CALENDARS** also on page 6; **SATIRE: A CAREGIVER'S NIGHT AT THE MOVIES** on page 7, and; wrapping it all up, **BITS AND PIECES: TAKE CARE!** on page 7.

We know we are providing valuable information and support in the Parkinson's community, join us in making a difference in your life, or the life of a loved one this **month** by making a donation. Supporting us is simple: Make monthly donations through our safe PayPal donation page at [ParkinsonsResource.org/#modal-donate](https://www.parkinsonsresource.org/#modal-donate) or mail your donation to our office in Palm Desert, CA.

Until next month, REMEMBER Groundhog Day and Super Bowl Sunday on the 2nd, National Wear Red Day on the 7th, Valentine's Day on the 14th, President's Day on the 17th, and Mardi Gras on the 25th. The flower is the Violet, and the Birthstone is the Amethyst.

ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

LIFE INSURANCE SETTLEMENTS: POISED TO GROW IN 2020

Don't Let Your Life Insurance Policy Lapse Before You've Read This

An interview in this month's *Financier Worldwide Magazine* highlighted that the life insurance settlement market is poised for growth in 2020. What is a life insurance settlement, and why does this growth matter?

Simply, a life insurance settlement is the sale of a client's life insurance policy for cash. The buyers are typically investors who will become the new owner, pay the premium, and receive the death benefit when the client passes away. The reasons someone would want to consider selling their life insurance policy vary widely, but generally, the client has decided the policy is no longer wanted or needed, or no longer can be afforded. All types of policies can be sold, including term policies. In fact, 500,000 seniors a year will lapse or drop their life insurance policies. They are leaving potential money on the table. This money can be used for anything they wish but can be a good source of funding for health care or long term care costs not covered by insurance or Medicare.

Now, why does market growth matter? When there is a supply of clients who want to sell their policies, there has to be a demand for investors wanting to buy them. This is important because when funding grows, so does the opportunity for more clients to sell their policies. What is spurring this growth? The answer is found on both the supply and demand sides. According to the interview:

- *Continued low bond yields are creating issues for retirees. With less money than expected, they may look for other assets to monetize, including their unwanted/unneeded life insurance policies. And, the longer historical low bond yields persist, the higher the potential that clients may look at the potential of selling their policies.*
- *Because of the low-interest-rate environment, universal life policies issued in the '80s and '90s (even into the 2000s, in my experience) are seeing their cash values erode, since credited interest was not enough to offset the increasing cost of insurance rates.*
- *Given the long-term view for suppressed fixed-income yields, life insurance settlement returns remain attractive for investors.*
- *According to the U.S. Department of Health and Human Services, costs of long term care vary from area to area. As an example, in-home care is \$4400 per month, assisted living is \$4100 per month, and nursing home care is \$7500 or higher. Certain geographic areas are much higher. Retirees may not have saved enough to figure in these costs during their retirement. These costs are escalating at a clip greater than current inflation.*

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Our Wellness Villagers

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ARE YOU TAKING ENOUGH ANTI-OXIDANTS?

According to the US National Library of Medicine, free radicals and oxidants play a dual role as both toxic and beneficial compounds, since they can be either harmful or helpful to the body. They are produced either from normal cell metabolisms in situ or from external sources (pollution, cigarette smoke, radiation, medication). When an overload of free radicals cannot gradually be destroyed, their accumulation in the body generates a phenomenon called oxidative stress. This process plays a major part in the development of chronic and degenerative illnesses such as cancer, autoimmune disorders, aging, cataract, rheumatoid arthritis, cardiovascular, and neurodegenerative diseases. The human body has several mechanisms to counteract oxidative stress by producing antioxidants, which are either naturally produced in situ, or externally supplied through foods and/or supplements.

When produced in excess, free radicals and oxidants generate a phenomenon called oxidative stress, a deleterious process that can seriously alter the cell membranes and other structures such as proteins, lipids, lipoproteins, and deoxyribonucleic acid (DNA). Oxidative stress can arise when cells cannot adequately destroy the excess of free radicals formed.

Like *turmeric*, *black pepper* contains anti-inflammatory and antioxidant properties, making it potentially helpful for managing inflammatory conditions and reducing free-radical damage.

Vitamin E is a fat-soluble antioxidant that stops the production of Reactive Oxygen Species formed when fat undergoes oxidation. Scientists are investigating whether, by limiting *free-radical* production and possibly through other

mechanisms, **vitamin E** might help prevent or delay the chronic diseases associated with **free radicals**

According to Web MD, **Pycnogenol** is a compound of natural chemicals. It comes from the bark of a European pine tree. Pycnogenol is thought to be an antioxidant that helps protect cells from damage. Pycnogenol is the registered trademark name for a French formula. The active ingredients in pycnogenol can also be extracted from other sources, including peanut skin, grape seed, and witch hazel bark. Pycnogenol seems to help with asthma and allergies. Early research shows that taking it at least 5 weeks before the start of allergy season seems to lessen symptoms.

In a small/preliminary study of kids with asthma, pycnogenol helped improve symptoms. It also lessened the amount of asthma medication they needed.

Pycnogenol may have benefits for heart and artery health. It seems to lower blood pressure and improve blood flow to the legs. Some small studies suggest it may also protect against coronary artery disease and blood clots.

There's good evidence that pycnogenol helps with eye damage caused by diabetes. There is limited evidence that it could be used in treating Attention Deficit Hyperactivity Disorder (ADHD).

More research is needed to see how this supplement affects all of these conditions.

According to MedicineNet, *Antioxidants: The Good Health Helpers*, Well-known dietary antioxidants, and their sources include:

- **Beta-carotene:** carrots, squashes, sweet potatoes.
- **Lycopene:** pink grapefruit, tomatoes (cooked), watermelon.
- **Lutein:** most leafy green vegetables.
- **Selenium:** grains, protein sources, nuts, legumes.
- **Vitamin A:** butter, eggs, milk, liver.
- **Vitamin C:** berries, oranges, and other citrus, cantaloupe, bell peppers, broccoli, kale, papaya, tomatoes.
- **Vitamin E:** almonds, hazelnuts, other nuts and seeds, and their oils.

According to the Abstract *Free Radicals In Parkinson's Disease* Koutsilieris E1, Scheller C, Grünblatt E, Nara K, Li J, Riederer P., although there are a number of hypotheses to explain the pathobiochemistry of Parkinson's disease, the one on oxidative stress has gained major interest. The evidence for Oxidative Stress participation as a cause of Parkinson's can be summarized as follows: 1) Oxidative Stress is involved in physiological aging; 2) there is ample evidence that Oxidative Stress is significantly enhanced in Parkinson's compared to age-matched healthy persons; 3) Oxidative Stress is an early feature of Parkinson's because Oxidative stress-dependent aggregation of proteins in the form of advanced glycation end products can be imaged in Lewy bodies at a time in a person's life, when no phenotype of a neurodegenerative disorder is evident; 4) Experimental models of Parkinson's show Oxidative Stress and degeneration of dopaminergic neurons. The toxin-induced neurodegeneration can be blocked by antioxidants, and; 5) Activated microglia, known to release free radicals and inflammatory cytokines, are present in the brains of Parkinsonian patients. In conclusion, a great body of evidence points to the view that Oxidative Stress is a major component underlying the pathobiochemistry of Parkinson's. Together a genetic disposition and endogenous/exogenous toxic events of various origins result in a synergistic cascade of toxicity which leads to dysfunction and finally to cell death of dopaminergic neurons. Again, Oxidative Stress plays a significant role in generating cell death signals, including apoptosis.

Do your own research, meet with your nutritionist, medical professional who understands nutrients, vitamins, and supplements, and determine if you are taking enough antioxidants for your condition.

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PERSONAL THOUGHTS ON THE KETOGENIC DIET IN PARKINSON'S DISEASE

Nutritional Therapist: Lucille Leader, Dip ION MBANT CNHC Reg

Editor: Dr Geoffrey Leader, MB ChB FRCA Dip ION

To understand the basis of the Ketogenic Diet, it is essential to appreciate the vital need for all cells in the body to make sufficient energy to carry out their functions. This takes place in the powerhouses of the cells, known as the mitochondria. In Parkinson's disease, this process may be compromised due to Parkinson's Disease (Ref 1), other illnesses, stress (Ref 2), or as a side effect of medication (Ref 3).

The primary fuel needed by cells to produce this energy is **glucose**. Glucose is derived mainly from carbohydrates - fruit and vegetables - in the diet. In the cells of the body, it combines with specific vitamins and minerals from the diet, as well as oxygen that we breathe, to produce this vital energy (Ref 4). In Parkinson's disease, research has suggested that the process of absorption of glucose by the cells, can be compromised.

However, the brilliance of the human body is that its energy can be produced in an emergency by other cellular techniques. These include the use by cells of their specific fat stores which were derived from the diet, which produces ketones. This then provides interest in the so-called Ketogenic Diet!

Applying this, so-called, dietary approach, the body is encouraged to produce ketones as an **alternative to the complete reliance on glucose as an effective fuel source for energy production**.

During periods of fasting for some hours or overnight, when glucose may be in short supply, body cells release their fats. They are then taken by the circulation to the liver, where ketones are produced.

The cells, therefore, acquire the ability to make energy without the basic fuel of glucose, and this is then helpful to those with a compromised ability to metabolize glucose for cell energy production, as may be the case in Parkinson's disease as well as other illnesses.

However, "ONE SIZE DOES NOT FIT ALL!"

Firstly, it is important for people with Parkinson's not to embark upon any specialized form of a diet without having undergone a thorough health assessment. This would include basic routine medical tests as well as those for metabolic and nutritional status. These tests are available at medical and biochemical laboratories and can be authorized by your doctor. They will point the appropriate way forward for diet considerations and choices. This establishment of the individual's basic health potential is vital!

- ***In normal health, the liver controls a balanced level of ketones produced. However, if a person has some metabolic difficulty, there can be an overproduction of ketones which can lead to a dangerous condition known as ketoacidosis.***
- ***The sudden change to a predominantly fat-based diet (ketogenic) may be unsuitable if a person has an insufficiency of fat-digesting Enzymes (pancreatic enzymes) and also of an imbalance of Essential Fatty Acids and Cholesterol.***
- ***Saturated fats may be unsuitable if a person has an illness, in addition to Parkinson's disease, where a predominance of fats may be medically and therefore biochemically (nutritionally) contraindicated.***
- ***Increasing Protein relative to Carbohydrates would be unsuitable if people have high uric acid levels and gout. Abnormally high protein intake would produce an acidic environment in cells that could engender negative conditions for other serious diseases.***
- ***Additionally, if a person is reliant on L-dopa and other dopaminergic medication, it may be necessary to correlate food with the timing of drug administration for better tolerance of the pharmaceutical. In some cases where drug doses are close together, then intermittent fasting would be difficult.***

There have been very encouraging independent reports on the Internet by people who have benefited from adopting the Ketogenic approach. But for safe and best health practice, it must be realized that the diet that each has adopted has **fortunately been suitable for their specific biochemical individuality**.

Clinical research of the high fat, high protein, and lower carbohydrate diet is being undertaken and published. It would seem that some people with Parkinson's disease do

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benefit, and some do not. It obviously depends on the specific metabolic needs and health status of each individual.

Ideally and logically, the appropriate diet for each person needs to be medically and biochemically assessed, and **responses monitored**. A logical approach to the type of fats taken in the diet might include the use of specific Essential Fatty Acids which are vital fats necessary for the healthy membranes surrounding brain cells (neurons) and which control inflammation, as well as fats which do produce ketones, such as are found in the medium-chain triglycerides (MCTs) in coconut oil.

Dietary Saturated Fats, Medium Chain Triglycerides which form Ketones, Other classes of Fat, Essential Fatty Acids, Protein, Carbohydrates, Vitamins, and Minerals all need to be combined to form a **working balance** for the body to obtain all the nutrients required for Optimum Functional Health, within the confines of its particular disease.

CONCLUSION

Although results in research have been inconclusive (Ref 5) for the routine application of a ketogenic diet in Parkinson's Disease, it is nonetheless of special consideration for those who have difficulty with glucose metabolism. Ketones do offer a dynamic fuel source to cells.

Research has suggested that there is a need to assess the value of a ketogenic diet further. However, an overall supportive diet that takes into account a **logical ratio of ketogenic fats to protein and carbohydrates** might well be of general benefit in Parkinson's Disease (Ref 5).

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Dr. Geoffrey and Lucille leader have been loyal and committed supporters of Parkinson's Resource Organization since 2001. They lectured at the PRO Symposium "Meeting of the Minds" in 2003 and are on standby for PRO's 2020 Symposium.

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VALENTINE'S DAY FUNNIES & IDEAS

From Readers Digest

"As Valentine's Day approached, I tried to think of an unusual gift for my husband. When I discovered that his favorite red-plaid pants had a broken zipper, I thought I had the perfect Valentine. I had the pants repaired and gift-wrapped them. On the package, I put a huge red heart on which I printed: My Heart Pants for You. I was the surprised one, however, when I saw the same heart taped to our formerly empty, but now overflowing wood box. On it he had written: Wood You Be My Valentine?" — Contributed by Mary Lou Pittman

Nuts About Love *"Driving through Southern California, I stopped at a roadside stand that sold fruit, vegetables, and crafts. As I went to pay, I noticed the young woman behind the counter was painting a sign. 'Why the new sign?' I asked. 'My boyfriend didn't approve of the old one,' she said. When I glanced at what hung above the counter, I understood. It declared: Local Honey Dates Nuts."* — Contributed by Theodore Bologna

Check-Out Romance *"I met my husband while I was working in a science library. He came in every week to read the latest journals and eventually decided to take out the librarian instead of the books. After a year and a half of dating, he showed up at the library and started rummaging through my desk. I asked what he was looking for, but he didn't answer. Finally, he unearthed one of the rubber stamps I used to identify reference books. 'Since I couldn't find the right engagement ring,' he said, 'this will have to do,' and he firmly stamped my hand. Across my knuckles, in capital letters, it read NOT FOR CIRCULATION."* — Contributed by Ruth E. Chodrow

16 Creative Romantic Ideas to Say "I Love You"

Stop to appreciate them - Take a few minutes to stop and unwind together when you and your partner get home from work. Most people tend to go right into their routine of making dinner or getting chores done around the house. Stopping to give them a hug and kiss and ask how their day was will really mean a lot.

Leave a note - If you get up earlier in the morning than your partner, leave a romantic note on the mirror in the bathroom. It will be sure to brighten their day. Maybe share one of the most romantic quotes with them!

Put the phones away - Phones are a constant distraction. One of the simplest romantic ideas you can do is just put them away for a day or even a night. Focus on each other instead of your screen.

Sit under the stars - Set aside an evening to appreciate the natural beauty that is around you. On a clear night, grab a blanket and sit out in your yard or find an open park and look up at the stars. If you're lucky, you might get to see a shooting star.

Wake-up call - Get up a little earlier than you normally do and make a warm cup of coffee and bring it to your partner while they're still in bed.

Bring home flowers - Grab a bouquet of flowers while you're picking up the groceries after work. Leave them the counter with a sweet note for your partner to find.

Sunset walk - Take a walk down your street or in the park one evening to watch the sunset together.

Date night - Get dressed up and splurge on a fancy date night at your favorite restaurant. It will feel nice to get out of your work clothes and feel like you're on a first date again with your significant other.

Help with errands - Incorporating romantic ideas into your schedule each week is an important part of having a strong relationship. If you know that your partner has a lot of errands to run and no time to do them, do it for them. Or, offer to go along with them, so they have someone to keep them company.

Pack their lunch Pack a nice lunch for your significant other and have it ready on the table before they head out the door for work. Include a sweet note or their favorite treat for a fun surprise.

LIFE INSURANCE - cont. from page 1

- *The pent-up value in a life insurance policy is no different than a piece of land: there are people who will sell at different times, or not at all while balancing whether it is more beneficial compared to tapping other financial funding outlets, especially when interest rates are low.*

If you no longer want, need, or can afford your life insurance policy, we are here to help. We are honored to be a member of PRO's Wellness Village. As life insurance settlements brokers, our passion is to obtain the highest return for your policy that we can. Please feel free to contact us at any time we may be of assistance.

Lisa Rehbarg is a life insurance settlements broker in the insurance industry for 30 years. A member of the Wellness Village since July 2019 at ParkinsonsResource.org/the-wellness-village/search/?query=Rehbarg

Walk down memory lane - Gather all of the old photos the two of you have together and create a scrapbook. Include other mementos you've been collecting, like plane tickets.

Hit the vineyards - Set up a wine tasting at your favorite vineyard. Pack a blanket and some food and enjoy a nice picnic while you're there as well.

Plan a staycation - Book a staycation at a nice hotel nearby for the weekend. Treat yourself to a couple's massage or other activities and amenities that the hotel might offer.

Start a new TV series - There's nothing better than spending a Saturday on the couch. Pick a new series that you both have been wanting to watch and binge watch it all day.

Volunteer - Volunteering is a great couple-bonding experience. Ask to help out at your local animal shelter or pick up trash along the side of the road in your neighborhood.

Send a love letter - No one gets mail anymore, so it's a nice surprise when you receive something addressed to you in the mail. Find a meaningful card at the store, or even make one yourself and send it to your significant other. If you live together, send it to their work.

Snap some photos - Spend a day outside, taking pictures together. It will be a good memory to look back on.

Be a tourist - Be a tourist in your own town or one nearby. Go window shopping and visit a restaurant or café that you've meant to go to for a while.

Game night - Break out an old board or card game and show your partner your competitive side. To make things exciting, say that the loser has to make dinner.

SATIRE: A CAREGIVER'S NIGHT AT THE MOVIES

If it weren't so funny, I'd be jumping out of a window just now.

In the interest of having some fun, we had gotten tickets to an evening event. LTV was on satire, which I foolishly thought would be a lot of old jokes and belly laughs. Now it's only a 4-minute drive to the venue so I anticipated nothing untoward happening. *Wrong.*

First of all, the audio visual wasn't working so we couldn't hear and the visuals were boring.

I had brought him in the wheelchair and I'm really glad I did.

Before leaving the theatre and going to the car, my charge indicated he needed to find the restroom, which was located somewhere, seemingly two towns over. I waited outside of the restroom for as long as seemed reasonable then went in and found he hadn't taken a handicap stall but rather a standard stall, and he was stuck on the toilet, unable to get off by himself.

Even better, he had locked the door and couldn't get up far enough to reach the lock.

So, ever resourceful, I lay down on my back and scuttled in and took the lock off. BUT I still couldn't get him up and off, so I went searching for help. I wandered the seemingly empty building and finally found one poor guy rearranging chairs. He came and got my charge up and into the wheelchair.

But wait, the fun wasn't over so easily. To make transferring him easier, I pushed him in his wheelchair out to the curb, leaving him sort of on the side of the parking lot, then went to get the car and pulled up next to him to make the transfer. While I was wrestling the chair into the car, the sprinklers came on, getting the car and me wet.

Wait, it gets better—but my language doesn't—I pulled up to the armed gate... it's locked! I drove around looking for another exit, not to be found. I went back to the main gate and entered the guard shack to find nobody, just a lot of serious-looking equipment and TV monitors, but no button to open the gate. Finally, the security guy came and let us out.

I came home and made a drink.

Just remember, the take away is to teach them to use *handicap stalls* and *not* lock the door.

MARK YOUR CALENDARS / SAVE THE DATE: CELEBRATING 30 YEARS

Pearls of Wisdom Gala

April 18, 2020

They say the 30th Anniversary gift is Pearl. As Parkinson's Resource Organization (PRO) celebrates our 30th year working "so that no one is isolated because of Parkinson's," we are sharing exciting news about our Pearls Of Wisdom gala.

April is Parkinson's Awareness Month. Our event is scheduled for Saturday, April 18, 2020, with a gala honoring those who have done so much to bring awareness and resources, about, to, and for Parkinson's while helping us to celebrate the work of PRO, now reaching more than 70,000 people monthly.

The night will feature a cocktail hour, surprise celebrity guests, a delicious 3-course dinner along with entertainment and dancing, plus drawings, silent and live auction along with a Grand Prize drawing for a trip to Belize! Contact us for Symposium information.

Sponsorship opportunities are available. Invitation to follow. Visit ParkinsonsResource.org/30th

BITS AND PIECES

TAKE CARE!

Dave Verdery and Curtis Cannon / 2020-1

We will never forget the moment in our lives when the neurologist said these three words that predict the future for most Parkinson's patients: "Chronic, Progressive and Incurable." It was clear to us which one of the three words we could work on together. "Progressive." And so, we decided to share our discoveries with you, in hopes that you will share too.

Curtis, the caregiver, and Dave, the "care-receiver," were given our first prescription. It was for a pill called Requip, one of those super-functional drugs that also helps patients with Restless Leg Syndrome! The first reaction Dave got was sleepiness. And we thought that made sense because we had some sleepless nights waiting to meet this "brain" doctor. Dave had been referred to the neurologist by his physician, who was treating him for giant purple bruises on his lower body from when he had momentarily blacked out and fallen from the ladder he was using to hang the colorful lights for Christmas 2006.

As Dave's physician was reading the written form concerning how the accident happened, he said, "I can barely read this. It appears that you have micrographia, where your handwriting is abnormally small, almost tiny compared to previous forms you have filled out in a normal hand. I want you to see a neurologist who can determine the cause behind this and the church fall".

Our first advice is that People With Parkinson's must *never, ever* step up from the floor on a ladder, stool, box, or bench by themselves. Vertigo can be a major side effect of Parkinson's! In future issues, we'll continue our story of the neurologist and Requip, plus a true revelation to us concerning the world of neurology and movement disorders.

To fight Micrographia, small handwriting, we suggest you obtain a tablet of quarter-inch graph paper and then print, in big block letters, a sweet note to your caregiver, filling each square to the max, a blank square between each word. Daily, doing this exercise may help maintain your regular penmanship, slowing the progression or onset of unreadable handwriting or micrographia. Your thoughtful gesture will be treasured.

PRO CALENDAR FOR FEBRUARY 2020

The current support group meeting locations are listed below.

For any information regarding any of these meetings, please contact the PRO Office at 877-775-4111.

						1
2 <i>GROUNDHOG DAY</i> 3 <i>SUPER BOWL SUNDAY</i>	3 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	4	5 LONG BEACH Round Table For Everyone 6:30 PM Cambrian Homecare "Training Center" 5199 Pacific Coast Hwy	6 NEWPORT BEACH Caregiver Only 6:30 PM Oasis Senior Center 801 Narcissus Corona Del Mar	7 <i>NATIONAL WEAR RED DAY</i>	8
9	10 PALM DESERT Round Table For Everyone 6:30 PM Atria Hacienda 44-600 Monterey Ave	11	12 GLENORA Caregiver Only 6:30 PM La Fetra Senior Center 333 E Foothill Blvd	13 NEWPORT BEACH Caregiver ONLY 6:30 PM Oasis Senior Center 801 Narcissus Corona Del Mar	14 <i>VALENTINE'S DAY</i>	15
16	17 <i>PRESIDENTS DAY</i> PALM DESERT CANCELLED	18	19 ENCINO Caregiver ONLY 7:00 PM Rehab Specialists 5359 Balboa Blvd	20 SANTA MONICA Round Table For Everyone 7:00 PM Rehab Specialists 2730 Wilshire Blvd. Ste 533	21	22
23	24 PALM DESERT Speaker Meeting 6:30 PM Atria Hacienda 44-600 Monterey Ave	25 <i>MARDI GRAS</i> MANHATTAN BEACH Round Table Everyone 6:30 PM American Martyrs Welcome Center 700 15th Street	26	27 SHERMAN OAKS Educational Meeting 1:00 PM Sherman Oaks East Valley Adult Center 5056 Van Nuys Blvd	28	29

CAREGIVER MEETING: (For 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.

SPEAKER 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. Speaker 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.

"BEING THE RICHEST MAN IN THE CEMETERY DOESN'T MATTER TO ME. GOING TO BED AT NIGHT SAYING WE'VE DONE SOMETHING WONDERFUL... THAT'S WHAT MATTERS TO ME."

— STEVE JOBS

NEWSWORTHY NOTES

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PARKINSON'S RESOURCE ORGANIZATION

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